

| Pl                 | tnr | Name                       | Zeit                 |             |             |              |              |              |              |              |              |              |              |         |         |         |
|--------------------|-----|----------------------------|----------------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|---------|---------|---------|
| <b>H19K (4)</b>    |     |                            | <b>3,9 km 170 Hm</b> |             | <b>9 P</b>  |              |              |              |              |              |              |              |              |         |         |         |
|                    |     |                            | 1(89)                | 2(90)       | 3(70)       | 4(88)        | 5(82)        | 6(83)        | 7(65)        | 8(64)        | 9(100)       | Ziel         |              |         |         |         |
| 1                  |     | <b>Vadzim Yunitski</b>     | <b>41:37</b>         | <b>6:12</b> | <b>8:04</b> | <b>12:59</b> | <b>17:49</b> | <b>21:12</b> | <b>31:30</b> | <b>35:50</b> | <b>38:48</b> | <b>40:57</b> | <b>41:37</b> |         |         |         |
|                    |     | <b>OK BSU</b>              |                      | <b>6:12</b> | <b>1:52</b> | <b>4:55</b>  | 4:50         | <b>3:23</b>  | 10:18        | <b>4:20</b>  | 2:58         | <b>2:09</b>  | <b>0:40</b>  |         |         |         |
| 2                  |     | <b>Garvin Behling</b>      | <b>51:32</b>         | 7:37        | 9:54        | 15:18        | 20:33        | 26:15        | 37:39        | 43:40        | 46:45        | 50:52        | 51:32        |         |         |         |
|                    |     | <b>Turn-Klubb zu Han</b>   |                      | 7:37        | 2:17        | 5:24         | 5:15         | 5:42         | 11:24        | 6:01         | 3:05         | 4:07         | <b>0:40</b>  |         |         |         |
| 3                  |     | <b>Jan Hanke</b>           | <b>57:12</b>         | 6:24        | 9:56        | 18:03        | 22:27        | 31:38        | 40:30        | 47:46        | 50:27        | 56:22        | 57:12        |         |         |         |
|                    |     | <b>Glockseeschule Ha</b>   |                      | 6:24        | 3:32        | 8:07         | <b>4:24</b>  | 9:11         | <b>8:52</b>  | 7:16         | <b>2:41</b>  | 5:55         | 0:50         |         |         |         |
|                    |     | <b>Jan Linxweiler</b>      | <b>N Ang</b>         |             |             |              |              |              |              |              |              |              |              |         |         |         |
|                    |     | <b>Berliner TSC</b>        |                      |             |             |              |              |              |              |              |              |              |              |         |         |         |
| <b>H-10 (2)</b>    |     |                            | <b>1,6 km 60 Hm</b>  |             | <b>8 P</b>  |              |              |              |              |              |              |              |              |         |         |         |
|                    |     |                            | 1(91)                | 2(92)       | 3(93)       | 4(94)        | 5(95)        | 6(96)        | 7(97)        | 8(67)        | Ziel         |              |              |         |         |         |
| 1                  |     | <b>Kenzo Hanke</b>         | <b>29:51</b>         | <b>2:31</b> | <b>6:06</b> | <b>8:12</b>  | <b>11:40</b> | <b>12:43</b> | <b>15:08</b> | <b>18:07</b> | <b>28:11</b> | <b>29:51</b> |              |         |         |         |
|                    |     | <b>Glockseeschule Ha</b>   |                      | <b>2:31</b> | <b>3:35</b> | <b>2:06</b>  | <b>3:28</b>  | <b>1:03</b>  | <b>2:25</b>  | <b>2:59</b>  | <b>10:04</b> | <b>1:40</b>  |              |         |         |         |
|                    |     | <b>Erik Bruns</b>          | <b>N Ang</b>         |             |             |              |              |              |              |              |              |              |              |         |         |         |
|                    |     | <b>MTK Bad Harzburg</b>    |                      |             |             |              |              |              |              |              |              |              |              |         |         |         |
| <b>H11-14 (11)</b> |     |                            | <b>2,9 km 90 Hm</b>  |             | <b>7 P</b>  |              |              |              |              |              |              |              |              |         |         |         |
|                    |     |                            | 1(63)                | 2(90)       | 3(82)       | 4(62)        | 5(61)        | 6(64)        | 7(100)       | Ziel         |              |              |              |         |         |         |
| 1                  |     | <b>Theo Henseler</b>       | <b>20:24</b>         | 2:55        | 5:43        | 9:09         | <b>15:05</b> | <b>16:41</b> | <b>18:11</b> | <b>19:57</b> | <b>20:24</b> |              |              |         |         |         |
|                    |     | <b>MTV Seesen</b>          |                      | 2:55        | <b>2:48</b> | 3:26         | <b>5:56</b>  | <b>1:36</b>  | <b>1:30</b>  | <b>1:46</b>  | <b>0:27</b>  |              |              |         |         |         |
| 2                  |     | <b>Jussi Bruns</b>         | <b>22:13</b>         | <b>2:46</b> | <b>5:34</b> | <b>8:51</b>  | 16:30        | 18:19        | 19:54        | 21:42        | 22:13        |              |              |         |         |         |
|                    |     | <b>MTK Bad Harzburg</b>    |                      | <b>2:46</b> | <b>3:17</b> | 7:39         | 1:49         | 1:35         | 1:48         | 0:31         |              |              |              |         |         |         |
| 3                  |     | <b>Jakob Bachmann</b>      | <b>27:36</b>         | 3:26        | 8:47        | 13:41        | 20:06        | 22:19        | 24:08        | 26:44        | 27:36        |              |              |         |         |         |
|                    |     | <b>OLV Uslar</b>           |                      | 3:26        | 5:21        | 4:54         | 6:25         | 2:13         | 1:49         | 2:36         | 0:52         |              |              |         |         |         |
| 4                  |     | <b>Julius Wandelt</b>      | <b>28:56</b>         | 3:26        | 7:04        | 12:07        | 21:34        | 23:45        | 25:24        | 27:59        | 28:56        |              |              |         |         |         |
|                    |     | <b>MTV Seesen</b>          |                      | 3:26        | 3:38        | 5:03         | 9:27         | 2:11         | 1:39         | 2:35         | 0:57         |              |              |         |         |         |
| 5                  |     | <b>Elias Hardeck</b>       | <b>37:05</b>         | 4:22        | 10:13       | 15:53        | 24:50        | 29:14        | 31:44        | 36:04        | 37:05        |              |              |         |         |         |
|                    |     | <b>SV Hildesia Diekhol</b> |                      | 4:22        | 5:51        | 5:40         | 8:57         | 4:24         | 2:30         | 4:20         | 1:01         |              |              |         |         |         |
| 6                  |     | <b>Jannis Gerling</b>      | <b>38:51</b>         | 5:45        | 11:13       | 16:38        | 30:48        | 33:41        | 35:44        | 38:13        | 38:51        |              |              |         |         |         |
|                    |     | <b>TG Münden</b>           |                      | 5:45        | 5:28        | 5:25         | 14:10        | 2:53         | 2:03         | 2:29         | 0:38         |              |              |         |         |         |
| 7                  |     | <b>Frithjof Vogeley</b>    | <b>54:26</b>         | 6:31        | 10:45       | 24:35        | 41:53        | 45:18        | 47:57        | 53:24        | 54:26        |              |              |         |         |         |
|                    |     | <b>TG Münden</b>           |                      | 6:31        | 4:14        | 13:50        | 17:18        | 3:25         | 2:39         | 5:27         | 1:02         |              |              |         |         |         |
| 8                  |     | <b>David Winkler</b>       | <b>1:05:46</b>       | 8:36        | 13:40       | 20:10        | 54:35        | 59:51        | 1:01:49      | 1:04:45      | 1:05:46      | 2:21:20      | 2:25:25      | 2:27:44 | 2:30:24 | 2:33:57 |
|                    |     | <b>SV Hildesia Diekhol</b> |                      | 8:36        | 5:04        | 6:30         | 34:25        | 5:16         | 1:58         | 2:56         | 1:01         | *53          | *32          | *33     | *34     | *48     |
|                    |     |                            |                      | 2:35:08     | 2:38:08     | 2:38:29      | 2:39:39      | 2:44:22      | 2:48:48      | 2:51:02      | 2:54:07      | 2:54:39      | 2:57:33      | 2:59:56 | 3:00:31 |         |
|                    |     |                            |                      | *80         | *43         | *78          | *37          | *36          | *55          | *56          | *73          | *46          | *79          | *51     | *100    |         |
| 9                  |     | <b>Luis Meyer-Bertram</b>  | <b>1:17:59</b>       | 8:14        | 18:40       | 30:13        | 59:54        | 1:07:53      | 1:10:01      | 1:16:42      | 1:17:59      |              |              |         |         |         |
|                    |     | <b>OLV Uslar</b>           |                      | 8:14        | 10:26       | 11:33        | 29:41        | 7:59         | 2:08         | 6:41         | 1:17         |              |              |         |         |         |
|                    |     | <b>Bjarne Wolf</b>         | <b>Aufg</b>          |             |             |              |              |              |              |              |              |              |              |         |         |         |
|                    |     | <b>OLV Potsdam</b>         |                      | 6:42        | -----       | -----        | -----        | -----        | -----        | -----        | -----        |              |              |         |         |         |
|                    |     | <b>Jonas Knaup</b>         | <b>N Ang</b>         |             |             |              |              |              |              |              |              |              |              |         |         |         |
|                    |     | <b>Braunschweiger MT</b>   |                      |             |             |              |              |              |              |              |              |              |              |         |         |         |
| <b>D11-14 (7)</b>  |     |                            | <b>2,9 km 90 Hm</b>  |             | <b>7 P</b>  |              |              |              |              |              |              |              |              |         |         |         |
|                    |     |                            | 1(63)                | 2(90)       | 3(82)       | 4(62)        | 5(61)        | 6(64)        | 7(100)       | Ziel         |              |              |              |         |         |         |
| 1                  |     | <b>Anna Castilho Marc</b>  | <b>37:10</b>         | <b>3:56</b> | <b>7:35</b> | 21:37        | <b>29:44</b> | <b>32:22</b> | <b>34:01</b> | <b>36:32</b> | <b>37:10</b> |              |              |         |         |         |
|                    |     | <b>SV Hildesia Diekhol</b> |                      | <b>3:56</b> | <b>3:39</b> | 14:02        | <b>8:07</b>  | <b>2:38</b>  | <b>1:39</b>  | <b>2:31</b>  | <b>0:38</b>  |              |              |         |         |         |
| 2                  |     | <b>Lilly Hintz</b>         | <b>43:53</b>         | 8:34        | 13:08       | 19:59        | 30:57        | 34:20        | 36:55        | 43:00        | 43:53        |              |              |         |         |         |
|                    |     | <b>MTV Seesen</b>          |                      | 8:34        | 4:34        | 6:51         | 10:58        | 3:23         | 2:35         | 6:05         | 0:53         |              |              |         |         |         |

| Pl                | tnr | Name                      | Zeit                 |              |             |              |                 |              |              |              |              |              |              |              |              |              |
|-------------------|-----|---------------------------|----------------------|--------------|-------------|--------------|-----------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| <b>D11-14 (7)</b> |     |                           | <b>2,9 km 90 Hm</b>  |              | <b>7 P</b>  |              | <i>(Forts.)</i> |              |              |              |              |              |              |              |              |              |
|                   |     |                           | 1(63)                | 2(90)        | 3(82)       | 4(62)        | 5(61)           | 6(64)        | 7(100)       | Ziel         |              |              |              |              |              |              |
| 3                 |     | <b>Sonja Wichmann</b>     | <b>44:56</b>         | 4:37         | 9:32        | <b>14:17</b> | 35:41           | 38:29        | 40:53        | 44:17        | 44:56        |              |              |              |              |              |
|                   |     | <b>Eintracht Braunsch</b> |                      | 4:37         | 4:55        | <b>4:45</b>  | 21:24           | 2:48         | 2:24         | 3:24         | 0:39         |              |              |              |              |              |
| 4                 |     | <b>Julia Stell</b>        | <b>48:41</b>         | 5:38         | 10:43       | 24:42        | 34:56           | 40:03        | 43:11        | 47:44        | 48:41        |              |              |              |              |              |
|                   |     | <b>TG Münden</b>          |                      | 5:38         | 5:05        | 13:59        | 10:14           | 5:07         | 3:08         | 4:33         | 0:57         |              |              |              |              |              |
| 5                 |     | <b>Lina+Nina Bokemue</b>  | <b>1:01:32</b>       | 4:50         | 18:05       | 29:07        | 43:27           | 48:17        | 50:49        | 1:00:05      | 1:01:32      |              |              |              |              |              |
|                   |     | <b>Old + New</b>          |                      | 4:50         | 13:15       | 11:02        | 14:20           | 4:50         | 2:32         | 9:16         | 1:27         |              |              |              |              |              |
| 6                 |     | <b>Carolin Heil</b>       | <b>1:25:56</b>       | 15:28        | 21:13       | 36:41        | 1:03:17         | 1:12:58      | 1:18:29      | 1:24:26      | 1:25:56      |              |              |              |              |              |
|                   |     | <b>OLV Uslar</b>          |                      | 15:28        | 5:45        | 15:28        | 26:36           | 9:41         | 5:31         | 5:57         | 1:30         |              |              |              |              |              |
| AK                |     | <b>Qiyi Su</b>            | <b>1:05:29</b>       | 15:01        | 22:21       | 33:29        | 45:12           | 49:35        | 52:47        | 1:03:28      | 1:05:29      |              |              |              |              |              |
|                   |     | <b>Berliner TSC</b>       |                      | 15:01        | 7:20        | 11:08        | 11:43           | 4:23         | 3:12         | 10:41        | 2:01         |              |              |              |              |              |
| <b>D-10 (3)</b>   |     |                           | <b>1,6 km 60 Hm</b>  |              | <b>8 P</b>  |              |                 |              |              |              |              |              |              |              |              |              |
|                   |     |                           | 1(91)                | 2(92)        | 3(93)       | 4(94)        | 5(95)           | 6(96)        | 7(97)        | 8(67)        | Ziel         |              |              |              |              |              |
| 1                 |     | <b>Stine Bruns</b>        | <b>33:30</b>         | <b>2:17</b>  | <b>5:19</b> | <b>7:43</b>  | <b>13:38</b>    | <b>17:16</b> | <b>23:09</b> | <b>27:40</b> | <b>30:49</b> | <b>33:30</b> |              |              |              |              |
|                   |     | <b>MTK Bad Harzburg</b>   |                      | <b>2:17</b>  | 3:02        | 2:24         | 5:55            | 3:38         | 5:53         | 4:31         | 3:09         | 2:41         |              |              |              |              |
| 2                 |     | <b>Emily Berger</b>       | <b>35:43</b>         | 18:59        | 20:43       | 22:16        | 25:21           | 26:34        | 28:52        | 31:53        | 33:18        | 35:43        |              |              |              |              |
|                   |     | <b>USC Magdeburg</b>      |                      | 18:59        | <b>1:44</b> | <b>1:33</b>  | <b>3:05</b>     | <b>1:13</b>  | <b>2:18</b>  | <b>3:01</b>  | <b>1:25</b>  | <b>2:25</b>  |              |              |              |              |
|                   |     | <b>Jana Knaup</b>         |                      | <b>N Ang</b> |             |              |                 |              |              |              |              |              |              |              |              |              |
|                   |     | <b>Braunschweiger MT</b>  |                      |              |             |              |                 |              |              |              |              |              |              |              |              |              |
| <b>D15-18 (5)</b> |     |                           | <b>3,9 km 170 Hm</b> |              | <b>9 P</b>  |              |                 |              |              |              |              |              |              |              |              |              |
|                   |     |                           | 1(89)                | 2(90)        | 3(70)       | 4(88)        | 5(82)           | 6(83)        | 7(65)        | 8(64)        | 9(100)       | Ziel         |              |              |              |              |
| 1                 |     | <b>Pia Buchholz</b>       | <b>43:58</b>         | <b>5:28</b>  | <b>7:37</b> | <b>13:44</b> | <b>18:45</b>    | <b>21:52</b> | <b>34:05</b> | <b>38:27</b> | <b>40:54</b> | <b>43:03</b> | <b>43:58</b> |              |              |              |
|                   |     | <b>MTK Bad Harzburg</b>   |                      | <b>5:28</b>  | 2:09        | 6:07         | <b>5:01</b>     | <b>3:07</b>  | <b>12:13</b> | <b>4:22</b>  | <b>2:27</b>  | <b>2:09</b>  | <b>0:55</b>  |              |              |              |
| 2                 |     | <b>Helena Heinkele</b>    | <b>1:00:46</b>       | 8:11         | 9:59        | 14:34        | 21:37           | 25:33        | 43:39        | 51:51        | 55:04        | 59:04        | 1:00:46      |              |              |              |
|                   |     | <b>Eintracht Braunsch</b> |                      | 8:11         | <b>1:48</b> | <b>4:35</b>  | 7:03            | 3:56         | 18:06        | 8:12         | 3:13         | 4:00         | 1:42         |              |              |              |
| 3                 |     | <b>Kiana Meisel</b>       | <b>1:10:33</b>       | 8:45         | 14:50       | 24:09        | 35:21           | 39:27        | 55:33        | 1:02:41      | 1:06:20      | 1:09:30      | 1:10:33      |              |              |              |
|                   |     | <b>OLV Uslar</b>          |                      | 8:45         | 6:05        | 9:19         | 11:12           | 4:06         | 16:06        | 7:08         | 3:39         | 3:10         | 1:03         |              |              |              |
|                   |     | <b>Belinda Behrens</b>    |                      | <b>N Ang</b> |             |              |                 |              |              |              |              |              |              |              |              |              |
|                   |     | <b>Eintracht Braunsch</b> |                      |              |             |              |                 |              |              |              |              |              |              |              |              |              |
|                   |     | <b>Marlen Steinhoff</b>   |                      | <b>N Ang</b> |             |              |                 |              |              |              |              |              |              |              |              |              |
|                   |     | <b>MTK Bad Harzburg</b>   |                      |              |             |              |                 |              |              |              |              |              |              |              |              |              |
| <b>H15-18 (8)</b> |     |                           | <b>6,2 km 295 Hm</b> |              | <b>12 P</b> |              |                 |              |              |              |              |              |              |              |              |              |
|                   |     |                           | 1(84)                | 2(85)        | 3(86)       | 4(87)        | 5(73)           | 6(72)        | 7(79)        | 8(80)        | 9(81)        | 10(88)       | 11(83)       | 12(100)      | Ziel         |              |
| 1                 |     | <b>Matti Bruns</b>        | <b>57:04</b>         | <b>1:52</b>  | <b>4:02</b> | <b>8:26</b>  | <b>13:33</b>    | <b>17:25</b> | <b>18:37</b> | <b>27:16</b> | <b>37:10</b> | <b>39:59</b> | <b>44:24</b> | <b>54:23</b> | <b>56:31</b> | <b>57:04</b> |
|                   |     | <b>MTK Bad Harzburg</b>   |                      | <b>1:52</b>  | <b>2:10</b> | <b>4:24</b>  | 5:07            | <b>3:52</b>  | 1:12         | <b>8:39</b>  | <b>9:54</b>  | <b>2:49</b>  | <b>4:25</b>  | 9:59         | <b>2:08</b>  | <b>0:33</b>  |
| 2                 |     | <b>Aaron Wandelt</b>      | <b>1:09:36</b>       | 2:04         | 4:48        | 10:04        | 15:32           | 20:40        | 22:30        | 31:59        | 43:19        | 48:12        | 55:28        | 1:06:35      | 1:08:59      | 1:09:36      |
|                   |     | <b>MTV Seesen</b>         |                      | 2:04         | 2:44        | 5:16         | 5:28            | 5:08         | 1:50         | 9:29         | 11:20        | 4:53         | 7:16         | 11:07        | 2:24         | 0:37         |
| 3                 |     | <b>Tom Buchholz</b>       | <b>1:10:11</b>       | 2:16         | 4:49        | 11:38        | 16:10           | 20:31        | 21:50        | 31:15        | 42:59        | 49:46        | 56:38        | 1:06:30      | 1:09:32      | 1:10:11      |
|                   |     | <b>MTK Bad Harzburg</b>   |                      | 2:16         | 2:33        | 6:49         | <b>4:32</b>     | 4:21         | 1:19         | 9:25         | 11:44        | 6:47         | 6:52         | <b>9:52</b>  | 3:02         | 0:39         |
| 4                 |     | <b>Lars Wichmann</b>      | <b>1:12:57</b>       | 3:25         | 5:55        | 12:12        | 18:04           | 23:26        | 24:36        | 34:55        | 45:17        | 49:12        | 55:04        | 1:09:35      | 1:12:21      | 1:12:57      |
|                   |     | <b>Eintracht Braunsch</b> |                      | 3:25         | 2:30        | 6:17         | 5:52            | 5:22         | <b>1:10</b>  | 10:19        | 10:22        | 3:55         | 5:52         | 14:31        | 2:46         | 0:36         |
| 5                 |     | <b>Juncheng Fu</b>        | <b>1:22:57</b>       | 2:24         | 5:35        | 11:36        | 17:43           | 23:04        | 25:03        | 36:57        | 51:11        | 56:52        | 1:04:09      | 1:18:57      | 1:22:09      | 1:22:57      |
|                   |     | <b>MTV Seesen</b>         |                      | 2:24         | 3:11        | 6:01         | 6:07            | 5:21         | 1:59         | 11:54        | 14:14        | 5:41         | 7:17         | 14:48        | 3:12         | 0:48         |
| 6                 |     | <b>Sebastian Heil</b>     | <b>1:23:59</b>       | 3:50         | 9:22        | 16:17        | 22:23           | 28:30        | 30:32        | 42:39        | 56:54        | 1:02:03      | 1:08:29      | 1:21:09      | 1:23:17      | 1:23:59      |
|                   |     | <b>OLV Uslar</b>          |                      | 3:50         | 5:32        | 6:55         | 6:06            | 6:07         | 2:02         | 12:07        | 14:15        | 5:09         | 6:26         | 12:40        | <b>2:08</b>  | 0:42         |

| Pl                 | tnr | Name                      | Zeit                 |             |             |              |                 |              |              |              |              |              |              |                |                |                |  |  |
|--------------------|-----|---------------------------|----------------------|-------------|-------------|--------------|-----------------|--------------|--------------|--------------|--------------|--------------|--------------|----------------|----------------|----------------|--|--|
| <b>H15-18 (8)</b>  |     |                           | <b>6,2 km 295 Hm</b> |             | <b>12 P</b> |              | <i>(Forts.)</i> |              |              |              |              |              |              |                |                |                |  |  |
|                    |     |                           | 1(84)                | 2(85)       | 3(86)       | 4(87)        | 5(73)           | 6(72)        | 7(79)        | 8(80)        | 9(81)        | 10(88)       | 11(83)       | 12(100)        | Ziel           |                |  |  |
|                    |     | <b>Felix Nolte</b>        | <b>Aufg</b>          | -----       | -----       | -----        | -----           | -----        | -----        | -----        | -----        | -----        | -----        | -----          | -----          |                |  |  |
|                    |     | <b>TG Münden</b>          |                      |             |             |              |                 |              |              |              |              |              |              |                |                |                |  |  |
|                    |     | <b>Nilas Stamer</b>       | <b>N Ang</b>         |             |             |              |                 |              |              |              |              |              |              |                |                |                |  |  |
|                    |     | <b>MTK Bad Harzburg</b>   |                      |             |             |              |                 |              |              |              |              |              |              |                |                |                |  |  |
| <b>D45-64 (14)</b> |     |                           | <b>3,9 km 170 Hm</b> |             | <b>9 P</b>  |              |                 |              |              |              |              |              |              |                |                |                |  |  |
|                    |     |                           | 1(89)                | 2(90)       | 3(70)       | 4(88)        | 5(82)           | 6(83)        | 7(65)        | 8(64)        | 9(100)       | Ziel         |              |                |                |                |  |  |
| 1                  |     | <b>Anke von Gaza</b>      | <b>40:03</b>         | <b>5:35</b> | <b>7:50</b> | <b>12:39</b> | <b>18:37</b>    | <b>21:44</b> | <b>30:33</b> | <b>34:29</b> | <b>37:23</b> | <b>39:22</b> | <b>40:03</b> |                |                |                |  |  |
|                    |     | <b>OLV Uslar</b>          | <b>5:35</b>          | 2:15        | 4:49        | 5:58         | <b>3:07</b>     | <b>8:49</b>  | <b>3:56</b>  | 2:54         | <b>1:59</b>  | <b>0:41</b>  |              |                |                |                |  |  |
| 2                  |     | <b>Evi Drese</b>          | <b>42:00</b>         | 6:34        | 8:55        | 13:05        | <b>18:35</b>    | 22:11        | 31:38        | 36:01        | 39:06        | 41:19        | 42:00        |                |                |                |  |  |
|                    |     | <b>OLV Uslar</b>          | 6:34                 | 2:21        | 4:10        | 5:30         | 3:36            | 9:27         | 4:23         | 3:05         | 2:13         | <b>0:41</b>  |              |                |                |                |  |  |
| 3                  |     | <b>Andrea Finkenstädt</b> | <b>45:58</b>         | 6:16        | 8:38        | 14:09        | 19:51           | 23:45        | 33:12        | 38:07        | 42:03        | 45:00        | 45:58        |                |                |                |  |  |
|                    |     | <b>OLV Uslar</b>          | 6:16                 | 2:22        | 5:31        | 5:42         | 3:54            | 9:27         | 4:55         | 3:56         | 2:57         | 0:58         |              |                |                |                |  |  |
| 4                  |     | <b>Veronika Lange</b>     | <b>49:13</b>         | 7:30        | 9:41        | 13:44        | 18:58           | 26:20        | 38:22        | 43:04        | 46:08        | 48:28        | 49:13        |                |                |                |  |  |
|                    |     | <b>USC Magdeburg</b>      | 7:30                 | 2:11        | <b>4:03</b> | <b>5:14</b>  | 7:22            | 12:02        | 4:42         | 3:04         | 2:20         | 0:45         |              |                |                |                |  |  |
| 5                  |     | <b>Liisa Rihko-Struck</b> | <b>49:25</b>         | 6:39        | 9:08        | 14:36        | 20:28           | 24:37        | 37:07        | 42:00        | 45:17        | 48:09        | 49:25        | 47:23          |                |                |  |  |
|                    |     | <b>Braunschweiger MT</b>  | 6:39                 | 2:29        | 5:28        | 5:52         | 4:09            | 12:30        | 4:53         | 3:17         | 2:52         | 1:16         | '67          |                |                |                |  |  |
| 6                  |     | <b>Claudia Ducki-Höck</b> | <b>50:45</b>         | 6:55        | 9:35        | 15:35        | 21:26           | 26:06        | 38:03        | 43:04        | 46:33        | 49:51        | 50:45        |                |                |                |  |  |
|                    |     | <b>MTK Bad Harzburg</b>   | 6:55                 | 2:40        | 6:00        | 5:51         | 4:40            | 11:57        | 5:01         | 3:29         | 3:18         | 0:54         |              |                |                |                |  |  |
| 7                  |     | <b>Renate Tröfke</b>      | <b>52:20</b>         | 6:40        | 9:30        | 15:24        | 21:29           | 24:51        | 38:44        | 45:08        | 48:36        | 51:28        | 52:20        |                |                |                |  |  |
|                    |     | <b>SV TU Ilmenau</b>      | 6:40                 | 2:50        | 5:54        | 6:05         | 3:22            | 13:53        | 6:24         | 3:28         | 2:52         | 0:52         |              |                |                |                |  |  |
| 8                  |     | <b>Ulrike Friedrichs</b>  | <b>53:32</b>         | 7:56        | 10:54       | 17:27        | 23:39           | 27:57        | 39:43        | 45:39        | 49:42        | 52:36        | 53:32        |                |                |                |  |  |
|                    |     | <b>MTV Seesen</b>         | 7:56                 | 2:58        | 6:33        | 6:12         | 4:18            | 11:46        | 5:56         | 4:03         | 2:54         | 0:56         |              |                |                |                |  |  |
| 9                  |     | <b>Tanja Buchholz</b>     | <b>55:57</b>         | 7:10        | 10:08       | 16:29        | 23:04           | 27:19        | 42:58        | 48:20        | 51:54        | 55:02        | 55:57        |                |                |                |  |  |
|                    |     | <b>MTK Bad Harzburg</b>   | 7:10                 | 2:58        | 6:21        | 6:35         | 4:15            | 15:39        | 5:22         | 3:34         | 3:08         | 0:55         |              |                |                |                |  |  |
| 10                 |     | <b>Ulrike Korff</b>       | <b>58:11</b>         | 9:24        | 12:00       | 19:05        | 24:45           | 28:26        | 43:14        | 48:33        | 52:15        | 57:26        | 58:11        |                |                |                |  |  |
|                    |     | <b>SC Achmer</b>          | 9:24                 | 2:36        | 7:05        | 5:40         | 3:41            | 14:48        | 5:19         | 3:42         | 5:11         | 0:45         |              |                |                |                |  |  |
| 11                 |     | <b>Katrin Bokemueller</b> | <b>1:01:52</b>       | 9:14        | 11:24       | 24:51        | 30:42           | 36:01        | 46:48        | 53:35        | 56:24        | 1:01:01      | 1:01:52      |                |                |                |  |  |
|                    |     | <b>Old + New</b>          | 9:14                 | <b>2:10</b> | 13:27       | 5:51         | 5:19            | 10:47        | 6:47         | <b>2:49</b>  | 4:37         | 0:51         |              |                |                |                |  |  |
| 12                 |     | <b>Sabine Behling</b>     | <b>1:06:01</b>       | 12:10       | 17:25       | 24:27        | 32:28           | 39:30        | 51:58        | 57:40        | 1:01:27      | 1:05:03      | 1:06:01      |                |                |                |  |  |
|                    |     | <b>USC Magdeburg</b>      | 12:10                | 5:15        | 7:02        | 8:01         | 7:02            | 12:28        | 5:42         | 3:47         | 3:36         | 0:58         |              |                |                |                |  |  |
| 13                 |     | <b>Esther Knoblauch</b>   | <b>1:11:04</b>       | 9:05        | 13:00       | 20:40        | 29:14           | 34:25        | 52:29        | 1:00:17      | 1:05:18      | 1:09:14      | 1:11:04      |                |                |                |  |  |
|                    |     | <b>MTK Bad Harzburg</b>   | 9:05                 | 3:55        | 7:40        | 8:34         | 5:11            | 18:04        | 7:48         | 5:01         | 3:56         | 1:50         |              |                |                |                |  |  |
| 14                 |     | <b>Corinna Scheibe-N</b>  | <b>1:18:38</b>       | 18:26       | 21:27       | 28:52        | 35:26           | 39:42        | 1:03:38      | 1:09:34      | 1:13:41      | 1:17:36      | 1:18:38      |                |                |                |  |  |
|                    |     | <b>TG Münden</b>          | 18:26                | 3:01        | 7:25        | 6:34         | 4:16            | 23:56        | 5:56         | 4:07         | 3:55         | 1:02         |              |                |                |                |  |  |
| <b>H45-64 (19)</b> |     |                           | <b>6,2 km 295 Hm</b> |             | <b>12 P</b> |              |                 |              |              |              |              |              |              |                |                |                |  |  |
|                    |     |                           | 1(84)                | 2(85)       | 3(86)       | 4(87)        | 5(73)           | 6(72)        | 7(79)        | 8(80)        | 9(81)        | 10(88)       | 11(83)       | 12(100)        | Ziel           |                |  |  |
| 1                  |     | <b>Thilo Bruns</b>        | <b>1:04:34</b>       | <b>1:57</b> | <b>4:52</b> | <b>10:14</b> | <b>15:16</b>    | <b>20:14</b> | 21:45        | 31:59        | 42:53        | 46:13        | 51:16        | <b>1:02:00</b> | <b>1:03:56</b> | <b>1:04:34</b> |  |  |
|                    |     | <b>MTK Bad Harzburg</b>   | <b>1:57</b>          | <b>2:55</b> | <b>5:22</b> | 5:02         | 4:58            | 1:31         | 10:14        | 10:54        | 3:20         | <b>5:03</b>  | 10:44        | <b>1:56</b>    | <b>0:38</b>    |                |  |  |
| 2                  |     | <b>Jens Struckmann</b>    | <b>1:06:00</b>       | -----       | -----       | -----        | -----           | -----        | -----        | -----        | -----        | -----        | -----        | -----          | 1:06:00        |                |  |  |
|                    |     | <b>Braunschweiger MT</b>  |                      |             |             |              |                 |              |              |              |              |              |              |                | 1:06:00        |                |  |  |
| 3                  |     | <b>Martin Hennseler</b>   | <b>1:06:19</b>       | 2:16        | 5:44        | 11:24        | 15:53           | 20:18        | <b>21:44</b> | <b>30:33</b> | <b>41:41</b> | <b>45:07</b> | <b>50:15</b> | 1:02:24        | 1:05:41        | 1:06:19        |  |  |
|                    |     | <b>MTV Seesen</b>         | 2:16                 | 3:28        | 5:40        | <b>4:29</b>  | 4:25            | 1:26         | 8:49         | 11:08        | 3:26         | 5:08         | 12:09        | 3:17           | <b>0:38</b>    |                |  |  |
| 4                  |     | <b>Raimondas Olislaus</b> | <b>1:07:16</b>       | 2:18        | 5:55        | 11:20        | 18:16           | 21:49        | 23:10        | 33:15        | 44:59        | 48:18        | 53:45        | 1:03:57        | 1:06:34        | 1:07:16        |  |  |
|                    |     | <b>Berliner TSC</b>       | 2:18                 | 3:37        | 5:25        | 6:56         | <b>3:33</b>     | <b>1:21</b>  | 10:05        | 11:44        | <b>3:19</b>  | 5:27         | 10:12        | 2:37           | 0:42           |                |  |  |
| 5                  |     | <b>Frank Leppla</b>       | <b>1:14:46</b>       | 3:42        | 10:47       | 16:45        | 21:45           | 26:27        | 28:01        | 36:32        | 46:49        | 53:48        | 1:02:00      | 1:11:11        | 1:14:02        | 1:14:46        |  |  |
|                    |     | <b>Braunschweiger MT</b>  | 3:42                 | 7:05        | 5:58        | 5:00         | 4:42            | 1:34         | <b>8:31</b>  | <b>10:17</b> | 6:59         | 8:12         | <b>9:11</b>  | 2:51           | 0:44           |                |  |  |
| 6                  |     | <b>Gunnar Grote</b>       | <b>1:19:19</b>       | 3:47        | 9:01        | 14:51        | 20:28           | 26:21        | 28:01        | 39:18        | 52:22        | 57:15        | 1:04:13      | 1:15:30        | 1:18:40        | 1:19:19        |  |  |
|                    |     | <b>OLV Uslar</b>          | 3:47                 | 5:14        | 5:50        | 5:37         | 5:53            | 1:40         | 11:17        | 13:04        | 4:53         | 6:58         | 11:17        | 3:10           | 0:39           |                |  |  |

| Pl                 | tnr | Name                       | Zeit                 |             |                 |              |              |              |              |              |              |              |              |          |          |             |          |
|--------------------|-----|----------------------------|----------------------|-------------|-----------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|----------|----------|-------------|----------|
| <b>H45-64 (19)</b> |     |                            | <b>6,2 km 295 Hm</b> |             |                 | <b>12 P</b>  |              |              |              |              |              |              |              |          |          |             |          |
|                    |     |                            |                      |             | <i>(Forts.)</i> |              |              |              |              |              |              |              |              |          |          |             |          |
|                    |     |                            | 1(84)                | 2(85)       | 3(86)           | 4(87)        | 5(73)        | 6(72)        | 7(79)        | 8(80)        | 9(81)        | 10(88)       | 11(83)       | 12(100)  | Ziel     |             |          |
| 7                  |     | <b>Horst von Gaza</b>      | <b>1:19:25</b>       | 5:18        | 8:23            | 14:13        | 20:21        | 26:13        | 28:09        | 36:48        | 48:50        | 53:49        | 1:04:06      | 1:15:03  | 1:18:17  | 1:19:25     |          |
|                    |     | <b>OLV Uslar</b>           |                      | 5:18        | 3:05            | 5:50         | 6:08         | 5:52         | 1:56         | 8:39         | 12:02        | 4:59         | 10:17        | 10:57    | 3:14     | 1:08        |          |
| 8                  |     | <b>Werner Drese</b>        | <b>1:22:44</b>       | 3:22        | 8:01            | 14:10        | 19:28        | 25:15        | 27:01        | 38:54        | 52:46        | 57:41        | 1:05:25      | 1:18:25  | 1:21:48  | 1:22:44     |          |
|                    |     | <b>OLV Uslar</b>           |                      | 3:22        | 4:39            | 6:09         | 5:18         | 5:47         | 1:46         | 11:53        | 13:52        | 4:55         | 7:44         | 13:00    | 3:23     | 0:56        |          |
| 9                  |     | <b>Sven Buchholz</b>       | <b>1:27:03</b>       | 2:52        | 6:33            | 13:36        | 20:00        | 27:23        | 28:55        | 40:05        | 53:57        | 59:44        | 1:09:56      | 1:23:45  | 1:26:23  | 1:27:03     |          |
|                    |     | <b>MTK Bad Harzburg</b>    |                      | 2:52        | 3:41            | 7:03         | 6:24         | 7:23         | 1:32         | 11:10        | 13:52        | 5:47         | 10:12        | 13:49    | 2:38     | 0:40        |          |
| 10                 |     | <b>Klaus Prunsche</b>      | <b>1:28:54</b>       | 3:58        | 8:43            | 15:42        | 21:36        | 27:30        | 29:15        | 40:26        | 56:38        | 1:01:44      | 1:11:10      | 1:25:24  | 1:28:08  | 1:28:54     |          |
|                    |     | <b>TUS Lübbecke</b>        |                      | 3:58        | 4:45            | 6:59         | 5:54         | 5:54         | 1:45         | 11:11        | 16:12        | 5:06         | 9:26         | 14:14    | 2:44     | 0:46        |          |
| 11                 |     | <b>Dirk Tünnermann</b>     | <b>1:40:20</b>       | 4:14        | 8:17            | 16:54        | 23:29        | 29:44        | 31:41        | 46:05        | 1:02:01      | 1:07:11      | 1:17:36      | 1:32:36  | 1:38:39  | 1:40:20     |          |
|                    |     | <b>MTV Seesen</b>          |                      | 4:14        | 4:03            | 8:37         | 6:35         | 6:15         | 1:57         | 14:24        | 15:56        | 5:10         | 10:25        | 15:00    | 6:03     | 1:41        |          |
| 12                 |     | <b>Hermann Schrader</b>    | <b>1:41:17</b>       | 5:01        | 9:28            | 19:06        | 26:28        | 33:02        | 35:15        | 48:14        | 1:02:39      | 1:08:17      | 1:24:06      | 1:37:01  | 1:40:34  | 1:41:17     |          |
|                    |     | <b>USC Magdeburg</b>       |                      | 5:01        | 4:27            | 9:38         | 7:22         | 6:34         | 2:13         | 12:59        | 14:25        | 5:38         | 15:49        | 12:55    | 3:33     | 0:43        |          |
| 13                 |     | <b>Kristoph Mattner</b>    | <b>1:53:23</b>       | 2:29        | 5:56            | 16:30        | 24:50        | 33:44        | 37:24        | 51:06        | 1:08:01      | 1:16:57      | 1:30:23      | 1:49:14  | 1:52:42  | 1:53:23     |          |
|                    |     | <b>Old + New</b>           |                      | 2:29        | 3:27            | 10:34        | 8:20         | 8:54         | 3:40         | 13:42        | 16:55        | 8:56         | 13:26        | 18:51    | 3:28     | 0:41        |          |
| 14                 |     | <b>Detlef Much</b>         | <b>1:54:16</b>       | 3:32        | 8:17            | 16:34        | 30:57        | 37:58        | 40:04        | 55:55        | 1:16:31      | 1:23:13      | 1:31:42      | 1:48:07  | 1:53:13  | 1:54:16     |          |
|                    |     | <b>OLV Uslar</b>           |                      | 3:32        | 4:45            | 8:17         | 14:23        | 7:01         | 2:06         | 15:51        | 20:36        | 6:42         | 8:29         | 16:25    | 5:06     | 1:03        |          |
| 15                 |     | <b>Thomas Görtelmeye</b>   | <b>1:56:47</b>       | 4:39        | 9:21            | 18:51        | 35:33        | 43:06        | 45:36        | 58:11        | 1:13:04      | 1:19:33      | 1:33:56      | 1:47:23  | 1:55:21  | 1:56:47     |          |
|                    |     | <b>MTK Bad Harzburg</b>    |                      | 4:39        | 4:42            | 9:30         | 16:42        | 7:33         | 2:30         | 12:35        | 14:53        | 6:29         | 14:23        | 13:27    | 7:58     | 1:26        |          |
| 16                 |     | <b>Andreas Meisel</b>      | <b>2:06:01</b>       | 3:13        | 10:53           | 17:31        | 26:05        | 32:29        | 34:47        | 49:33        | 1:12:48      | 1:29:44      | 1:42:27      | 2:00:06  | 2:04:52  | 2:06:01     |          |
|                    |     | <b>OLV Uslar</b>           |                      | 3:13        | 7:40            | 6:38         | 8:34         | 6:24         | 2:18         | 14:46        | 23:15        | 16:56        | 12:43        | 17:39    | 4:46     | 1:09        |          |
| 17                 |     | <b>Bjoern Bokemueller</b>  | <b>2:26:19</b>       | 5:08        | 8:50            | 18:29        | 41:15        | 53:17        | 55:20        | 1:12:56      | 1:42:05      | 1:50:07      | 2:03:35      | 2:21:40  | 2:25:39  | 2:26:19     |          |
|                    |     | <b>Old + New</b>           |                      | 5:08        | 3:42            | 9:39         | 22:46        | 12:02        | 2:03         | 17:36        | 29:09        | 8:02         | 13:28        | 18:05    | 3:59     | 0:40        |          |
|                    |     | <b>Luis Moreton</b>        | <b>Fehlst</b>        | 2:49        | -----           | 11:19        | 17:15        | 23:59        | 25:49        | 37:01        | 51:12        | 56:20        | 1:02:30      | 1:17:59  | 1:20:30  | 1:21:08     |          |
|                    |     | <b>Turn-Klubb zu Han</b>   |                      | 2:49        |                 | 8:30         | 5:56         | 6:44         | 1:50         | 11:12        | 14:11        | 5:08         | 6:10         | 15:29    | 2:31     | <b>0:38</b> |          |
|                    |     |                            |                      | 8:57:41     | 9:15:22         | 9:20:35      | 9:24:45      | 9:29:07      | 9:31:08      | 9:32:43      | 9:55:39      | 10:01:14     | 10:02:30     | 10:04:59 | 10:20:58 | 10:23:53    | 10:24:50 |
|                    |     |                            |                      | *72         | *54             | *34          | *35          | *36          | *58          | *51          | *32          | *46          | *73          | *47      | *39      | *40         | *71      |
|                    |     |                            |                      | 10:27:41    | 10:31:57        | 10:34:27     | 5:48         |              |              |              |              |              |              |          |          |             |          |
|                    |     |                            |                      | *74         | *55             | *100         | *71          |              |              |              |              |              |              |          |          |             |          |
|                    |     | <b>Uwe Bokemüller</b>      | <b>Fehlst</b>        | 5:38        | 12:16           | 25:09        | 38:01        | 48:30        | 52:38        | -----        | -----        | -----        | 1:22:27      | 1:45:06  | 1:52:00  | 1:53:44     |          |
|                    |     | <b>Old + New</b>           |                      | 5:38        | 6:38            | 12:53        | 12:52        | 10:29        | 4:08         |              |              |              | 29:49        | 22:39    | 6:54     | 1:44        |          |
| <b>D65- (2)</b>    |     |                            | <b>2,9 km 90 Hm</b>  |             |                 | <b>7 P</b>   |              |              |              |              |              |              |              |          |          |             |          |
|                    |     |                            | 1(63)                | 2(90)       | 3(82)           | 4(62)        | 5(61)        | 6(64)        | 7(100)       | Ziel         |              |              |              |          |          |             |          |
| 1                  |     | <b>Beatrix Haenelt</b>     | <b>41:05</b>         | <b>5:05</b> | 12:00           | 18:07        | <b>29:21</b> | <b>32:50</b> | <b>35:26</b> | <b>39:24</b> | <b>41:05</b> |              |              |          |          |             |          |
|                    |     | <b>TUS Lübbecke</b>        |                      | <b>5:05</b> | 6:55            | 6:07         | <b>11:14</b> | <b>3:29</b>  | <b>2:36</b>  | <b>3:58</b>  | <b>1:41</b>  |              |              |          |          |             |          |
| 2                  |     | <b>Birgitt Michel</b>      | <b>44:40</b>         | 6:09        | <b>11:39</b>    | <b>17:27</b> | 31:39        | 35:17        | 38:28        | 42:46        | 44:40        |              |              |          |          |             |          |
|                    |     | <b>TV Jahn Wolfsburg</b>   |                      | 6:09        | <b>5:30</b>     | <b>5:48</b>  | 14:12        | 3:38         | 3:11         | 4:18         | 1:54         |              |              |          |          |             |          |
| <b>H65- (10)</b>   |     |                            | <b>3,9 km 170 Hm</b> |             |                 | <b>9 P</b>   |              |              |              |              |              |              |              |          |          |             |          |
|                    |     |                            | 1(89)                | 2(90)       | 3(70)           | 4(88)        | 5(82)        | 6(83)        | 7(65)        | 8(64)        | 9(100)       | Ziel         |              |          |          |             |          |
| 1                  |     | <b>Lutz Tröße</b>          | <b>42:54</b>         | <b>5:43</b> | <b>7:52</b>     | <b>13:25</b> | <b>17:37</b> | <b>20:42</b> | <b>32:17</b> | <b>36:18</b> | <b>39:09</b> | <b>42:16</b> | <b>42:54</b> |          |          |             |          |
|                    |     | <b>SV TU Ilmenau</b>       |                      | <b>5:43</b> | <b>2:09</b>     | 5:33         | <b>4:12</b>  | <b>3:05</b>  | 11:35        | <b>4:01</b>  | <b>2:51</b>  | 3:07         | <b>0:38</b>  |          |          |             |          |
| 2                  |     | <b>Wolfgang Krause</b>     | <b>44:02</b>         | 6:58        | 9:39            | 14:13        | 19:32        | 22:38        | 33:15        | 38:01        | 41:02        | 43:21        | 44:02        |          |          |             |          |
|                    |     | <b>SV Wissenschaft Qu</b>  |                      | 6:58        | 2:41            | <b>4:34</b>  | 5:19         | 3:06         | <b>10:37</b> | 4:46         | 3:01         | <b>2:19</b>  | 0:41         |          |          |             |          |
| 3                  |     | <b>Rainer Pieper</b>       | <b>54:15</b>         | 8:08        | 10:58           | 16:13        | 22:37        | 27:16        | 40:22        | 45:55        | 49:57        | 53:22        | 54:15        |          |          |             |          |
|                    |     | <b>SSV Langenhagen</b>     |                      | 8:08        | 2:50            | 5:15         | 6:24         | 4:39         | 13:06        | 5:33         | 4:02         | 3:25         | 0:53         |          |          |             |          |
| 4                  |     | <b>Detlev Friedrichs</b>   | <b>56:22</b>         | 6:47        | 9:21            | 14:47        | 21:18        | 25:25        | 42:51        | 49:02        | 52:35        | 55:35        | 56:22        |          |          |             |          |
|                    |     | <b>MTV Seesen</b>          |                      | 6:47        | 2:34            | 5:26         | 6:31         | 4:07         | 17:26        | 6:11         | 3:33         | 3:00         | 0:47         |          |          |             |          |
| 5                  |     | <b>Heinz Friedrich Pap</b> | <b>57:27</b>         | 7:13        | 9:57            | 17:38        | 24:08        | 28:22        | 44:08        | 49:32        | 53:02        | 56:23        | 57:27        |          |          |             |          |
|                    |     | <b>OL Team Lippe</b>       |                      | 7:13        | 2:44            | 7:41         | 6:30         | 4:14         | 15:46        | 5:24         | 3:30         | 3:21         | 1:04         |          |          |             |          |

| Pl                  | tnr | Name                      | Zeit                 |             |              |              |                 |              |              |              |              |              |              |              |              |                |                |
|---------------------|-----|---------------------------|----------------------|-------------|--------------|--------------|-----------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|----------------|----------------|
| <b>H65- (10)</b>    |     |                           | <b>3,9 km 170 Hm</b> |             | <b>9 P</b>   |              | <i>(Forts.)</i> |              |              |              |              |              |              |              |              |                |                |
|                     |     |                           | 1(89)                | 2(90)       | 3(70)        | 4(88)        | 5(82)           | 6(83)        | 7(65)        | 8(64)        | 9(100)       | Ziel         |              |              |              |                |                |
| 6                   |     | <b>Wolf Fehlig</b>        | <b>1:03:25</b>       | 10:22       | 13:05        | 17:50        | 23:40           | 32:08        | 49:32        | 55:28        | 59:16        | 1:02:37      | 1:03:25      |              |              |                |                |
|                     |     | <b>MTV Gittelde</b>       |                      | 10:22       | 2:43         | 4:45         | 5:50            | 8:28         | 17:24        | 5:56         | 3:48         | 3:21         | 0:48         |              |              |                |                |
| 7                   |     | <b>Bernd Wollenberg</b>   | <b>1:11:35</b>       | 8:53        | 12:06        | 19:32        | 28:48           | 34:22        | 50:50        | 58:17        | 1:03:32      | 1:08:54      | 1:11:35      |              |              |                |                |
|                     |     | <b>Berliner TSC</b>       |                      | 8:53        | 3:13         | 7:26         | 9:16            | 5:34         | 16:28        | 7:27         | 5:15         | 5:22         | 2:41         |              |              |                |                |
| 8                   |     | <b>Frank Finkenstädt</b>  | <b>1:29:02</b>       | 10:36       | 14:39        | 24:49        | 36:28           | 44:05        | 1:04:39      | 1:13:42      | 1:19:39      | 1:27:05      | 1:29:02      |              |              |                |                |
|                     |     | <b>OLV Uslar</b>          |                      | 10:36       | 4:03         | 10:10        | 11:39           | 7:37         | 20:34        | 9:03         | 5:57         | 7:26         | 1:57         |              |              |                |                |
|                     |     | <b>Peter Wichmann</b>     | <b>Fehlst</b>        | 8:35        | 11:37        | 17:31        | 25:32           | 30:12        | 42:35        | 49:34        | 54:00        | ----         | 58:29        |              |              |                |                |
|                     |     | <b>USC Magdeburg</b>      |                      | 8:35        | 3:02         | 5:54         | 8:01            | 4:40         | 12:23        | 6:59         | 4:26         | ----         | 4:29         |              |              |                |                |
|                     |     | <b>Walter Rehbein</b>     | <b>Aufg</b>          | 10:08       | 15:43        | 26:34        | ----            | ----         | ----         | ----         | ----         | ----         | ----         |              |              |                |                |
|                     |     | <b>TG Münden</b>          |                      | 10:08       | 5:35         | 10:51        | ----            | ----         | ----         | ----         | ----         | ----         | ----         |              |              |                |                |
| <b>Anfänger (4)</b> |     |                           | <b>1,6 km 60 Hm</b>  |             | <b>8 P</b>   |              |                 |              |              |              |              |              |              |              |              |                |                |
|                     |     |                           | 1(91)                | 2(92)       | 3(93)        | 4(94)        | 5(95)           | 6(96)        | 7(97)        | 8(67)        | Ziel         |              |              |              |              |                |                |
| 1                   |     | <b>Marlene Behling</b>    | <b>23:27</b>         | 2:11        | <b>4:19</b>  | <b>6:09</b>  | <b>10:36</b>    | <b>12:07</b> | <b>14:12</b> | 18:16        | <b>19:44</b> | <b>23:27</b> |              |              |              |                |                |
|                     |     | <b>Turn-Klubb zu Han</b>  |                      | 2:11        | <b>2:08</b>  | <b>1:50</b>  | 4:27            | 1:31         | <b>2:05</b>  | 4:04         | <b>1:28</b>  | 3:43         |              |              |              |                |                |
| 2                   |     | <b>Mina Hellgardt</b>     | <b>29:58</b>         | <b>2:10</b> | 4:56         | 7:45         | 11:34           | 12:44        | 15:07        | <b>18:04</b> | 28:08        | 29:58        |              |              |              |                |                |
|                     |     | <b>Glockseeschule Ha</b>  |                      | <b>2:10</b> | 2:46         | 2:49         | <b>3:49</b>     | <b>1:10</b>  | 2:23         | <b>2:57</b>  | 10:04        | <b>1:50</b>  |              |              |              |                |                |
|                     |     | <b>Peggy Tröbe</b>        | <b>Fehlst</b>        | 4:43        | 14:46        | 24:05        | ----            | ----         | 28:36        | 35:01        | 39:47        | 49:55        | 39:52        |              |              |                |                |
|                     |     | <b>TSG Königslutter</b>   |                      | 4:43        | 10:03        | 9:19         | ----            | ----         | 4:31         | 6:25         | 4:46         | 10:08        | *67          |              |              |                |                |
|                     |     | <b>Robin von Gaza</b>     | <b>Aufg</b>          | 2:14        | ----         | ----         | ----            | ----         | ----         | ----         | ----         | ----         | ----         |              |              |                |                |
|                     |     | <b>OLV Uslar</b>          |                      | 2:14        | ----         | ----         | ----            | ----         | ----         | ----         | ----         | ----         | ----         |              |              |                |                |
| <b>H19-44 (18)</b>  |     |                           | <b>7,6 km 375 Hm</b> |             | <b>14 P</b>  |              |                 |              |              |              |              |              |              |              |              |                |                |
|                     |     |                           | 1(71)                | 2(72)       | 3(73)        | 4(74)        | 5(75)           | 6(76)        | 7(77)        | 8(78)        | 9(79)        | 10(80)       | 11(81)       | 12(82)       | 13(83)       | 14(100)        |                |
|                     |     |                           | Ziel                 |             |              |              |                 |              |              |              |              |              |              |              |              |                |                |
| 1                   |     | <b>Christoph Hofmeist</b> | <b>1:07:58</b>       | 2:41        | 12:16        | 13:22        | 17:10           | <b>20:29</b> | <b>26:46</b> | <b>30:07</b> | <b>33:44</b> | <b>39:54</b> | <b>48:46</b> | <b>52:39</b> | <b>58:17</b> | <b>1:05:34</b> | <b>1:07:25</b> |
|                     |     | <b>MTK Bad Harzburg</b>   |                      | 2:41        | 9:35         | <b>1:06</b>  | <b>3:48</b>     | <b>3:19</b>  | <b>6:17</b>  | <b>3:21</b>  | <b>3:37</b>  | <b>6:10</b>  | <b>8:52</b>  | 3:53         | <b>5:38</b>  | 7:17           | <b>1:51</b>    |
|                     |     |                           | <b>1:07:58</b>       |             |              |              |                 |              |              |              |              |              |              |              |              |                |                |
|                     |     |                           | <b>0:33</b>          |             |              |              |                 |              |              |              |              |              |              |              |              |                |                |
| 2                   |     | <b>Patrick Hofmeister</b> | <b>1:09:04</b>       | <b>2:32</b> | <b>11:15</b> | <b>12:36</b> | <b>16:59</b>    | 20:34        | 27:19        | 30:45        | 34:48        | 41:07        | 50:15        | 53:39        | 59:27        | 1:06:20        | 1:08:15        |
|                     |     | <b>MTK Bad Harzburg</b>   |                      | <b>2:32</b> | 8:43         | 1:21         | 4:23            | 3:35         | 6:45         | 3:26         | 4:03         | 6:19         | 9:08         | 3:24         | 5:48         | <b>6:53</b>    | 1:55           |
|                     |     |                           | 1:09:04              |             |              |              |                 |              |              |              |              |              |              |              |              |                |                |
|                     |     |                           | 0:49                 |             |              |              |                 |              |              |              |              |              |              |              |              |                |                |
| 3                   |     | <b>Markus Müller</b>      | <b>1:13:32</b>       | 3:14        | 11:49        | 13:04        | 17:31           | 20:56        | 27:36        | 31:28        | 36:46        | 42:58        | 53:06        | 56:06        | 1:02:42      | 1:10:37        | 1:12:55        |
|                     |     | <b>OSC Kassel</b>         |                      | 3:14        | 8:35         | 1:15         | 4:27            | 3:25         | 6:40         | 3:52         | 5:18         | 6:12         | 10:08        | <b>3:00</b>  | 6:36         | 7:55           | 2:18           |
|                     |     |                           | 1:13:32              |             |              |              |                 |              |              |              |              |              |              |              |              |                |                |
|                     |     |                           | 0:37                 |             |              |              |                 |              |              |              |              |              |              |              |              |                |                |
| 4                   |     | <b>Joachim Stamer</b>     | <b>1:14:38</b>       | 3:03        | 11:29        | 12:51        | 17:04           | 22:18        | 29:03        | 32:35        | 36:45        | 43:43        | 53:56        | 57:24        | 1:04:04      | 1:12:06        | 1:14:03        |
|                     |     | <b>MTK Bad Harzburg</b>   |                      | 3:03        | 8:26         | 1:22         | 4:13            | 5:14         | 6:45         | 3:32         | 4:10         | 6:58         | 10:13        | 3:28         | 6:40         | 8:02           | 1:57           |
|                     |     |                           | 1:14:38              |             |              |              |                 |              |              |              |              |              |              |              |              |                |                |
|                     |     |                           | 0:35                 |             |              |              |                 |              |              |              |              |              |              |              |              |                |                |
| 5                   |     | <b>Johannes Zachrau</b>   | <b>1:16:30</b>       | 3:08        | 11:25        | 12:38        | 17:21           | 21:06        | 28:18        | 31:54        | 36:00        | 43:16        | 54:34        | 58:22        | 1:05:46      | 1:13:30        | 1:15:47        |
|                     |     | <b>Bielefelder TG</b>     |                      | 3:08        | <b>8:17</b>  | 1:13         | 4:43            | 3:45         | 7:12         | 3:36         | 4:06         | 7:16         | 11:18        | 3:48         | 7:24         | 7:44           | 2:17           |
|                     |     |                           | 1:16:30              |             |              |              |                 |              |              |              |              |              |              |              |              |                |                |
|                     |     |                           | 0:43                 |             |              |              |                 |              |              |              |              |              |              |              |              |                |                |
| 6                   |     | <b>Thomas Tröbe</b>       | <b>1:17:51</b>       | 3:00        | 12:46        | 13:57        | 18:19           | 21:58        | 29:32        | 33:30        | 38:36        | 46:20        | 56:29        | 59:34        | 1:07:50      | 1:15:16        | 1:17:17        |
|                     |     | <b>TSG Königslutter</b>   |                      | 3:00        | 9:46         | 1:11         | 4:22            | 3:39         | 7:34         | 3:58         | 5:06         | 7:44         | 10:09        | 3:05         | 8:16         | 7:26           | 2:01           |
|                     |     |                           | 1:17:51              |             |              |              |                 |              |              |              |              |              |              |              |              |                |                |
|                     |     |                           | 0:34                 |             |              |              |                 |              |              |              |              |              |              |              |              |                |                |

| Pl                 | tnr | Name                      | Zeit                 |          |             |          |                 |          |          |          |          |          |          |          |          |          |          |  |
|--------------------|-----|---------------------------|----------------------|----------|-------------|----------|-----------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|--|
| <b>H19-44 (18)</b> |     |                           | <b>7,6 km 375 Hm</b> |          | <b>14 P</b> |          | <i>(Forts.)</i> |          |          |          |          |          |          |          |          |          |          |  |
|                    |     |                           | 1(71)<br>Ziel        | 2(72)    | 3(73)       | 4(74)    | 5(75)           | 6(76)    | 7(77)    | 8(78)    | 9(79)    | 10(80)   | 11(81)   | 12(82)   | 13(83)   | 14(100)  |          |  |
| 7                  |     | <b>Jan Voigt</b>          | <b>1:24:43</b>       | 4:31     | 14:20       | 16:02    | 20:53           | 24:13    | 30:41    | 34:50    | 39:22    | 47:07    | 58:58    | 1:03:48  | 1:14:00  | 1:21:59  | 1:24:02  |  |
|                    |     | <b>Eintracht Braunsch</b> |                      | 4:31     | 9:49        | 1:42     | 4:51            | 3:20     | 6:28     | 4:09     | 4:32     | 7:45     | 11:51    | 4:50     | 10:12    | 7:59     | 2:03     |  |
|                    |     |                           | 1:24:43              |          |             |          |                 |          |          |          |          |          |          |          |          |          |          |  |
|                    |     |                           | 0:41                 |          |             |          |                 |          |          |          |          |          |          |          |          |          |          |  |
| 8                  |     | <b>Tobias Schwartz</b>    | <b>1:36:10</b>       | 4:17     | 15:59       | 17:47    | 23:40           | 32:34    | 39:53    | 44:03    | 49:24    | 57:50    | 1:09:03  | 1:15:42  | 1:25:43  | 1:33:25  | 1:35:31  |  |
|                    |     | <b>Berliner TSC</b>       |                      | 4:17     | 11:42       | 1:48     | 5:53            | 8:54     | 7:19     | 4:10     | 5:21     | 8:26     | 11:13    | 6:39     | 10:01    | 7:42     | 2:06     |  |
|                    |     |                           | 1:36:10              |          |             |          |                 |          |          |          |          |          |          |          |          |          |          |  |
|                    |     |                           | 0:39                 |          |             |          |                 |          |          |          |          |          |          |          |          |          |          |  |
| 9                  |     | <b>Till Finkenstädt</b>   | <b>1:51:55</b>       | 3:42     | 15:31       | 18:44    | 24:31           | 29:02    | 38:47    | 44:04    | 51:06    | 1:09:54  | 1:24:02  | 1:27:20  | 1:37:34  | 1:48:18  | 1:51:02  |  |
|                    |     | <b>OLV Uslar</b>          |                      | 3:42     | 11:49       | 3:13     | 5:47            | 4:31     | 9:45     | 5:17     | 7:02     | 18:48    | 14:08    | 3:18     | 10:14    | 10:44    | 2:44     |  |
|                    |     |                           | 1:51:55              |          |             |          |                 |          |          |          |          |          |          |          |          |          |          |  |
|                    |     |                           | 0:53                 |          |             |          |                 |          |          |          |          |          |          |          |          |          |          |  |
| 10                 |     | <b>Andreas Rieckmann</b>  | <b>2:09:19</b>       | 3:36     | 20:33       | 22:19    | 28:14           | 34:20    | 42:47    | 48:16    | 55:59    | 1:06:04  | 1:22:43  | 1:28:35  | 1:53:11  | 2:05:39  | 2:08:36  |  |
|                    |     | <b>Eintracht Braunsch</b> |                      | 3:36     | 16:57       | 1:46     | 5:55            | 6:06     | 8:27     | 5:29     | 7:43     | 10:05    | 16:39    | 5:52     | 24:36    | 12:28    | 2:57     |  |
|                    |     |                           | 2:09:19              |          |             | 1:39:49  |                 |          |          |          |          |          |          |          |          |          |          |  |
|                    |     |                           | 0:43                 |          |             | *88      |                 |          |          |          |          |          |          |          |          |          |          |  |
| 11                 |     | <b>Paul Lüneburg</b>      | <b>2:18:16</b>       | 7:13     | 21:38       | 24:43    | 30:47           | 35:39    | 43:37    | 48:30    | 57:35    | 1:10:11  | 1:31:21  | 1:37:43  | 2:02:13  | 2:12:41  | 2:17:18  |  |
|                    |     | <b>Eintracht Braunsch</b> |                      | 7:13     | 14:25       | 3:05     | 6:04            | 4:52     | 7:58     | 4:53     | 9:05     | 12:36    | 21:10    | 6:22     | 24:30    | 10:28    | 4:37     |  |
|                    |     |                           | 2:18:16              |          |             |          |                 |          |          |          |          |          |          |          |          |          |          |  |
|                    |     |                           | 0:58                 |          |             |          |                 |          |          |          |          |          |          |          |          |          |          |  |
| 12                 |     | <b>Sebastian Diehsner</b> | <b>2:23:44</b>       | 7:34     | 23:38       | 25:40    | 32:42           | 37:50    | 50:09    | 55:31    | 1:02:45  | 1:13:40  | 1:31:18  | 1:40:23  | 1:58:25  | 2:18:51  | 2:22:21  |  |
|                    |     | <b>TUS Lübbecke</b>       |                      | 7:34     | 16:04       | 2:02     | 7:02            | 5:08     | 12:19    | 5:22     | 7:14     | 10:55    | 17:38    | 9:05     | 18:02    | 20:26    | 3:30     |  |
|                    |     |                           | 2:23:44              |          |             | 17:40:37 | 17:42:33        | 17:48:19 | 17:52:09 | 17:59:28 | 18:02:40 | 18:06:42 | 18:09:41 | 18:10:29 | 18:15:09 | 18:24:44 | 18:27:43 |  |
|                    |     |                           | 1:23                 |          |             | *101     | *103            | *108     | *109     | *111     | *112     | *113     | *116     | *117     | *130     | *142     | *141     |  |
|                    |     |                           | 18:32:00             | 18:34:23 | 18:37:32    | 18:43:09 | 18:48:38        | 18:52:51 | 18:54:08 | 19:00:05 | 19:02:47 | 19:06:32 | 19:13:26 | 19:15:44 | 19:17:47 |          |          |  |
|                    |     |                           | *140                 | *139     | *137        | *132     | *134            | *135     | *136     | *124     | *125     | *122     | *120     | *119     | *200     |          |          |  |
|                    |     | <b>Markus Harke</b>       | <b>Fehlst</b>        | -----    | 19:01       | 21:15    | 26:44           | 37:48    | 44:50    | 48:29    | 1:00:58  | 1:09:54  | 1:26:11  | 1:33:57  | 1:44:24  | 1:53:18  | 1:56:09  |  |
|                    |     | <b>Eintracht Braunsch</b> |                      | 19:01    | 2:14        | 5:29     | 11:04           | 7:02     | 3:39     | 12:29    | 8:56     | 16:17    | 7:46     | 10:27    | 8:54     | 2:51     |          |  |
|                    |     |                           | 1:56:51              |          |             | 3:05     |                 |          |          |          |          |          |          |          |          |          |          |  |
|                    |     |                           | 0:42                 |          |             | *85      |                 |          |          |          |          |          |          |          |          |          |          |  |
|                    |     | <b>Malte Finkenstädt</b>  | <b>Aufg</b>          | 4:23     | 19:54       | 21:57    | 30:07           | 36:46    | 47:57    | 54:58    | -----    | -----    | -----    | -----    | -----    | 1:24:41  | 1:27:27  |  |
|                    |     | <b>OLV Uslar</b>          |                      | 4:23     | 15:31       | 2:03     | 8:10            | 6:39     | 11:11    | 7:01     |          |          |          |          |          | 29:43    | 2:46     |  |
|                    |     |                           | 1:28:30              |          |             |          |                 |          |          |          |          |          |          |          |          |          |          |  |
|                    |     |                           | 1:03                 |          |             |          |                 |          |          |          |          |          |          |          |          |          |          |  |
|                    |     | <b>Björn Wormek</b>       | <b>Aufg</b>          | -----    | 47:40       | -----    | -----           | -----    | -----    | -----    | -----    | -----    | -----    | -----    | -----    | -----    | -----    |  |
|                    |     | <b>Eintracht Braunsch</b> |                      | 47:40    |             |          |                 |          |          |          |          |          |          |          |          |          |          |  |
|                    |     |                           |                      |          |             | 4:42     | 8:40            | 18:07    | 34:35    | 44:58    |          |          |          |          |          |          |          |  |
|                    |     |                           |                      |          |             | *84      | *85             | *86      | *87      | *73      |          |          |          |          |          |          |          |  |
|                    |     | <b>Ansgar Esztermann-</b> | <b>N Ang</b>         |          |             |          |                 |          |          |          |          |          |          |          |          |          |          |  |
|                    |     | <b>OLV Uslar</b>          |                      |          |             |          |                 |          |          |          |          |          |          |          |          |          |          |  |
|                    |     | <b>Jan Knaup</b>          | <b>N Ang</b>         |          |             |          |                 |          |          |          |          |          |          |          |          |          |          |  |
|                    |     | <b>Braunschweiger MT</b>  |                      |          |             |          |                 |          |          |          |          |          |          |          |          |          |          |  |
|                    |     | <b>Katharina Wilke</b>    | <b>N Ang</b>         |          |             |          |                 |          |          |          |          |          |          |          |          |          |          |  |
|                    |     | <b>Berliner TSC</b>       |                      |          |             |          |                 |          |          |          |          |          |          |          |          |          |          |  |
| <b>D19-44 (12)</b> |     |                           | <b>6,2 km 295 Hm</b> |          | <b>12 P</b> |          |                 |          |          |          |          |          |          |          |          |          |          |  |
|                    |     |                           | 1(84)                | 2(85)    | 3(86)       | 4(87)    | 5(73)           | 6(72)    | 7(79)    | 8(80)    | 9(81)    | 10(88)   | 11(83)   | 12(100)  | Ziel     |          |          |  |
| 1                  |     | <b>Paula Starke</b>       | <b>57:17</b>         | 1:37     | 4:55        | 9:43     | 13:55           | 17:25    | 18:43    | 28:25    | 37:30    | 40:34    | 45:06    | 54:46    | 56:41    | 57:17    |          |  |
|                    |     | <b>USV TU Dresden</b>     |                      | 1:37     | 3:18        | 4:48     | 4:12            | 3:30     | 1:18     | 9:42     | 9:05     | 3:04     | 4:32     | 9:40     | 1:55     | 0:36     |          |  |

