

Ergebnis – LRL Finale 2025 Lang-OL

2025-11-09

D/H10b	(6 / 6)	Zeit	Rückstand	Zeit verloren
1. Franziska Reese	MTV Seesen	14:09		0:43
2:00 (2:00)	0:56 (2:56)	1:01 (3:57)	1:12 (5:09)	2:15 (7:24)
2:33 (9:57)	1:59 (11:56)	0:58 (12:54)	0:26 (13:20)	0:21 (13:41)
0:28 (14:09)				
2. Rika Gembus	SV Hildesia Diekhöhlen	15:56	+1:47	0:24
2:15 (2:15)	1:07 (3:22)	1:20 (4:42)	1:27 (6:09)	2:12 (8:21)
2:12 (10:33)	1:53 (12:26)	1:15 (13:41)	0:40 (14:21)	0:41 (15:02)
0:54 (15:56)				
3. Jasper Gembus	SV Hildesia Diekhöhlen	16:35	+2:26	1:43
1:51 (1:51)	1:15 (3:06)	1:36 (4:42)	1:24 (6:06)	2:24 (8:30)
2:48 (11:18)	1:48 (13:06)	1:44 (14:50)	0:39 (15:29)	0:31 (16:00)
0:35 (16:35)				
4. Hanno Hanses	TuS Bramsche	17:56	+3:47	2:42
2:59 (2:59)	1:14 (4:13)	1:28 (5:41)	1:32 (7:13)	2:18 (9:31)
1:38 (11:09)	3:23 (14:32)	1:13 (15:45)	0:53 (16:38)	0:50 (17:28)
0:28 (17:56)				
5. Laya Freigang	Bielefelder TG	30:25	+16:16	7:12
5:16 (5:16)	1:36 (6:52)	4:09 (11:01)	3:41 (14:42)	4:38 (19:20)
3:10 (22:30)	3:38 (26:08)	1:15 (27:23)	1:23 (28:46)	0:54 (29:40)
0:45 (30:25)				
Nele Pieper	SSV Langenhagen	Fehlst.		
– (–)	– (–)	– (2:16:05)	– (–)	– (–)
– (2:24:01)	– (–)	– (–)	– (–)	– (–)
– (2:47:24)				

D/H10	(6 / 6)	Zeit	Rückstand	Zeit verloren
1. Antonia Galli	SV Hildesia Diekhöhlen	10:25		0:51
1:03 (1:03)	0:53 (1:56)	0:47 (2:43)	0:46 (3:29)	2:24 (5:53)
1:15 (7:08)	1:16 (8:24)	0:43 (9:07)	0:30 (9:37)	0:21 (9:58)
0:27 (10:25)				
2. Leif Erik Schröder	USC Magdeburg	10:28	+0:03	0:24
1:21 (1:21)	0:52 (2:13)	0:53 (3:06)	0:48 (3:54)	1:18 (5:12)
1:25 (6:37)	1:38 (8:15)	0:51 (9:06)	0:28 (9:34)	0:25 (9:59)
0:29 (10:28)				
3. Elina Ostendorff	TSV Wörpsweide	11:21	+0:56	1:26
1:44 (1:44)	1:10 (2:54)	0:47 (3:41)	0:43 (4:24)	2:31 (6:55)
1:11 (8:06)	1:14 (9:20)	0:45 (10:05)	0:34 (10:39)	0:16 (10:55)
0:26 (11:21)				
4. Noah Damerow	TSV Wörpsweide	11:38	+1:13	0:29
1:21 (1:21)	0:52 (2:13)	1:02 (3:15)	0:49 (4:04)	2:13 (6:17)
1:36 (7:53)	1:23 (9:16)	0:55 (10:11)	0:30 (10:41)	0:31 (11:12)
0:26 (11:38)				
5. Meta Wittke	SV Hildesia Diekhöhlen	14:10	+3:45	0:45
1:50 (1:50)	1:20 (3:10)	1:05 (4:15)	1:09 (5:24)	1:50 (7:14)
1:59 (9:13)	2:03 (11:16)	1:05 (12:21)	0:53 (13:14)	0:31 (13:45)
0:25 (14:10)				
AK Robin von Gaza	OLV Uslar	(27:11)	+16:46	11:05
1:56 (1:56)	0:54 (2:50)	1:07 (3:57)	1:56 (5:53)	11:16 (17:09)
3:13 (20:22)	2:40 (23:02)	1:11 (24:13)	0:54 (25:07)	0:49 (25:56)
1:15 (27:11)				
Jesper Bruns	MTK Bad Harzburg	Nicht Ang.		
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)				

D12	(3 / 3)	Zeit	Rückstand	Zeit verloren
1. Anna Knaup	Braunschweiger MTV	21:52		1:57
1:51 (1:51)	2:01 (3:52)	1:00 (4:52)	3:14 (8:06)	3:37 (11:43)
3:08 (14:51)	2:41 (17:32)	2:47 (20:19)	1:12 (21:31)	0:21 (21:52)
2. Raya Frank	SV Hildesia Diekhöhlen	28:17	+6:25	3:43
2:57 (2:57)	1:27 (4:24)	1:09 (5:33)	4:22 (9:55)	5:23 (15:18)
5:19 (20:37)	2:41 (23:18)	3:21 (26:39)	1:09 (27:48)	0:29 (28:17)

3.	Lorena Galli	SV Hildesia Diekholzen	32:13	+10:21	12:16	
	1:57 (1:57)	1:09 (3:06)	0:58 (4:04)	2:52 (6:56)		16:04 (23:00)
	2:41 (25:41)	1:54 (27:35)	3:03 (30:38)	1:08 (31:46)		0:27 (32:13)

D14		(4 / 4)	Zeit	Rückstand	Zeit verloren	
1.	Katharina Lorenz	SV Hildesia Diekholzen	33:51		0:00	
	2:50 (2:50)	6:31 (9:21)		3:13 (17:17)		0:50 (18:07)
	2:30 (20:37)	0:54 (21:31)		1:17 (24:04)		1:30 (25:34)
	4:20 (29:54)	3:26 (33:20)		0:31 (33:51)		
2.	Anna Fenz	OLV Uslar	51:29	+17:38	3:29	
	2:59 (2:59)	10:12 (13:11)		5:28 (26:40)		1:50 (28:30)
	2:15 (30:45)	1:53 (32:38)		3:53 (37:37)		1:31 (39:08)
	7:13 (46:21)	4:37 (50:58)		0:31 (51:29)		
3.	Ria Wittke	SV Hildesia Diekholzen	54:32	+20:41	10:32	
	3:22 (3:22)	13:28 (16:50)		7:27 (32:40)		1:57 (34:37)
	2:03 (36:40)	1:37 (38:17)		2:41 (42:04)		1:08 (43:12)
	6:31 (49:43)	4:28 (54:11)		0:21 (54:32)		
	Hanna Stark	MTV Seesen	Fehlst.			
	2:34 (2:34)	6:48 (9:22)		6:42 (20:42)		0:46 (21:28)
	2:34 (24:02)	1:14 (25:16)		– (–)		– (29:51)
	5:31 (35:22)	6:54 (42:16)		1:26 (43:42)		

D16		(4 / 4)	Zeit	Rückstand	Zeit verloren	
1.	Sania Stamer	SV Hildesia Diekholzen	50:50		0:00	
	2:33 (2:33)	9:44 (12:17)		1:22 (20:36)		2:40 (23:16)
	3:44 (27:00)	1:15 (28:15)		2:22 (32:33)		2:08 (34:41)
	1:54 (36:35)	1:38 (38:13)		4:16 (47:07)		3:23 (50:30)
	0:20 (50:50)					
2.	Romy Frank	SV Hildesia Diekholzen	1:16:57	+26:07	9:42	
	3:54 (3:54)	15:00 (18:54)		3:16 (35:18)		2:12 (37:30)
	1:28 (38:58)	1:28 (40:26)		2:10 (44:33)		1:54 (46:27)
	3:45 (50:12)	5:40 (55:52)		8:18 (1:10:36)		5:59 (1:16:35)
	0:22 (1:16:57)					
3.	Lamis Mousa	OLV Uslar	1:17:01	+26:11	9:36	
	3:34 (3:34)	15:27 (19:01)		1:45 (33:46)		2:01 (35:47)
	3:05 (38:52)	2:35 (41:27)		1:43 (45:19)		1:02 (46:21)
	4:05 (50:26)	5:33 (55:59)		8:08 (1:10:31)		6:06 (1:16:37)
	0:24 (1:17:01)					
4.	Julia Fenz	OLV Uslar	1:25:48	+34:58	11:55	
	5:29 (5:29)	14:15 (19:44)		3:01 (36:25)		2:33 (38:58)
	1:59 (40:57)	1:51 (42:48)		5:00 (52:42)		1:51 (54:33)
	3:25 (57:58)	2:59 (1:00:57)		6:36 (1:18:27)		6:51 (1:25:18)
	0:30 (1:25:48)					

D18		(1 / 1)	Zeit	Rückstand	Zeit verloren	
1.	Rut Stark	MTV Seesen	1:11:41		0:00	
	6:47 (6:47)	5:16 (12:03)		2:08 (17:26)		1:21 (18:47)
	4:51 (23:38)	3:41 (27:19)		5:13 (43:35)		1:19 (44:54)
	2:45 (47:39)	2:36 (50:15)		2:05 (54:27)		1:22 (55:49)
	10:10 (1:05:59)	5:09 (1:11:08)		0:33 (1:11:41)		
	Karla Breckle	Bovender SV	Nicht Ang.			
	– (–)	– (–)		– (–)		– (–)
	– (–)	– (–)		– (–)		– (–)
	– (–)	– (–)		– (–)		– (–)
	– (–)	– (–)				

D19K		(6 / 6)	Zeit	Rückstand	Zeit verloren	
1.	Mareike Blohm	TSV Worpswede	48:30		4:33	
	3:53 (3:53)	10:28 (14:21)		1:16 (23:09)		0:47 (23:56)
	1:32 (25:28)	2:06 (27:34)		2:17 (30:55)		1:42 (32:37)
	1:59 (34:36)	0:50 (35:26)		3:10 (47:59)		0:31 (48:30)
2.	Anna-Lena Engelmann	TSV Worpswede	49:05	+0:35	3:21	
	4:05 (4:05)	14:19 (18:24)		1:29 (26:12)		1:41 (27:53)
	0:52 (28:45)	1:23 (30:08)		1:37 (32:28)		1:42 (34:10)
	1:30 (35:40)	2:34 (38:14)		3:37 (48:34)		0:31 (49:05)
3.	Carolin Bernsdorf	MTV Seesen	50:23	+1:53	5:15	
	4:25 (4:25)	13:57 (18:22)		1:16 (28:08)		1:04 (29:12)
	2:15 (31:27)	1:27 (32:54)		1:23 (35:09)		1:41 (36:50)
	1:38 (38:28)	0:55 (39:23)		4:02 (49:55)		0:28 (50:23)

4.	Julia Stark	MTV Seesen	53:23	+4:53	3:45	
	4:54 (4:54)	11:57 (16:51)	9:10 (26:01)	1:51 (27:52)		2:01 (29:53)
	1:26 (31:19)	1:47 (33:06)	1:27 (34:33)	2:34 (37:07)		2:43 (39:50)
	0:54 (40:44)	1:35 (42:19)	6:45 (49:04)	3:51 (52:55)		0:28 (53:23)
5.	Jordan Sophie Meisel	OLV Uslar	58:11	+9:41	2:17	
	5:06 (5:06)	12:44 (17:50)	9:30 (27:20)	2:04 (29:24)		1:42 (31:06)
	2:29 (33:35)	2:11 (35:46)	2:15 (38:01)	1:17 (39:18)		2:19 (41:37)
	0:53 (42:30)	1:59 (44:29)	8:31 (53:00)	4:29 (57:29)		0:42 (58:11)
6.	Dorothea Kirves	TG 1860 Münden	1:24:45	+36:15	11:11	
	6:42 (6:42)	17:49 (24:31)	20:02 (44:33)	2:46 (47:19)		1:24 (48:43)
	2:18 (51:01)	3:09 (54:10)	3:09 (57:19)	1:46 (59:05)		2:21 (1:01:26)
	2:37 (1:04:03)	3:52 (1:07:55)	9:39 (1:17:34)	6:18 (1:23:52)		0:53 (1:24:45)

D19L		(3 / 3)	Zeit	Rückstand	Zeit verloren	
1.	Lena-Maria Klose	MTV Seesen	1:16:59		1:07	
	2:45 (2:45)	5:00 (7:45)	4:06 (11:51)	2:38 (14:29)		1:34 (16:03)
	1:56 (17:59)	1:31 (19:30)	1:08 (20:38)	3:24 (24:02)		2:00 (26:02)
	2:32 (28:34)	8:48 (37:22)	4:54 (42:16)	2:01 (44:17)		1:26 (45:43)
	1:22 (47:05)	1:01 (48:06)	1:28 (49:34)	1:13 (50:47)		8:02 (58:49)
	8:58 (1:07:47)	1:33 (1:09:20)	4:06 (1:13:26)	3:10 (1:16:36)		0:23 (1:16:59)
2.	Pia Buchholz	MTK Bad Harzburg	1:23:46	+6:47	2:31	
	2:35 (2:35)	5:16 (7:51)	1:52 (9:43)	1:11 (10:54)		1:24 (12:18)
	3:15 (15:33)	2:04 (17:37)	2:53 (20:30)	4:09 (24:39)		3:15 (27:54)
	1:20 (29:14)	10:10 (39:24)	5:34 (44:58)	2:03 (47:01)		1:30 (48:31)
	1:28 (49:59)	1:17 (51:16)	1:33 (52:49)	1:21 (54:10)		8:20 (1:02:30)
	8:29 (1:10:59)	2:04 (1:13:03)	5:44 (1:18:47)	4:25 (1:23:12)		0:34 (1:23:46)
3.	Carlotta Haupt	MTK Bad Harzburg	1:36:29	+19:30	11:03	
	2:55 (2:55)	7:12 (10:07)	4:29 (14:36)	3:24 (18:00)		1:29 (19:29)
	2:16 (21:45)	1:15 (23:00)	1:56 (24:56)	4:57 (29:53)		2:44 (32:37)
	3:05 (35:42)	11:57 (47:39)	7:03 (54:42)	1:09 (55:51)		1:31 (57:22)
	1:23 (58:45)	1:58 (1:00:43)	2:44 (1:03:27)	1:29 (1:04:56)		10:54 (1:15:50)
	7:50 (1:23:40)	1:55 (1:25:35)	5:56 (1:31:31)	4:32 (1:36:03)		0:26 (1:36:29)

D35		(3 / 3)	Zeit	Rückstand	Zeit verloren	
1.	Anke von Gaza	OLV Uslar	1:06:15		0:00	
	6:29 (6:29)	4:58 (11:27)	3:02 (14:29)	1:57 (16:26)		1:17 (17:43)
	4:57 (22:40)	2:42 (25:22)	9:19 (34:41)	4:40 (39:21)		2:16 (41:37)
	1:49 (43:26)	1:32 (44:58)	1:06 (46:04)	2:45 (48:49)		2:05 (50:54)
	10:10 (1:01:04)	4:38 (1:05:42)	0:33 (1:06:15)			
2.	Quinn Enoch	Turn-Klubb zu Hannover	1:14:03	+7:48	2:05	
	6:50 (6:50)	4:30 (11:20)	3:19 (14:39)	2:05 (16:44)		1:07 (17:51)
	5:01 (22:52)	2:41 (25:33)	11:20 (36:53)	5:33 (42:26)		1:21 (43:47)
	2:57 (46:44)	2:51 (49:35)	2:29 (52:04)	2:07 (54:11)		1:45 (55:56)
	11:59 (1:07:55)	5:39 (1:13:34)	0:29 (1:14:03)			
3.	Claudia Ostendorff	TSV Worpsswede	2:02:04	+55:49	43:31	
	10:47 (10:47)	6:48 (17:35)	5:19 (22:54)	2:36 (25:30)		4:26 (29:56)
	6:31 (36:27)	2:08 (38:35)	24:10 (1:02:45)	22:43 (1:25:28)		1:43 (1:27:11)
	2:40 (1:29:51)	2:10 (1:32:01)	6:25 (1:38:26)	2:14 (1:40:40)		1:16 (1:41:56)
	13:10 (1:55:06)	6:26 (2:01:32)	0:32 (2:02:04)			

D45		(8 / 8)	Zeit	Rückstand	Zeit verloren	
1.	Ivana Knaupova	Braunschweiger MTV	44:57		0:00	
	2:48 (2:48)	9:05 (11:53)	6:32 (18:25)	0:51 (19:16)		1:32 (20:48)
	1:53 (22:41)	0:58 (23:39)	2:22 (26:01)	3:05 (29:06)		2:00 (31:06)
	1:31 (32:37)	1:24 (34:01)	3:41 (37:42)	3:38 (41:20)		3:08 (44:28)
	0:29 (44:57)					
2.	Inga Löser	Ski-Club Helsa	50:18	+5:21	1:01	
	3:03 (3:03)	9:21 (12:24)	6:28 (18:52)	2:17 (21:09)		1:46 (22:55)
	1:36 (24:31)	1:07 (25:38)	2:54 (28:32)	3:37 (32:09)		1:05 (33:14)
	1:45 (34:59)	2:12 (37:11)	4:54 (42:05)	4:12 (46:17)		3:34 (49:51)
	0:27 (50:18)					
3.	Kerstin Krätz	TV Jahn Wolfsburg	1:06:08	+21:11	3:51	
	4:47 (4:47)	11:54 (16:41)	10:54 (27:35)	2:41 (30:16)		2:06 (32:22)
	2:08 (34:30)	1:19 (35:49)	2:12 (38:01)	3:06 (41:07)		1:42 (42:49)
	3:42 (46:31)	4:15 (50:46)	5:43 (56:29)	5:08 (1:01:37)		4:01 (1:05:38)
	0:30 (1:06:08)					
4.	Tanja Buchholz	MTK Bad Harzburg	1:06:19	+21:22	3:25	
	5:20 (5:20)	12:18 (17:38)	9:58 (27:36)	1:49 (29:25)		3:17 (32:42)
	5:00 (37:42)	1:27 (39:09)	2:40 (41:49)	2:35 (44:24)		2:32 (46:56)
	2:03 (48:59)	1:48 (50:47)	5:23 (56:10)	5:22 (1:01:32)		4:15 (1:05:47)
	0:32 (1:06:19)					

5.	Nadine Enoch	Turn-Klubb zu Hannover	1:06:43	+21:46	1:50	
	4:52 (4:52)	11:54 (16:46)	9:37 (26:23)	1:25 (27:48)		3:39 (31:27)
	5:08 (36:35)	3:14 (39:49)	2:25 (42:14)	2:06 (44:20)		1:33 (45:53)
	2:08 (48:01)	2:58 (50:59)	5:37 (56:36)	4:59 (1:01:35)		4:33 (1:06:08)
	0:35 (1:06:43)					
6.	Claudia Weigert	TV Jahn Wolfsburg	1:06:51	+21:54	3:30	
	4:43 (4:43)	12:03 (16:46)	10:52 (27:38)	1:15 (28:53)		2:29 (31:22)
	2:42 (34:04)	2:49 (36:53)	2:25 (39:18)	1:54 (41:12)		1:40 (42:52)
	3:43 (46:35)	4:16 (50:51)	5:53 (56:44)	5:03 (1:01:47)		4:28 (1:06:15)
	0:36 (1:06:51)					
	Kristine Schulze	TV Jahn Wolfsburg	Fehlst.			
	6:19 (6:19)	18:38 (24:57)	19:52 (44:49)	2:33 (47:22)		5:33 (52:55)
	5:52 (58:47)	2:04 (1:00:51)	3:02 (1:03:53)	8:24 (1:12:17)		4:03 (1:16:20)
	4:32 (1:20:52)	2:43 (1:23:35)	– (–)	– (–)		– (1:35:03)
	1:23 (1:36:26)					
	Silke Napp	TV Jahn Wolfsburg	Aufg.			
	5:06 (5:06)	19:06 (24:12)	11:22 (35:34)	1:30 (37:04)		2:34 (39:38)
	3:35 (43:13)	1:56 (45:09)	– (–)	– (–)		– (–)
	– (–)	– (–)	– (–)	– (–)		– (–)
	– (–)					
	Michaela Bruns	MTK Bad Harzburg	Nicht Ang.			
	– (–)	– (–)	– (–)	– (–)		– (–)
	– (–)	– (–)	– (–)	– (–)		– (–)
	– (–)	– (–)	– (–)	– (–)		– (–)
	– (–)					

D55		(4 / 4)	Zeit	Rückstand	Zeit verloren	
1.	Claudia Ducki-Höckner	MTK Bad Harzburg	51:18		0:00	
	4:31 (4:31)	10:50 (15:21)	7:50 (23:11)	1:53 (25:04)		1:54 (26:58)
	1:00 (27:58)	1:46 (29:44)	1:39 (31:23)	2:46 (34:09)		1:51 (36:00)
	0:50 (36:50)	1:44 (38:34)	8:04 (46:38)	4:06 (50:44)		0:34 (51:18)
2.	Liisa Rihko-Struckmann	Braunschweiger MTV	55:56	+4:38	3:42	
	4:17 (4:17)	14:52 (19:09)	8:15 (27:24)	1:34 (28:58)		1:49 (30:47)
	2:39 (33:26)	1:58 (35:24)	1:18 (36:42)	1:59 (38:41)		2:09 (40:50)
	2:01 (42:51)	1:19 (44:10)	7:15 (51:25)	3:52 (55:17)		0:39 (55:56)
3.	Esther Knoblauch	MTK Bad Harzburg	1:29:58	+38:40	13:42	
	13:13 (13:13)	18:58 (32:11)	16:35 (48:46)	2:57 (51:43)		2:01 (53:44)
	3:43 (57:27)	3:13 (1:00:40)	3:31 (1:04:11)	1:36 (1:05:47)		2:44 (1:08:31)
	1:54 (1:10:25)	2:39 (1:13:04)	10:37 (1:23:41)	5:31 (1:29:12)		0:46 (1:29:58)
4.	Brigitte Dersch-Kollenbach	Ski-Club Helsa	1:50:41	+59:23	7:41	
	10:33 (10:33)	25:07 (35:40)	18:08 (53:48)	3:32 (57:20)		4:17 (1:01:37)
	2:26 (1:04:03)	4:09 (1:08:12)	1:47 (1:09:59)	3:24 (1:13:23)		4:22 (1:17:45)
	3:15 (1:21:00)	4:55 (1:25:55)	14:23 (1:40:18)	8:46 (1:49:04)		1:37 (1:50:41)
	Anne Hanses	TuS Bramsche	Nicht Ang.			
	– (–)	– (–)	– (–)	– (–)		– (–)
	– (–)	– (–)	– (–)	– (–)		– (–)
	– (–)	– (–)	– (–)	– (–)		– (–)
	Ulrike Korff	SC Achmer	Nicht Ang.			
	– (–)	– (–)	– (–)	– (–)		– (–)
	– (–)	– (–)	– (–)	– (–)		– (–)
	– (–)	– (–)	– (–)	– (–)		– (–)
	Ute Kretzschmar	USV TU Dresden	Nicht Ang.			
	– (–)	– (–)	– (–)	– (–)		– (–)
	– (–)	– (–)	– (–)	– (–)		– (–)
	– (–)	– (–)	– (–)	– (–)		– (–)

D65		(4 / 4)	Zeit	Rückstand	Zeit verloren	
1.	Birgitt Michel	TV Jahn Wolfsburg	55:17		2:06	
	4:54 (4:54)	6:32 (11:26)	12:38 (24:04)	9:21 (33:25)		2:47 (36:12)
	2:03 (38:15)	1:25 (39:40)	2:00 (41:40)	1:59 (43:39)		2:29 (46:08)
	3:43 (49:51)	4:19 (54:10)	1:07 (55:17)			
2.	Helga Wendt	Ski-Club Helsa	1:03:34	+8:17	7:00	
	8:32 (8:32)	7:36 (16:08)	15:28 (31:36)	9:55 (41:31)		2:45 (44:16)
	2:01 (46:17)	1:45 (48:02)	2:48 (50:50)	2:04 (52:54)		2:08 (55:02)
	4:11 (59:13)	3:35 (1:02:48)	0:46 (1:03:34)			
3.	Antje Sobczak	Braunschweiger MTV	1:06:03	+10:46	7:12	
	5:41 (5:41)	9:19 (15:00)	15:51 (30:51)	11:39 (42:30)		2:02 (44:32)
	1:50 (46:22)	5:03 (51:25)	2:27 (53:52)	1:58 (55:50)		1:44 (57:34)
	4:04 (1:01:38)	3:34 (1:05:12)	0:51 (1:06:03)			

3.	Ingrid Müssen	SuS Vehrte	1:06:03	+10:46	9:45	
	9:12 (9:12)	5:40 (14:52)	16:15 (31:07)	11:28 (42:35)		2:03 (44:38)
	1:57 (46:35)	4:44 (51:19)	2:14 (53:33)	2:11 (55:44)		1:42 (57:26)
	4:00 (1:01:26)	3:49 (1:05:15)	0:48 (1:06:03)			
	Irmela Bergt	TSV Fischerhude	Nicht Ang.			
	– (–)	– (–)	– (–)	– (–)		– (–)
	– (–)	– (–)	– (–)	– (–)		– (–)
	– (–)	– (–)	– (–)			

H12		(6 / 6)	Zeit	Rückstand	Zeit verloren	
1.	Konstantin Lorenz	SV Hildesia Diekhöhlen	16:19		0:00	
	1:36 (1:36)	0:52 (2:28)		2:44 (5:54)		3:00 (8:54)
	2:11 (11:05)	1:56 (13:01)		0:41 (15:51)		0:28 (16:19)
2.	Vincent Kaiser	MTV Seesen	19:14	+2:55	1:35	
	1:49 (1:49)	1:43 (3:32)		2:57 (7:29)		2:53 (10:22)
	3:19 (13:41)	1:51 (15:32)		1:01 (18:49)		0:25 (19:14)
3.	Jameson Sachs	MTV Seesen	20:37	+4:18	0:44	
	1:58 (1:58)	1:15 (3:13)		3:12 (7:20)		3:49 (11:09)
	2:59 (14:08)	2:32 (16:40)		0:48 (20:13)		0:24 (20:37)
4.	Lewin Grapp	TSV Wörpsweide	32:27	+16:08	12:57	
	1:57 (1:57)	1:26 (3:23)		2:47 (7:09)		16:25 (23:34)
	2:24 (25:58)	2:20 (28:18)		0:56 (31:57)		0:30 (32:27)
5.	Luc Uhlig	SV Hildesia Diekhöhlen	54:12	+37:53	21:43	
	2:59 (2:59)	1:33 (4:32)		7:47 (13:36)		17:09 (30:45)
	13:19 (44:04)	3:48 (47:52)		1:07 (53:48)		0:24 (54:12)
	AK Paul Steinmann	MTV Seesen	(25:34)	+9:15	2:09	
	2:35 (2:35)	2:57 (5:32)		3:57 (10:29)		3:55 (14:24)
	2:57 (17:21)	2:53 (20:14)		1:10 (25:03)		0:31 (25:34)

H14		(6 / 6)	Zeit	Rückstand	Zeit verloren	
1.	Erik Bruns	MTK Bad Harzburg	31:42		2:01	
	3:24 (3:24)	5:42 (9:06)		3:00 (16:39)		1:18 (17:57)
	1:30 (19:27)	1:01 (20:28)		2:02 (23:28)		1:00 (24:28)
	4:44 (29:12)	2:09 (31:21)				
1.	Levi Joe Brauer	SV Hildesia Diekhöhlen	31:42		1:08	
	2:53 (2:53)	6:15 (9:08)		3:21 (17:18)		1:14 (18:32)
	2:17 (20:49)	1:04 (21:53)		2:02 (24:45)		0:46 (25:31)
	3:53 (29:24)	1:59 (31:23)				
3.	Mads Ostendorff	TSV Wörpsweide	32:04	+0:22	0:21	
	2:59 (2:59)	6:12 (9:11)		3:21 (17:22)		0:56 (18:18)
	2:12 (20:30)	0:57 (21:27)		1:06 (23:52)		1:27 (25:19)
	4:09 (29:28)	2:12 (31:40)				
4.	Emil Riedel	OLV Uslar	34:37	+2:55	3:01	
	2:42 (2:42)	7:44 (10:26)		3:27 (19:43)		1:09 (20:52)
	1:22 (22:14)	1:01 (23:15)		1:59 (26:04)		0:50 (26:54)
	4:27 (31:21)	2:55 (34:16)				
5.	Angelo Kühl	MTK Bad Harzburg	48:07	+16:25	8:53	
	2:31 (2:31)	7:58 (10:29)		8:45 (26:12)		0:52 (27:04)
	2:41 (29:45)	1:12 (30:57)		1:53 (34:41)		1:33 (36:14)
	8:12 (44:26)	3:21 (47:47)				
6.	Paul Band	MTK Bad Harzburg	1:01:54	+30:12	15:00	
	7:32 (7:32)	8:54 (16:26)		10:55 (36:15)		1:26 (37:41)
	3:11 (40:52)	0:48 (41:40)		1:49 (46:33)		1:30 (48:03)
	8:49 (56:52)	4:39 (1:01:31)				

H16		(2 / 2)	Zeit	Rückstand	Zeit verloren	
1.	Finn Ostendorff	TSV Wörpsweide	57:59		6:19	
	5:18 (5:18)	0:52 (6:10)		2:25 (12:21)		3:18 (15:39)
	4:59 (20:38)	1:17 (21:55)		5:23 (36:05)		0:49 (36:54)
	1:39 (38:33)	2:05 (40:38)		1:03 (43:19)		1:09 (44:28)
	9:59 (54:27)	3:13 (57:40)				
	Erik Urzua Wöhler	TV Jahn Wolfsburg	Fehlst.			
	5:16 (5:16)	3:46 (9:02)		1:19 (13:12)		0:59 (14:11)
	4:10 (18:21)	2:13 (20:34)		3:37 (32:59)		2:20 (35:19)
	1:29 (36:48)	– (–)		2:04 (40:53)		2:02 (42:55)
	7:24 (50:19)	4:48 (55:07)				

H18		(5 / 5)	Zeit	Rückstand	Zeit verloren	
1.	Johannes Gurtmann	TG 1860 Münden	57:51		4:17	

	3:37 (3:37)	3:42 (7:19)	2:43 (10:02)	1:54 (11:56)	0:44 (12:40)
	1:56 (14:36)	2:43 (17:19)	2:02 (19:21)	1:03 (20:24)	0:45 (21:09)
	0:38 (21:47)	6:02 (27:49)	3:59 (31:48)	1:32 (33:20)	0:57 (34:17)
	1:10 (35:27)	0:45 (36:12)	0:49 (37:01)	0:49 (37:50)	5:23 (43:13)
	6:57 (50:10)	1:11 (51:21)	2:55 (54:16)	3:18 (57:34)	0:17 (57:51)
2.	Hannes Möhring	TV Jahn Wolfsburg	57:52	+0:01	2:59
	2:23 (2:23)	3:50 (6:13)	4:44 (10:57)	2:07 (13:04)	0:46 (13:50)
	2:23 (16:13)	1:14 (17:27)	2:01 (19:28)	1:15 (20:43)	0:39 (21:22)
	0:45 (22:07)	7:11 (29:18)	3:31 (32:49)	1:03 (33:52)	1:07 (34:59)
	0:53 (35:52)	1:28 (37:20)	1:12 (38:32)	1:00 (39:32)	5:33 (45:05)
	5:16 (50:21)	1:04 (51:25)	2:58 (54:23)	3:13 (57:36)	0:16 (57:52)
3.	Constantin Jacob Freudenfeld	TSV Worpsswede	1:06:54	+9:03	5:03
	3:42 (3:42)	3:40 (7:22)	2:31 (9:53)	1:17 (11:10)	3:07 (14:17)
	1:10 (15:27)	1:04 (16:31)	0:58 (17:29)	2:49 (20:18)	1:59 (22:17)
	0:53 (23:10)	8:33 (31:43)	4:32 (36:15)	0:57 (37:12)	1:09 (38:21)
	0:53 (39:14)	1:30 (40:44)	1:30 (42:14)	1:00 (43:14)	6:46 (50:00)
	6:45 (56:45)	1:48 (58:33)	4:03 (1:02:36)	3:50 (1:06:26)	0:28 (1:06:54)
4.	Maik Schweizer	MTV Seesen	1:13:33	+15:42	14:20
	3:41 (3:41)	3:40 (7:21)	1:12 (8:33)	0:51 (9:24)	0:53 (10:17)
	3:33 (13:50)	6:39 (20:29)	1:51 (22:20)	2:58 (25:18)	1:44 (27:02)
	0:46 (27:48)	8:23 (36:11)	5:50 (42:01)	0:43 (42:44)	1:24 (44:08)
	0:55 (45:03)	1:40 (46:43)	1:06 (47:49)	1:10 (48:59)	7:11 (56:10)
	6:19 (1:02:29)	2:23 (1:04:52)	4:48 (1:09:40)	3:32 (1:13:12)	0:21 (1:13:33)
5.	Malte Lindemann	Bielefelder TG	1:16:16	+18:25	7:13
	2:22 (2:22)	4:14 (6:36)	3:25 (10:01)	2:09 (12:10)	2:38 (14:48)
	1:40 (16:28)	1:08 (17:36)	1:16 (18:52)	4:02 (22:54)	2:21 (25:15)
	1:30 (26:45)	9:03 (35:48)	4:51 (40:39)	1:36 (42:15)	1:13 (43:28)
	1:22 (44:50)	1:39 (46:29)	1:17 (47:46)	1:16 (49:02)	7:26 (56:28)
	8:57 (1:05:25)	2:04 (1:07:29)	5:01 (1:12:30)	3:17 (1:15:47)	0:29 (1:16:16)
H19K					
	(5 / 5)		Zeit	Rückstand	Zeit verloren
1.	Felix Drese	OLV Uslar	1:03:28		4:04
	2:17 (2:17)	6:44 (9:01)		2:18 (17:44)	1:39 (19:23)
	1:07 (20:30)	1:21 (21:51)		2:28 (26:06)	3:18 (29:24)
	2:01 (31:25)	5:24 (36:49)		0:58 (48:05)	1:17 (49:22)
	1:13 (50:35)	0:53 (51:28)		0:56 (53:31)	6:48 (1:00:19)
	2:47 (1:03:06)	0:22 (1:03:28)			
2.	Jonas Dresel	SC Klecken	1:06:32	+3:04	2:57
	2:49 (2:49)	8:30 (11:19)		3:05 (16:59)	2:09 (19:08)
	4:49 (23:57)	2:05 (26:02)		1:39 (29:28)	1:31 (30:59)
	2:27 (33:26)	6:10 (39:36)		1:08 (51:33)	1:25 (52:58)
	1:11 (54:09)	1:08 (55:17)		1:22 (58:13)	4:48 (1:03:01)
	3:04 (1:06:05)	0:27 (1:06:32)			
3.	Alexey Kupriyanov	Turn-Klubb zu Hannover	1:08:10	+4:42	4:00
	3:05 (3:05)	7:37 (10:42)		3:02 (14:52)	1:36 (16:28)
	4:13 (20:41)	2:34 (23:15)		2:26 (28:00)	3:44 (31:44)
	2:11 (33:55)	5:21 (39:16)		1:43 (52:17)	1:54 (54:11)
	1:12 (55:23)	1:20 (56:43)		1:05 (59:47)	4:56 (1:04:43)
	2:56 (1:07:39)	0:31 (1:08:10)			
4.	Lukas Bersuck	Bielefelder TG	1:31:40	+28:12	12:44
	3:29 (3:29)	13:50 (17:19)		3:35 (24:25)	5:11 (29:36)
	2:27 (32:03)	2:06 (34:09)		7:34 (44:32)	3:29 (48:01)
	3:05 (51:06)	6:55 (58:01)		1:26 (1:15:04)	1:25 (1:16:29)
	1:01 (1:17:30)	1:23 (1:18:53)		1:48 (1:22:09)	5:27 (1:27:36)
	3:29 (1:31:05)	0:35 (1:31:40)			
	Sven-Guido Schulze	TV Jahn Wolfsburg	Fehlst.		
	3:30 (3:30)	7:59 (11:29)		3:19 (17:07)	2:07 (19:14)
	6:53 (26:07)	5:35 (31:42)		2:39 (37:10)	1:05 (38:15)
	1:51 (40:06)	4:58 (45:04)		2:26 (59:58)	1:28 (1:01:26)
	1:02 (1:02:28)	1:14 (1:03:42)		– (1:05:28)	5:05 (1:10:33)
	2:47 (1:13:20)	0:25 (1:13:45)			
	Tim Schauzu	MTV Seesen	Nicht Ang.		
	– (–)	– (–)		– (–)	– (–)
	– (–)	– (–)		– (–)	– (–)
	– (–)	– (–)		– (–)	– (–)
	– (–)	– (–)		– (–)	– (–)
	– (–)	– (–)			
H19L					
	(12 / 12)		Zeit	Rückstand	Zeit verloren
1.	Ole Hennseler	MTV Seesen	1:08:42		0:00

	1:29 (1:29)	3:58 (5:27)	0:30 (5:57)	2:08 (8:05)	1:38 (9:43)
	1:37 (11:20)	2:33 (13:53)	0:38 (14:31)	2:05 (16:36)	1:31 (18:07)
	1:45 (19:52)	2:39 (22:31)	5:01 (27:32)	8:44 (36:16)	2:10 (38:26)
	1:21 (39:47)	4:10 (43:57)	4:47 (48:44)	0:42 (49:26)	0:46 (50:12)
	0:37 (50:49)	1:35 (52:24)	1:33 (53:57)	0:39 (54:36)	5:14 (59:50)
	1:48 (1:01:38)	3:54 (1:05:32)	2:50 (1:08:22)	0:20 (1:08:42)	
2.	Till Finkenstädt	OLV Uslar	1:14:19	+5:37	1:39
	1:45 (1:45)	3:47 (5:32)	1:44 (7:16)	2:30 (9:46)	0:38 (10:24)
	0:45 (11:09)	2:35 (13:44)	2:10 (15:54)	2:05 (17:59)	1:42 (19:41)
	1:58 (21:39)	3:20 (24:59)	5:10 (30:09)	9:16 (39:25)	2:42 (42:07)
	1:22 (43:29)	4:26 (47:55)	5:07 (53:02)	0:42 (53:44)	0:49 (54:33)
	0:59 (55:32)	1:48 (57:20)	1:35 (58:55)	0:44 (59:39)	5:17 (1:04:56)
	2:39 (1:07:35)	3:33 (1:11:08)	2:55 (1:14:03)	0:16 (1:14:19)	
3.	Guillaume Wyrsh	TSV Worpswede	1:14:26	+5:44	3:16
	1:42 (1:42)	3:46 (5:28)	1:39 (7:07)	2:36 (9:43)	0:44 (10:27)
	1:50 (12:17)	1:42 (13:59)	1:47 (15:46)	0:32 (16:18)	4:38 (20:56)
	1:57 (22:53)	2:21 (25:14)	5:12 (30:26)	9:51 (40:17)	2:13 (42:30)
	1:24 (43:54)	4:06 (48:00)	5:00 (53:00)	0:42 (53:42)	0:52 (54:34)
	1:00 (55:34)	1:45 (57:19)	1:27 (58:46)	0:47 (59:33)	5:19 (1:04:52)
	2:41 (1:07:33)	3:40 (1:11:13)	2:50 (1:14:03)	0:23 (1:14:26)	
4.	Matti Bruns	MTK Bad Harzburg	1:18:25	+9:43	2:38
	1:40 (1:40)	3:58 (5:38)	2:47 (8:25)	1:39 (10:04)	1:53 (11:57)
	0:33 (12:30)	3:02 (15:32)	2:02 (17:34)	1:56 (19:30)	2:38 (22:08)
	0:38 (22:46)	2:34 (25:20)	4:48 (30:08)	9:20 (39:28)	2:51 (42:19)
	1:21 (43:40)	4:27 (48:07)	5:47 (53:54)	0:57 (54:51)	1:10 (56:01)
	0:49 (56:50)	1:54 (58:44)	1:35 (1:00:19)	0:55 (1:01:14)	6:44 (1:07:58)
	1:59 (1:09:57)	4:25 (1:14:22)	3:31 (1:17:53)	0:32 (1:18:25)	
5.	Nilas Stamer	MTK Bad Harzburg	1:22:30	+13:48	4:53
	1:38 (1:38)	4:20 (5:58)	0:33 (6:31)	2:48 (9:19)	1:57 (11:16)
	2:04 (13:20)	2:48 (16:08)	0:42 (16:50)	2:14 (19:04)	1:28 (20:32)
	2:00 (22:32)	2:43 (25:15)	5:23 (30:38)	9:36 (40:14)	2:26 (42:40)
	1:42 (44:22)	5:41 (50:03)	5:43 (55:46)	1:42 (57:28)	1:45 (59:13)
	0:52 (1:00:05)	0:57 (1:01:02)	1:03 (1:02:05)	0:45 (1:02:50)	7:14 (1:10:04)
	2:07 (1:12:11)	5:49 (1:18:00)	4:03 (1:22:03)	0:27 (1:22:30)	
6.	Leon Kollenbach	Ski-Club Helsa	1:48:45	+40:03	2:38
	2:14 (2:14)	5:41 (7:55)	0:50 (8:45)	3:16 (12:01)	2:50 (14:51)
	2:50 (17:41)	2:29 (20:10)	2:44 (22:54)	3:17 (26:11)	3:45 (29:56)
	1:11 (31:07)	3:35 (34:42)	8:03 (42:45)	12:43 (55:28)	3:25 (58:53)
	2:28 (1:01:21)	6:37 (1:07:58)	8:08 (1:16:06)	2:24 (1:18:30)	2:33 (1:21:03)
	1:29 (1:22:32)	1:15 (1:23:47)	1:30 (1:25:17)	1:08 (1:26:25)	10:29 (1:36:54)
	2:14 (1:39:08)	4:53 (1:44:01)	4:12 (1:48:13)	0:32 (1:48:45)	
7.	Jan Klose	MTV Seesen	1:51:02	+42:20	15:40
	2:07 (2:07)	5:56 (8:03)	2:22 (10:25)	3:35 (14:00)	0:43 (14:43)
	0:43 (15:26)	2:41 (18:07)	2:31 (20:38)	2:23 (23:01)	2:07 (25:08)
	2:21 (27:29)	5:40 (33:09)	6:36 (39:45)	11:09 (50:54)	3:18 (54:12)
	1:40 (55:52)	5:41 (1:01:33)	8:16 (1:09:49)	3:58 (1:13:47)	2:01 (1:15:48)
	1:29 (1:17:17)	1:13 (1:18:30)	1:35 (1:20:05)	1:03 (1:21:08)	10:33 (1:31:41)
	7:37 (1:39:18)	6:34 (1:45:52)	4:40 (1:50:32)	0:30 (1:51:02)	
8.	Malte Finkenstädt	OLV Uslar	1:51:04	+42:22	2:59
	2:28 (2:28)	5:25 (7:53)	2:46 (10:39)	3:25 (14:04)	1:08 (15:12)
	2:45 (17:57)	2:23 (20:20)	2:16 (22:36)	0:53 (23:29)	3:50 (27:19)
	3:27 (30:46)	4:35 (35:21)	6:43 (42:04)	14:04 (56:08)	3:53 (1:00:01)
	2:00 (1:02:01)	7:17 (1:09:18)	9:12 (1:18:30)	3:01 (1:21:31)	2:08 (1:23:39)
	1:07 (1:24:46)	1:07 (1:25:53)	1:11 (1:27:04)	0:58 (1:28:02)	8:37 (1:36:39)
	2:45 (1:39:24)	5:57 (1:45:21)	5:16 (1:50:37)	0:27 (1:51:04)	
9.	Fabian Ulbrich	OLV Uslar	1:52:12	+43:30	6:29
	1:50 (1:50)	7:36 (9:26)	2:41 (12:07)	2:00 (14:07)	2:42 (16:49)
	2:47 (19:36)	3:31 (23:07)	0:58 (24:05)	0:42 (24:47)	3:24 (28:11)
	3:00 (31:11)	3:18 (34:29)	7:29 (41:58)	13:54 (55:52)	3:36 (59:28)
	2:41 (1:02:09)	7:52 (1:10:01)	9:16 (1:19:17)	2:31 (1:21:48)	2:21 (1:24:09)
	1:08 (1:25:17)	1:07 (1:26:24)	1:36 (1:28:00)	1:18 (1:29:18)	9:12 (1:38:30)
	3:15 (1:41:45)	5:46 (1:47:31)	4:13 (1:51:44)	0:28 (1:52:12)	
	Jakob Eberwien	OLV Uslar	Fehlst.		
	3:18 (3:18)	6:31 (9:49)	3:56 (13:45)	2:56 (16:41)	2:39 (19:20)
	3:19 (22:39)	3:11 (25:50)	1:05 (26:55)	0:59 (27:54)	4:33 (32:27)
	2:35 (35:02)	3:49 (38:51)	7:25 (46:16)	12:05 (58:21)	3:07 (1:01:28)
	4:12 (1:05:40)	6:40 (1:12:20)	8:32 (1:20:52)	7:57 (1:28:49)	– (–)
	– (–)	– (1:30:43)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (1:44:05)	

Markus Müller	OSC Kassel	Fehlst.
2:05 (2:05)	7:17 (9:22)	0:40 (10:02)
3:03 (22:19)	1:56 (24:15)	2:33 (26:48)
0:59 (37:12)	– (–)	– (–)
– (–)	– (–)	– (–)
– (–)	– (–)	– (–)
– (–)	– (–)	– (–)
– (–)	– (–)	– (1:03:44)
Tom Buchholz	MTK Bad Harzburg	Fehlst.
2:04 (2:04)	4:36 (6:40)	2:13 (8:53)
0:45 (14:24)	2:53 (17:17)	2:33 (19:50)
0:51 (26:47)	3:46 (30:33)	6:06 (36:39)
1:42 (56:21)	7:50 (1:04:11)	– (–)
– (–)	– (–)	– (–)
– (–)	– (–)	– (–)
– (–)	– (–)	0:45 (1:11:04)
Oliver Paulin	Ski-Club Helsa	Nicht Ang.
– (–)	– (–)	– (–)
– (–)	– (–)	– (–)
– (–)	– (–)	– (–)
– (–)	– (–)	– (–)
– (–)	– (–)	– (–)
– (–)	– (–)	– (–)

H35	(2 / 2)	Zeit	Rückstand	Zeit verloren
1. Sören Riechers	Bielefelder TG	54:00		0:00
1:43 (1:43)	2:30 (4:13)	1:52 (6:05)	1:28 (7:33)	2:16 (9:49)
1:09 (10:58)	2:31 (13:29)	2:52 (16:21)	8:40 (25:01)	1:04 (26:05)
1:57 (28:02)	1:30 (29:32)	1:30 (31:02)	0:47 (31:49)	1:26 (33:15)
3:42 (36:57)	5:26 (42:23)	2:29 (44:52)	1:55 (46:47)	4:51 (51:38)
2:05 (53:43)	0:17 (54:00)			
2. Manuel Reichert	SSV Langenhagen	1:34:25	+40:25	10:59
2:09 (2:09)	5:49 (7:58)	2:29 (10:27)	1:58 (12:25)	4:30 (16:55)
2:00 (18:55)	3:12 (22:07)	4:43 (26:50)	16:22 (43:12)	2:25 (45:37)
0:52 (46:29)	2:42 (49:11)	1:45 (50:56)	4:08 (55:04)	1:52 (56:56)
5:59 (1:02:55)	9:44 (1:12:39)	4:19 (1:16:58)	3:15 (1:20:13)	9:53 (1:30:06)
3:52 (1:33:58)	0:27 (1:34:25)			
Sergei Roskop	Braunschweiger MTV	Nicht Ang.		
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)

H45	(12 / 12)	Zeit	Rückstand	Zeit verloren
1. Gerrit Rode	TSV Worpswede	56:30		1:40
2:05 (2:05)	3:30 (5:35)	2:59 (8:34)	1:43 (10:17)	0:54 (11:11)
1:18 (12:29)	0:51 (13:20)	0:54 (14:14)	2:10 (16:24)	1:15 (17:39)
1:47 (19:26)	8:32 (27:58)	3:45 (31:43)	1:31 (33:14)	1:06 (34:20)
1:05 (35:25)	0:46 (36:11)	0:58 (37:09)	0:53 (38:02)	5:54 (43:56)
4:58 (48:54)	1:16 (50:10)	3:24 (53:34)	2:33 (56:07)	0:23 (56:30)
2. Christoph Freudenfeld	TSV Worpswede	58:40	+2:10	2:45
2:09 (2:09)	3:42 (5:51)	2:13 (8:04)	1:15 (9:19)	2:13 (11:32)
2:53 (14:25)	1:55 (16:20)	0:48 (17:08)	1:32 (18:40)	0:45 (19:25)
0:50 (20:15)	6:51 (27:06)	3:13 (30:19)	0:56 (31:15)	1:04 (32:19)
0:56 (33:15)	1:34 (34:49)	1:17 (36:06)	1:09 (37:15)	5:55 (43:10)
7:08 (50:18)	1:12 (51:30)	3:26 (54:56)	3:18 (58:14)	0:26 (58:40)
3. Lars Pieper	SSV Langenhagen	1:02:40	+6:10	0:00
2:13 (2:13)	4:01 (6:14)	2:14 (8:28)	1:25 (9:53)	1:54 (11:47)
3:20 (15:07)	2:05 (17:12)	1:10 (18:22)	1:50 (20:12)	1:00 (21:12)
0:57 (22:09)	7:33 (29:42)	3:38 (33:20)	1:51 (35:11)	1:13 (36:24)
1:19 (37:43)	0:53 (38:36)	1:15 (39:51)	1:11 (41:02)	6:30 (47:32)
5:55 (53:27)	1:28 (54:55)	4:02 (58:57)	3:07 (1:02:04)	0:36 (1:02:40)
4. Eike Bruns	MTK Bad Harzburg	1:03:04	+6:34	0:39
2:06 (2:06)	3:59 (6:05)	2:08 (8:13)	1:25 (9:38)	1:57 (11:35)
1:21 (12:56)	0:53 (13:49)	0:57 (14:46)	3:09 (17:55)	2:02 (19:57)
1:11 (21:08)	7:42 (28:50)	3:35 (32:25)	0:56 (33:21)	1:09 (34:30)
1:06 (35:36)	1:53 (37:29)	1:21 (38:50)	1:21 (40:11)	7:01 (47:12)
6:10 (53:22)	1:35 (54:57)	4:01 (58:58)	3:31 (1:02:29)	0:35 (1:03:04)
5. Martin Hennseler	MTV Seesen	1:07:05	+10:35	4:29
2:13 (2:13)	3:55 (6:08)	1:23 (7:31)	0:52 (8:23)	1:08 (9:31)
3:17 (12:48)	2:11 (14:59)	1:03 (16:02)	4:34 (20:36)	1:30 (22:06)
3:08 (25:14)	7:16 (32:30)	4:03 (36:33)	0:47 (37:20)	1:19 (38:39)
1:23 (40:02)	1:54 (41:56)	1:15 (43:11)	1:16 (44:27)	6:35 (51:02)
6:48 (57:50)	1:43 (59:33)	4:05 (1:03:38)	2:59 (1:06:37)	0:28 (1:07:05)

6.	Jörg Kleinholz-Mewes	TuS Bothfeld 04	1:13:39	+17:09	9:41	
	2:13 (2:13)	4:08 (6:21)	2:01 (8:22)	1:00 (9:22)		0:52 (10:14)
	3:29 (13:43)	7:02 (20:45)	2:08 (22:53)	3:42 (26:35)		1:57 (28:32)
	0:55 (29:27)	8:12 (37:39)	4:36 (42:15)	1:53 (44:08)		1:17 (45:25)
	1:16 (46:41)	0:51 (47:32)	1:16 (48:48)	1:00 (49:48)		6:27 (56:15)
	7:30 (1:03:45)	1:47 (1:05:32)	4:01 (1:09:33)	3:41 (1:13:14)		0:25 (1:13:39)
7.	Steffen Ostendorff	TSV Worpswede	1:14:03	+17:33	6:58	
	4:30 (4:30)	5:42 (10:12)	1:37 (11:49)	1:26 (13:15)		1:05 (14:20)
	2:37 (16:57)	1:51 (18:48)	2:09 (20:57)	3:47 (24:44)		2:15 (26:59)
	1:02 (28:01)	9:36 (37:37)	4:07 (41:44)	1:08 (42:52)		1:14 (44:06)
	1:15 (45:21)	1:48 (47:09)	1:13 (48:22)	1:15 (49:37)		6:41 (56:18)
	8:26 (1:04:44)	1:36 (1:06:20)	3:38 (1:09:58)	3:41 (1:13:39)		0:24 (1:14:03)
8.	Oliver Hillebrandt	OLV Uslar	1:14:37	+18:07	3:24	
	2:08 (2:08)	4:42 (6:50)	1:19 (8:09)	1:07 (9:16)		1:15 (10:31)
	3:50 (14:21)	3:00 (17:21)	1:15 (18:36)	3:20 (21:56)		4:07 (26:03)
	2:38 (28:41)	8:47 (37:28)	4:31 (41:59)	1:50 (43:49)		1:25 (45:14)
	1:18 (46:32)	0:57 (47:29)	1:22 (48:51)	1:09 (50:00)		7:41 (57:41)
	6:35 (1:04:16)	1:43 (1:05:59)	4:30 (1:10:29)	3:40 (1:14:09)		0:28 (1:14:37)
9.	Paulo Urzua Torres	TV Jahn Wolfsburg	1:16:57	+20:27	8:45	
	2:21 (2:21)	4:36 (6:57)	1:22 (8:19)	1:00 (9:19)		0:54 (10:13)
	8:50 (19:03)	2:30 (21:33)	0:59 (22:32)	3:03 (25:35)		1:51 (27:26)
	3:31 (30:57)	8:58 (39:55)	4:47 (44:42)	1:31 (46:13)		1:13 (47:26)
	1:17 (48:43)	1:54 (50:37)	1:54 (52:31)	1:26 (53:57)		7:00 (1:00:57)
	6:47 (1:07:44)	1:34 (1:09:18)	3:58 (1:13:16)	3:21 (1:16:37)		0:20 (1:16:57)
10.	Thorsten Weigert	TV Jahn Wolfsburg	1:19:33	+23:03	10:50	
	2:26 (2:26)	4:03 (6:29)	2:09 (8:38)	1:33 (10:11)		2:24 (12:35)
	1:27 (14:02)	1:01 (15:03)	1:07 (16:10)	3:30 (19:40)		2:50 (22:30)
	0:58 (23:28)	8:19 (31:47)	5:07 (36:54)	1:52 (38:46)		1:54 (40:40)
	1:14 (41:54)	1:01 (42:55)	1:43 (44:38)	1:28 (46:06)		10:00 (56:06)
	7:57 (1:04:03)	2:11 (1:06:14)	5:58 (1:12:12)	6:29 (1:18:41)		0:52 (1:19:33)
11.	Sascha Fenz	OLV Uslar	2:08:01	+1:11:31	28:12	
	6:10 (6:10)	10:18 (16:28)	4:46 (21:14)	6:03 (27:17)		3:49 (31:06)
	6:15 (37:21)	3:48 (41:09)	2:04 (43:13)	1:34 (44:47)		1:38 (46:25)
	1:31 (47:56)	10:59 (58:55)	12:44 (1:11:39)	1:20 (1:12:59)		2:43 (1:15:42)
	1:08 (1:16:50)	6:23 (1:23:13)	1:42 (1:24:55)	1:30 (1:26:25)		12:17 (1:38:42)
	8:41 (1:47:23)	6:24 (1:53:47)	7:52 (2:01:39)	5:54 (2:07:33)		0:28 (2:08:01)
	Rolf Breckle	Bovender SV	Fehlst.			
	2:02 (2:02)	3:57 (5:59)	2:17 (8:16)	1:11 (9:27)		1:45 (11:12)
	3:07 (14:19)	2:45 (17:04)	1:12 (18:16)	1:51 (20:07)		0:54 (21:01)
	0:48 (21:49)	6:48 (28:37)	3:17 (31:54)	1:42 (33:36)		0:58 (34:34)
	1:15 (35:49)	0:40 (36:29)	1:09 (37:38)	1:24 (39:02)		– (–)
	– (–)	– (–)	– (–)	– (45:31)		0:54 (46:25)

H55		(10 / 10)	Zeit	Rückstand	Zeit verloren	
1.	Martin Gertenbach	Ski-Club Helsa	1:08:46		0:56	
	4:08 (4:08)	7:24 (11:32)	2:34 (14:06)	2:43 (16:49)		2:31 (19:20)
	4:28 (23:48)	2:32 (26:20)	2:29 (28:49)	1:26 (30:15)		1:09 (31:24)
	2:07 (33:31)	5:49 (39:20)	13:21 (52:41)	1:16 (53:57)		1:26 (55:23)
	1:10 (56:33)	1:10 (57:43)	1:40 (59:23)	1:16 (1:00:39)		4:49 (1:05:28)
	2:48 (1:08:16)	0:30 (1:08:46)				
2.	Dieter Wehrhöfer-Bersuck	Bielefelder TG	1:21:37	+12:51	1:10	
	3:38 (3:38)	9:48 (13:26)	4:36 (18:02)	2:40 (20:42)		2:50 (23:32)
	3:21 (26:53)	3:50 (30:43)	2:41 (33:24)	1:48 (35:12)		1:46 (36:58)
	2:22 (39:20)	6:43 (46:03)	16:08 (1:02:11)	1:34 (1:03:45)		1:46 (1:05:31)
	1:31 (1:07:02)	1:25 (1:08:27)	1:40 (1:10:07)	1:45 (1:11:52)		5:48 (1:17:40)
	3:20 (1:21:00)	0:37 (1:21:37)				
3.	Werner Drese	OLV Uslar	1:23:14	+14:28	3:23	
	4:15 (4:15)	9:36 (13:51)	4:54 (18:45)	2:35 (21:20)		2:17 (23:37)
	1:34 (25:11)	1:31 (26:42)	2:31 (29:13)	3:01 (32:14)		3:45 (35:59)
	2:20 (38:19)	6:06 (44:25)	16:24 (1:00:49)	1:35 (1:02:24)		1:48 (1:04:12)
	1:35 (1:05:47)	1:37 (1:07:24)	1:42 (1:09:06)	1:28 (1:10:34)		7:08 (1:17:42)
	4:27 (1:22:09)	1:05 (1:23:14)				
4.	Michael Schwien	SC Klecken	1:26:44	+17:58	10:41	
	3:14 (3:14)	10:53 (14:07)	2:45 (16:52)	3:20 (20:12)		2:24 (22:36)
	5:52 (28:28)	6:12 (34:40)	2:50 (37:30)	1:29 (38:59)		1:22 (40:21)
	1:50 (42:11)	8:34 (50:45)	18:35 (1:09:20)	1:10 (1:10:30)		1:18 (1:11:48)
	1:18 (1:13:06)	1:20 (1:14:26)	1:47 (1:16:13)	1:07 (1:17:20)		6:08 (1:23:28)
	2:50 (1:26:18)	0:26 (1:26:44)				
5.	Sven Buchholz	MTK Bad Harzburg	1:28:02	+19:16	3:54	

	4:25 (4:25)	9:48 (14:13)	3:28 (17:41)	3:29 (21:10)	2:21 (23:31)
	1:59 (25:30)	1:24 (26:54)	2:10 (29:04)	6:56 (36:00)	3:46 (39:46)
	1:53 (41:39)	9:00 (50:39)	18:19 (1:08:58)	1:21 (1:10:19)	1:45 (1:12:04)
	1:19 (1:13:23)	1:19 (1:14:42)	1:54 (1:16:36)	1:09 (1:17:45)	6:41 (1:24:26)
	3:08 (1:27:34)	0:28 (1:28:02)			
6.	Peter Kollenbach	Ski-Club Helsa	1:41:27	+32:41	13:29
	8:25 (8:25)	13:35 (22:00)	4:57 (26:57)	3:39 (30:36)	3:22 (33:58)
	3:34 (37:32)	4:26 (41:58)	2:50 (44:48)	2:00 (46:48)	1:39 (48:27)
	2:26 (50:53)	6:39 (57:32)	21:32 (1:19:04)	1:35 (1:20:39)	1:59 (1:22:38)
	1:31 (1:24:09)	1:54 (1:26:03)	1:40 (1:27:43)	1:09 (1:28:52)	7:43 (1:36:35)
	4:15 (1:40:50)	0:37 (1:41:27)			
7.	Luis Moreton	Turn-Klubb zu Hannover	1:48:45	+39:59	18:05
	3:47 (3:47)	9:55 (13:42)	7:22 (21:04)	2:51 (23:55)	2:24 (26:19)
	1:33 (27:52)	1:38 (29:30)	2:33 (32:03)	3:28 (35:31)	5:41 (41:12)
	3:13 (44:25)	9:17 (53:42)	30:18 (1:24:00)	1:40 (1:25:40)	1:57 (1:27:37)
	1:21 (1:28:58)	1:40 (1:30:38)	2:29 (1:33:07)	1:51 (1:34:58)	8:21 (1:43:19)
	4:44 (1:48:03)	0:42 (1:48:45)			
8.	Guido Gehrman	MTK Bad Harzburg	2:09:26	+1:00:40	13:16
	4:38 (4:38)	13:06 (17:44)	3:08 (20:52)	2:05 (22:57)	3:11 (26:08)
	11:03 (37:11)	6:29 (43:40)	8:24 (52:04)	5:05 (57:09)	4:25 (1:01:34)
	3:25 (1:04:59)	10:41 (1:15:40)	26:59 (1:42:39)	2:26 (1:45:05)	2:26 (1:47:31)
	2:18 (1:49:49)	2:14 (1:52:03)	2:35 (1:54:38)	1:41 (1:56:19)	8:05 (2:04:24)
	4:24 (2:08:48)	0:38 (2:09:26)			
	Jens Struckmann	Braunschweiger MTV	Fehlst.		
	3:10 (3:10)	9:09 (12:19)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)
	– (37:11)	1:07 (38:18)			
	Michael Kukis	OSC Kassel	Fehlst.		
	3:20 (3:20)	7:20 (10:40)	1:12 (11:52)	1:00 (12:52)	– (–)
	– (–)	– (–)	– (–)	– (18:10)	3:01 (21:11)
	1:53 (23:04)	7:07 (30:11)	14:09 (44:20)	0:58 (45:18)	1:25 (46:43)
	1:00 (47:43)	1:04 (48:47)	1:26 (50:13)	1:22 (51:35)	4:22 (55:57)
	2:33 (58:30)	0:27 (58:57)			
H65		(7 / 7)	Zeit	Rückstand	Zeit verloren
1.	Franz-Josef Dirkes	SV Eintracht Neuenkirchen	1:06:31		5:01
	5:32 (5:32)	12:01 (17:33)		1:21 (27:18)	2:51 (30:09)
	7:13 (37:22)	1:23 (38:45)		2:34 (43:41)	2:37 (46:18)
	1:48 (48:06)	1:45 (49:51)		4:50 (1:01:21)	4:41 (1:06:02)
	0:29 (1:06:31)				
2.	Siegfried May	RSV Hannover	1:06:53	+0:22	2:57
	3:53 (3:53)	12:36 (16:29)		1:11 (27:00)	2:25 (29:25)
	2:40 (32:05)	2:46 (34:51)		1:44 (39:43)	1:27 (41:10)
	3:07 (44:17)	3:49 (48:06)		4:55 (1:01:27)	4:51 (1:06:18)
	0:35 (1:06:53)				
3.	Ferdinand Hanses	TuS Bramsche	1:20:17	+13:46	12:57
	5:33 (5:33)	12:10 (17:43)		2:52 (37:13)	2:25 (39:38)
	1:59 (41:37)	2:40 (44:17)		2:47 (49:22)	2:04 (51:26)
	5:04 (56:30)	4:46 (1:01:16)		6:11 (1:14:44)	4:51 (1:19:35)
	0:42 (1:20:17)				
4.	Uwe Dresel	SC Klecken	1:25:56	+19:25	8:35
	6:28 (6:28)	15:52 (22:20)		2:12 (39:07)	4:10 (43:17)
	4:56 (48:13)	1:29 (49:42)		3:09 (55:55)	4:29 (1:00:24)
	2:58 (1:03:22)	1:51 (1:05:13)		6:49 (1:18:32)	6:41 (1:25:13)
	0:43 (1:25:56)				
5.	AK Bernhard Keller	Ohne Verein	1:46:54	+40:23	31:30
	6:35 (6:35)	12:07 (18:42)		3:43 (40:50)	2:21 (43:11)
	2:21 (45:32)	1:48 (47:20)		3:40 (53:43)	1:53 (55:36)
	10:36 (1:06:12)	5:57 (1:12:09)		20:12 (1:39:29)	6:40 (1:46:09)
	0:45 (1:46:54)				
	AK Harald Friedl	TuS Stemwede	(49:32)		6:26
	– (–)	19:07 (–)		2:02 (–)	4:46 (–)
	6:36 (5:13)	4:27 (9:40)		2:49 (16:29)	1:44 (18:13)
	2:59 (21:12)	3:50 (25:02)		8:38 (41:36)	7:04 (48:40)
	0:52 (49:32)				
	AK Renate Willmann	TuS Stemwede	(49:29)		7:05
	– (–)	19:11 (–)		2:10 (–)	4:27 (–)
	6:54 (5:44)	4:21 (10:05)		2:32 (16:59)	1:49 (18:48)
	2:53 (21:41)	3:56 (25:37)		8:29 (42:07)	6:35 (48:42)
	0:47 (49:29)				

Wilf Holloway		Bovender SV		Nicht Ang.	
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
H75		(1 / 1)		Zeit	Rückstand Zeit verloren
1. Dieter Conrad	MTK Bad Harzburg		44:26	0:00	
4:05 (4:05)	4:56 (9:01)	8:48 (17:49)		7:50 (25:39)	1:58 (27:37)
2:44 (30:21)	2:10 (32:31)	1:42 (34:13)		1:41 (35:54)	1:22 (37:16)
3:19 (40:35)	3:13 (43:48)	0:38 (44:26)			
Albrecht Bergt	TSV Fischerhude		Nicht Ang.		
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)			
Johannes Müssen	SuS Vehrte		Nicht Ang.		
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)			
OffK		(2 / 2)		Zeit	Rückstand Zeit verloren
1. Horst von Gaza	OLV Uslar		20:08	0:00	
5:07 (5:07)	3:43 (8:50)	4:12 (13:02)		3:38 (16:40)	2:46 (19:26)
0:42 (20:08)					
2. Ingo Krätz	TV Jahn Wolfsburg		28:42	+8:34	5:33
5:19 (5:19)	4:50 (10:09)	6:51 (17:00)		7:57 (24:57)	3:14 (28:11)
0:31 (28:42)					
OffM		(11 / 11)		Zeit	Rückstand Zeit verloren
1. Fritz Wesemann	Hochschulsport Hannover		50:43		2:51
6:18 (6:18)	8:57 (15:15)	6:25 (21:40)		0:41 (22:21)	1:24 (23:45)
2:58 (26:43)	2:34 (29:17)	2:19 (31:36)		2:48 (34:24)	2:08 (36:32)
1:37 (38:09)	1:06 (39:15)	4:22 (43:37)		3:12 (46:49)	3:29 (50:18)
0:25 (50:43)					
2. Vincent Homann	Bielefelder TG		53:34	+2:51	6:24
4:49 (4:49)	8:32 (13:21)	9:58 (23:19)		1:11 (24:30)	1:22 (25:52)
2:29 (28:21)	2:26 (30:47)	3:08 (33:55)		2:58 (36:53)	2:33 (39:26)
1:26 (40:52)	1:06 (41:58)	3:59 (45:57)		4:08 (50:05)	3:02 (53:07)
0:27 (53:34)					
3. Finn Boie	Vereinslos		1:06:27	+15:44	6:22
6:05 (6:05)	11:24 (17:29)	11:13 (28:42)		2:38 (31:20)	2:21 (33:41)
1:43 (35:24)	1:11 (36:35)	1:47 (38:22)		2:26 (40:48)	1:41 (42:29)
3:13 (45:42)	3:31 (49:13)	7:51 (57:04)		4:22 (1:01:26)	4:28 (1:05:54)
0:33 (1:06:27)					
4. Jannik Richter	Turn-Klubb zu Hannover		1:12:40	+21:57	10:56
5:19 (5:19)	13:29 (18:48)	11:44 (30:32)		1:45 (32:17)	3:51 (36:08)
4:05 (40:13)	1:27 (41:40)	2:09 (43:49)		2:38 (46:27)	2:42 (49:09)
3:00 (52:09)	1:30 (53:39)	8:05 (1:01:44)		5:50 (1:07:34)	4:33 (1:12:07)
0:33 (1:12:40)					
5. Sven Schröder	USC Magdeburg		1:16:35	+25:52	9:33
6:47 (6:47)	11:57 (18:44)	9:52 (28:36)		2:14 (30:50)	2:33 (33:23)
3:28 (36:51)	2:18 (39:09)	1:52 (41:01)		1:37 (42:38)	2:01 (44:39)
3:28 (48:07)	4:31 (52:38)	9:28 (1:02:06)		9:01 (1:11:07)	4:51 (1:15:58)
0:37 (1:16:35)					
6. Stefanie Aaronson	Turn-Klubb zu Hannover		1:26:18	+35:35	14:53
6:16 (6:16)	13:49 (20:05)	13:28 (33:33)		3:12 (36:45)	6:36 (43:21)
4:19 (47:40)	3:16 (50:56)	3:06 (54:02)		1:56 (55:58)	1:53 (57:51)
3:24 (1:01:15)	3:09 (1:04:24)	7:06 (1:11:30)		7:08 (1:18:38)	6:48 (1:25:26)
0:52 (1:26:18)					
7. Emma Beckmann	Hochschulsport Hannover		1:26:41	+35:58	20:28
6:12 (6:12)	11:35 (17:47)	10:32 (28:19)		1:55 (30:14)	4:39 (34:53)
4:32 (39:25)	3:02 (42:27)	2:16 (44:43)		1:48 (46:31)	1:33 (48:04)
4:54 (52:58)	5:09 (58:07)	7:04 (1:05:11)		15:55 (1:21:06)	5:02 (1:26:08)
0:33 (1:26:41)					
8. Frank Thiemann	Hochschulsport Hannover		1:27:08	+36:25	12:44
8:20 (8:20)	17:51 (26:11)	12:13 (38:24)		2:36 (41:00)	3:11 (44:11)
2:50 (47:01)	2:45 (49:46)	4:05 (53:51)		3:56 (57:47)	1:53 (59:40)
3:13 (1:02:53)	2:45 (1:05:38)	7:13 (1:12:51)		7:53 (1:20:44)	5:53 (1:26:37)
0:31 (1:27:08)					

9.	Lena Hocke	Turn-Klubb zu Hannover		1:34:02	+43:19	13:09
	7:20 (7:20)	15:08 (22:28)	15:44 (38:12)		3:24 (41:36)	3:05 (44:41)
	1:58 (46:39)	2:25 (49:04)	4:38 (53:42)		6:11 (59:53)	1:48 (1:01:41)
	2:50 (1:04:31)	3:48 (1:08:19)	10:44 (1:19:03)		7:02 (1:26:05)	7:20 (1:33:25)
	0:37 (1:34:02)					
	Katrin Fenz	OLV Uslar		Fehlst.		
	6:56 (6:56)	56:55 (1:03:51)	17:28 (1:21:19)		1:58 (1:23:17)	2:42 (1:25:59)
	4:05 (1:30:04)	2:23 (1:32:27)	– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)		– (–)	– (–)
	– (1:53:25)					
	Katariina Lukaczewski	SV Hildesia Diekholzen		Aufg.		
	13:59 (13:59)	41:46 (55:45)	16:54 (1:12:39)		12:18 (1:24:57)	6:47 (1:31:44)
	5:03 (1:36:47)	– (–)	– (–)		– (–)	– (–)
	– (–)	– (–)	– (–)		– (–)	– (–)
	– (–)					