







Pl	Name	Kat	Zeit														
<b>Bahn 5 (18)</b>			<b>5,0 km</b>	<b>120 Hm</b>	<b>14 P</b>			<i>(Forts.)</i>									
			1(65) Ziel	2(34)	3(36)	4(43)	5(59)	6(47)	7(48)	8(46)	9(50)	10(52)	11(60)	12(61)	13(62)	14(100)	
15	Pia Caspari OL Team Lippe	D45	85:51	3:28 3:28 85:51 0:37	9:52 6:24	15:01 5:09	25:51 10:50	37:51 12:00	43:14 5:23	48:50 5:36	54:06 5:16	63:58 9:52	68:55 4:57	78:19 9:24	82:28 4:09	84:36 2:08	85:14 0:38
16	Tanja Buchholz MTK Bad Harzburg	D45	86:23	2:37 2:37 86:23 0:46	10:25 7:48	14:54 4:29	27:49 12:55	39:54 12:05	44:10 4:16	53:15 9:05	56:19 3:04	65:30 9:11	68:45 3:15	76:35 7:50	81:57 5:22	84:41 2:44	85:37 0:56
17	Kerstin Wittke SV Hildesia Diekhol.	D45	91:11	2:52 2:52 91:11 1:21	7:52 5:00	11:53 4:01 78:34 *57	20:14 8:21	29:43 9:29	34:00 4:17	37:15 3:15	41:24 4:09	61:25 20:01	66:32 5:07	77:06 10:34	83:40 6:34	89:06 5:26	89:50 0:44
	Inga Löser SC Helsa	D45	N Ang														
<b>Bahn 6 (8)</b>			<b>5,3 km</b>	<b>140 Hm</b>	<b>13 P</b>												
			1(32)	2(44)	3(36)	4(59)	5(45)	6(46)	7(50)	8(51)	9(52)	10(60)	11(61)	12(62)	13(100)	Ziel	
1	Stefan König OLG Ortenau	H55	44:15	2:21 2:21 42:47 *58	5:27 3:06 4:54 9:27	10:21 4:54 9:27	19:48 4:57	24:45 4:20	29:05 4:50	33:55 4:50	34:32 0:37	36:03 1:31	39:10 3:07	41:34 2:24	43:14 1:40	43:44 0:30	44:15 0:31
2	Michael Schwien SC Klecken	H55	50:35	2:21 2:21	5:55 3:34	11:08 5:13	20:38 9:30	24:43 4:05	29:03 4:20	33:38 4:35	37:35 3:57	39:16 1:41	44:28 5:12	47:26 2:58	49:38 2:12	50:08 0:30	50:35 0:27
3	Jens Struckmann Braunschweiger MT	H55	51:42	2:30 2:30 28:13 *46	8:30 6:00	13:45 5:15	24:43 10:58	31:18 6:35	35:02 3:44	39:46 4:44	40:27 0:41	41:58 1:31	46:16 4:18	48:55 2:39	50:29 1:34	51:05 0:36	51:42 0:37
4	Dirk Strauß SV Hildesia Diekhol.	H55	52:26	2:40 2:40	6:14 3:34	11:24 5:10	22:52 11:28	28:14 5:22	32:24 4:10	38:36 6:12	40:41 2:05	42:56 2:15	46:12 3:16	49:34 3:22	51:17 1:43	51:53 0:36	52:26 0:33
5	Horst von Gaza OLV Uslar	H55	54:40	2:27 2:27 29:21 *33	7:24 4:57 29:21 *58	13:41 6:17 52:34 *58	23:08 9:27	32:33 9:25	36:47 4:14	41:30 4:43	43:14 1:44	44:52 1:38	47:59 3:07	50:29 2:30	53:30 3:01	54:06 0:36	54:40 0:34
6	Luis Moreton TK Hannover	H55	72:32	3:24 3:24 55:19 *52	7:41 4:17 55:19 *52	14:53 7:12	35:36 20:43	41:31 5:55	47:03 5:32	53:17 6:14	58:23 5:06	60:34 2:11	65:42 5:08	68:44 3:02	70:56 2:12	71:40 0:44	72:32 0:52
7	Gottfried Labuhn MTV Seesen	H55	72:42	2:44 2:44	7:37 4:53	13:32 5:55	26:21 12:49	32:25 6:04	36:44 4:19	50:20 13:36	51:31 1:11	54:03 2:32	60:09 6:06	63:23 3:14	71:18 7:55	71:50 0:32	72:42 0:52
8	Thomas Görtelmeyer MTK Bad Harzburg	H55	98:31	5:11 5:11 85:02 *57	14:02 8:51 85:02 *57	24:05 10:03	45:06 21:01	51:56 6:50	60:28 8:32	68:36 8:08	71:06 2:30	74:28 3:22	83:37 9:09	92:49 9:12	96:07 3:18	97:34 1:27	98:31 0:57
<b>Bahn 7 (13)</b>			<b>4,3 km</b>	<b>100 Hm</b>	<b>11 P</b>												
			1(65)	2(34)	3(35)	4(45)	5(46)	6(50)	7(52)	8(60)	9(61)	10(62)	11(100)	Ziel			
1	Jessica Drese OLV Uslar	D19K	41:11	1:57 1:57 36:00 *57	6:52 4:55 39:34 *58	10:29 3:37 7:32 3:54	18:01 7:32 3:54	21:55 3:54	26:43 4:48	29:32 2:49	35:22 5:50	38:04 2:42	40:00 1:56	40:34 0:34	41:11 0:37		27:29 *51
2	Andrea Finkenstädt OLV Uslar	D55	42:01	2:05 2:05	7:13 5:08	10:43 3:30	19:03 8:20	23:37 4:34	29:37 6:00	31:30 1:53	35:18 3:48	38:10 2:52	40:44 2:34	41:22 0:38	42:01 0:39		
3	Nikolaus Risch ASG Teutoburger W:	H65	46:40	2:06 2:06	8:42 6:36	12:31 3:49	21:09 8:38	26:34 5:25	33:31 6:57	35:36 2:05	40:26 4:50	43:42 3:16	45:27 1:45	46:04 0:37	46:40 0:36		
4	Liisa Rihko-Struckm Braunschweiger MT	D55	49:55	2:10 2:10	7:53 5:43	11:51 3:58	21:26 9:35	27:05 5:39	33:15 6:10	35:36 2:21	43:27 7:51	46:28 3:01	48:28 2:00	49:11 0:43	49:55 0:44		
5	Ulrike Korff SC Achmer	D55	49:58	2:29 2:29	8:28 5:59	13:47 5:19	23:02 9:15	28:47 5:45	35:54 7:07	38:29 2:35	42:47 4:18	45:56 3:09	48:15 2:19	49:02 0:47	49:58 0:56		
6	Detlev Friedrichs MTV Seesen	H65	54:55	2:20 2:20	8:08 5:48	14:20 6:12	25:32 11:12	31:35 6:03	38:51 7:16	41:32 2:41	45:51 4:19	49:50 3:59	53:15 3:25	54:06 0:51	54:55 0:49		
7	Ulrike Friedrichs MTV Seesen	D55	57:50	2:42 2:42	10:35 7:53	14:59 4:24	28:15 13:16	34:33 6:18	41:41 7:08	44:21 2:40	49:37 5:16	53:33 3:56	56:10 2:37	56:59 0:49	57:50 0:51		50:33 *57
8	Ferdinand Hanses TuS Bramsche	H65	59:44	2:44 2:44 55:26 *58	8:49 6:05 55:26 *58	13:47 4:58	25:19 11:32	33:36 8:17	42:08 8:32	44:54 2:46	49:42 4:48	53:16 3:34	58:01 4:45	58:56 0:55	59:44 0:48		50:58 *57
9	Claudia Weigert TV Jahn Wolfsburg	D19K	60:53	2:21 2:21	9:03 6:42	13:55 4:52	25:33 11:38	33:15 7:42	42:31 9:16	45:37 3:06	52:55 7:18	57:25 4:30	59:28 2:03	60:09 0:41	60:53 0:44		
10	Kiana Meisel OLV Uslar	D19K	62:29	2:19 2:19	8:48 6:29	15:00 6:12	27:22 12:22	34:04 6:42	43:02 8:58	45:28 2:26	53:56 8:28	58:07 4:11	61:01 2:54	61:44 0:43	62:29 0:45		
11	Nicole Frank SV Hildesia Diekhol.	D19K	66:46	3:21 3:21	10:42 7:21	18:07 7:25	30:38 12:31	36:59 6:21	49:59 13:00	52:48 2:49	57:58 5:10	62:52 4:54	65:11 2:19	65:57 0:46	66:46 0:49		
12	Wolfgang Mertens ohne Verein Hannov	H65	67:43	2:57 2:57	10:49 7:52	16:47 5:58	28:06 11:19	35:33 7:27	45:10 9:37	49:20 4:10	55:17 5:57	61:32 6:15	65:25 3:53	66:55 1:30	67:43 0:48		
13	Susanne Körber OLV Uslar	D55	74:08	2:48 2:48	9:37 6:49	23:30 13:53	34:36 11:06	41:23 6:47	50:28 9:05	53:23 2:55	60:35 7:12	65:19 4:44	68:07 2:48	73:14 5:07	74:08 0:54		

Pl	Name	Kat	Zeit												
<b>Bahn 8 (7)</b>			<b>3,5 km</b>	<b>70 Hm</b>	<b>10 P</b>										
			1(33)	2(45)	3(59)	4(46)	5(52)	6(60)	7(62)	8(63)	9(64)	10(100)	Ziel		
1	Birgitt Michel	D65	43:51	2:45	5:31	10:53	15:14	23:37	30:31	34:53	38:16	41:00	42:44	43:51	
	TV Jahn Wolfsburg			2:45	2:46	5:22	4:21	8:23	6:54	4:22	3:23	2:44	1:44	1:07	
2	Karlheinz Niescken	H75	58:55	3:19	6:34	22:03	29:31	36:12	41:49	47:20	50:01	52:50	58:06	58:55	
	SSV Langenhagen			3:19	3:15	15:29	7:28	6:41	5:37	5:31	2:41	2:49	5:16	0:49	
3	Anatolii Lystopadsk	H75	64:50	2:53	9:56	22:35	28:53	38:19	43:09	56:33	59:04	62:34	64:11	64:50	
	Bad Langensalza			2:53	7:03	12:39	6:18	9:26	4:50	13:24	2:31	3:30	1:37	0:39	
4	Günter Gohde	H75	65:45	3:27	8:22	21:20	30:05	42:13	48:55	55:45	59:32	62:25	64:45	65:45	
	TK Hannover			3:27	4:55	12:58	8:45	12:08	6:42	6:50	3:47	2:53	2:20	1:00	
5	Ingrid Müssen	D65	83:18	3:07	7:16	37:08	45:12	56:20	63:50	72:34	77:12	80:02	82:15	83:18	
	SuS Vehrte			3:07	4:09	29:52	8:04	11:08	7:30	8:44	4:38	2:50	2:13	1:03	
AK	Paul Reich	H75	59:59	2:20	5:39	16:48	26:38	42:39	49:34	55:20	57:04	58:24	59:31	59:59	38:09
	Internat Solling			2:20	3:19	11:09	9:50	16:01	6:55	5:46	1:44	1:20	1:07	0:28	*49
	Reinhard Jahn	H75	N Ang												
	Braunschweiger MT														
<b>Bahn 9 (9)</b>			<b>4,1 km</b>	<b>90 Hm</b>	<b>9 P</b>										
			1(32)	2(34)	3(36)	4(35)	5(45)	6(49)	7(56)	8(58)	9(100)	Ziel			
1	Constantin Jacob F	H14	29:24	2:15	5:12	8:11	10:28	18:01	21:40	23:45	28:00	28:54	29:24		
	TSV Worpswede			2:15	2:57	2:59	2:17	7:33	3:39	2:05	4:15	0:54	0:30		
2	Elin Zwickler	D14	34:54	2:48	5:53	10:13	13:59	22:53	27:28	29:35	33:06	34:28	34:54		
	OLV Uslar			2:48	3:05	4:20	3:46	8:54	4:35	2:07	3:31	1:22	0:26		
3	Finn Ostendorff	H14	34:59	2:48	6:54	9:33	13:13	24:30	28:10	30:17	33:46	34:33	34:59		
	TSV Worpswede			2:48	4:06	2:39	3:40	11:17	3:40	2:07	3:29	0:47	0:26		
4	Lamis Mousa	D14	35:08	3:24	7:09	11:00	13:56	23:22	28:39	30:52	33:48	34:43	35:08		
	OLV Uslar			3:24	3:45	3:51	2:56	9:26	5:17	2:13	2:56	0:55	0:25		
5	Svitlana Konstantyn	D14	41:37	3:21	6:46	10:52	14:44	26:28	31:58	34:35	39:48	40:54	41:37		
	OLV Uslar			3:21	3:25	4:06	3:52	11:44	5:30	2:37	5:13	1:06	0:43		
6	Stine Bruns	D14	43:13	5:27	9:54	13:58	17:46	29:09	34:00	37:22	41:29	42:42	43:13		
	MTK Bad Harzburg			5:27	4:27	4:04	3:48	11:23	4:51	3:22	4:07	1:13	0:31		
7	Sania Stamer	D14	48:13	3:21	7:17	11:31	17:06	31:13	37:51	40:58	46:35	47:31	48:13		
	SV Hildesia Diekhol			3:21	3:56	4:14	5:35	14:07	6:38	3:07	5:37	0:56	0:42		
8	Julian Gärtner	H14	113:40	12:06	16:39	40:55	67:19	89:49	100:34	104:17	111:00	113:00	113:40		
	MTK Bad Harzburg			12:06	4:33	24:16	26:24	22:30	10:45	3:43	6:43	2:00	0:40		
9	Romy Frank	D14	123:05	5:03	9:44	33:22	76:17	98:49	109:35	113:21	120:04	122:02	123:05		
	SV Hildesia Diekhol			5:03	4:41	23:38	42:55	22:32	10:46	3:46	6:43	1:58	1:03		
<b>Bahn 10 (18)</b>			<b>2,7 km</b>	<b>60 Hm</b>	<b>9 P</b>										
			1(53)	2(45)	3(55)	4(56)	5(57)	6(58)	7(63)	8(64)	9(100)	Ziel			
1	Paul Reich	OfKu	14:54	0:46	3:16	5:47	7:21	8:12	10:39	12:21	13:34	14:34	14:54		
	Internat Solling			0:46	2:30	2:31	1:34	0:51	2:27	1:42	1:13	1:00	0:20		
2	Erik Bruns	H12	19:23	0:54	3:23	6:59	9:10	10:19	13:08	15:39	17:28	18:49	19:23		
	MTK Bad Harzburg			0:54	2:29	3:36	2:11	1:09	2:49	2:31	1:49	1:21	0:34		
3	Hanna Stark	D12	20:11	0:53	3:18	7:14	9:07	10:08	12:56	15:35	17:40	19:33	20:11		
	MTV Seesen			0:53	2:25	3:56	1:53	1:01	2:48	2:39	2:05	1:53	0:38		
4	Katharina Lorenz	D12	20:43	0:50	4:04	8:14	10:46	11:49	14:46	16:52	18:42	20:08	20:43		
	SV Hildesia Diekhol			0:50	3:14	4:10	2:32	1:03	2:57	2:06	1:50	1:26	0:35		
5	Simon Bajorat	OfKu	21:11	1:10	4:37	8:11	10:55	11:50	14:14	16:56	19:02	20:36	21:11		
	MTV Seesen			1:10	3:27	3:34	2:44	0:55	2:24	2:42	2:06	1:34	0:35		
6	Mads Ostendorff	H12	21:16	1:11	4:09	7:35	9:48	11:13	14:31	17:08	19:17	20:46	21:16		
	TSV Worpswede			1:11	2:58	3:26	2:13	1:25	3:18	2:37	2:09	1:29	0:30		
7	Ria Wittke	D12	22:02	1:02	5:31	9:18	11:46	12:44	15:07	17:42	19:55	21:29	22:02		
	SV Hildesia Diekhol			1:02	4:29	3:47	2:28	0:58	2:23	2:35	2:13	1:34	0:33		
8	Emil Riedel	H12	22:22	1:04	3:58	7:47	10:03	11:23	14:08	17:45	19:47	21:32	22:22		
	OLV Uslar			1:04	2:54	3:49	2:16	1:20	2:45	3:37	2:02	1:45	0:50		
9	Anton Streich	OfKu	23:33	0:42	9:48	14:50	16:12	17:00	18:39	20:30	21:56	23:03	23:33		
	Internat Solling			0:42	9:06	5:02	1:22	0:48	1:39	1:51	1:26	1:07	0:30		
10	Julia Stark	OfKu	24:48	1:03	4:03	9:01	11:53	13:33	16:51	19:47	22:16	24:00	24:48		
	MTV Seesen			1:03	3:00	4:58	2:52	1:40	3:18	2:56	2:29	1:44	0:48		
11	Tim Schauzu	OfKu	24:53	0:59	4:04	8:22	11:09	12:34	15:06	19:06	22:16	24:16	24:53		
	MTV Seesen			0:59	3:05	4:18	2:47	1:25	2:32	4:00	3:10	2:00	0:37		
12	Anna Knaup	D12	25:16	1:04	4:25	9:07	11:32	12:58	17:22	20:18	22:46	24:24	25:16		
	Braunschweiger MT			1:04	3:21	4:42	2:25	1:26	4:24	2:56	2:28	1:38	0:52		
13	Jonas u. Denes Kalr	OfKu	27:57	1:46	5:06	9:09	12:08	13:59	17:34	21:13	24:16	27:06	27:57		
	Delbrück			1:46	3:20	4:03	2:59	1:51	3:35	3:39	3:03	2:50	0:51		
14	Lewy Brauer	H12	32:51	1:23	10:27	15:31	17:46	19:03	24:05	27:57	30:13	32:09	32:51		
	SV Hildesia Diekhol			1:23	9:04	5:04	2:15	1:17	5:02	3:52	2:16	1:56	0:42		
15	Ulf Schindehütte	OfKu	34:02	1:22	4:40	9:14	11:46	21:01	24:39	27:41	30:32	33:00	34:02		
	OLV Uslar			1:22	3:18	4:34	2:32	9:15	3:38	3:02	2:51	2:28	1:02		
16	Günter Stark	OfKu	35:49	1:57	6:41	12:20	16:38	19:01	23:33	28:56	32:17	34:39	35:49		
	MTV Seesen			1:57	4:44	5:39	4:18	2:23	4:32	5:23	3:21	2:22	1:10		
17	Petra Risch	OfKu	36:28	5:34	9:55	15:22	18:51	21:28	25:41	29:31	32:41	35:27	36:28		
	ASG Teutoburger W:			5:34	4:21	5:27	3:29	2:37	4:13	3:50	3:10	2:46	1:01		
18	Sarah Bajorat	OfKu	43:56	6:56	9:49	19:27	22:33	24:32	30:00	34:57	40:22	43:07	43:56		
	MTV Seesen			6:56	2:53	9:38	3:06	1:59	5:28	4:57	5:25	2:45	0:49		

Pl	Name	Kat	Zeit								
			2,0 km	50 Hm	7 P						
			1(53)	2(54)	3(55)	4(56)	5(57)	6(58)	7(100)	Ziel	
<b>1</b>	<b>Konstantin Lorenz</b>	D/H10	<b>14:04</b>	<b>0:54</b>	<b>3:37</b>	<b>5:39</b>	<b>7:26</b>	<b>8:50</b>	<b>12:00</b>	<b>13:32</b>	<b>14:04</b>
	<b>SV Hildesia Diekhol.</b>		<b>0:54</b>	<b>2:43</b>	<b>2:02</b>	<b>1:47</b>	<b>1:24</b>	3:10	1:32	<b>0:32</b>	
<b>2</b>	<b>Jesper Bruns</b>	DH10t	<b>14:44</b>	1:34	4:20	6:40	8:48	10:19	13:07	14:12	14:44
	<b>MTK Bad Harzburg</b>			1:34	2:46	2:20	2:08	1:31	<b>2:48</b>	<b>1:05</b>	<b>0:32</b>
<b>3</b>	<b>Hanna Riedel</b>	DH10t	<b>21:58</b>	1:38	5:55	8:47	11:46	13:10	17:45	21:21	21:58
	<b>OLV Uslar</b>			1:38	4:17	2:52	2:59	<b>1:24</b>	4:35	3:36	0:37
<b>4</b>	<b>Lenn Wismach</b>	D/H10	<b>22:20</b>	1:38	6:05	9:33	11:41	13:05	17:46	21:25	22:20
	<b>OLV Uslar</b>			1:38	4:27	3:28	2:08	<b>1:24</b>	4:41	3:39	0:55
<b>5</b>	<b>Raya Frank</b>	DH10t	<b>25:41</b>	2:13	7:01	11:19	15:10	17:36	23:06	24:39	25:41
	<b>SV Hildesia Diekhol.</b>			2:13	4:48	4:18	3:51	2:26	5:30	1:33	1:02
<b>AK</b>	<b>Filipa Wellenbrock</b>	D/H10	<b>48:24</b>	1:18	5:06	8:12	11:02	12:29	45:41	47:07	48:24
	<b>Internat Solling</b>			1:18	3:48	3:06	2:50	1:27	33:12	1:26	1:17
<b>AK</b>	<b>Lisbeth von der Bus</b>	D/H10	<b>48:25</b>	1:20	5:08	8:15	10:59	12:31	45:43	47:08	48:25
	<b>Internat Solling</b>			1:20	3:48	3:07	2:44	1:32	33:12	1:25	1:17