

| I. Name | Kat | Zeit | 2,1 km 12 Posten | | | | | | | | | | | | |
|---------------------------------------|-----|--------|------------------|-------------|-------------|-------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|
| | | | 1(131) | 2(132) | 3(134) | 4(140) | 5(138) | 6(116) | 7(139) | 8(136) | 9(135) | 10(133) | 11(129) | 12(100) | Ziel |
| 1 Köhler, Leopold TV Oberbexbach | H10 | 19:59 | 1:11 | 3:19 | 5:19 | 6:41 | 7:55 | 9:08 | 10:41 | 12:01 | 12:53 | 14:14 | 16:01 | 17:25 | 19:59 |
| | | | 1:11 | 2:08 | 2:00 | 1:22 | 1:14 | 1:13 | 1:33 | 1:20 | 0:52 | 1:21 | 1:47 | 1:24 | 2:34 |
| 2 Höfer, Levke OLV Steinberg | D10 | 22:41 | 0:54 | 2:30 | 4:22 | 6:18 | 7:18 | 8:47 | 10:07 | 11:39 | 12:51 | 18:14 | 20:01 | 21:48 | 22:41 |
| | | | 0:54 | 1:36 | 1:52 | 1:56 | 1:00 | 1:29 | 1:20 | 1:32 | 1:12 | 5:23 | 1:47 | 1:47 | 0:53 |
| 3 Hinkel, Quentin OLV Steinberg | H10 | 26:23 | 1:24 | 3:27 | 5:30 | 7:06 | 8:49 | 9:55 | 11:11 | 13:28 | 19:27 | 20:44 | 23:59 | 25:23 | 26:23 |
| | | | 1:24 | 2:03 | 2:03 | 1:36 | 1:43 | 1:06 | 1:16 | 2:17 | 5:59 | 1:17 | 3:15 | 1:24 | 1:00 |
| 4 Döring, Johann vereinslos | H10 | 30:01 | 0:38 | 2:08 | 4:41 | 7:12 | 8:50 | 11:14 | 13:35 | 16:11 | 17:35 | 24:06 | 26:34 | 29:18 | 30:01 |
| | | | 0:38 | 1:30 | 2:33 | 2:31 | 1:38 | 2:24 | 2:21 | 2:36 | 1:24 | 6:31 | 2:28 | 2:44 | 0:43 |
| 4 Neitzert, Tim vereinslos | H10 | 30:01 | 0:38 | 2:11 | 4:42 | 7:12 | 8:48 | 11:15 | 13:39 | 16:11 | 17:36 | 24:05 | 26:34 | 29:18 | 30:01 |
| | | | 0:38 | 1:33 | 2:31 | 2:30 | 1:36 | 2:27 | 2:24 | 2:32 | 1:25 | 6:29 | 2:29 | 2:44 | 0:43 |
| 6 Kreckel, Ida TGM Budenheim | D10 | 30:45 | 1:18 | 7:19 | 9:37 | 11:26 | 13:18 | 14:17 | 15:27 | 16:47 | 24:14 | 25:20 | 28:26 | 29:58 | 30:45 |
| | | | 1:18 | 6:01 | 2:18 | 1:49 | 1:52 | 0:59 | 1:10 | 1:20 | 7:27 | 1:06 | 3:06 | 1:32 | 0:47 |
| 7 Hinkel, Vincent OLV Steinberg | H10 | 33:06 | 2:28 | 6:20 | 10:27 | 13:23 | 15:12 | 17:05 | 19:15 | 22:17 | 23:43 | 26:04 | 28:23 | 31:37 | 33:06 |
| | | | 2:28 | 3:52 | 4:07 | 2:56 | 1:49 | 1:53 | 2:10 | 3:02 | 1:26 | 2:21 | 2:19 | 3:14 | 1:29 |
| 8 Bernhardt, Anton ASC Breidenbach | H10 | 46:13 | 3:33 | 19:57 | 24:11 | 25:49 | 28:15 | 30:08 | 32:12 | 34:29 | 36:54 | 39:30 | 43:18 | 45:07 | 46:13 |
| | | | 3:33 | 16:24 | 4:14 | 1:38 | 2:26 | 1:53 | 2:04 | 2:17 | 2:25 | 2:36 | 3:48 | 1:49 | 1:06 |
| 9 Essert, Simon OLF Mainz | H10 | 58:20 | 3:43 | 10:10 | 16:44 | 21:57 | 25:37 | 29:20 | 33:53 | 37:58 | 40:47 | 44:49 | 49:46 | 54:40 | 58:20 |
| | | | 3:43 | 6:27 | 6:34 | 5:13 | 3:40 | 3:43 | 4:33 | 4:05 | 2:49 | 4:02 | 4:57 | 4:54 | 3:40 |
| 10 Harston, Filipp | H10 | 58:41 | 3:35 | 9:26 | 14:49 | 19:43 | 23:28 | 27:33 | 31:15 | 35:19 | 39:16 | 42:49 | 47:54 | 55:01 | 58:41 |
| | | | 3:35 | 5:51 | 5:23 | 4:54 | 3:45 | 4:05 | 3:42 | 4:04 | 3:57 | 3:33 | 5:05 | 7:07 | 3:40 |
| Rathje, Erik TGM Budenheim | H10 | Fehlst | 2:32 | 13:47 | 15:29 | 16:59 | 18:45 | 19:44 | 20:45 | 22:00 | 22:59 | ---- | 29:48 | 31:02 | 31:51 |
| | | | 2:32 | 11:15 | 1:42 | 1:30 | 1:46 | 0:59 | 1:01 | 1:15 | 0:59 | | 6:49 | 1:14 | 0:49 |
| AK Syguda, Timur SC Königstein | H10 | 16:31 | 1:03 | 2:32 | 4:25 | 6:04 | 7:24 | 8:29 | 9:41 | 10:55 | 11:36 | 12:59 | 14:29 | 15:41 | 16:31 |
| | | | 1:03 | 1:29 | 1:53 | 1:39 | 1:20 | 1:05 | 1:12 | 1:14 | 0:41 | 1:23 | 1:30 | 1:12 | 0:50 |

| I. Name | Kat | Zeit | 4,1 km 12 Posten | | | | | | | | | | | | |
|---|--------|---------|------------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| | | | 1(133) | 2(135) | 3(139) | 4(138) | 5(137) | 6(122) | 7(119) | 8(113) | 9(134) | 10(132) | 11(131) | 12(100) | Ziel |
| 1 Schmidt, Cathrine TSG Wiesloch | OffL | 30:17 | 2:30 | 3:43 | 5:53 | 8:23 | 10:53 | 16:10 | 18:38 | 22:07 | 25:05 | 26:31 | 27:42 | 29:31 | 30:17 |
| | | | 2:30 | 1:13 | 2:10 | 2:30 | 2:30 | 5:17 | 2:28 | 3:29 | 2:58 | 1:26 | 1:11 | 1:49 | 0:46 |
| 2 Gerhard, Nils TGM Budenheim | OffL | 31:31 | 2:25 | 3:34 | 5:25 | 7:59 | 10:53 | 17:09 | 19:25 | 23:02 | 26:02 | 27:28 | 28:46 | 30:44 | 31:31 |
| | | | 2:25 | 1:09 | 1:51 | 2:34 | 2:54 | 6:16 | 2:16 | 3:37 | 3:00 | 1:26 | 1:18 | 1:58 | 0:47 |
| 3 Kwiet, Paul TV Oberbexbach | OffL | 35:46 | 1:58 | 3:01 | 5:37 | 8:27 | 11:43 | 18:02 | 21:21 | 25:42 | 29:29 | 31:17 | 32:39 | 34:44 | 35:46 |
| | | | 1:58 | 1:03 | 2:36 | 2:50 | 3:16 | 6:19 | 3:19 | 4:21 | 3:47 | 1:48 | 1:22 | 2:05 | 1:02 |
| 4 Widder, Sabrina | OffL | 40:21 | 2:31 | 3:56 | 6:47 | 9:58 | 13:45 | 20:44 | 24:11 | 28:50 | 32:59 | 34:53 | 36:40 | 39:15 | 40:21 |
| | | | 2:31 | 1:25 | 2:51 | 3:11 | 3:47 | 6:59 | 3:27 | 4:39 | 4:09 | 1:54 | 1:47 | 2:35 | 1:06 |
| 5 Gierlach, Peter WOLF Haltern | Wander | 56:37 | 4:03 | 6:03 | 9:51 | 14:12 | 18:33 | 28:21 | 32:50 | 39:58 | 45:39 | 48:56 | 51:14 | 54:55 | 56:37 |
| | | | 4:03 | 2:00 | 3:48 | 4:21 | 4:21 | 9:48 | 4:29 | 7:08 | 5:41 | 3:17 | 2:18 | 3:41 | 1:42 |
| 6 Daum, Herrmann OLF Mainz | Wander | 59:24 | 5:07 | 7:06 | 11:12 | 15:44 | 20:28 | 30:33 | 34:56 | 42:19 | 47:57 | 51:27 | 53:57 | 57:42 | 59:24 |
| | | | 5:07 | 1:59 | 4:06 | 4:32 | 4:44 | 10:05 | 4:23 | 7:23 | 5:38 | 3:30 | 2:30 | 3:45 | 1:42 |
| 7 Girke, Linus TSG Schwabenheim an der | Wander | 1:02:17 | 5:21 | 7:36 | 12:15 | 16:56 | 23:32 | 33:00 | 37:38 | 43:45 | 50:16 | 53:25 | 55:20 | 1:00:18 | 1:02:17 |
| | | | 5:21 | 2:15 | 4:39 | 4:41 | 6:36 | 9:28 | 4:38 | 6:07 | 6:31 | 3:09 | 1:55 | 4:58 | 1:59 |
| 8 Katte, Isabel | Wander | 1:02:19 | 5:15 | 7:32 | 12:11 | 16:55 | 23:34 | 33:00 | 37:34 | 44:44 | 50:24 | 53:21 | 55:49 | 1:00:25 | 1:02:19 |
| | | | 5:15 | 2:17 | 4:39 | 4:44 | 6:39 | 9:26 | 4:34 | 7:10 | 5:40 | 2:57 | 2:28 | 4:36 | 1:54 |
| 9 Barra, Stefanie Oberodenthaler SC | Wander | 1:08:10 | 4:43 | 6:48 | 11:12 | 16:17 | 21:33 | 32:41 | 37:59 | 47:45 | 53:59 | 57:28 | 1:01:20 | 1:06:13 | 1:08:10 |
| | | | 4:43 | 2:05 | 4:24 | 5:05 | 5:16 | 11:08 | 5:18 | 9:46 | 6:14 | 3:29 | 3:52 | 4:53 | 1:57 |
| 10 Kronwirt, Sophia vereinslos | Wander | 1:09:51 | 5:24 | 7:31 | 11:49 | 17:00 | 22:46 | 33:45 | 38:36 | 50:36 | 56:55 | 1:00:29 | 1:03:37 | 1:08:01 | 1:09:51 |
| | | | 5:24 | 2:07 | 4:18 | 5:11 | 5:46 | 10:59 | 4:51 | 12:00 | 6:19 | 3:34 | 3:08 | 4:24 | 1:50 |
| 11 Velten, Angela | Wander | 1:11:11 | 5:54 | 8:03 | 12:13 | 17:25 | 22:46 | 34:22 | 39:11 | 47:24 | 54:33 | 58:50 | 1:03:44 | 1:08:52 | 1:11:11 |
| | | | 5:54 | 2:09 | 4:10 | 5:12 | 5:21 | 11:36 | 4:49 | 8:13 | 7:09 | 4:17 | 4:54 | 5:08 | 2:19 |
| 12 Kübler, Cora OC München | Wander | 1:17:44 | 5:24 | 8:01 | 13:54 | 19:58 | 25:35 | 39:01 | 44:07 | 53:46 | 1:02:39 | 1:06:44 | 1:10:36 | 1:15:29 | 1:17:44 |
| | | | 5:24 | 2:37 | 5:53 | 6:04 | 5:37 | 13:26 | 5:06 | 9:39 | 8:53 | 4:05 | 3:52 | 4:53 | 2:15 |
| 13 Gerhard, Sonja TGM Budenheim | Wander | 1:17:46 | 5:27 | 8:02 | 13:55 | 19:58 | 25:36 | 39:01 | 44:08 | 53:41 | 1:02:39 | 1:06:46 | 1:10:34 | 1:15:30 | 1:17:46 |
| | | | 5:27 | 2:35 | 5:53 | 6:03 | 5:38 | 13:25 | 5:07 | 9:33 | 8:58 | 4:07 | 3:48 | 4:56 | 2:16 |
| 14 Scholl, Melanie TGM Budenheim | Wander | 1:40:44 | 6:47 | 9:32 | 15:42 | 21:45 | 28:37 | 42:41 | 49:52 | 1:05:55 | 1:19:04 | 1:23:21 | 1:29:55 | 1:38:17 | 1:40:44 |
| | | | 6:47 | 2:45 | 6:10 | 6:03 | 6:52 | 14:04 | 7:11 | 16:03 | 13:09 | 4:17 | 6:34 | 8:22 | 2:27 |

| I. Name | Kat | Zeit | | | | | | | | | | | | | |
|-----------------------------------|--------|---------|----------------------------------|--------|--------|--------|--------|--------|---------|---------|---------|---------|---------|---------|---------|
| Bahn 2 (16) | | | 4,1 km 12 Posten (Forts.) | | | | | | | | | | | | |
| | | | 1(133) | 2(135) | 3(139) | 4(138) | 5(137) | 6(122) | 7(119) | 8(113) | 9(134) | 10(132) | 11(131) | 12(100) | Ziel |
| 15 Hoth, Anke | Wander | 1:42:29 | 6:11 | 8:49 | 14:12 | 19:01 | 24:58 | 41:18 | 48:27 | 1:12:12 | 1:22:30 | 1:26:26 | 1:30:45 | 1:40:02 | 1:42:29 |
| | | | 6:11 | 2:38 | 5:23 | 4:49 | 5:57 | 16:20 | 7:09 | 23:45 | 10:18 | 3:56 | 4:19 | 9:17 | 2:27 |
| 16 Bertoti, Familie vereinslos | Wander | 2:02:07 | 14:33 | 17:56 | 24:12 | 32:48 | 41:41 | 59:29 | 1:13:43 | 1:28:24 | 1:39:07 | 1:46:23 | 1:52:05 | 1:59:23 | 2:02:07 |
| | | | 14:33 | 3:23 | 6:16 | 8:36 | 8:53 | 17:48 | 14:14 | 14:41 | 10:43 | 7:16 | 5:42 | 7:18 | 2:44 |

| I. Name | Kat | Zeit | 2,5 km 11 Posten | | | | | | | | | | | |
|-----------------------|------|-------|-------------------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| | | | 1(118) | 2(121) | 3(119) | 4(112) | 5(137) | 6(140) | 7(134) | 8(132) | 9(131) | 10(129) | 11(100) | Ziel |
| 1 Stieler, Lenya | D12 | 19:27 | 1:13 | 3:08 | 5:02 | 6:59 | 10:07 | 11:45 | 12:46 | 14:12 | 15:41 | 17:27 | 18:37 | 19:27 |
| TuS Karlsruhe-Rüppurr | | | 1:13 | 1:55 | 1:54 | 1:57 | 3:08 | 1:38 | 1:01 | 1:26 | 1:29 | 1:46 | 1:10 | 0:50 |
| 2 Cronau, Milla | D12 | 23:46 | 1:27 | 3:39 | 5:32 | 8:05 | 11:02 | 13:06 | 14:14 | 16:29 | 19:13 | 21:43 | 22:55 | 23:46 |
| TGM Budenheim | | | 1:27 | 2:12 | 1:53 | 2:33 | 2:57 | 2:04 | 1:08 | 2:15 | 2:44 | 2:30 | 1:12 | 0:51 |
| 3 Köhler, Emilian | H12 | 24:03 | 1:12 | 3:05 | 4:59 | 10:32 | 13:28 | 15:19 | 16:14 | 17:34 | 18:51 | 22:17 | 23:18 | 24:03 |
| TV Oberbexbach | | | 1:12 | 1:53 | 1:54 | 5:33 | 2:56 | 1:51 | 0:55 | 1:20 | 1:17 | 3:26 | 1:01 | 0:45 |
| 4 Wilson, Ellen | D12 | 26:54 | 1:52 | 4:06 | 6:20 | 9:15 | 12:21 | 14:29 | 15:48 | 17:32 | 21:49 | 24:31 | 25:48 | 26:54 |
| TGM Budenheim | | | 1:52 | 2:14 | 2:14 | 2:55 | 3:06 | 2:08 | 1:19 | 1:44 | 4:17 | 2:42 | 1:17 | 1:06 |
| 5 Pastor, Linda | OffK | 27:21 | 1:38 | 4:18 | 6:56 | 12:22 | 16:15 | 18:49 | 19:44 | 21:36 | 23:18 | 25:14 | 26:44 | 27:21 |
| OLF Mainz | | | 1:38 | 2:40 | 2:38 | 5:26 | 3:53 | 2:34 | 0:55 | 1:52 | 1:42 | 1:56 | 1:30 | 0:37 |
| 6 Hübinger, Leon | OffK | 39:25 | 2:39 | 6:21 | 9:48 | 13:39 | 19:14 | 23:25 | 25:40 | 28:40 | 31:48 | 34:44 | 37:57 | 39:25 |
| | | | 2:39 | 3:42 | 3:27 | 3:51 | 5:35 | 4:11 | 2:15 | 3:00 | 3:08 | 2:56 | 3:13 | 1:28 |
| 7 Ehrlich, Jochen | OffK | 39:33 | 2:52 | 6:22 | 9:49 | 13:41 | 18:56 | 23:26 | 25:43 | 28:53 | 32:08 | 35:08 | 38:07 | 39:33 |
| | | | 2:52 | 3:30 | 3:27 | 3:52 | 5:15 | 4:30 | 2:17 | 3:10 | 3:15 | 3:00 | 2:59 | 1:26 |

I. Name Kat Zeit

Bahn 4 (24)

3,7 km 12 Posten

| | | | 1(102) | 2(110) | 3(122) | 4(112) | 5(113) | 6(108) | 7(136) | 8(133) | 9(130) | 10(128) | 11(127) | 12(100) | Ziel |
|-----------------------------|-----|-------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 Rathje-Kübler, Ilka | D55 | 32:44 | 2:37 | 5:21 | 8:51 | 12:35 | 15:22 | 19:08 | 22:07 | 23:55 | 27:53 | 29:18 | 30:27 | 31:53 | 32:44 |
| OC München | | | 2:37 | 2:44 | 3:30 | 3:44 | 2:47 | 3:46 | 2:59 | 1:48 | 3:58 | 1:25 | 1:09 | 1:26 | 0:51 |
| 2 Weber, Gitta | D55 | 33:23 | 2:29 | 5:21 | 8:55 | 12:32 | 15:28 | 19:27 | 22:38 | 24:26 | 27:51 | 29:15 | 31:00 | 32:28 | 33:23 |
| OLF Mainz | | | 2:29 | 2:52 | 3:34 | 3:37 | 2:56 | 3:59 | 3:11 | 1:48 | 3:25 | 1:24 | 1:45 | 1:28 | 0:55 |
| 3 Kammholz, Almut | D55 | 34:38 | 2:39 | 5:49 | 9:29 | 13:26 | 16:23 | 20:10 | 23:25 | 25:10 | 29:18 | 30:56 | 32:18 | 33:47 | 34:38 |
| Oberodenthaler SC | | | 2:39 | 3:10 | 3:40 | 3:57 | 2:57 | 3:47 | 3:15 | 1:45 | 4:08 | 1:38 | 1:22 | 1:29 | 0:51 |
| 4 Conrad, Hans | H75 | 37:11 | 2:42 | 5:39 | 9:42 | 13:49 | 16:56 | 21:03 | 24:47 | 26:45 | 31:09 | 33:06 | 34:41 | 36:19 | 37:11 |
| TSG 1846 Darmstadt | | | 2:42 | 2:57 | 4:03 | 4:07 | 3:07 | 4:07 | 3:44 | 1:58 | 4:24 | 1:57 | 1:35 | 1:38 | 0:52 |
| 5 Kloos, Barbara | D60 | 38:40 | 2:52 | 6:14 | 10:18 | 15:03 | 18:32 | 22:35 | 26:16 | 28:35 | 32:37 | 34:10 | 36:12 | 37:46 | 38:40 |
| TV Oberbexbach | | | 2:52 | 3:22 | 4:04 | 4:45 | 3:29 | 4:03 | 3:41 | 2:19 | 4:02 | 1:33 | 2:02 | 1:34 | 0:54 |
| 6 Lentz, Tatjana | D55 | 40:27 | 2:59 | 6:12 | 10:29 | 15:27 | 19:20 | 23:43 | 27:47 | 30:02 | 34:25 | 36:08 | 37:48 | 39:28 | 40:27 |
| | | | 2:59 | 3:13 | 4:17 | 4:58 | 3:53 | 4:23 | 4:04 | 2:15 | 4:23 | 1:43 | 1:40 | 1:40 | 0:59 |
| 7 Lentz, Maren | D55 | 40:28 | 2:56 | 6:08 | 10:26 | 15:31 | 19:21 | 23:40 | 27:44 | 30:00 | 34:26 | 36:11 | 37:46 | 39:25 | 40:28 |
| | | | 2:56 | 3:12 | 4:18 | 5:05 | 3:50 | 4:19 | 4:04 | 2:16 | 4:26 | 1:45 | 1:35 | 1:39 | 1:03 |
| 8 Stutz, Sarah | D55 | 42:20 | 3:16 | 6:42 | 11:09 | 16:16 | 19:47 | 24:37 | 28:51 | 31:17 | 36:02 | 37:47 | 39:32 | 41:22 | 42:20 |
| OLG Suhr | | | 3:16 | 3:26 | 4:27 | 5:07 | 3:31 | 4:50 | 4:14 | 2:26 | 4:45 | 1:45 | 1:45 | 1:50 | 0:58 |
| 9 Rathje, Claus-Peter | H75 | 42:38 | 3:10 | 6:38 | 10:31 | 14:43 | 18:26 | 22:46 | 26:42 | 29:11 | 34:18 | 36:01 | 40:03 | 41:52 | 42:38 |
| TGM Budenheim | | | 3:10 | 3:28 | 3:53 | 4:12 | 3:43 | 4:20 | 3:56 | 2:29 | 5:07 | 1:43 | 4:02 | 1:49 | 0:46 |
| 10 Haenelt, Beatrix | D65 | 43:42 | 3:14 | 6:57 | 11:32 | 16:32 | 20:10 | 25:11 | 29:47 | 32:03 | 37:14 | 39:01 | 40:36 | 42:36 | 43:42 |
| OL-Team Filder | | | 3:14 | 3:43 | 4:35 | 5:00 | 3:38 | 5:01 | 4:36 | 2:16 | 5:11 | 1:47 | 1:35 | 2:00 | 1:06 |
| 11 Kühlewein, Sonja | D55 | 44:35 | 3:03 | 6:46 | 14:58 | 20:22 | 23:29 | 27:28 | 31:28 | 33:35 | 37:56 | 39:28 | 41:00 | 43:44 | 44:35 |
| OL-Team Filder | | | 3:03 | 3:43 | 8:12 | 5:24 | 3:07 | 3:59 | 4:00 | 2:07 | 4:21 | 1:32 | 1:32 | 2:44 | 0:51 |
| 12 Rathje, Jonna | D14 | 44:53 | 3:02 | 5:58 | 10:03 | 14:10 | 17:53 | 23:33 | 30:16 | 32:12 | 37:00 | 39:07 | 41:08 | 43:57 | 44:53 |
| TGM Budenheim | | | 3:02 | 2:56 | 4:05 | 4:07 | 3:43 | 5:40 | 6:43 | 1:56 | 4:48 | 2:07 | 2:01 | 2:49 | 0:56 |
| 13 Müller, Gisela | D65 | 47:14 | 3:34 | 7:42 | 12:45 | 18:08 | 21:32 | 27:06 | 32:00 | 34:59 | 39:59 | 42:00 | 43:43 | 45:54 | 47:14 |
| TV 1886 Diedenbergen | | | 3:34 | 4:08 | 5:03 | 5:23 | 3:24 | 5:34 | 4:54 | 2:59 | 5:00 | 2:01 | 1:43 | 2:11 | 1:20 |
| 14 Stratmann-Albert, Regina | D65 | 47:31 | 3:03 | 6:43 | 11:03 | 19:02 | 22:28 | 29:38 | 33:55 | 36:05 | 41:21 | 43:08 | 44:39 | 46:20 | 47:31 |
| Skizunft Wiesbaden | | | 3:03 | 3:40 | 4:20 | 7:59 | 3:26 | 7:10 | 4:17 | 2:10 | 5:16 | 1:47 | 1:31 | 1:41 | 1:11 |

| I. Name | Kat | Zeit | 3,7 km 12 Posten (Forts.) | | | | | | | | | | | | |
|--|-----|---------|----------------------------------|--------|--------|--------|--------|--------|--------|--------|---------|---------|---------|---------|-------------|
| | | | 1(102) | 2(110) | 3(122) | 4(112) | 5(113) | 6(108) | 7(136) | 8(133) | 9(130) | 10(128) | 11(127) | 12(100) | Ziel |
| 15 Mock, Kornelia TSC Eintracht Dortmund 48/9 | D65 | 50:54 | 3:47 | 8:15 | 13:42 | 19:34 | 24:07 | 29:51 | 34:59 | 37:47 | 43:42 | 45:52 | 47:46 | 49:45 | 50:54 |
| | | | 3:47 | 4:28 | 5:27 | 5:52 | 4:33 | 5:44 | 5:08 | 2:48 | 5:55 | 2:10 | 1:54 | 1:59 | 1:09 |
| 16 Cronau, Madita TGM Budenheim | D14 | 52:36 | 2:46 | 6:30 | 11:11 | 17:06 | 20:36 | 25:51 | 36:40 | 39:18 | 43:17 | 46:54 | 50:10 | 51:51 | 52:36 |
| | | | 2:46 | 3:44 | 4:41 | 5:55 | 3:30 | 5:15 | 10:49 | 2:38 | 3:59 | 3:37 | 3:16 | 1:41 | 0:45 |
| 17 Arnold, Joanna TSC Eintracht Dortmund 48/9 | D60 | 54:45 | 3:13 | 6:47 | 19:16 | 25:11 | 29:31 | 35:11 | 40:10 | 42:52 | 47:04 | 48:41 | 50:37 | 53:44 | 54:45 |
| | | | 3:13 | 3:34 | 12:29 | 5:55 | 4:20 | 5:40 | 4:59 | 2:42 | 4:12 | 1:37 | 1:56 | 3:07 | 1:01 |
| 18 Kempin, Silvia Oberodenthaler SC | D65 | 59:33 | 4:19 | 8:57 | 15:43 | 21:54 | 26:02 | 32:52 | 40:02 | 43:33 | 50:32 | 52:59 | 55:20 | 57:58 | 59:33 |
| | | | 4:19 | 4:38 | 6:46 | 6:11 | 4:08 | 6:50 | 7:10 | 3:31 | 6:59 | 2:27 | 2:21 | 2:38 | 1:35 |
| 19 Herbrand, Jörg TV Wanheimerort Duisburg | H75 | 1:00:52 | 4:40 | 9:37 | 15:55 | 23:00 | 27:17 | 33:16 | 38:54 | 43:04 | 50:41 | 53:17 | 56:06 | 59:19 | 1:00:52 |
| | | | 4:40 | 4:57 | 6:18 | 7:05 | 4:17 | 5:59 | 5:38 | 4:10 | 7:37 | 2:36 | 2:49 | 3:13 | 1:33 |
| 20 Gierlach, Maria WOLF Haltern | D60 | 1:02:19 | 4:51 | 9:33 | 16:28 | 24:05 | 28:50 | 35:23 | 40:56 | 44:36 | 51:26 | 55:33 | 58:14 | 1:01:07 | 1:02:19 |
| | | | 4:51 | 4:42 | 6:55 | 7:37 | 4:45 | 6:33 | 5:33 | 3:40 | 6:50 | 4:07 | 2:41 | 2:53 | 1:12 |
| 21 Müller, Peter SV Mörlenbach | H75 | 1:03:36 | 4:24 | 9:10 | 16:03 | 22:14 | 26:44 | 36:24 | 41:58 | 44:46 | 54:28 | 56:53 | 59:37 | 1:02:00 | 1:03:36 |
| | | | 4:24 | 4:46 | 6:53 | 6:11 | 4:30 | 9:40 | 5:34 | 2:48 | 9:42 | 2:25 | 2:44 | 2:23 | 1:36 |
| 22 Müller, Gerda SV Mörlenbach | D65 | 1:04:41 | 4:42 | 9:53 | 16:19 | 27:52 | 32:40 | 40:29 | 45:52 | 49:15 | 55:16 | 57:41 | 59:58 | 1:02:56 | 1:04:41 |
| | | | 4:42 | 5:11 | 6:26 | 11:33 | 4:48 | 7:49 | 5:23 | 3:23 | 6:01 | 2:25 | 2:17 | 2:58 | 1:45 |
| 23 Herbrand, Monika TV Wanheimerort Duisburg | D65 | 1:10:33 | 4:55 | 11:01 | 18:06 | 25:41 | 31:23 | 39:11 | 45:44 | 49:39 | 56:03 | 1:00:26 | 1:05:29 | 1:09:00 | 1:10:33 |
| | | | 4:55 | 6:06 | 7:05 | 7:35 | 5:42 | 7:48 | 6:33 | 3:55 | 6:24 | 4:23 | 5:03 | 3:31 | 1:33 |
| 24 Coppik, Adam OLV Steinberg | H75 | 1:12:39 | 5:30 | 12:27 | 19:31 | 27:22 | 33:22 | 41:35 | 48:12 | 52:32 | 1:00:21 | 1:04:22 | 1:07:23 | 1:10:31 | 1:12:39 |
| | | | 5:30 | 6:57 | 7:04 | 7:51 | 6:00 | 8:13 | 6:37 | 4:20 | 7:49 | 4:01 | 3:01 | 3:08 | 2:08 |

| I. Name | Kat | Zeit | 4,3 km 12 Posten | | | | | | | | | | | | |
|-----------------------|-----|-------|------------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| | | | 1(105) | 2(109) | 3(126) | 4(110) | 5(111) | 6(112) | 7(108) | 8(115) | 9(131) | 10(127) | 11(129) | 12(100) | Ziel |
| 1 Imbsweiler, Jacob | H14 | 27:00 | 2:23 | 6:34 | 8:13 | 12:04 | 14:19 | 16:06 | 19:14 | 20:49 | 23:43 | 24:32 | 25:32 | 26:22 | 27:00 |
| TV Oberbexbach | | | 2:23 | 4:11 | 1:39 | 3:51 | 2:15 | 1:47 | 3:08 | 1:35 | 2:54 | 0:49 | 1:00 | 0:50 | 0:38 |
| 2 Behling, Johann | H14 | 32:04 | 2:19 | 6:55 | 8:48 | 13:10 | 18:24 | 20:13 | 23:30 | 25:05 | 28:12 | 29:11 | 30:22 | 31:26 | 32:04 |
| SC Königstein | | | 2:19 | 4:36 | 1:53 | 4:22 | 5:14 | 1:49 | 3:17 | 1:35 | 3:07 | 0:59 | 1:11 | 1:04 | 0:38 |
| 3 Kästner, Anja | D50 | 32:26 | 2:51 | 7:35 | 9:36 | 14:21 | 16:42 | 18:52 | 22:47 | 24:50 | 28:29 | 29:30 | 30:38 | 31:39 | 32:26 |
| TV Oberbexbach | | | 2:51 | 4:44 | 2:01 | 4:45 | 2:21 | 2:10 | 3:55 | 2:03 | 3:39 | 1:01 | 1:08 | 1:01 | 0:47 |
| 4 Wersin, Birgit | D50 | 33:17 | 3:03 | 8:06 | 10:11 | 14:40 | 18:04 | 20:27 | 24:16 | 25:54 | 29:15 | 30:18 | 31:26 | 32:29 | 33:17 |
| TGM Budenheim | | | 3:03 | 5:03 | 2:05 | 4:29 | 3:24 | 2:23 | 3:49 | 1:38 | 3:21 | 1:03 | 1:08 | 1:03 | 0:48 |
| 5 Prolingheuer, Emil | H14 | 34:57 | 2:41 | 8:50 | 10:43 | 15:39 | 19:03 | 21:08 | 24:48 | 27:01 | 30:20 | 31:18 | 33:18 | 34:18 | 34:57 |
| TuS Karlsruhe-Rüppurr | | | 2:41 | 6:09 | 1:53 | 4:56 | 3:24 | 2:05 | 3:40 | 2:13 | 3:19 | 0:58 | 2:00 | 1:00 | 0:39 |
| | | | | 17:40 | | | | | | | | | | | |
| | | | | *121 | | | | | | | | | | | |
| 6 Krausbauer, Uwe | H65 | 36:46 | 3:13 | 9:03 | 11:26 | 16:30 | 19:13 | 21:46 | 26:21 | 28:28 | 32:18 | 33:27 | 34:41 | 35:52 | 36:46 |
| CTG Koblenz | | | 3:13 | 5:50 | 2:23 | 5:04 | 2:43 | 2:33 | 4:35 | 2:07 | 3:50 | 1:09 | 1:14 | 1:11 | 0:54 |
| 7 Müllerleile, Martin | H65 | 38:28 | 3:11 | 8:35 | 10:50 | 16:19 | 19:37 | 22:08 | 27:54 | 29:57 | 33:55 | 35:06 | 36:32 | 37:40 | 38:28 |
| SC Königstein | | | 3:11 | 5:24 | 2:15 | 5:29 | 3:18 | 2:31 | 5:46 | 2:03 | 3:58 | 1:11 | 1:26 | 1:08 | 0:48 |
| 8 Gartner, Bernhard | H70 | 41:04 | 3:20 | 9:19 | 11:40 | 17:00 | 20:10 | 22:34 | 27:33 | 30:46 | 36:16 | 37:43 | 39:08 | 40:16 | 41:04 |
| OL-Team Filder | | | 3:20 | 5:59 | 2:21 | 5:20 | 3:10 | 2:24 | 4:59 | 3:13 | 5:30 | 1:27 | 1:25 | 1:08 | 0:48 |
| 9 Friedrich, Gabi | D50 | 41:33 | 3:22 | 9:15 | 11:44 | 16:38 | 22:27 | 25:01 | 30:19 | 32:52 | 36:47 | 38:02 | 39:35 | 40:44 | 41:33 |
| Oberodenthaler SC | | | 3:22 | 5:53 | 2:29 | 4:54 | 5:49 | 2:34 | 5:18 | 2:33 | 3:55 | 1:15 | 1:33 | 1:09 | 0:49 |
| 10 Dessailly, Aurélie | D45 | 41:42 | 3:22 | 9:33 | 11:58 | 17:38 | 21:44 | 24:28 | 29:20 | 31:30 | 36:09 | 37:14 | 39:40 | 40:46 | 41:42 |
| SC Königstein | | | 3:22 | 6:11 | 2:25 | 5:40 | 4:06 | 2:44 | 4:52 | 2:10 | 4:39 | 1:05 | 2:26 | 1:06 | 0:56 |
| 11 Schlei, Julia | D45 | 42:31 | 3:53 | 10:32 | 13:16 | 19:15 | 22:33 | 25:14 | 30:09 | 32:13 | 36:54 | 38:24 | 40:07 | 41:30 | 42:31 |
| OLV Steinberg | | | 3:53 | 6:39 | 2:44 | 5:59 | 3:18 | 2:41 | 4:55 | 2:04 | 4:41 | 1:30 | 1:43 | 1:23 | 1:01 |
| 12 Gurieva, Irina | D50 | 43:02 | 4:20 | 10:36 | 13:09 | 18:42 | 22:36 | 25:18 | 29:56 | 32:58 | 38:17 | 39:33 | 40:57 | 42:08 | 43:02 |
| Gymnasion Offenbach | | | 4:20 | 6:16 | 2:33 | 5:33 | 3:54 | 2:42 | 4:38 | 3:02 | 5:19 | 1:16 | 1:24 | 1:11 | 0:54 |
| 13 Theel, Karin | D50 | 44:45 | 3:54 | 10:40 | 13:24 | 19:42 | 24:16 | 27:03 | 32:31 | 35:03 | 39:45 | 41:03 | 42:30 | 43:44 | 44:45 |
| TGM Budenheim | | | 3:54 | 6:46 | 2:44 | 6:18 | 4:34 | 2:47 | 5:28 | 2:32 | 4:42 | 1:18 | 1:27 | 1:14 | 1:01 |

| I. Name | Kat | Zeit | 4,3 km 12 Posten (Forts.) | | | | | | | | | | | | Ziel | |
|---|-----|---------|----------------------------------|--------|--------|--------|--------|--------|--------|--------|--------|---------|---------|---------|---------|--|
| | | | 1(105) | 2(109) | 3(126) | 4(110) | 5(111) | 6(112) | 7(108) | 8(115) | 9(131) | 10(127) | 11(129) | 12(100) | | |
| Bahn 5 (26) | | | | | | | | | | | | | | | | |
| 14 Köhler, Sandra TV Oberbexbach | D45 | 47:54 | 3:38 | 10:15 | 12:43 | 18:48 | 26:43 | 29:15 | 34:12 | 37:07 | 42:28 | 44:30 | 45:45 | 47:02 | 47:54 | |
| | | | 3:38 | 6:37 | 2:28 | 6:05 | 7:55 | 2:32 | 4:57 | 2:55 | 5:21 | 2:02 | 1:15 | 1:17 | 0:52 | |
| 15 Albert, Klaus Skizunft Wiesbaden | H65 | 48:04 | 3:23 | 9:44 | 12:20 | 20:15 | 23:13 | 26:03 | 32:47 | 35:17 | 39:39 | 41:14 | 45:53 | 47:07 | 48:04 | |
| | | | 3:23 | 6:21 | 2:36 | 7:55 | 2:58 | 2:50 | 6:44 | 2:30 | 4:22 | 1:35 | 4:39 | 1:14 | 0:57 | |
| 16 Smolka, Kerstin CTG Koblenz | D45 | 48:15 | 3:04 | 8:15 | 10:18 | 15:03 | 28:49 | 32:31 | 37:07 | 39:08 | 43:19 | 44:34 | 46:26 | 47:30 | 48:15 | |
| | | | 3:04 | 5:11 | 2:03 | 4:45 | 13:46 | 3:42 | 4:36 | 2:01 | 4:11 | 1:15 | 1:52 | 1:04 | 0:45 | |
| 17 Dorscheid, Nico TV Oberbexbach | H14 | 50:32 | 3:31 | 10:25 | 12:35 | 18:59 | 23:10 | 30:33 | 35:06 | 40:53 | 45:44 | 47:09 | 48:35 | 49:43 | 50:32 | |
| | | | 3:31 | 6:54 | 2:10 | 6:24 | 4:11 | 7:23 | 4:33 | 5:47 | 4:51 | 1:25 | 1:26 | 1:08 | 0:49 | |
| 18 Götte, Heinrich OLF Mainz | H70 | 50:56 | 4:26 | 12:59 | 16:03 | 23:19 | 27:16 | 30:41 | 36:07 | 39:15 | 44:16 | 45:44 | 48:19 | 49:46 | 50:56 | |
| | | | 4:26 | 8:33 | 3:04 | 7:16 | 3:57 | 3:25 | 5:26 | 3:08 | 5:01 | 1:28 | 2:35 | 1:27 | 1:10 | |
| | | | | 10:08 | | | | | | | | | | | | |
| | | | | *126 | | | | | | | | | | | | |
| 19 Bernhardt, Arno ASC Breidenbach | H70 | 52:16 | 4:22 | 11:35 | 14:44 | 21:36 | 25:33 | 29:02 | 34:53 | 37:52 | 44:57 | 47:03 | 49:03 | 50:58 | 52:16 | |
| | | | 4:22 | 7:13 | 3:09 | 6:52 | 3:57 | 3:29 | 5:51 | 2:59 | 7:05 | 2:06 | 2:00 | 1:55 | 1:18 | |
| 20 Optazait, Elzbieta TSG Wiesloch | D50 | 52:50 | 3:50 | 11:08 | 13:40 | 19:54 | 23:32 | 28:55 | 35:13 | 38:01 | 46:03 | 48:14 | 50:46 | 52:04 | 52:50 | |
| | | | 3:50 | 7:18 | 2:32 | 6:14 | 3:38 | 5:23 | 6:18 | 2:48 | 8:02 | 2:11 | 2:32 | 1:18 | 0:46 | |
| 21 Bäßler, Anne SV Bad Döben | D50 | 53:42 | 4:07 | 12:12 | 15:17 | 22:33 | 26:28 | 29:57 | 35:36 | 42:39 | 47:41 | 49:09 | 51:10 | 52:39 | 53:42 | |
| | | | 4:07 | 8:05 | 3:05 | 7:16 | 3:55 | 3:29 | 5:39 | 7:03 | 5:02 | 1:28 | 2:01 | 1:29 | 1:03 | |
| 22 Giemsa, Rosi TV Oberbexbach | D50 | 55:36 | 4:51 | 14:07 | 17:23 | 24:23 | 28:34 | 32:08 | 39:07 | 42:33 | 48:43 | 50:14 | 52:57 | 54:34 | 55:36 | |
| | | | 4:51 | 9:16 | 3:16 | 7:00 | 4:11 | 3:34 | 6:59 | 3:26 | 6:10 | 1:31 | 2:43 | 1:37 | 1:02 | |
| 23 Herbst, Klaus | H65 | 56:47 | 4:08 | 12:30 | 15:28 | 23:48 | 30:43 | 34:24 | 40:32 | 44:01 | 49:26 | 51:04 | 53:55 | 55:32 | 56:47 | |
| | | | 4:08 | 8:22 | 2:58 | 8:20 | 6:55 | 3:41 | 6:08 | 3:29 | 5:25 | 1:38 | 2:51 | 1:37 | 1:15 | |
| 24 Bürger, Uwe TSC Eintracht Dortmund 48/9 | H65 | 58:34 | 5:13 | 14:05 | 17:45 | 25:53 | 30:28 | 34:08 | 41:02 | 44:01 | 51:37 | 53:24 | 55:36 | 57:28 | 58:34 | |
| | | | 5:13 | 8:52 | 3:40 | 8:08 | 4:35 | 3:40 | 6:54 | 2:59 | 7:36 | 1:47 | 2:12 | 1:52 | 1:06 | |
| 25 Lahm, Katja CTG Koblenz | D50 | 58:53 | 4:13 | 11:29 | 14:42 | 21:38 | 25:01 | 32:50 | 38:21 | 41:24 | 46:46 | 48:30 | 51:44 | 57:49 | 58:53 | |
| | | | 4:13 | 7:16 | 3:13 | 6:56 | 3:23 | 7:49 | 5:31 | 3:03 | 5:22 | 1:44 | 3:14 | 6:05 | 1:04 | |
| 26 Kotschekow, Wladimir | H70 | 1:01:53 | 4:29 | 13:10 | 16:17 | 23:33 | 33:28 | 39:36 | 45:07 | 49:04 | 55:32 | 57:13 | 59:02 | 1:00:42 | 1:01:53 | |

I. Name Kat Zeit

Bahn 5 (26)

4,3 km 12 Posten (Forts.)

| | | | | | | | | | | | | | |
|---------------------|--------|--------|--------|--------|--------|--------|--------|--------|---------|---------|---------|------|------|
| 1(105) | 2(109) | 3(126) | 4(110) | 5(111) | 6(112) | 7(108) | 8(115) | 9(131) | 10(127) | 11(129) | 12(100) | Ziel | |
| Gymnasion Offenbach | 4:29 | 8:41 | 3:07 | 7:16 | 9:55 | 6:08 | 5:31 | 3:57 | 6:28 | 1:41 | 1:49 | 1:40 | 1:11 |

| I. Name | Kat | Zeit | 5,2 km 14 Posten | | | | | | | | | | | | |
|--|-----|-------|--|--|----------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|----------------------|----------------------|----------------------|----------------------|
| | | | 1(110) 14(100) | 2(126) Ziel | 3(103) | 4(101) | 5(109) | 6(121) | 7(112) | 8(113) | 9(114) | 10(133) | 11(130) | 12(129) | 13(127) |
| 1 Kärger, Luise TuS Karlsruhe-Rüppurr | D40 | 40:44 | 1:53 1:53 39:57 | 6:44 4:51 40:44 | 11:24 4:40 | 13:05 1:41 | 17:57 4:52 | 22:22 4:25 | 25:05 2:43 | 27:19 2:14 | 30:11 2:52 | 32:34 2:23 | 35:41 3:07 | 37:37 1:56 | 38:44 1:07 |
| 2 Büchli, Marion OLG Suhr | D40 | 40:56 | 1:13 1:51 40:15 1:07 | 0:47 7:16 5:25 40:56 0:41 | 12:12 4:56 | 13:54 1:42 | 18:42 4:48 | 22:56 4:14 | 25:44 2:48 | 28:05 2:21 | 31:10 3:05 | 33:30 2:20 | 36:14 2:44 | 38:02 1:48 | 39:08 1:06 |
| 3 Kübler, Hansjörg OC München | H55 | 41:08 | 1:54 1:54 40:19 1:20 | 6:46 4:52 41:08 0:49 | 11:28 4:42 | 13:09 1:41 | 17:59 4:50 | 22:11 4:12 | 24:57 2:46 | 27:18 2:21 | 30:01 2:43 | 32:32 2:31 | 36:01 3:29 | 37:52 1:51 | 38:59 1:07 |
| 4 Ni, Vadim OLV Steinberg | H55 | 43:29 | 1:59 1:59 42:52 1:16 0:37 | 6:38 4:39 43:29 0:37 | 11:21 4:43 | 12:50 1:29 | 17:30 4:40 | 21:40 4:10 | 24:20 2:40 | 26:33 2:13 | 33:22 6:49 | 35:28 2:06 | 38:34 3:06 | 40:34 2:00 | 41:36 1:02 |
| 5 Könekamp, Dirk TuS Niederjosbach | H55 | 47:23 | 2:08 2:08 46:41 1:31 | 7:55 5:47 47:23 0:42 | 13:18 5:23 | 15:12 1:54 | 20:55 5:43 | 26:08 5:13 | 29:29 3:21 | 32:00 2:31 | 35:19 3:19 | 38:08 2:49 | 41:40 3:32 | 43:52 2:12 | 45:10 1:18 |
| 6 Stieler, Patric SC Königstein | H60 | 48:09 | 3:02 3:02 47:27 1:52 | 8:58 5:56 48:09 0:42 | 14:02 5:04 | 16:03 2:01 | 21:45 5:42 | 26:22 4:37 | 29:44 3:22 | 32:41 2:57 | 36:17 3:36 | 38:59 2:42 | 42:19 3:20 | 44:21 2:02 | 45:35 1:14 |
| 7 Berghöfer, Ralf vereinslos | H60 | 48:47 | 2:00 2:00 47:58 1:08 | 7:19 5:19 48:47 0:49 | 12:11 4:52 | 15:07 2:56 | 20:14 5:07 | 25:45 5:31 | 28:43 2:58 | 31:25 2:42 | 34:26 3:01 | 37:44 3:18 | 41:16 3:32 | 44:26 3:10 | 46:50 2:24 |

| I. Name | Kat | Zeit | | | | | | | | | | | | | |
|--|--------|-------|-------------------------------|--------------------------------|------------------|---------------|---------------|---------------|-----------------|---------------|---------------|---------------|---------------|---------------|---------------|
| Bahn 6 (19) | | | 5,2 km | | 14 Posten | | | | <i>(Forts.)</i> | | | | | | |
| | | | 1(110) 14(100) | 2(126) Ziel | 3(103) | 4(101) | 5(109) | 6(121) | 7(112) | 8(113) | 9(114) | 10(133) | 11(130) | 12(129) | 13(127) |
| 8 Liehr, Steffen CTG Koblenz | H55 | 49:22 | 2:05 2:05 48:28 1:45 | 8:12 6:07 49:22 0:54 | 13:46 5:34 | 16:24 2:38 | 21:59 5:35 | 27:05 5:06 | 30:24 3:19 | 33:22 2:58 | 36:25 3:03 | 39:19 2:54 | 42:52 3:33 | 45:12 2:20 | 46:43 1:31 |
| 9 Hochscheid, Klaus | H60 | 49:45 | 1:55 1:55 48:56 1:28 | 7:19 5:24 49:45 0:49 | 12:15 4:56 | 13:59 1:44 | 19:22 5:23 | 24:05 4:43 | 27:12 3:07 | 29:52 2:40 | 34:59 5:07 | 37:36 2:37 | 40:59 3:23 | 43:12 2:13 | 47:28 4:16 |
| 10 Schulze, Annette Kölner OL-Team | D40 | 50:00 | 2:30 2:30 49:19 1:29 | 10:48 8:18 50:00 0:41 | 15:30 4:42 | 17:19 1:49 | 22:13 4:54 | 27:23 5:10 | 30:29 3:06 | 33:05 2:36 | 38:07 5:02 | 40:49 2:42 | 44:31 3:42 | 46:26 1:55 | 47:50 1:24 |
| 11 Friedrich, Lea Oberodenthaler SC | D15-18 | 50:05 | 1:58 1:58 49:25 3:19 | 8:07 6:09 50:05 0:40 | 13:27 5:20 | 16:02 2:35 | 22:09 6:07 | 27:17 5:08 | 30:39 3:22 | 33:06 2:27 | 35:59 2:53 | 39:03 3:04 | 42:40 3:37 | 44:50 2:10 | 46:06 1:16 |
| 12 Döllgast, Ralf TV Oberbexbach | H60 | 52:00 | 2:13 2:13 51:11 1:25 | 8:12 5:59 52:00 0:49 | 14:05 5:53 | 15:57 1:52 | 22:20 6:23 | 28:08 5:48 | 31:26 3:18 | 34:26 3:00 | 38:15 3:49 | 41:31 3:16 | 45:13 3:42 | 48:19 3:06 | 49:46 1:27 |
| 13 Kachevskaya, Natalia OLV Steinberg | D35 | 54:01 | 2:38 2:38 53:10 1:18 | 9:58 7:20 54:01 0:51 | 15:59 6:01 | 18:16 2:17 | 25:06 6:50 | 30:23 5:17 | 34:52 4:29 | 37:56 3:04 | 41:34 3:38 | 44:33 2:59 | 48:09 3:36 | 50:29 2:20 | 51:52 1:23 |

| I. Name | Kat | Zeit | | | | | | | | | | | | | |
|--|--------|---------|----------------------------------|-----------------------------------|--------|--------|--------|--------|---------|---------|---------|---------|---------|---------|---------|
| Bahn 6 (19) | | | 5,2 km 14 Posten (Forts.) | | | | | | | | | | | | |
| | | | 1(110) 14(100) | 2(126) Ziel | 3(103) | 4(101) | 5(109) | 6(121) | 7(112) | 8(113) | 9(114) | 10(133) | 11(130) | 12(129) | 13(127) |
| 14 Dörr, Michael | H55 | 56:10 | 2:50 2:50 55:15 1:40 | 8:50 6:00 56:10 0:55 | 14:44 | 19:35 | 25:29 | 31:25 | 35:32 | 38:37 | 41:43 | 45:02 | 49:36 | 52:06 | 53:35 |
| | | | | | 5:54 | 4:51 | 5:54 | 5:56 | 4:07 | 3:05 | 3:06 | 3:19 | 4:34 | 2:30 | 1:29 |
| 15 Pastor, Melanie OLF Mainz | D15-18 | 57:53 | 2:23 2:23 57:00 1:27 | 9:07 6:44 57:53 0:53 | 15:36 | 18:35 | 25:50 | 31:48 | 35:42 | 38:51 | 43:01 | 47:03 | 51:36 | 54:14 | 55:33 |
| | | | | | 6:29 | 2:59 | 7:15 | 5:58 | 3:54 | 3:09 | 4:10 | 4:02 | 4:33 | 2:38 | 1:19 |
| 16 Garbas, Gerhard TV Oberbexbach | H55 | 58:07 | 2:21 2:21 57:14 1:31 | 9:03 6:42 58:07 0:53 | 15:13 | 17:34 | 23:49 | 30:06 | 33:53 | 36:53 | 41:10 | 44:22 | 49:04 | 51:35 | 55:43 |
| | | | | | 6:10 | 2:21 | 6:15 | 6:17 | 3:47 | 3:00 | 4:17 | 3:12 | 4:42 | 2:31 | 4:08 |
| 17 Widmer, Martin OLG Suhr | H60 | 1:04:36 | 2:34 2:34 1:03:35 2:32 | 9:45 7:11 1:04:36 1:01 | 16:16 | 18:45 | 25:46 | 31:55 | 38:11 | 41:45 | 46:00 | 49:46 | 54:37 | 58:02 | 1:01:03 |
| | | | | | 6:31 | 2:29 | 7:01 | 6:09 | 6:16 | 3:34 | 4:15 | 3:46 | 4:51 | 3:25 | 3:01 |
| 18 Friedrich, Kim Oberodenthaler SC | D15-18 | 1:26:53 | 2:53 2:53 1:25:46 2:35 | 14:42 11:49 1:26:53 1:07 | 26:26 | 30:07 | 39:33 | 48:42 | 53:45 | 58:58 | 1:03:51 | 1:09:13 | 1:17:16 | 1:21:04 | 1:23:11 |
| | | | | | 11:44 | 3:41 | 9:26 | 9:09 | 5:03 | 5:13 | 4:53 | 5:22 | 8:03 | 3:48 | 2:07 |
| 19 Mertes, Christoph Bergfreunde Saar | H55 | 1:57:44 | 4:59 4:59 1:55:59 4:12 | 19:04 14:05 1:57:44 1:45 | 31:29 | 35:44 | 45:47 | 58:06 | 1:09:25 | 1:14:04 | 1:25:36 | 1:31:47 | 1:40:25 | 1:46:37 | 1:51:47 |
| | | | | | 12:25 | 4:15 | 10:03 | 12:19 | 11:19 | 4:39 | 11:32 | 6:11 | 8:38 | 6:12 | 5:10 |

| I. Name | Kat | Zeit | 6,3 km 16 Posten | | | | | | | | | | | | |
|------------------------------------|--------|-------|-------------------------------|-------------------------------|-------------------------------|--------------------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| | | | 1(103) 14(129) | 2(107) 15(127) | 3(104) 16(100) | 4(124) Ziel | 5(126) | 6(109) | 7(122) | 8(111) | 9(113) | 10(108) | 11(136) | 12(115) | 13(130) |
| 1 Horst, Ingo SC Königstein | H45 | 35:07 | 2:14 2:14 32:44 1:30 | 5:19 3:05 33:36 0:52 | 7:01 1:42 34:31 0:55 | 13:21 6:20 35:07 0:36 | 15:15 1:54 | 16:23 1:08 | 18:34 2:11 | 20:27 1:53 | 23:33 3:06 | 25:53 2:20 | 27:44 1:51 | 28:50 1:06 | 31:14 2:24 |
| 2 Matin, Faddej TV Oberbexbach | H15-18 | 40:27 | 2:14 2:14 37:35 1:37 | 5:54 3:40 38:53 1:18 | 7:59 2:05 39:52 0:59 | 15:00 7:01 40:27 0:36 | 17:18 2:18 | 18:53 1:35 | 21:21 2:28 | 23:35 2:14 | 26:54 3:19 | 29:45 2:51 | 32:03 2:18 | 33:20 1:17 | 35:58 2:38 |
| 3 Rathje, Jan TGM Budenheim | H45 | 42:23 | 2:34 2:34 39:38 2:07 | 6:03 3:29 40:42 1:04 | 8:44 2:41 41:47 1:05 | 15:58 7:14 42:23 0:36 | 18:31 2:33 | 20:02 1:31 | 22:33 2:31 | 24:36 2:03 | 28:20 3:44 | 31:02 2:42 | 33:14 2:12 | 34:33 1:19 | 37:31 2:58 |
| 4 Bäßler, Steffen SV Bad Döben | H50 | 43:18 | 2:23 2:23 39:33 1:46 | 5:46 3:23 40:32 0:59 | 7:45 1:59 42:32 2:00 | 15:10 7:25 43:18 0:46 | 17:34 2:24 | 18:54 1:20 | 21:21 2:27 | 25:21 4:00 | 28:47 3:26 | 31:39 2:52 | 33:49 2:10 | 35:04 1:15 | 37:47 2:43 |
| 5 Saß, Larissa OLF Mainz | D19 | 43:43 | 2:35 2:35 40:37 1:47 | 6:26 3:51 41:47 1:10 | 8:38 2:12 43:00 1:13 | 16:21 7:43 43:43 0:43 | 18:50 2:29 | 20:26 1:36 | 23:08 2:42 | 25:28 2:20 | 29:03 3:35 | 32:03 3:00 | 34:29 2:26 | 35:54 1:25 | 38:50 2:56 |
| 6 Krug, Henning TSG Wiesloch | H50 | 44:05 | 2:29 2:29 41:09 1:40 | 6:25 3:56 42:11 1:02 | 9:05 2:40 43:22 1:11 | 16:49 7:44 44:05 0:43 | 19:16 2:27 | 21:01 1:45 | 23:40 2:39 | 25:57 2:17 | 29:36 3:39 | 32:27 2:51 | 34:49 2:22 | 36:08 1:19 | 39:29 3:21 |
| 7 Behrendt, Claas OLV Steinberg | H50 | 44:21 | 2:40 2:40 41:31 2:25 | 6:46 4:06 42:33 1:02 | 9:01 2:15 43:40 1:07 | 16:52 7:51 44:21 0:41 | 19:21 2:29 | 20:45 1:24 | 23:27 2:42 | 25:45 2:18 | 29:28 3:43 | 32:33 3:05 | 34:51 2:18 | 36:12 1:21 | 39:06 2:54 |

| I. Name | Kat | Zeit | | | | | | | | | | | | | |
|---|-----|---------|-------------------------|---------|---------|---------|-----------------|--------|--------|--------|--------|---------|---------|---------|---------|
| Bahn 7 (27) | | | 6,3 km 16 Posten | | | | <i>(Forts.)</i> | | | | | | | | |
| | | | 1(103) | 2(107) | 3(104) | 4(124) | 5(126) | 6(109) | 7(122) | 8(111) | 9(113) | 10(108) | 11(136) | 12(115) | 13(130) |
| | | | 14(129) | 15(127) | 16(100) | Ziel | | | | | | | | | |
| 26 Friedrich, Ulli Oberodenthaler SC | H50 | 1:05:44 | 3:37 | 8:44 | 11:49 | 21:50 | 25:13 | 27:30 | 31:16 | 36:22 | 41:50 | 46:42 | 51:00 | 52:51 | 57:07 |
| | | | 3:37 | 5:07 | 3:05 | 10:01 | 3:23 | 2:17 | 3:46 | 5:06 | 5:28 | 4:52 | 4:18 | 1:51 | 4:16 |
| | | | 59:38 | 1:02:49 | 1:04:45 | 1:05:44 | | | | | | | | | |
| | | | 2:31 | 3:11 | 1:56 | 0:59 | | | | | | | | | |
| 27 Göbel, Sven Gymnasion Offenbach | H45 | 1:08:34 | 3:53 | 10:06 | 13:08 | 24:39 | 28:09 | 30:33 | 34:38 | 40:59 | 46:53 | 51:26 | 54:48 | 56:40 | 1:01:03 |
| | | | 3:53 | 6:13 | 3:02 | 11:31 | 3:30 | 2:24 | 4:05 | 6:21 | 5:54 | 4:33 | 3:22 | 1:52 | 4:23 |
| | | | 1:03:55 | 1:05:41 | 1:07:31 | 1:08:34 | | 38:03 | | | | | | | |
| | | | 2:52 | 1:46 | 1:50 | 1:03 | | *121 | | | | | | | |

| I. Name | Kat | Zeit | 7,7 km 18 Posten | | | | | | | | | | | | |
|--|-----|-------|---|--|---|--------------------------------------|---|--------------------------------------|----------------------|-----------------------------|-----------------------------|----------------------|----------------------|----------------------|----------------------|
| | | | 1(106) 14(115) | 2(125) 15(129) | 3(120) 16(130) | 4(141) 17(127) | 5(104) 18(100) | 6(107) Ziel | 7(101) | 8(124) | 9(110) | 10(119) | 11(113) | 12(108) | 13(136) |
| 1 Ehrlich, David Black-Box Sports Academy | H35 | 47:02 | 5:11 5:11 39:43 | 8:50 3:39 41:33 | 12:08 3:18 43:12 | 13:43 1:35 44:41 | 18:13 4:30 46:23 | 20:36 2:23 47:02 | 24:22 3:46 | 27:17 2:55 | 28:52 1:35 | 30:46 1:54 | 33:54 3:08 | 36:24 2:30 | 38:27 2:03 |
| 2 Göhler, Marcel CTG Koblenz | H40 | 47:35 | 1:16 5:00 40:23 1:09 | 1:50 8:59 3:59 1:50 | 1:39 12:17 3:18 2:16 | 1:29 13:57 1:40 1:27 | 1:42 19:01 5:04 1:00 | 0:39 21:33 2:32 0:39 | 25:27 3:54 | 28:32 3:05 | 30:21 1:49 | 32:13 1:52 | 34:46 2:33 | 37:14 2:28 | 39:14 2:00 |
| 3 Bernhardt, Andreas ASC Breidenbach | H40 | 49:01 | 5:31 5:31 41:32 | 9:30 3:59 43:39 | 12:53 3:23 45:36 | 14:53 2:00 47:10 | 19:39 4:46 48:23 | 22:22 2:43 49:01 | 25:48 3:26 | 29:02 3:14 | 30:51 1:49 | 32:51 2:00 | 35:24 2:33 | 38:04 2:40 | 40:14 2:10 |
| 4 Thierolf, Michael TSG Bad König | H35 | 49:43 | 1:18 5:33 42:26 | 2:07 9:48 44:20 | 1:57 13:26 46:38 | 1:34 14:57 48:03 | 1:13 20:26 49:03 | 0:38 22:46 49:43 | 26:19 3:33 | 29:46 3:27 | 31:30 1:44 | 33:31 2:01 | 36:18 2:47 | 39:02 2:44 | 41:11 2:09 |
| 5 Torgau, Moritz TV Oberbexbach | H35 | 51:14 | 1:15 5:54 44:05 | 1:54 9:49 46:05 | 2:18 14:08 47:55 | 1:25 15:48 49:23 | 1:00 21:50 50:43 | 0:40 24:18 51:14 | 28:13 3:55 | 31:20 3:07 | 33:07 1:47 | 35:42 2:35 | 38:13 2:31 | 40:44 2:31 | 42:50 2:06 |
| 6 Hinkel, Georg OLV Steinberg | H35 | 55:51 | 1:15 5:38 47:51 | 2:00 10:07 50:10 | 1:50 14:12 52:11 | 1:28 15:48 53:57 | 1:20 22:01 55:03 | 0:31 25:14 55:51 | 29:22 4:08 | 32:59 3:37 | 34:55 1:56 | 37:06 2:11 | 40:29 3:23 | 43:43 3:14 | 46:20 2:37 |
| 7 Schmidt, Marcus TSG Wiesloch | H40 | 56:00 | 1:31 5:32 47:21 | 2:19 10:04 49:31 | 2:01 14:06 52:10 | 1:46 15:47 53:52 | 1:06 22:17 55:20 | 0:48 25:12 56:00 | 29:18 4:06 | 33:01 3:43 | 35:02 2:01 | 37:16 2:14 | 40:22 3:06 | 43:32 3:10 | 46:00 2:28 |
| | | | 1:21 | 2:10 | 2:39 | 1:42 | 1:28 | 0:40 | | | | | | | |

| I. Name | Kat | Zeit | | | | | | | | | | | | | | |
|----------------------------|-----|---------|-------------------------|---------|---------|---------|---------|---------|-----------------|--------|--------|---------|---------|---------|---------|--|
| Bahn 8 (11) | | | 7,7 km 18 Posten | | | | | | <i>(Forts.)</i> | | | | | | | |
| | | | 1(106) | 2(125) | 3(120) | 4(141) | 5(104) | 6(107) | 7(101) | 8(124) | 9(110) | 10(119) | 11(113) | 12(108) | 13(136) | |
| | | | 14(115) | 15(129) | 16(130) | 17(127) | 18(100) | Ziel | | | | | | | | |
| 8 Lintumäki, Petri | H40 | 59:58 | 6:07 | 10:15 | 14:41 | 16:27 | 23:52 | 28:02 | 33:02 | 36:21 | 38:16 | 40:19 | 43:07 | 46:53 | 50:30 | |
| Orientering Innsbruck-Imst | | | 6:07 | 4:08 | 4:26 | 1:46 | 7:25 | 4:10 | 5:00 | 3:19 | 1:55 | 2:03 | 2:48 | 3:46 | 3:37 | |
| | | | 52:14 | 54:29 | 56:23 | 58:02 | 59:22 | 59:58 | | | | | | | | |
| | | | 1:44 | 2:15 | 1:54 | 1:39 | 1:20 | 0:36 | | | | | | | | |
| 9 Hahn, Carlo | H35 | 59:59 | 7:00 | 11:41 | 16:07 | 18:00 | 24:25 | 27:30 | 31:59 | 36:14 | 38:25 | 40:46 | 43:55 | 46:55 | 49:30 | |
| OLG Siegerland | | | 7:00 | 4:41 | 4:26 | 1:53 | 6:25 | 3:05 | 4:29 | 4:15 | 2:11 | 2:21 | 3:09 | 3:00 | 2:35 | |
| | | | 51:15 | 53:27 | 56:12 | 57:48 | 59:15 | 59:59 | | | | | | | | |
| | | | 1:45 | 2:12 | 2:45 | 1:36 | 1:27 | 0:44 | | | | | | | | |
| 10 Haenelt, Stephan | H40 | 1:09:30 | 6:32 | 11:44 | 16:22 | 18:48 | 26:29 | 29:53 | 35:40 | 40:39 | 43:04 | 46:18 | 50:05 | 54:09 | 57:13 | |
| OL-Team Filder | | | 6:32 | 5:12 | 4:38 | 2:26 | 7:41 | 3:24 | 5:47 | 4:59 | 2:25 | 3:14 | 3:47 | 4:04 | 3:04 | |
| | | | 59:02 | 1:01:32 | 1:05:02 | 1:07:09 | 1:08:44 | 1:09:30 | | | | | | | | |
| | | | 1:49 | 2:30 | 3:30 | 2:07 | 1:35 | 0:46 | | | | | | | | |
| 11 Tausendfreund, Kay | H35 | 1:16:41 | 6:58 | 14:05 | 20:14 | 22:44 | 30:29 | 34:07 | 40:24 | 45:45 | 48:30 | 51:34 | 56:15 | 1:00:08 | 1:03:31 | |
| WOLF Haltern | | | 6:58 | 7:07 | 6:09 | 2:30 | 7:45 | 3:38 | 6:17 | 5:21 | 2:45 | 3:04 | 4:41 | 3:53 | 3:23 | |
| | | | 1:05:24 | 1:08:30 | 1:11:24 | 1:13:41 | 1:15:43 | 1:16:41 | | | | | | | | |
| | | | 1:53 | 3:06 | 2:54 | 2:17 | 2:02 | 0:58 | | | | | | | | |

| I. Name | Kat | Zeit | 8,7 km 19 Posten | | | | | | | | | | | | |
|--|-----|---------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|----------------|--------------|--------------|--------------|--------------|--------------|--------------|
| | | | 1(111) 14(137) | 2(109) 15(113) | 3(107) 16(130) | 4(120) 17(127) | 5(141) 18(129) | 6(125) 19(100) | 7(104) Ziel | 8(106) | 9(105) | 10(110) | 11(112) | 12(108) | 13(115) |
| 1 Guthier, Cedric OLV Steinberg | H19 | 49:49 | 3:39 | 7:29 | 13:14 | 17:50 | 19:18 | 22:34 | 25:36 | 27:21 | 29:58 | 32:36 | 35:17 | 38:09 | 39:37 |
| | | | 3:39 | 3:50 | 5:45 | 4:36 | 1:28 | 3:16 | 3:02 | 1:45 | 2:37 | 2:38 | 2:41 | 2:52 | 1:28 |
| | | | 41:49 | 42:43 | 46:22 | 47:41 | 48:31 | 49:17 | 49:49 | | | | | | |
| | | | 2:12 | 0:54 | 3:39 | 1:19 | 0:50 | 0:46 | 0:32 | | | | | | |
| 2 Imbsweiler, Philippe TV Oberbexbach | H19 | 53:26 | 3:36 | 7:34 | 13:27 | 18:47 | 20:17 | 23:45 | 27:13 | 28:44 | 31:21 | 34:00 | 37:07 | 40:11 | 41:33 |
| | | | 3:36 | 3:58 | 5:53 | 5:20 | 1:30 | 3:28 | 3:28 | 1:31 | 2:37 | 2:39 | 3:07 | 3:04 | 1:22 |
| | | | 44:16 | 45:34 | 49:44 | 51:05 | 51:59 | 52:48 | 53:26 | | | | | | |
| | | | 2:43 | 1:18 | 4:10 | 1:21 | 0:54 | 0:49 | 0:38 | | | | | | |
| 3 Saß, Jörn OLF Mainz | H19 | 54:56 | 3:43 | 7:43 | 14:01 | 19:06 | 20:34 | 24:10 | 27:28 | 29:11 | 32:01 | 34:48 | 38:08 | 41:27 | 43:12 |
| | | | 3:43 | 4:00 | 6:18 | 5:05 | 1:28 | 3:36 | 3:18 | 1:43 | 2:50 | 2:47 | 3:20 | 3:19 | 1:45 |
| | | | 45:45 | 47:00 | 50:54 | 52:18 | 53:27 | 54:19 | 54:56 | | | | | | |
| | | | 2:33 | 1:15 | 3:54 | 1:24 | 1:09 | 0:52 | 0:37 | | | | | | |
| 4 Heidl, Markus OLV Steinberg | H19 | 55:44 | 4:52 | 8:40 | 14:32 | 19:35 | 21:14 | 24:49 | 28:20 | 30:09 | 32:50 | 35:43 | 38:43 | 42:14 | 43:52 |
| | | | 4:52 | 3:48 | 5:52 | 5:03 | 1:39 | 3:35 | 3:31 | 1:49 | 2:41 | 2:53 | 3:00 | 3:31 | 1:38 |
| | | | 47:03 | 48:05 | 52:02 | 53:30 | 54:23 | 55:11 | 55:44 | | | | | | |
| | | | 3:11 | 1:02 | 3:57 | 1:28 | 0:53 | 0:48 | 0:33 | | | | | | |
| 5 Ruick, Paul CTG Koblenz | H19 | 59:29 | 4:26 | 9:24 | 16:04 | 21:00 | 22:34 | 26:05 | 29:49 | 32:38 | 35:37 | 38:24 | 41:29 | 45:09 | 47:01 |
| | | | 4:26 | 4:58 | 6:40 | 4:56 | 1:34 | 3:31 | 3:44 | 2:49 | 2:59 | 2:47 | 3:05 | 3:40 | 1:52 |
| | | | 50:11 | 51:24 | 55:30 | 57:03 | 57:58 | 58:52 | 59:29 | | | | | | |
| | | | 3:10 | 1:13 | 4:06 | 1:33 | 0:55 | 0:54 | 0:37 | | | | | | |
| 6 Funk, Gregor OL-Team Filder | H19 | 1:01:43 | 4:25 | 9:26 | 16:13 | 22:21 | 24:20 | 28:08 | 31:45 | 33:54 | 37:02 | 40:03 | 43:44 | 47:14 | 48:59 |
| | | | 4:25 | 5:01 | 6:47 | 6:08 | 1:59 | 3:48 | 3:37 | 2:09 | 3:08 | 3:01 | 3:41 | 3:30 | 1:45 |
| | | | 51:47 | 52:54 | 57:08 | 59:07 | 1:00:10 | 1:01:04 | 1:01:43 | | | | | | |
| | | | 2:48 | 1:07 | 4:14 | 1:59 | 1:03 | 0:54 | 0:39 | | | | | | |
| 7 Stöwhaas, Jens CTG Koblenz | H19 | 1:02:23 | 3:43 | 8:36 | 15:50 | 21:44 | 23:30 | 27:39 | 31:34 | 33:24 | 36:32 | 39:43 | 43:05 | 46:57 | 48:43 |
| | | | 3:43 | 4:53 | 7:14 | 5:54 | 1:46 | 4:09 | 3:55 | 1:50 | 3:08 | 3:11 | 3:22 | 3:52 | 1:46 |
| | | | 51:38 | 53:16 | 57:55 | 59:40 | 1:00:42 | 1:01:39 | 1:02:23 | | | | | | |
| | | | 2:55 | 1:38 | 4:39 | 1:45 | 1:02 | 0:57 | 0:44 | | | | | | |

I. Name Kat Zeit

Bahn 9 (9)

8,7 km 19 Posten (Forts.)

1(111) 2(109) 3(107) 4(120) 5(141) 6(125) 7(104) 8(106) 9(105) 10(110) 11(112) 12(108) 13(115)
14(137) 15(113) 16(130) 17(127) 18(129) 19(100) Ziel

| | | | | | | | | | | | | | | | | |
|----------------------------------|-----|---------|---------|---------|---------|---------|---------|---------|---------|-------|-------|---------|---------|---------|---------|--|
| 8 Britz, Jacob TV Oberbexbach | H19 | 1:14:06 | 4:34 | 10:45 | 19:56 | 27:26 | 29:52 | 34:45 | 39:18 | 41:38 | 45:24 | 49:22 | 53:19 | 57:10 | 59:21 | |
| | | | 4:34 | 6:11 | 9:11 | 7:30 | 2:26 | 4:53 | 4:33 | 2:20 | 3:46 | 3:58 | 3:57 | 3:51 | 2:11 | |
| | | | 1:03:17 | 1:04:34 | 1:09:45 | 1:11:22 | 1:12:29 | 1:13:25 | 1:14:06 | | | | | | | |
| | | | 3:56 | 1:17 | 5:11 | 1:37 | 1:07 | 0:56 | 0:41 | | | | | | | |
| 9 Klein, Timo | H19 | 1:34:08 | 8:49 | 14:18 | 24:30 | 33:36 | 35:43 | 41:19 | 50:30 | 52:58 | 56:51 | 1:01:30 | 1:05:54 | 1:10:50 | 1:13:24 | |
| | | | 8:49 | 5:29 | 10:12 | 9:06 | 2:07 | 5:36 | 9:11 | 2:28 | 3:53 | 4:39 | 4:24 | 4:56 | 2:34 | |
| | | | 1:19:30 | 1:21:09 | 1:28:28 | 1:30:38 | 1:32:03 | 1:33:16 | 1:34:08 | | | | | | | |
| | | | 6:06 | 1:39 | 7:19 | 2:10 | 1:25 | 1:13 | 0:52 | | | | | | | |

| I. Name | Kat | Zeit | 8,9 km 19 Posten | | | | | | | | | | | | |
|--|------|---------|-------------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| | | | 1(105) | 2(109) | 3(122) | 4(121) | 5(102) | 6(124) | 7(122) | 8(101) | 9(103) | 10(126) | 11(119) | 12(113) | 13(115) |
| | | | 14(108) | 15(112) | 16(134) | 17(130) | 18(129) | 19(100) | Ziel | | | | | | |
| 1 Dessailly, David SC Königstein | MTBO | 55:12 | 2:21 | 6:27 | 8:46 | 10:50 | 14:12 | 16:31 | 18:24 | 22:57 | 24:42 | 31:51 | 37:44 | 39:37 | 41:46 |
| | | | 2:21 | 4:06 | 2:19 | 2:04 | 3:22 | 2:19 | 1:53 | 4:33 | 1:45 | 7:09 | 5:53 | 1:53 | 2:09 |
| | | | 44:19 | 48:18 | 51:00 | 52:25 | 54:01 | 54:41 | 55:12 | | | | | | |
| | | | 2:33 | 3:59 | 2:42 | 1:25 | 1:36 | 0:40 | 0:31 | | | | | | |
| 2 Andrulis, Mindaugas TSG Wiesloch | MTBO | 57:52 | 3:07 | 7:56 | 10:21 | 12:29 | 17:00 | 19:55 | 21:29 | 26:20 | 28:19 | 33:24 | 37:23 | 39:05 | 43:30 |
| | | | 3:07 | 4:49 | 2:25 | 2:08 | 4:31 | 2:55 | 1:34 | 4:51 | 1:59 | 5:05 | 3:59 | 1:42 | 4:25 |
| | | | 46:18 | 49:03 | 52:19 | 54:24 | 56:34 | 57:22 | 57:52 | | | | | | |
| | | | 2:48 | 2:45 | 3:16 | 2:05 | 2:10 | 0:48 | 0:30 | | | | | | |
| 3 Wersin, Klaus TGM Budenheim | MTBO | 1:08:17 | 3:29 | 10:39 | 13:14 | 15:31 | 19:24 | 22:25 | 24:30 | 29:03 | 31:05 | 37:44 | 42:29 | 44:51 | 47:39 |
| | | | 3:29 | 7:10 | 2:35 | 2:17 | 3:53 | 3:01 | 2:05 | 4:33 | 2:02 | 6:39 | 4:45 | 2:22 | 2:48 |
| | | | 53:21 | 57:32 | 1:01:11 | 1:03:04 | 1:05:10 | 1:07:47 | 1:08:17 | | | | | | |
| | | | 5:42 | 4:11 | 3:39 | 1:53 | 2:06 | 2:37 | 0:30 | | | | | | |
| 4 Hervás Lucas, Jesús Gymnasion Offenbach | MTBO | 1:12:36 | 3:21 | 10:44 | 13:13 | 15:52 | 19:29 | 23:30 | 25:29 | 31:30 | 34:15 | 43:01 | 47:31 | 50:45 | 53:05 |
| | | | 3:21 | 7:23 | 2:29 | 2:39 | 3:37 | 4:01 | 1:59 | 6:01 | 2:45 | 8:46 | 4:30 | 3:14 | 2:20 |
| | | | 57:26 | 1:02:08 | 1:06:28 | 1:09:12 | 1:11:04 | 1:11:59 | 1:12:36 | | | | | | |
| | | | 4:21 | 4:42 | 4:20 | 2:44 | 1:52 | 0:55 | 0:37 | | | | | | |