

Pl	tnr	Name	Zeit													
D19 (9)			5,0 km 160 Hm			10 P										
			1(53)	2(54)	3(50)	4(55)	5(45)	6(56)	7(57)	8(58)	9(59)	10(52)	Ziel			
1		Birte Friedrichs	38:58	3:12	6:51	8:49	14:43	19:24	22:22	26:45	32:05	36:01	38:14	38:58		
		MTV Seesen		3:12	3:39	1:58	5:54	4:41	2:58	4:23	5:20	3:56	2:13	0:44		
2		Marika Ciba	47:55	4:43	9:11	11:02	17:48	23:21	26:30	31:59	38:35	44:06	46:55	47:55		
		Lübecker Turnersch		4:43	4:28	1:51	6:46	5:33	3:09	5:29	6:36	5:31	2:49	1:00		
3		Katharina Linke	1:03:06	7:14	12:00	14:30	28:36	36:22	41:40	46:59	54:10	59:27	1:02:23	1:03:06		
		MTV Seesen		7:14	4:46	2:30	14:06	7:46	5:18	5:19	7:11	5:17	2:56	0:43		
4		Pia Buchholz	1:22:18	6:24	14:05	17:29	30:32	44:19	48:44	58:33	1:08:35	1:15:48	1:21:03	1:22:18		
		MTK Bad Harzburg		6:24	7:41	3:24	13:03	13:47	4:25	9:49	10:02	7:13	5:15	1:15		
5		Marie Schwanitz	1:27:01	9:44	16:36	23:13	33:43	43:08	48:26	58:43	1:11:36	1:19:48	1:25:42	1:27:01		
		OLA TSV Deggendo		9:44	6:52	6:37	10:30	9:25	5:18	10:17	12:53	8:12	5:54	1:19		
6		Diana Chowdhury	1:29:18	18:09	25:04	28:17	38:22	46:55	52:14	1:04:18	1:14:57	1:22:36	1:27:59	1:29:18		
		SV Schorfheide		18:09	6:55	3:13	10:05	8:33	5:19	12:04	10:39	7:39	5:23	1:19		
7		Jordan Sophie Meis	1:32:18	21:07	28:09	31:06	45:01	54:33	59:28	1:07:49	1:17:58	1:25:43	1:31:05	1:32:18		
		OLV Uslar		21:07	7:02	2:57	13:55	9:32	4:55	8:21	10:09	7:45	5:22	1:13		
8		Vivien Michel	1:34:44	19:19	25:18	33:11	42:18	53:33	59:53	1:10:13	1:18:59	1:26:47	1:33:50	1:34:44		
		OLV Uslar		19:19	5:59	7:53	9:07	11:15	6:20	10:20	8:46	7:48	7:03	0:54		
9		Saskia Ernst-Liebin	2:02:53	29:28	37:24	41:02	52:19	1:13:58	1:20:36	1:31:52	1:42:39	1:51:58	2:01:25	2:02:53		
		Bovender SV		29:28	7:56	3:38	11:17	21:39	6:38	11:16	10:47	9:19	9:27	1:28		
H19 (14)			6,9 km 195 Hm			12 P										
			1(41)	2(42)	3(43)	4(44)	5(45)	6(46)	7(47)	8(48)	9(49)	10(50)	11(51)	12(52)	Ziel	
1		Ole Hennseler	45:52	2:23	9:56	13:00	15:34	18:39	23:26	28:12	30:08	35:44	39:37	42:47	45:17	45:52
		MTV Seesen		2:23	7:33	3:04	2:34	3:05	4:47	4:46	1:56	5:36	3:53	3:10	2:30	0:35
2		Markus Müller	49:28	3:10	10:41	14:04	17:30	20:03	25:33	30:11	32:53	38:58	42:28	46:09	48:47	49:28
		OSC Kassel		3:10	7:31	3:23	3:26	2:33	5:30	4:38	2:42	6:05	3:30	3:41	2:38	0:41
3		Aaron Wandelt	55:21	3:03	12:19	16:40	20:11	24:37	29:15	34:51	37:29	43:48	47:47	51:34	54:41	55:21
		MTV Seesen		3:03	9:16	4:21	3:31	4:26	4:38	5:36	2:38	6:19	3:59	3:47	3:07	0:40
4		Jens Struckmann	1:01:23	3:59	13:19	18:25	22:30	26:01	32:15	38:21	41:15	48:27	52:55	57:13	1:00:30	1:01:23
		Braunschweiger MT		3:59	9:20	5:06	4:05	3:31	6:14	6:06	2:54	7:12	4:28	4:18	3:17	0:53
5		Martin Hennseler	1:03:04	3:36	12:47	17:06	21:52	25:49	30:56	36:40	39:42	46:53	51:22	59:25	1:02:21	1:03:04
		MTV Seesen		3:36	9:11	4:19	4:46	3:57	5:07	5:44	3:02	7:11	4:29	8:03	2:56	0:43
6		Mark Otto	1:04:10	3:46	13:31	17:49	22:41	28:15	34:32	40:53	44:03	50:59	55:26	59:54	1:03:19	1:04:10
		kein Verein		3:46	9:45	4:18	4:52	5:34	6:17	6:21	3:10	6:56	4:27	4:28	3:25	0:51
7		Thies Knoll	1:07:28	6:56	16:37	21:47	25:21	30:04	36:29	42:31	45:45	53:18	57:52	1:03:10	1:06:35	1:07:28
		Bielefelder TG		6:56	9:41	5:10	3:34	4:43	6:25	6:02	3:14	7:33	4:34	5:18	3:25	0:53
				21:09	28:16											
				*65	*62											
8		Fabian Ulbrich	1:12:10	3:13	14:06	20:20	25:48	30:10	36:48	45:02	48:47	56:43	1:01:59	1:07:35	1:11:18	1:12:10
		OLV Uslar		3:13	10:53	6:14	5:28	4:22	6:38	8:14	3:45	7:56	5:16	5:36	3:43	0:52
9		Alexey Kupriyanov	1:15:07	5:10	16:12	21:43	26:36	32:54	39:08	46:39	50:58	59:12	1:05:39	1:10:52	1:14:25	1:15:07
		Turn-Klubb zu Han		5:10	11:02	5:31	4:53	6:18	6:14	7:31	4:19	8:14	6:27	5:13	3:33	0:42
				30:20	*62											
10		Felix Drese	1:17:38	3:36	15:28	20:51	26:15	31:11	39:24	47:57	51:28	59:42	1:07:04	1:12:23	1:16:40	1:17:38
		OLV Uslar		3:36	11:52	5:23	5:24	4:56	8:13	8:33	3:31	8:14	7:22	5:19	4:17	0:58
11		Daniel Liebing	1:32:27	6:21	18:55	26:31	32:22	37:19	45:01	53:46	1:00:28	1:13:30	1:19:48	1:26:24	1:31:19	1:32:27
		Bovender SV		6:21	12:34	7:36	5:51	4:57	7:42	8:45	6:42	13:02	6:18	6:36	4:55	1:08
12		Lukas Bersuck	1:40:58	7:00	21:55	29:21	36:18	45:02	53:32	1:02:29	1:07:00	1:20:44	1:28:05	1:35:14	1:39:58	1:40:58
		Bielefelder TG		7:00	14:55	7:26	6:57	8:44	8:30	8:57	4:31	13:44	7:21	7:09	4:44	1:00
13		Jakob Eberwien	1:44:21	4:48	14:32	40:25	50:18	56:02	1:03:13	1:10:00	1:15:33	1:25:40	1:33:04	1:38:38	1:43:26	1:44:21
		OLV Uslar		4:48	9:44	25:53	9:53	5:44	7:11	6:47	5:33	10:07	7:24	5:34	4:48	0:55
14		Simon Soltek	1:56:43	11:48	25:28	45:39	53:08	59:25	1:07:43	1:18:52	1:23:48	1:36:16	1:43:00	1:50:05	1:55:25	1:56:43

Pl	tnr	Name	Zeit												
H19 (14)			6,9 km 195 Hm			12 P			<i>(Forts.)</i>						
			1(41)	2(42)	3(43)	4(44)	5(45)	6(46)	7(47)	8(48)	9(49)	10(50)	11(51)	12(52)	Ziel
		TSV Neustadt a. Rb	11:48	13:40	20:11	7:29	6:17	8:18	11:09	4:56	12:28	6:44	7:05	5:20	1:18
D-10 (2)			1,7 km 30 Hm			8 P									
			1(80)	2(81)	3(72)	4(73)	5(82)	6(77)	7(78)	8(79)	Ziel				
1		Hanna Stark	18:10	1:50	3:14	4:31	7:05	8:21	12:47	15:11	16:52	18:10			
		MTV Seesen		1:50	1:24	1:17	2:34	1:16	4:26	2:24	1:41	1:18			
2		Elisa Ciba	22:46	2:55	4:56	6:39	11:09	13:06	15:50	19:13	21:07	22:46			
		Lübecker Turnersch		2:55	2:01	1:43	4:30	1:57	2:44	3:23	1:54	1:39			
H-10 (5)			1,7 km 30 Hm			8 P									
			1(80)	2(81)	3(72)	4(73)	5(82)	6(77)	7(78)	8(79)	Ziel				
1		Hanno Ciba	16:53	2:05	3:50	5:09	7:38	9:25	12:00	14:17	15:26	16:53			
		Lübecker Turnersch		2:05	1:45	1:19	2:29	1:47	2:35	2:17	1:09	1:27			
2		Erik Bruns	18:09	2:25	3:42	5:12	7:51	9:19	11:26	15:01	16:31	18:09			
		MTK Bad Harzburg		2:25	1:17	1:30	2:39	1:28	2:07	3:35	1:30	1:38			
3		Espen Liebing	22:22	2:29	3:52	5:30	8:57	10:37	14:57	17:54	20:31	22:22			
		Bovender SV		2:29	1:23	1:38	3:27	1:40	4:20	2:57	2:37	1:51			
4		Jesper Bruns	26:24	4:34	7:01	9:01	12:25	14:58	18:05	21:49	23:58	26:24			
		MTK Bad Harzburg		4:34	2:27	2:00	3:24	2:33	3:07	3:44	2:09	2:26			
AK		Robin von Gaza	1:18:16	6:16	10:53	14:44	19:28	21:42	1:02:49	1:09:31	1:12:36	1:18:16	<i>1:04:33</i>	<i>1:12:56</i>	<i>1:13:36</i>
		OLV Uslar		6:16	4:37	3:51	4:44	2:14	41:07	6:42	3:05	5:40	<i>*73</i>	<i>*79</i>	<i>*79</i>
D-12 (1)			2,1 km 35 Hm			8 P									
			1(72)	2(73)	3(74)	4(75)	5(76)	6(77)	7(78)	8(79)	Ziel				
		Lamis Mousa	N Ang												
		OLV Uslar	N Ang												
H-12 (1)			2,1 km 35 Hm			8 P									
			1(72)	2(73)	3(74)	4(75)	5(76)	6(77)	7(78)	8(79)	Ziel				
		Leif Liebing	N Ang												
		Bovender SV	N Ang												
D-14 (1)			3,3 km 65 Hm			8 P									
			1(63)	2(54)	3(50)	4(68)	5(69)	6(70)	7(71)	8(66)	Ziel				
1		Rut Stark	36:24	5:24	9:53	13:11	19:31	21:18	26:48	30:37	34:10	36:24			
		MTV Seesen		5:24	4:29	3:18	6:20	1:47	5:30	3:49	3:33	2:14			
H-14 (5)			3,3 km 65 Hm			8 P									
			1(63)	2(54)	3(50)	4(68)	5(69)	6(70)	7(71)	8(66)	Ziel				
1		Hannes Möhring	40:38	4:49	8:22	11:01	21:28	25:46	32:28	35:45	38:51	40:38			
		TV Jahn Wolfsburg		4:49	3:33	2:39	10:27	4:18	6:42	3:17	3:06	1:47			
2		Malte Lindemann	44:03	9:40	13:09	20:31	28:51	30:28	36:24	39:34	42:33	44:03			
		Bielefelder TG		9:40	3:29	7:22	8:20	1:37	5:56	3:10	2:59	1:30			
3		Felix Salau	46:45	5:11	9:39	14:21	27:31	31:54	38:29	41:56	44:57	46:45			
		MTV Seesen		5:11	4:28	4:42	13:10	4:23	6:35	3:27	3:01	1:48			

Pl	tnr	Name	Zeit											
H-14 (5)			3,3 km 65 Hm		8 P		<i>(Forts.)</i>							
			1(63)	2(54)	3(50)	4(68)	5(69)	6(70)	7(71)	8(66)	Ziel			
4		Maik Schweizer	48:15	6:35	12:48	16:37	25:21	28:09	36:45	41:36	46:18	48:15		
		MTV Seesen	6:35	6:13	3:49	8:44	2:48	8:36	4:51	4:42	1:57			
5		Hlib Zvonarov	49:34	7:46	17:21	22:04	29:19	31:04	37:45	41:51	45:58	49:34		
		MTV Seesen	7:46	9:35	4:43	7:15	1:45	6:41	4:06	4:07	3:36			
D-18 (4)			4,5 km 180 Hm		10 P									
			1(67)	2(42)	3(48)	4(57)	5(62)	6(44)	7(64)	8(65)	9(54)	10(66)	Ziel	
1		Carolin Bernsdorf	59:17	6:28	15:29	20:50	26:18	33:58	38:20	46:01	50:17	54:32	57:34	59:17
		MTV Seesen	6:28	9:01	5:21	5:28	7:40	4:22	7:41	4:16	4:15	3:02	1:43	
2		Lena-Maria Klose	1:10:17	7:01	16:53	23:56	29:40	39:20	44:30	53:55	59:17	1:04:41	1:08:46	1:10:17
		MTV Seesen	7:01	9:52	7:03	5:44	9:40	5:10	9:25	5:22	5:24	4:05	1:31	
3		Carlotta Haupt	1:13:17	8:33	19:01	27:15	32:43	42:32	47:39	57:01	1:02:20	1:07:45	1:11:48	1:13:17
		MTK Bad Harzburg	8:33	10:28	8:14	5:28	9:49	5:07	9:22	5:19	5:25	4:03	1:29	
4		Annkathrin Knoll	1:26:56	9:18	23:30	32:13	40:00	54:10	59:33	1:09:42	1:14:43	1:19:51	1:25:04	1:26:56
		Bielefelder TG	9:18	14:12	8:43	7:47	14:10	5:23	10:09	5:01	5:08	5:13	1:52	
H-18 (5)			5,1 km 220 Hm		10 P									
			1(60)	2(61)	3(48)	4(46)	5(62)	6(44)	7(55)	8(43)	9(51)	10(59)	Ziel	
1		Jussi Bruns	48:43	2:33	11:45	15:56	22:04	29:03	32:39	36:09	40:10	44:48	46:15	48:43
		MTK Bad Harzburg	2:33	9:12	4:11	6:08	6:59	3:36	3:30	4:01	4:38	1:27	2:28	
2		Theo Hennseler	50:25	2:55	10:19	15:15	22:49	29:59	33:44	37:36	41:33	46:49	48:13	50:25
		MTV Seesen	2:55	7:24	4:56	7:34	7:10	3:45	3:52	3:57	5:16	1:24	2:12	
3		Bennet Grote	59:18	2:56	11:09	16:42	24:30	33:31	38:31	43:07	48:16	53:52	56:04	59:18
		OLV Uslar	2:56	8:13	5:33	7:48	9:01	5:00	4:36	5:09	5:36	2:12	3:14	
4		Lion Bernsdorf	1:10:58	3:06	16:21	22:11	29:18	40:01	44:58	50:08	59:20	1:05:49	1:07:52	1:10:58
		MTV Seesen	3:06	13:15	5:50	7:07	10:43	4:57	5:10	9:12	6:29	2:03	3:06	
5		Thore Napp	1:24:15	3:59	17:43	26:19	36:29	50:34	56:59	1:02:32	1:11:52	1:19:26	1:21:27	1:24:15
		TV Jahn Wolfsburg	3:59	13:44	8:36	10:10	14:05	6:25	5:33	9:20	7:34	2:01	2:48	
D45- (12)			4,5 km 180 Hm		10 P									
			1(67)	2(42)	3(48)	4(57)	5(62)	6(44)	7(64)	8(65)	9(54)	10(66)	Ziel	
1		Anke von Gaza	52:42	5:06	12:16	16:32	21:13	28:48	33:09	38:49	43:39	47:53	50:47	52:42
		OLV Uslar	5:06	7:10	4:16	4:41	7:35	4:21	5:40	4:50	4:14	2:54	1:55	
2		Liisa Rihko-Struck	1:06:34	6:56	16:14	22:15	28:11	37:19	42:30	49:20	54:36	1:00:05	1:04:06	1:06:34
		Braunschweiger MT	6:56	9:18	6:01	5:56	9:08	5:11	6:50	5:16	5:29	4:01	2:28	
3		Evi Drese	1:11:01	14:23	22:35	27:03	36:26	43:17	47:42	56:46	1:01:08	1:05:29	1:08:45	1:11:01
		OLV Uslar	14:23	8:12	4:28	9:23	6:51	4:25	9:04	4:22	4:21	3:16	2:16	
4		Caroline Knoll	1:24:48	10:01	22:34	32:36	39:23	48:57	55:05	1:05:12	1:12:07	1:18:01	1:22:30	1:24:48
		Bielefelder TG	10:01	12:33	10:02	6:47	9:34	6:08	10:07	6:55	5:54	4:29	2:18	
5		Silke Napp	1:25:12	8:39	19:20	27:38	34:59	45:20	52:59	1:02:44	1:10:24	1:17:38	1:22:16	1:25:12
		TV Jahn Wolfsburg	8:39	10:41	8:18	7:21	10:21	7:39	9:45	7:40	7:14	4:38	2:56	
6		Katja Eckel	1:29:41	9:14	18:31	29:29	40:13	49:34	55:51	1:05:29	1:10:38	1:21:54	1:27:35	1:29:41
		OLV Uslar	9:14	9:17	10:58	10:44	9:21	6:17	9:38	5:09	11:16	5:41	2:06	
7		Tanja Buchholz	1:39:07	9:49	25:16	33:58	40:54	53:07	59:58	1:16:46	1:25:23	1:32:14	1:36:33	1:39:07
		MTK Bad Harzburg	9:49	15:27	8:42	6:56	12:13	6:51	16:48	8:37	6:51	4:19	2:34	
8		Stefanie Krebs	1:50:55	14:21	31:35	38:03	44:21	1:03:11	1:08:49	1:20:49	1:27:19	1:38:21	1:48:32	1:50:55
		Turn-Klubb zu Han	14:21	17:14	6:28	6:18	18:50	5:38	12:00	6:30	11:02	10:11	2:23	
9		Sabine Nash	2:02:08	11:38	26:42	36:59	45:53	56:48	1:18:12	1:33:40	1:43:01	1:53:26	1:59:21	2:02:08
		Turn-Klubb zu Han	11:38	15:04	10:17	8:54	10:55	21:24	15:28	9:21	10:25	5:55	2:47	

42:14
*43

21:44
*58

Pl	tnr	Name	Zeit											
D45- (12)			4,5 km 180 Hm		10 P		<i>(Forts.)</i>							
			1(67)	2(42)	3(48)	4(57)	5(62)	6(44)	7(64)	8(65)	9(54)	10(66)	Ziel	
		Katja Tiitinen	Fehlst	17:54	32:51	42:01	49:05	1:01:39	1:07:50	-----	1:20:14	1:31:24	1:36:15	1:37:59
		OLV Uslar		17:54	14:57	9:10	7:04	12:34	6:11		12:24	11:10	4:51	1:44
		Iris Hensseler	Fehlst	13:42	-----	-----	57:47	1:14:04	1:19:21	1:26:36	1:31:35	1:37:12	1:42:14	1:44:16
		MTV Seesen		13:42			44:05	16:17	5:17	7:15	4:59	5:37	5:02	2:02
		Michaela Bruns	N Ang											
		MTK Bad Harzburg												
H45- (12)			5,1 km 220 Hm		10 P									
			1(60)	2(61)	3(48)	4(46)	5(62)	6(44)	7(55)	8(43)	9(51)	10(59)	Ziel	
1		Thilo Bruns	47:50	2:42	10:47	15:50	21:27	28:46	32:08	35:22	39:08	43:34	45:27	47:50
		MTK Bad Harzburg		2:42	8:05	5:03	5:37	7:19	3:22	3:14	3:46	4:26	1:53	2:23
2		Horst von Gaza	54:51	3:22	12:29	17:35	24:04	31:27	35:09	39:53	44:38	50:17	52:12	54:51
		OLV Uslar		3:22	9:07	5:06	6:29	7:23	3:42	4:44	4:45	5:39	1:55	2:39
3		Oliver Hillebrandt	1:00:54	3:06	11:23	17:52	24:25	34:50	39:46	43:39	49:17	56:09	58:11	1:00:54
		OLV Uslar		3:06	8:17	6:29	6:33	10:25	4:56	3:53	5:38	6:52	2:02	2:43
4		Gunnar Grote	1:04:09	3:11	13:57	19:31	29:19	37:32	41:52	47:50	52:50	59:18	1:01:18	1:04:09
		OLV Uslar		3:11	10:46	5:34	9:48	8:13	4:20	5:58	5:00	6:28	2:00	2:51
5		Dieter Wehrhöfer-B	1:13:59	4:13	14:09	21:57	30:40	43:29	48:43	55:45	1:00:54	1:09:04	1:11:05	1:13:59
		Bielefelder TG		4:13	9:56	7:48	8:43	12:49	5:14	7:02	5:09	8:10	2:01	2:54
6		Sven Buchholz	1:16:56	3:30	20:38	26:32	33:22	45:17	50:18	56:44	1:03:27	1:11:43	1:14:04	1:16:56
		MTK Bad Harzburg		3:30	17:08	5:54	6:50	11:55	5:01	6:26	6:43	8:16	2:21	2:52
7		Christian Wittenbec	1:19:47	6:30	20:31	26:59	35:34	46:03	51:18	58:10	1:06:06	1:14:01	1:16:48	1:19:47
		Turn-Klubb zu Han		6:30	14:01	6:28	8:35	10:29	5:15	6:52	7:56	7:55	2:47	2:59
8		Christoph Napp	1:27:46	6:10	19:06	27:27	38:07	51:15	58:10	1:03:52	1:11:47	1:20:37	1:23:28	1:27:46
		TV Jahn Wolfsburg		6:10	12:56	8:21	10:40	13:08	6:55	5:42	7:55	8:50	2:51	4:18
9		Christoph Hemme	1:30:08	4:28	18:14	28:18	39:28	52:43	57:29	1:06:14	1:17:25	1:25:15	1:27:28	1:30:08
		TSV Neustadt a. Rb		4:28	13:46	10:04	11:10	13:15	4:46	8:45	11:11	7:50	2:13	2:40
10		Dieter Schlaefke	1:42:00	6:09	20:58	32:59	46:01	56:43	1:02:16	1:22:49	1:28:31	1:35:49	1:38:08	1:42:00
		DJK Adler 07 Bottro		6:09	14:49	12:01	13:02	10:42	5:33	20:33	5:42	7:18	2:19	3:52
		Olaf Hey	N Ang											
		MTK Bad Harzburg												
		Luis Moreton	N Ang											
		Turn-Klubb zu Han												
H65- (8)			3,8 km 120 Hm		9 P									
			1(51)	2(42)	3(48)	4(55)	5(44)	6(68)	7(43)	8(54)	9(66)	Ziel		
1		Erhard Jübermann	45:40	5:51	11:43	16:41	22:40	27:30	31:54	34:33	40:50	43:51	45:40	
		SC Klecken		5:51	5:52	4:58	5:59	4:50	4:24	2:39	6:17	3:01	1:49	
2		Nikolaus Risch	45:51	5:59	12:17	16:41	22:16	27:16	31:05	33:43	40:26	43:45	45:51	
		ASG Teutoburger W		5:59	6:18	4:24	5:35	5:00	3:49	2:38	6:43	3:19	2:06	
3		Wilf Holloway	1:01:01	7:34	14:21	20:31	26:09	32:08	45:38	48:53	55:17	58:57	1:01:01	
		kein Verein		7:34	6:47	6:10	5:38	5:59	13:30	3:15	6:24	3:40	2:04	
4		Detlev Friedrichs	1:02:56	8:44	16:02	23:30	32:58	40:21	46:34	49:53	56:24	1:00:23	1:02:56	
		MTV Seesen		8:44	7:18	7:28	9:28	7:23	6:13	3:19	6:31	3:59	2:33	
5		Siegfried May	1:09:37	19:16	27:38	35:38	42:22	48:44	53:23	56:04	1:04:09	1:07:25	1:09:37	
		RSV Hannover		19:16	8:22	8:00	6:44	6:22	4:39	2:41	8:05	3:16	2:12	
6		Günter Gohde	1:15:20	10:46	20:02	27:11	38:56	49:32	55:23	59:23	1:07:31	1:12:25	1:15:20	
		Turn-Klubb zu Han		10:46	9:16	7:09	11:45	10:36	5:51	4:00	8:08	4:54	2:55	
7		Bernd Höfner	1:17:47	7:35	38:22	43:56	53:56	58:58	1:02:13	1:04:40	1:11:44	1:15:54	1:17:47	
		OLV Uslar		7:35	30:47	5:34	10:00	5:02	3:15	2:27	7:04	4:10	1:53	

Pl	tnr	Name	Zeit										
H65- (8)			3,8 km 120 Hm			9 P			<i>(Forts.)</i>				
			1(51)	2(42)	3(48)	4(55)	5(44)	6(68)	7(43)	8(54)	9(66)	Ziel	
8		Gunter Mücke kein Verein	1:36:17	11:51 11:51	23:05 11:14	34:59 11:54	55:55 20:56	1:06:02 10:07	1:13:19 7:17	1:17:39 4:20	1:28:22 10:43	1:33:38 5:16	1:36:17 2:39
OK (2)			1,7 km 30 Hm			8 P							
			1(80)	2(81)	3(72)	4(73)	5(82)	6(77)	7(78)	8(79)		Ziel	
1		Julia Stark MTV Seesen	16:15	1:57	3:31	4:58	7:34	8:53	10:27	13:00	14:34	16:15	
2		Günter Stark MTV Seesen	20:13	2:56 2:56	4:33 1:37	6:14 1:41	9:20 3:06	10:50 1:30	12:57 2:07	15:48 2:51	17:58 2:10	20:13 2:15	
OL (5)			3,3 km 65 Hm			8 P							
			1(63)	2(54)	3(50)	4(68)	5(69)	6(70)	7(71)	8(66)		Ziel	
1		Fabian Pfister kein Verein	32:37	5:38	8:47	11:08	15:35	17:04	24:24	27:35	30:40	32:37	
2		Ella Pfister kein Verein	35:41	5:45 5:45	9:22 3:37	11:51 2:29	17:02 5:11	19:09 2:07	27:03 7:54	30:21 3:18	34:10 3:49	35:41 1:31	
3		Jannik Richter Turn-Klubb zu Han	38:50	7:48 7:48	12:45 4:57	16:16 3:31	21:54 5:38	23:39 1:45	29:56 6:17	33:27 3:31	37:18 3:51	38:50 1:32	
4		Thomas Görtelmeye MTK Bad Harzburg	1:00:52	10:46 10:46	20:53 10:07	26:21 5:28	34:05 7:44	36:57 2:52	46:43 9:46	52:35 5:52	57:48 5:13	1:00:52 3:04	
5		Ursula Mücke kein Verein	1:22:29	11:20 11:20	17:06 5:46	21:49 4:43	38:45 16:56	48:55 10:10	1:06:37 17:42	1:12:50 6:13	1:19:17 6:27	1:22:29 3:12	