

Ergebnis – Koblenzer Herbst-OL / RLP-Meisterschaft lang 2023

2023-10-08

H19-		(6 / 6)	Zeit	Rückstand
1.	Ole-Johan Wittiber	Skiclub Bonn	1:16:04	
	4:04 (4:04)	1:50 (5:54)	2:06 (8:00)	– (–)
	3:27 (26:52)	4:26 (31:18)	7:17 (38:35)	– (14:06)
	2:34 (49:58)	10:56 (1:00:54)	3:17 (1:04:11)	9:19 (23:25)
	1:52 (1:15:43)	0:21 (1:16:04)	1:27 (40:02)	3:52 (43:54)
			0:42 (1:04:53)	3:30 (47:24)
			2:20 (1:07:13)	6:38 (1:13:51)
2.	Arvid Wittiber	Skiclub Bonn	1:21:16	+5:12
	5:24 (5:24)	1:55 (7:19)	1:25 (8:44)	– (–)
	4:41 (31:06)	5:19 (36:25)	6:00 (42:25)	– (15:28)
	1:44 (53:30)	12:03 (1:05:33)	3:19 (1:08:52)	2:22 (44:47)
	2:11 (1:20:51)	0:25 (1:21:16)	0:46 (1:09:38)	4:55 (49:42)
			1:32 (1:11:10)	2:04 (51:46)
				7:30 (1:18:40)
3.	Anatolii Bushuiev	ohne Verein	1:23:14	+7:10
	5:07 (5:07)	1:34 (6:41)	2:13 (8:54)	– (–)
	4:04 (30:59)	6:07 (37:06)	5:14 (42:20)	– (15:00)
	1:54 (51:31)	12:09 (1:03:40)	6:11 (1:09:51)	1:28 (43:48)
	2:40 (1:22:51)	0:23 (1:23:14)	1:08 (1:10:59)	3:48 (47:36)
			1:30 (1:12:29)	2:01 (49:37)
				7:42 (1:20:11)
4.	Andrei Stepanov	ohne Verein	1:54:33	+38:29
	4:53 (4:53)	2:57 (7:50)	5:22 (13:12)	– (–)
	8:59 (46:07)	8:32 (54:39)	7:28 (1:02:07)	– (23:56)
	2:23 (1:20:02)	14:32 (1:34:34)	4:49 (1:39:23)	2:13 (1:04:20)
	1:56 (1:54:11)	0:22 (1:54:33)	1:01 (1:40:24)	6:34 (1:10:54)
				1:58 (1:42:22)
				9:53 (1:52:15)
5.	Luis John	TGM Budenheim	1:58:20	+42:16
	6:18 (6:18)	2:51 (9:09)	3:33 (12:42)	– (–)
	6:00 (50:37)	6:37 (57:14)	7:49 (1:05:03)	– (31:28)
	2:52 (1:19:19)	16:34 (1:35:53)	5:35 (1:41:28)	2:40 (1:07:43)
	2:21 (1:57:57)	0:23 (1:58:20)	1:11 (1:42:39)	5:30 (1:13:13)
				2:34 (1:45:13)
				10:23 (1:55:36)
	Christian Oberlander	CISM Team Germany	Nicht Ang	
D19-		(5 / 5)	Zeit	Rückstand
1.	Marit Wersin	TGM Budenheim	1:19:55	
	0:58 (0:58)	7:39 (8:37)	1:54 (10:31)	– (–)
	17:10 (42:15)	2:46 (45:01)	7:24 (52:25)	– (25:05)
	1:46 (1:04:30)	9:46 (1:14:16)	2:08 (1:16:24)	3:41 (1:01:13)
			3:02 (1:19:26)	1:31 (1:02:44)
			0:29 (1:19:55)	
2.	Sara Egger	OL Regio Burgdorf	1:30:39	+10:44
	1:29 (1:29)	7:48 (9:17)	2:31 (11:48)	– (–)
	19:29 (48:44)	3:48 (52:32)	7:24 (59:56)	– (29:15)
	2:11 (1:13:33)	10:28 (1:24:01)	2:28 (1:26:29)	4:08 (1:04:04)
			3:31 (1:30:00)	6:03 (1:10:07)
				0:39 (1:30:39)
3.	Christina Staginnus	Gymnasium Offenbach	1:33:39	+13:44
	1:09 (1:09)	6:40 (7:49)	3:02 (10:51)	– (–)
	14:26 (38:36)	3:49 (42:25)	5:59 (48:24)	– (24:10)
	17:52 (1:18:53)	8:42 (1:27:35)	2:18 (1:29:53)	4:46 (53:10)
			3:16 (1:33:09)	6:51 (1:00:01)
				0:30 (1:33:39)
4.	Leonie Vilz	TV Jahn Eitelborn	1:46:48	+26:53
	1:21 (1:21)	9:21 (10:42)	3:02 (13:44)	– (–)
	21:14 (51:45)	3:58 (55:43)	10:57 (1:06:40)	– (30:31)
	3:53 (1:25:38)	12:41 (1:38:19)	3:15 (1:41:34)	5:44 (1:20:06)
			4:43 (1:46:17)	1:39 (1:21:45)
				0:31 (1:46:48)
5.	Anna Tausendfreund	WOLF Haltern	1:49:30	+29:35
	1:15 (1:15)	8:09 (9:24)	3:11 (12:35)	– (–)
	20:46 (49:55)	4:11 (54:06)	8:55 (1:03:01)	– (29:09)
	7:16 (1:26:57)	14:18 (1:41:15)	3:37 (1:44:52)	6:00 (1:09:01)
			4:10 (1:49:02)	9:01 (1:18:02)
				1:39 (1:19:41)
				0:28 (1:49:30)
D65		(4 / 4)	Zeit	Rückstand
1.	Birgit May	OLF Mainz	1:04:17	
	2:04 (2:04)	7:20 (9:24)	19:34 (28:58)	– (–)
	1:42 (48:11)	5:06 (53:17)	3:20 (56:37)	6:54 (35:52)
				3:57 (39:49)
				6:40 (46:29)
2.	Beatrix Haenelt	OL-Team Filder	1:04:57	+0:40
	2:06 (2:06)	6:22 (8:28)	7:11 (15:39)	– (–)
	2:02 (49:52)	5:28 (55:20)	2:51 (58:11)	– (30:31)
				5:03 (18:47)
				5:44 (1:20:06)
				0:31 (1:21:45)
3.	Gisela Müller	TV 1886 Diedenbergen	1:37:22	+33:05
	2:08 (2:08)	8:26 (10:34)	4:12 (14:46)	– (–)
	2:32 (1:16:33)	6:44 (1:23:17)	4:43 (1:28:00)	– (29:09)
				7:18 (19:53)
				6:00 (1:09:01)
				9:01 (1:18:02)
4.	Maria Gierlach	WOLF Haltern	1:51:35	+47:18
	5:47 (5:47)	9:08 (14:55)	17:56 (32:51)	– (–)
	5:32 (1:16:16)	7:28 (1:23:44)	15:47 (1:39:31)	– (29:09)
				7:18 (19:53)
				6:00 (1:09:01)
				9:01 (1:18:02)
				0:28 (1:49:30)

H35**(4 / 4)****Zeit Rückstand**

1. Anatolii Dunaev	SC Königstein	1:13:03		
4:28 (4:28)	3:18 (7:46)	1:43 (9:29)	– (–)	– (15:23)
3:57 (30:21)	5:17 (35:38)	4:18 (39:56)	3:37 (43:33)	1:30 (45:03)
3:52 (1:00:12)	0:50 (1:01:02)	3:38 (1:04:40)	5:51 (1:10:31)	2:08 (1:12:39)
2. David Ehrlich	OLV Steinberg	1:14:17	+1:14	
3:33 (3:33)	2:08 (5:41)	1:26 (7:07)	– (–)	– (16:35)
3:23 (29:09)	4:39 (33:48)	3:38 (37:26)	3:45 (41:11)	2:03 (43:14)
8:28 (1:04:04)	0:40 (1:04:44)	1:29 (1:06:13)	5:37 (1:11:50)	2:05 (1:13:55)
3. Sebastian Anders	ESV Bitterfeld	1:24:13	+11:10	
3:48 (3:48)	3:15 (7:03)	4:25 (11:28)	– (–)	– (20:00)
4:41 (37:36)	6:33 (44:09)	4:32 (48:41)	3:37 (52:18)	2:23 (54:41)
3:23 (1:11:39)	0:49 (1:12:28)	1:34 (1:14:02)	7:51 (1:21:53)	1:57 (1:23:50)
4. Stephan Haenelt	OL-Team Filder	1:49:48	+36:45	
5:24 (5:24)	2:56 (8:20)	2:26 (10:46)	– (–)	– (21:29)
7:11 (47:28)	7:40 (55:08)	6:37 (1:01:45)	3:22 (1:05:07)	2:07 (1:07:14)
4:29 (1:30:44)	1:26 (1:32:10)	2:18 (1:34:28)	12:12 (1:46:40)	2:41 (1:49:21)

D18**(2 / 2)****Zeit Rückstand**

1. Annika Simsch	TGM Budenheim	51:37		
3:23 (3:23)	2:14 (5:37)	5:27 (11:04)	2:51 (13:55)	2:31 (16:26)
1:23 (25:53)	4:57 (30:50)	– (–)	– (38:34)	7:26 (46:00)
0:36 (48:39)	2:34 (51:13)	0:24 (51:37)		8:04 (24:30)
2. Jule Wersin	TGM Budenheim	1:02:34	+10:57	
3:07 (3:07)	2:01 (5:08)	5:53 (11:01)	2:25 (13:26)	3:59 (17:25)
0:48 (27:39)	6:12 (33:51)	– (–)	– (49:23)	7:33 (56:56)
0:53 (59:36)	2:34 (1:02:10)	0:24 (1:02:34)		9:26 (26:51)

D12**(5 / 5)****Zeit Rückstand**

1. Milla Cronau	TGM Budenheim	14:50		
1:54 (1:54)	1:43 (3:37)	1:29 (5:06)	3:05 (8:11)	2:13 (10:24)
1:21 (13:38)	0:47 (14:25)	0:25 (14:50)		1:53 (12:17)
2. Sinica Oehlke	TGM Budenheim	15:22	+0:32	
1:53 (1:53)	1:35 (3:28)	1:04 (4:32)	2:47 (7:19)	3:17 (10:36)
1:23 (14:09)	0:51 (15:00)	0:22 (15:22)		2:10 (12:46)
3. Ellen Wilson	TGM Budenheim	15:26	+0:36	
1:50 (1:50)	1:42 (3:32)	1:30 (5:02)	3:46 (8:48)	2:19 (11:07)
1:14 (14:14)	0:46 (15:00)	0:26 (15:26)		1:53 (13:00)
4. Viktoria Saß	OLF Mainz	16:25	+1:35	
1:52 (1:52)	1:57 (3:49)	1:35 (5:24)	3:20 (8:44)	2:21 (11:05)
1:22 (15:12)	0:48 (16:00)	0:25 (16:25)		2:45 (13:50)
5. Ida Kreckel	TGM Budenheim	22:01	+7:11	
1:47 (1:47)	2:00 (3:47)	4:45 (8:32)	6:27 (14:59)	2:11 (17:10)
1:25 (20:40)	0:52 (21:32)	0:29 (22:01)		2:05 (19:15)

D45**(6 / 6)****Zeit Rückstand**

1. Olena Kapara	OL-Team Filder	50:24		
3:35 (3:35)	2:26 (6:01)	5:05 (11:06)	1:58 (13:04)	2:58 (16:02)
0:52 (24:53)	5:18 (30:11)	– (–)	– (36:49)	6:30 (43:19)
0:48 (46:32)	3:27 (49:59)	0:25 (50:24)		7:59 (24:01)
2. Birgit Wersin	TGM Budenheim	53:54	+3:30	
3:20 (3:20)	2:15 (5:35)	4:47 (10:22)	2:16 (12:38)	2:38 (15:16)
1:14 (24:58)	10:01 (34:59)	– (–)	– (40:18)	7:34 (47:52)
0:53 (50:44)	2:41 (53:25)	0:29 (53:54)		1:59 (49:51)
3. Katharina Knobloch	OLV Steinberg	1:17:47	+27:23	
4:27 (4:27)	3:09 (7:36)	7:18 (14:54)	3:00 (17:54)	4:55 (22:49)
2:57 (42:07)	7:17 (49:24)	– (–)	– (59:10)	8:12 (1:07:22)
1:08 (1:11:46)	5:25 (1:17:11)	0:36 (1:17:47)		16:21 (39:10)
4. Evelyn Büschemann	CTG Koblenz	1:22:43	+32:19	
4:46 (4:46)	4:49 (9:35)	7:27 (17:02)	3:01 (20:03)	3:55 (23:58)
1:18 (37:16)	10:53 (48:09)	– (–)	– (59:22)	11:17 (1:10:39)
1:49 (1:16:02)	5:59 (1:22:01)	0:42 (1:22:43)		12:00 (35:58)
5. Katja Lahm	CTG Koblenz	2:18:52	+88:28	
5:09 (5:09)	3:49 (8:58)	14:20 (23:18)	4:30 (27:48)	5:17 (33:05)
1:50 (55:52)	11:27 (1:07:19)	– (–)	– (1:47:41)	13:15 (2:00:56)
3:27 (2:09:36)	8:06 (2:17:42)	1:10 (2:18:52)		20:57 (54:02)
Aurélie Dessailly	SC Königstein	Fehlst.		
3:36 (3:36)	4:30 (8:06)	– (–)	– (19:58)	4:44 (24:42)
1:06 (36:45)	5:40 (42:25)	– (–)	– (49:19)	8:28 (57:47)
0:49 (1:02:04)	5:07 (1:07:11)	0:26 (1:07:37)		10:57 (35:39)

D55**(5 / 5)****Zeit Rückstand**

1. Karin Theel	TGM Budenheim	1:02:25		
1:16 (1:16)	8:24 (9:40)	5:10 (14:50)	9:48 (24:38)	6:20 (30:58)
2:43 (37:07)	7:22 (44:29)	4:04 (48:33)	4:44 (53:17)	2:50 (56:07)
3:57 (1:01:49)	0:36 (1:02:25)			3:26 (34:24)
2. Almut Kammholz	Oberodenthaler SC	1:09:11	+6:46	
1:19 (1:19)	8:04 (9:23)	11:16 (20:39)	8:53 (29:32)	9:35 (39:07)
2:57 (45:34)	6:45 (52:19)	3:20 (55:39)	4:56 (1:00:35)	3:30 (42:37)
4:10 (1:08:43)	0:28 (1:09:11)			2:54 (1:03:29)
3. Gitta Weber	OLF Mainz	1:11:12	+8:47	
5:43 (5:43)	9:27 (15:10)	7:40 (22:50)	7:53 (30:43)	6:00 (36:43)
2:20 (42:50)	7:05 (49:55)	3:29 (53:24)	7:51 (1:01:15)	3:47 (40:30)
5:19 (1:10:41)	0:31 (1:11:12)			2:47 (1:04:02)
4. Sonja Gerhard	TGM Budenheim	1:23:00	+20:35	
1:09 (1:09)	16:49 (17:58)	9:48 (27:46)	12:40 (40:26)	6:03 (46:29)
2:36 (52:04)	8:05 (1:00:09)	3:51 (1:04:00)	8:43 (1:12:43)	2:59 (49:28)
5:21 (1:22:22)	0:38 (1:23:00)			3:18 (1:16:01)
5. Elvira Weingard	OLV Steinberg	1:26:10	+23:45	
1:24 (1:24)	12:30 (13:54)	9:17 (23:11)	13:42 (36:53)	10:10 (47:03)
4:07 (56:27)	9:31 (1:05:58)	4:25 (1:10:23)	5:41 (1:16:04)	5:17 (52:20)
4:24 (1:25:37)	0:33 (1:26:10)			3:33 (1:19:37)

D10**(1 / 1)****Zeit Rückstand**

1. Tilda Ehrlich	OLV Steinberg	18:01		
3:19 (3:19)	2:10 (5:29)	2:35 (8:04)	2:07 (10:11)	1:35 (11:46)
2:30 (15:50)	1:36 (17:26)	0:35 (18:01)		1:34 (13:20)

H65**(7 / 7)****Zeit Rückstand**

1. Pierre Willems	ASUB Orientation	41:20		
0:58 (0:58)	6:01 (6:59)	2:33 (9:32)	4:51 (14:23)	4:09 (18:32)
1:53 (23:30)	5:14 (28:44)	2:46 (31:30)	3:18 (34:48)	1:59 (36:47)
3:18 (40:53)	0:27 (41:20)			3:05 (21:37)
2. Peter Gierlach	WOLF Haltern	57:37	+16:17	
1:21 (1:21)	8:49 (10:10)	3:28 (13:38)	7:54 (21:32)	6:01 (27:33)
2:25 (33:19)	7:39 (40:58)	3:25 (44:23)	4:15 (48:38)	3:21 (30:54)
4:28 (57:05)	0:32 (57:37)			2:58 (51:36)
3. Andreas Dresen	OLF Mainz	1:02:57	+21:37	
1:24 (1:24)	9:14 (10:38)	3:11 (13:49)	8:19 (22:08)	6:33 (28:41)
2:49 (36:47)	7:45 (44:32)	3:47 (48:19)	5:12 (53:31)	5:17 (33:58)
5:07 (1:02:22)	0:35 (1:02:57)			2:38 (56:09)
4. Joachim Menn	OLG Siegerland	1:21:47	+40:27	
1:35 (1:35)	15:35 (17:10)	5:54 (23:04)	10:02 (33:06)	10:01 (43:07)
3:10 (50:22)	9:54 (1:00:16)	5:01 (1:05:17)	5:06 (1:10:23)	4:05 (47:12)
5:42 (1:21:13)	0:34 (1:21:47)			3:38 (1:14:01)
5. Joachim May	OLF Mainz	1:22:57	+41:37	
1:22 (1:22)	12:21 (13:43)	15:10 (28:53)	9:45 (38:38)	6:49 (45:27)
2:45 (51:50)	9:13 (1:01:03)	3:47 (1:04:50)	8:10 (1:13:00)	3:38 (49:05)
5:28 (1:22:22)	0:35 (1:22:57)			3:04 (1:16:04)
6. Henning Kämme	OLG Siegerland	1:29:11	+47:51	
1:55 (1:55)	10:54 (12:49)	7:00 (19:49)	8:31 (28:20)	8:04 (36:24)
3:27 (44:53)	8:38 (53:31)	10:39 (1:04:10)	7:51 (1:12:01)	5:02 (41:26)
10:38 (1:28:34)	0:37 (1:29:11)			4:21 (1:16:22)
Heinrich Götte	OLF Mainz	Nicht Ang		1:34 (1:17:56)

D14**(5 / 5)****Zeit Rückstand**

1. Charlotte Anders	ESV Bitterfeld	59:31		
3:17 (3:17)	2:18 (5:35)	11:25 (17:00)	7:46 (24:46)	19:17 (44:03)
4:38 (53:31)	2:23 (55:54)	0:38 (56:32)	2:34 (59:06)	4:50 (48:53)
2. Madita Cronau	TGM Budenheim	1:05:44	+6:13	
3:40 (3:40)	5:07 (8:47)	7:11 (15:58)	9:08 (25:06)	18:49 (43:55)
8:08 (58:05)	3:49 (1:01:54)	0:43 (1:02:37)	2:44 (1:05:21)	6:02 (49:57)
3. Jonna Rathje	TGM Budenheim	1:17:18	+17:47	
3:12 (3:12)	2:37 (5:49)	14:18 (20:07)	34:52 (54:59)	3:58 (58:57)
4:27 (1:07:46)	3:23 (1:11:09)	0:51 (1:12:00)	4:57 (1:16:57)	4:22 (1:03:19)
4. Amelie Bleßmann	TGM Budenheim	1:20:51	+21:20	
3:30 (3:30)	6:34 (10:04)	6:12 (16:16)	28:39 (44:55)	5:08 (50:03)
11:11 (1:11:19)	2:31 (1:13:50)	2:07 (1:15:57)	4:27 (1:20:24)	10:05 (1:00:08)
Delania Hölzer	OL Team Lippe	Nicht Ang		

H18	(4 / 4)	Zeit	Rückstand		
1. Jannik Saß	OLF Mainz	53:39			
0:49 (0:49)	5:19 (6:08)	2:14 (8:22)	2:51 (11:13)	– (–)	– (15:53)
12:35 (28:28)	2:17 (30:45)	4:17 (35:02)	2:36 (37:38)	2:38 (40:16)	0:52 (41:08)
1:29 (42:37)	6:31 (49:08)	1:34 (50:42)	2:41 (53:23)	0:16 (53:39)	
2. Benjamin Cherenkov	OLF Mainz	1:28:48	+35:09		
0:47 (0:47)	8:22 (9:09)	4:05 (13:14)	2:14 (15:28)	– (–)	– (30:28)
14:14 (44:42)	4:15 (48:57)	4:41 (53:38)	11:27 (1:05:05)	3:57 (1:09:02)	2:21 (1:11:23)
3:04 (1:14:27)	6:25 (1:20:52)	5:09 (1:26:01)	2:27 (1:28:28)	0:20 (1:28:48)	
3. Jean Dessailly	SC Königstein	1:46:33	+52:54		
1:07 (1:07)	9:52 (10:59)	2:17 (13:16)	17:25 (30:41)	– (–)	– (40:11)
23:03 (1:03:14)	3:05 (1:06:19)	6:59 (1:13:18)	4:25 (1:17:43)	7:48 (1:25:31)	1:36 (1:27:07)
2:21 (1:29:28)	10:13 (1:39:41)	3:04 (1:42:45)	3:24 (1:46:09)	0:24 (1:46:33)	
Tamino Hölzer	OL Team Lippe	Nicht Ang			

H45	(11 / 11)	Zeit	Rückstand		
1. Jörn Saß	OLF Mainz	1:09:45			
6:02 (6:02)	2:07 (8:09)	1:53 (10:02)	3:56 (13:58)	– (–)	– (19:50)
11:48 (31:38)	2:30 (34:08)	5:11 (39:19)	5:17 (44:36)	10:08 (54:44)	3:11 (57:55)
2:25 (1:00:20)	1:11 (1:01:31)	5:28 (1:06:59)	2:20 (1:09:19)	0:26 (1:09:45)	
2. Gunnar Coppik	OLV Steinberg	1:13:16	+3:31		
5:52 (5:52)	1:55 (7:47)	1:26 (9:13)	3:02 (12:15)	– (–)	– (16:08)
14:03 (30:11)	2:51 (33:02)	6:31 (39:33)	6:03 (45:36)	9:31 (55:07)	3:35 (58:42)
2:24 (1:01:06)	1:53 (1:02:59)	7:26 (1:10:25)	2:21 (1:12:46)	0:30 (1:13:16)	
3. Alexey Arzumanov	Gymnasium Offenbach	1:18:54	+9:09		
5:41 (5:41)	2:16 (7:57)	1:54 (9:51)	3:36 (13:27)	– (–)	– (19:19)
13:09 (32:28)	2:47 (35:15)	6:31 (41:46)	7:33 (49:19)	10:19 (59:38)	5:51 (1:05:29)
2:29 (1:07:58)	1:26 (1:09:24)	7:08 (1:16:32)	1:58 (1:18:30)	0:24 (1:18:54)	
4. Claas Behrendt	OLV Steinberg	1:19:27	+9:42		
5:46 (5:46)	2:03 (7:49)	1:32 (9:21)	2:53 (12:14)	– (–)	– (18:16)
13:37 (31:53)	2:22 (34:15)	6:37 (40:52)	7:59 (48:51)	11:16 (1:00:07)	4:18 (1:04:25)
2:34 (1:06:59)	2:54 (1:09:53)	6:47 (1:16:40)	2:24 (1:19:04)	0:23 (1:19:27)	
5. Marcel Göhler	CTG Koblenz	1:22:32	+12:47		
4:33 (4:33)	1:33 (6:06)	1:36 (7:42)	3:22 (11:04)	– (–)	– (28:35)
10:45 (39:20)	3:07 (42:27)	6:08 (48:35)	6:54 (55:29)	8:16 (1:03:45)	5:17 (1:09:02)
2:33 (1:11:35)	1:23 (1:12:58)	7:13 (1:20:11)	1:56 (1:22:07)	0:25 (1:22:32)	
6. Dmitry Ushakov	SV Schorfheide	1:24:54	+15:09		
5:27 (5:27)	1:56 (7:23)	1:26 (8:49)	7:37 (16:26)	– (–)	– (23:07)
14:18 (37:25)	2:30 (39:55)	6:50 (46:45)	11:30 (58:15)	9:32 (1:07:47)	4:10 (1:11:57)
2:25 (1:14:22)	1:06 (1:15:28)	6:58 (1:22:26)	2:01 (1:24:27)	0:27 (1:24:54)	
7. Alexander Roth	TGM Budenheim	1:34:25	+24:40		
6:36 (6:36)	2:27 (9:03)	1:48 (10:51)	10:17 (21:08)	3:08 (24:16)	2:12 (26:28)
15:24 (41:52)	2:49 (44:41)	8:16 (52:57)	8:21 (1:01:18)	11:30 (1:12:48)	5:16 (1:18:04)
3:19 (1:21:23)	1:33 (1:22:56)	8:44 (1:31:40)	2:20 (1:34:00)	0:25 (1:34:25)	
8. Kai Pastor	OLF Mainz	1:35:28	+25:43		
4:48 (4:48)	2:06 (6:54)	1:22 (8:16)	3:14 (11:30)	– (–)	– (17:02)
22:27 (39:29)	3:21 (42:50)	7:54 (50:44)	8:26 (59:10)	12:26 (1:11:36)	5:35 (1:17:11)
3:04 (1:20:15)	2:04 (1:22:19)	9:10 (1:31:29)	3:27 (1:34:56)	0:32 (1:35:28)	
9. Stefan Bleßmann	TGM Budenheim	1:40:16	+30:31		
6:05 (6:05)	2:09 (8:14)	2:33 (10:47)	4:48 (15:35)	– (–)	– (27:08)
25:27 (52:35)	2:34 (55:09)	6:31 (1:01:40)	6:54 (1:08:34)	11:01 (1:19:35)	4:46 (1:24:21)
3:02 (1:27:23)	1:44 (1:29:07)	7:53 (1:37:00)	2:53 (1:39:53)	0:23 (1:40:16)	
David Dessailly	SC Königstein	Aufg.			
6:25 (6:25)	2:10 (8:35)	2:02 (10:37)	5:35 (16:12)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
Jan Rathje	TGM Budenheim	Nicht Ang			

D35	(2 / 2)	Zeit	Rückstand		
1. Sabine Stötzel	OLG Siegerland	1:31:39			
1:07 (1:07)	10:49 (11:56)	2:31 (14:27)	7:30 (21:57)	– (–)	– (30:34)
17:03 (47:37)	3:08 (50:45)	8:45 (59:30)	4:30 (1:04:00)	5:20 (1:09:20)	1:27 (1:10:47)
2:36 (1:13:23)	11:21 (1:24:44)	2:27 (1:27:11)	3:59 (1:31:10)	0:29 (1:31:39)	
2. Beate Essert	OLF Mainz	1:35:50	+4:11		
1:44 (1:44)	9:43 (11:27)	4:41 (16:08)	5:13 (21:21)	– (–)	– (30:07)
19:46 (49:53)	3:36 (53:29)	8:08 (1:01:37)	4:55 (1:06:32)	7:15 (1:13:47)	1:16 (1:15:03)
3:19 (1:18:22)	10:38 (1:29:00)	2:57 (1:31:57)	3:26 (1:35:23)	0:27 (1:35:50)	

H55		(10 / 10)		Zeit	Rückstand	
1.	Marcus Schmidt	TSG Wiesloch		1:02:50		
	4:21 (4:21)	1:42 (6:03)	2:13 (8:16)	2:00 (10:16)	– (–)	– (19:34)
	12:58 (32:32)	2:32 (35:04)	6:20 (41:24)	3:43 (45:07)	3:45 (48:52)	3:20 (52:12)
	1:31 (53:43)	6:37 (1:00:20)	2:05 (1:02:25)	0:25 (1:02:50)		
2.	Peter Raupach	OLV Steinberg		1:06:17	+3:27	
	4:57 (4:57)	4:29 (9:26)	2:04 (11:30)	2:01 (13:31)	– (–)	– (23:02)
	13:37 (36:39)	2:31 (39:10)	5:24 (44:34)	4:17 (48:51)	3:48 (52:39)	2:46 (55:25)
	1:19 (56:44)	6:36 (1:03:20)	2:29 (1:05:49)	0:28 (1:06:17)		
3.	Ralf Wittiber	Skiclub Bonn		1:11:41	+8:51	
	5:39 (5:39)	2:10 (7:49)	2:03 (9:52)	1:46 (11:38)	– (–)	– (26:26)
	13:34 (40:00)	2:47 (42:47)	6:33 (49:20)	3:22 (52:42)	3:59 (56:41)	2:31 (59:12)
	1:55 (1:01:07)	7:09 (1:08:16)	2:50 (1:11:06)	0:35 (1:11:41)		
4.	Vadim Ni	OLV Steinberg		1:28:02	+25:12	
	5:36 (5:36)	2:11 (7:47)	2:19 (10:06)	1:45 (11:51)	– (–)	– (32:29)
	18:57 (51:26)	2:59 (54:25)	7:05 (1:01:30)	4:28 (1:05:58)	4:03 (1:10:01)	3:03 (1:13:04)
	1:50 (1:14:54)	8:21 (1:23:15)	4:11 (1:27:26)	0:36 (1:28:02)		
5.	Dirk Könekamp	TuS Niederjosbach		1:34:46	+31:56	
	5:32 (5:32)	2:40 (8:12)	2:33 (10:45)	1:59 (12:44)	– (–)	– (36:09)
	18:29 (54:38)	3:05 (57:43)	7:09 (1:04:52)	4:36 (1:09:28)	6:57 (1:16:25)	3:35 (1:20:00)
	1:36 (1:21:36)	9:44 (1:31:20)	3:01 (1:34:21)	0:25 (1:34:46)		
6.	Wolfgang Vilz	TV Jahn Eitelborn		1:35:41	+32:51	
	5:37 (5:37)	2:06 (7:43)	2:32 (10:15)	2:44 (12:59)	– (–)	– (24:18)
	26:05 (50:23)	3:27 (53:50)	8:38 (1:02:28)	4:22 (1:06:50)	5:15 (1:12:05)	4:31 (1:16:36)
	2:35 (1:19:11)	12:37 (1:31:48)	3:18 (1:35:06)	0:35 (1:35:41)		
7.	Stefan Röhl	OLF Mainz		1:40:17	+37:27	
	5:19 (5:19)	2:38 (7:57)	2:36 (10:33)	2:01 (12:34)	– (–)	– (41:07)
	17:43 (58:50)	3:33 (1:02:23)	7:58 (1:10:21)	5:08 (1:15:29)	5:10 (1:20:39)	4:19 (1:24:58)
	1:47 (1:26:45)	10:00 (1:36:45)	3:03 (1:39:48)	0:29 (1:40:17)		
8.	Jan Bouwman	Kölner OL-Team		1:54:55	+52:05	
	6:28 (6:28)	4:12 (10:40)	3:09 (13:49)	3:45 (17:34)	– (–)	– (34:51)
	27:42 (1:02:33)	4:16 (1:06:49)	8:05 (1:14:54)	5:54 (1:20:48)	7:04 (1:27:52)	7:03 (1:34:55)
	2:47 (1:37:42)	12:31 (1:50:13)	3:58 (1:54:11)	0:44 (1:54:55)		
	Eyke Diehr	OLF Mainz		Fehlst.		
	5:37 (5:37)	2:18 (7:55)	2:50 (10:45)	2:47 (13:32)	– (–)	– (45:50)
	18:19 (1:04:09)	3:00 (1:07:09)	7:41 (1:14:50)	4:30 (1:19:20)	– (–)	– (–)
	– (–)	– (1:53:57)	3:29 (1:57:26)	0:40 (1:58:06)		
	Martin Gnabs	OEC Frankfurt		Fehlst.		
	5:13 (5:13)	2:16 (7:29)	2:50 (10:19)	2:08 (12:27)	– (–)	– (37:52)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (55:30)	8:38 (1:04:08)	2:53 (1:07:01)	0:33 (1:07:34)		

H10		(5 / 5)		Zeit	Rückstand	
1.	Erik Rathje	TGM Budenheim		9:39		
	1:30 (1:30)	1:08 (2:38)	1:06 (3:44)	1:27 (5:11)	0:57 (6:08)	1:02 (7:10)
	1:11 (8:21)	0:49 (9:10)	0:29 (9:39)			
2.	Julius Dingwerth	TGM Budenheim		14:41	+5:02	
	2:47 (2:47)	1:31 (4:18)	1:29 (5:47)	1:32 (7:19)	1:43 (9:02)	2:16 (11:18)
	1:57 (13:15)	0:58 (14:13)	0:28 (14:41)			
3.	Lasse Ehrlich	OLV Steinberg		18:00	+8:21	
	3:16 (3:16)	2:13 (5:29)	2:34 (8:03)	2:08 (10:11)	1:35 (11:46)	1:34 (13:20)
	2:25 (15:45)	1:42 (17:27)	0:33 (18:00)			
4.	Simon Essert	OLF Mainz		33:47	+24:08	
	7:51 (7:51)	3:40 (11:31)	3:28 (14:59)	5:18 (20:17)	3:03 (23:20)	2:34 (25:54)
	4:31 (30:25)	2:10 (32:35)	1:12 (33:47)			
	Timeon Hölzer	OL Team Lippe		Nicht Anç		

D16		(3 / 3)		Zeit	Rückstand	
1.	Lotte Strupp	TGM Budenheim		1:07:30		
	3:05 (3:05)	9:54 (12:59)	2:27 (15:26)	14:02 (29:28)	5:14 (34:42)	2:54 (37:36)
	2:19 (39:55)	7:18 (47:13)	3:11 (50:24)	7:51 (58:15)	2:29 (1:00:44)	2:05 (1:02:49)
	4:15 (1:07:04)	0:26 (1:07:30)				
2.	Emma Roth	TGM Budenheim		1:11:19	+3:49	
	1:53 (1:53)	16:49 (18:42)	5:12 (23:54)	9:46 (33:40)	6:01 (39:41)	3:40 (43:21)
	2:23 (45:44)	6:28 (52:12)	4:21 (56:33)	7:44 (1:04:17)	2:35 (1:06:52)	1:13 (1:08:05)
	2:51 (1:10:56)	0:23 (1:11:19)				
	Jasmina Kucerova	TGM Budenheim		Nicht Anç		

H75**(4 / 4)**

			Zeit	Rückstand		
1.	Achim Bader	OLF Mainz	38:37			
	1:25 (1:25)	5:37 (7:02)	5:02 (12:04)	4:13 (16:17)	2:47 (19:04)	4:36 (23:40)
	1:35 (25:15)	4:23 (29:38)	2:50 (32:28)	0:59 (33:27)	4:42 (38:09)	0:28 (38:37)
2.	Hans Conrad	TSG 1846 Darmstadt	44:27	+5:50		
	1:07 (1:07)	4:42 (5:49)	5:04 (10:53)	5:23 (16:16)	4:23 (20:39)	5:14 (25:53)
	2:08 (28:01)	5:15 (33:16)	3:54 (37:10)	1:30 (38:40)	5:16 (43:56)	0:31 (44:27)
3.	Günter Kreft	OLF Mainz	1:15:16	+36:39		
	4:45 (4:45)	6:33 (11:18)	4:22 (15:40)	6:21 (22:01)	20:23 (42:24)	8:41 (51:05)
	2:00 (53:05)	11:32 (1:04:37)	4:01 (1:08:38)	1:17 (1:09:55)	4:41 (1:14:36)	0:40 (1:15:16)
	Claus-Peter Rathje	TGM Budenheim	Nicht Anç			

OffL**(5 / 5)**

			Zeit	Rückstand		
1.	Sergei Grishin	ohne Verein	1:07:33			
	1:02 (1:02)	6:49 (7:51)	1:53 (9:44)	6:17 (16:01)	– (–)	– (21:42)
	14:41 (36:23)	2:07 (38:30)	5:49 (44:19)	3:08 (47:27)	4:17 (51:44)	0:54 (52:38)
	1:40 (54:18)	8:06 (1:02:24)	1:45 (1:04:09)	3:01 (1:07:10)	0:23 (1:07:33)	
2.	Robert Ernst Miess	OL-Team Filder	1:41:20	+33:47		
	1:38 (1:38)	8:39 (10:17)	5:21 (15:38)	4:48 (20:26)	– (–)	– (32:04)
	15:37 (47:41)	3:14 (50:55)	8:58 (59:53)	5:36 (1:05:29)	5:40 (1:11:09)	1:43 (1:12:52)
	2:33 (1:15:25)	12:21 (1:27:46)	2:55 (1:30:41)	10:04 (1:40:45)	0:35 (1:41:20)	
3.	Kay Tausendfreund	WOLF Haltern	1:55:46	+48:13		
	1:15 (1:15)	9:24 (10:39)	3:13 (13:52)	12:06 (25:58)	– (–)	– (35:15)
	20:38 (55:53)	4:17 (1:00:10)	8:50 (1:09:00)	6:08 (1:15:08)	8:58 (1:24:06)	1:38 (1:25:44)
	7:06 (1:32:50)	14:30 (1:47:20)	3:37 (1:50:57)	4:12 (1:55:09)	0:37 (1:55:46)	
	Tobias Dierkes	CTG Koblenz	Fehlst.			
	3:59 (3:59)	11:06 (15:05)	6:55 (22:00)	6:48 (28:48)	– (–)	– (1:05:41)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (1:56:44)	
	Thomas Hölzer	OL Team Lippe	Nicht Anç			

OffK**(7 / 7)**

			Zeit	Rückstand		
1.	Maurice Lehwald	TuS Niederjosbach	1:00:54			
	1:55 (1:55)	6:43 (8:38)	19:03 (27:41)	6:46 (34:27)	4:09 (38:36)	5:53 (44:29)
	2:08 (46:37)	5:11 (51:48)	3:17 (55:05)	2:06 (57:11)	3:18 (1:00:29)	0:25 (1:00:54)
2.	Jannes Büchler	TV Jahn Eitelborn	1:06:33	+5:39		
	3:47 (3:47)	4:15 (8:02)	5:51 (13:53)	28:01 (41:54)	5:56 (47:50)	3:54 (51:44)
	1:25 (53:09)	5:00 (58:09)	2:51 (1:01:00)	1:50 (1:02:50)	3:15 (1:06:05)	0:28 (1:06:33)
3.	Friderike Könekamp	TuS Niederjosbach	1:24:15	+23:21		
	4:47 (4:47)	9:24 (14:11)	17:28 (31:39)	6:54 (38:33)	9:57 (48:30)	8:26 (56:56)
	4:15 (1:01:11)	6:10 (1:07:21)	9:05 (1:16:26)	2:23 (1:18:49)	4:48 (1:23:37)	0:38 (1:24:15)
	Christina Rickert	CTG Koblenz	Fehlst.			
	19:19 (19:19)	13:31 (32:50)	8:02 (40:52)	5:49 (46:41)	– (–)	– (1:09:41)
	2:13 (1:11:54)	8:04 (1:19:58)	4:56 (1:24:54)	2:01 (1:26:55)	4:42 (1:31:37)	0:29 (1:32:06)
	Marion Vilz	TV Jahn Eitelborn	Fehlst.			
	2:22 (2:22)	11:07 (13:29)	8:55 (22:24)	– (–)	– (–)	– (29:43)
	3:45 (33:28)	10:39 (44:07)	11:12 (55:19)	2:22 (57:41)	8:44 (1:06:25)	1:15 (1:07:40)
	Christoph Schmidt	TSG Wiesloch	Nicht Anç			
	Daisy Liebau-Plath	TuS Rheinstein Trechtshause	Nicht Anç			

H16**(1 / 1)**

		Zeit	Rückstand
	Daniel Schmidt	TSG Wiesloch	Nicht Anç