

Pl	Stnr	Name	Zeit	3,2 km 70 Hm				12 P				Ziel					
D19K (7)				1(49)	2(76)	3(82)	4(92)	5(93)	6(94)	7(73)	8(47)	9(87)	10(88)	11(89)	12(100)	Ziel	
1		Jessica Drese OLV Uslar	32:33	3:26 3:26 11:51 *48	6:35 3:09	8:35 2:00	10:21 1:46	12:45 2:24	14:27 1:42	16:51 2:24	19:54 3:03	22:00 2:06	26:18 4:18	29:27 3:09	31:49 2:22	32:33 0:44	
2		Svenja Pabst OLV Uslar	36:50	3:36 3:36	7:10 3:34	9:00 1:50	11:31 2:31	14:42 3:11	16:56 2:14	19:54 2:58	23:10 3:16	24:45 1:35	29:39 4:54	33:36 3:57	35:58 2:22	36:50 0:52	
3		Lena Wittwer OL Team Lippe	48:35	7:08 7:08	11:14 4:06	13:52 2:38	16:34 2:42	21:15 4:41	24:09 2:54	28:06 3:57	32:07 4:01	33:54 1:47	40:07 6:13	44:11 4:04	47:55 3:44	48:35 0:40	
4		Jordan Sophie Meise OLV Uslar	52:51	6:50 6:50 12:40 *51	10:40 3:50	13:44 3:04	17:46 4:02	21:49 4:03	25:50 4:01	30:22 4:32	35:06 4:44	36:49 1:43	44:05 7:16	48:27 4:22	51:57 3:30	52:51 0:54	
5		Saskia Ernst-Liebing Bovender SV	56:10	5:11 5:11	9:43 4:32	12:30 2:47	17:49 5:19	21:31 3:42	24:46 3:15	28:33 3:47	33:48 5:15	36:01 2:13	45:02 9:01	50:46 5:44	55:22 4:36	56:10 0:48	
6		Claudia Weigert TV Jahn Wolfsburg	59:07	4:54 4:54	9:24 4:30	12:39 3:15	17:23 4:44	21:22 3:59	25:20 3:58	32:20 7:00	40:23 8:03	42:20 1:57	49:47 7:27	54:50 5:03	58:07 3:17	59:07 1:00	
7		Nicole Frank SV Hildesia Diekholz	1:16:39	7:40 7:40	12:57 5:17	18:30 5:33	24:23 5:53	30:18 5:55	34:22 4:04	44:47 10:25	52:34 7:47	55:05 2:31	1:04:21 9:16	1:10:27 6:06	1:15:04 4:37	1:16:39 1:35	
D19L (12)				1(75)	2(76)	3(77)	4(78)	5(79)	6(81)	7(36)	8(40)	9(39)	10(38)	11(80)	12(44)	13(42)	
1		Birte Friedrichs MTV Seesen	1:11:22	1:28 1:28 54:26 2:15	3:48 2:20	7:50 4:02	9:25 1:35	13:56 4:31	16:28 2:32	24:26 7:58	32:04 7:38	33:16 1:12	35:51 2:35	43:22 7:31	48:12 4:50	50:49 2:37	
2		Emma Caspari OL Team Lippe	1:12:46	1:33 1:33 56:09 1:55	3:41 2:08	6:52 3:11	8:47 1:55	15:51 7:04	18:09 2:18	27:14 9:05	36:15 9:01	37:34 1:19	41:15 3:41	47:08 5:53	50:08 3:00	52:48 2:40	
3		Marie Hofmeister MTK Bad Harzburg	1:15:48	1:45 1:45 58:34 3:15	3:59 2:14	7:52 3:53	9:36 1:44	15:39 6:03	18:05 2:26	27:23 9:18	35:49 8:26	37:12 1:23	40:45 3:33	48:30 7:45	51:05 2:35	54:08 3:03	
4		Jenny Seib Turn-Klubb zu Hann	1:37:02	1:49 1:49 1:15:36 8:40	4:39 2:50	9:01 4:22	11:29 2:28	19:04 7:35	21:47 2:43	31:41 9:54	42:43 11:02	44:06 1:23	47:45 3:39	55:26 7:41	58:19 2:53	1:05:24 7:05	
5		Uta Hillebrand Turn-Klubb zu Hann	1:38:05	1:57 1:57 1:16:25 2:54	4:22 2:25	8:05 3:43	10:25 2:20	17:40 7:15	21:10 3:30	32:55 11:45	43:25 10:30	45:06 1:41	48:35 3:29	56:18 7:43	1:05:27 9:09	1:12:13 6:46	
6		Tinka Kankaanpää Bovender SV	1:52:49	1:51 1:51 1:09:49 3:19	4:17 2:26	11:02 6:45	12:46 1:44	20:29 7:43	24:12 3:43	34:06 9:54	45:40 11:34	47:33 1:53	50:35 3:02	57:38 7:03	1:01:00 3:22	1:04:38 3:38	
7		Irina Kupriyanova Turn-Klubb zu Hann	2:03:05	2:26 2:26 1:38:23 3:25	4:57 2:31	9:36 4:39	11:45 2:09	19:24 7:39	22:56 3:32	38:39 15:43	50:16 11:37	52:10 1:54	56:19 4:09	1:05:47 9:28	1:10:14 4:27	1:32:59 22:45	
8		Lea Reppnow OLV Uslar	2:05:04	2:36 2:36 1:33:42 7:05	5:15 2:39	9:29 4:14	11:39 2:10	26:21 14:42	33:11 6:50	46:58 13:47	57:19 10:21	59:44 2:25	1:03:37 3:53	1:11:57 8:20	1:16:36 4:39	1:23:20 6:44	
9		Carlotta Haupt MTK Bad Harzburg	2:10:51	2:40 2:40 1:24:47 6:57	5:41 3:01	10:32 4:51	13:09 2:37	21:56 8:47	27:50 5:54	38:53 11:03	51:20 12:27	52:58 1:38	57:05 4:07	1:05:58 8:53	1:10:20 4:22	1:15:38 5:18	
		Lisa Harms WOLF Haltern	Fehlst	2:25 2:25 1:32:37 3:39	5:33 3:08	10:30 4:57	13:07 2:37	24:32 11:25	27:45 3:13	41:26 13:41	55:47 14:21	57:50 2:03	1:03:08 5:18	1:14:16 11:08	1:18:54 4:38	1:25:54 7:00	
		Paula Starke USV TU Dresden	Aufg	2:44 2:44 -----	5:59 3:15	10:43 4:44	13:11 2:28	26:01 12:50	31:27 5:26	----- 5:26	----- 1:03:39	----- 1:02:38	----- 1:01:01	----- 1:01:01	----- 1:01:01	----- 1:01:01	----- 1:01:01
		Solia Stamer MTK Bad Harzburg	N Ang			16:45	11:49	2:37	1:01								
D35 (3)				1(82)	2(76)	3(77)	4(83)	5(79)	6(84)	7(85)	8(86)	9(45)	10(42)	11(44)	12(71)	13(46)	
1		Ivana Knaupova Braunschweiger MT	59:03	2:43 2:43 52:55 4:34	4:24 1:41	7:54 3:30	13:17 5:23	15:30 2:13	19:50 4:20	21:22 1:32	23:30 2:08	26:27 2:57	27:58 1:31	32:03 4:05	34:23 2:20	43:47 9:24	

Pl	Stnr	Name	Zeit	4,9 km 205 Hm			17 P			(Forts.)						
				1(82) 15(88)	2(76) 16(89)	3(77) 17(100)	4(83) Ziel	5(79)	6(84)	7(85)	8(86)	9(45)	10(42)	11(44)	12(71)	13(46)
D35	(3)															
2		Marika Ciba Lübecker Turnerschä	1:00:24	2:06 2:06 53:53 4:52	4:23 2:17 57:11 3:18	8:28 4:05 59:33 2:22	14:17 5:49 1:00:24 0:51	16:18 2:01	20:00 3:42	21:25 1:25	24:20 2:55	27:08 2:48	28:59 1:51	32:47 3:48	34:28 1:41	43:44 9:16
		Dorothea Kirves TG 1860 Münden	Aufg	----	----	----	----	----	----	----	----	----	----	----	----	----
D45	(13)															
				1(90) 15(100)	2(76) Ziel	3(49)	4(48)	5(91)	6(81)	7(85)	8(86)	9(45)	10(42)	11(46)	12(47)	13(88)
1		Esther Stamer MTK Bad Harzburg	51:40	1:56 1:56 50:57 2:38	3:43 1:47 51:40 0:43	6:56 3:13	10:45 3:49	13:54 3:09	18:43 4:49	21:24 2:41	23:49 2:25	26:32 2:43	28:28 1:56	34:51 6:23	39:42 4:51	44:50 5:08
2		Anke von Gaza OLV Uslar	57:51	2:08 2:08 56:57 2:51	4:34 2:26 57:51 0:54	7:17 2:43	11:42 4:25	15:11 3:29	20:34 5:23	24:30 3:56	27:03 2:33	30:08 3:05	31:48 1:40	38:50 7:02	44:06 5:16	49:42 5:36
3		Inga Löser Ski-Club Helsa	1:01:16	2:08 2:08 1:00:22 2:44	4:17 2:09 1:01:16 0:54	7:14 2:57	11:48 4:34	15:06 3:18	21:33 6:27	25:07 3:34	27:39 2:32	33:04 5:25	35:03 1:59	42:20 7:17	48:52 6:32	54:24 5:32
4		Irene K. Mikkelsen Horsens OK	1:02:58	2:52 2:52 1:02:09 2:40	4:52 2:00 1:02:58 0:49	8:37 3:45	13:33 4:56	16:50 3:17	23:39 6:49	26:49 3:10	31:00 4:11	34:24 3:24	36:36 2:12	44:54 8:18	50:41 5:47	55:55 5:14
5		Evi Drese OLV Uslar	1:04:09	2:21 2:21 1:03:08 2:49	4:29 2:08 1:04:09 1:01	7:35 3:06	12:38 5:03	15:51 3:13	21:10 5:19	24:59 3:49	28:30 3:31	32:05 3:35	34:02 1:57	42:15 8:13	47:50 5:35	55:05 7:15
6		Petra Schneider SV Hildesia Diekholz	1:22:09	3:22 3:22 1:21:13 3:32	5:54 2:32 1:22:09 0:56	9:18 3:24	14:57 5:39	19:04 4:07	27:42 8:38	31:46 4:04	35:51 4:05	40:33 4:42	44:56 4:23	55:50 10:54	1:05:25 9:35	1:12:54 7:29
7		Sandra Castilho Mar SV Hildesia Diekholz	1:27:32	6:02 6:02 1:26:34 2:59	8:35 2:33 1:27:32 0:58	12:06 3:31	17:49 5:43	27:26 9:37	34:22 6:56	41:12 6:50	46:14 5:02	50:40 4:26	53:04 2:24	1:01:16 8:12	1:08:35 7:19	1:16:46 8:11
8		Tanja Buchholz MTK Bad Harzburg	1:36:38	3:00 3:00 1:35:34 3:30	6:03 3:03 1:36:38 1:04	9:59 3:56	18:08 8:09	26:43 8:35	35:29 8:46	40:40 5:11	47:06 6:26	53:03 5:57	56:40 3:37	1:09:46 13:06	1:18:25 8:39	1:26:15 7:50
9		Kristine Schulze TV Jahn Wolfsburg	2:37:12	4:00 4:00 2:35:44 5:22	7:25 3:25 2:37:12 1:28	19:31 12:06	27:22 7:51	33:33 6:11	44:45 11:12	51:06 6:21	1:00:22 9:16	1:09:34 9:12	1:21:38 12:04	1:44:18 22:40	2:05:40 21:22	2:20:30 14:50
		Ulrike Breckle Bovender SV	Aufg	11:16 11:16 ----	14:17 3:01 ----	----	----	20:36 *77	----	----	----	----	----	----	----	----
		Sylke Höfner OLV Uslar	Aufg	5:14 5:14 ----	8:59 3:45 ----	15:55 6:56	29:46 13:51	37:01 7:15	----	----	----	----	----	----	----	----
		Katja Tiitinen OLV Uslar	N Ang													
		Michaela Bruns MTK Bad Harzburg	N Ang													
D55	(8)															
				1(49)	2(76)	3(82)	4(92)	5(93)	6(94)	7(73)	8(47)	9(87)	10(88)	11(89)	12(100)	Ziel
1		Ulrike Korff SC Achmer	46:01	6:56 6:56	11:07 4:11	13:26 2:19	16:20 2:54	19:48 3:28	24:49 5:01	27:26 2:37	31:37 4:11	33:18 1:41	38:37 5:19	42:34 3:57	45:09 2:35	46:01 0:52
2		Liisa Rihko-Struckm Braunschweiger MT	48:48	6:04 6:04	9:57 3:53	12:25 2:28	16:29 4:04	20:04 3:35	23:33 3:29	27:55 4:22	33:04 5:09	34:37 1:33	40:31 5:54	44:45 4:14	47:48 3:03	48:48 1:00
3		Claudia Ducki-Höckr MTK Bad Harzburg	50:27	4:44 4:44	8:22 3:38	10:57 2:35	14:19 3:22	17:37 3:18	21:06 3:29	24:40 3:34	28:40 10:31	35:11 1:51	37:02 5:12	42:14 4:34	46:48 2:43	50:27 0:56
4		Iris Hennseler MTV Seesen	54:47	10:08 10:08	14:53 4:45	17:00 2:07	20:41 3:41	23:55 3:14	26:41 2:46	30:39 3:58	35:10 4:31	37:11 2:01	47:18 10:07	51:14 3:56	54:02 2:48	54:47 0:45
5		Heike Leideck USV TU Dresden	55:17	8:38 8:38	12:21 3:43	15:34 3:13	20:11 4:37	24:10 3:59	27:57 3:47	33:31 5:34	38:38 5:07	40:19 1:41	46:40 6:21	51:01 4:21	54:22 3:21	55:17 0:55
6		Barbara Dresel SC Klecken	1:00:49	5:53 5:53	10:48 4:55	13:59 3:11	21:36 7:37	27:07 5:31	31:16 4:09	36:30 5:14	41:45 5:15	43:39 1:54	49:55 6:16	55:18 5:23	59:40 4:22	1:00:49 1:09

Pl	Stnr	Name	Zeit													
D55 (8)				3,2 km 70 Hm				12 P				<i>(Forts.)</i>				
			1(49)	2(76)	3(82)	4(92)	5(93)	6(94)	7(73)	8(47)	9(87)	10(88)	11(89)	12(100)	Ziel	
7		Stefanie Krebs	1:12:52	5:12	9:28	13:20	21:35	25:39	28:46	33:02	44:25	45:50	1:03:47	1:09:13	1:12:03	1:12:52
		Turn-Klubb zu Hann		5:12	4:16	3:52	8:15	4:04	3:07	4:16	11:23	1:25	17:57	5:26	2:50	0:49
		Regine Kländer-Stra	Fehlst	10:50	17:55	23:00	28:50	35:46	39:54	46:15	54:29	56:55	-----	1:18:04	1:22:32	1:24:24
		SV Hildesia Diekholz		10:50	7:05	5:05	5:50	6:56	4:08	6:21	8:14	2:26		21:09	4:28	1:52
D65 (7)				2,5 km 40 Hm				9 P								
			1(91)	2(93)	3(92)	4(53)	5(76)	6(82)	7(62)	8(50)	9(100)				Ziel	
1		Heidrun Finke	39:32	3:31	6:23	11:21	16:10	18:24	22:16	27:47	35:42	38:30	39:32			
		OLV Uslar		3:31	2:52	4:58	4:49	2:14	3:52	5:31	7:55	2:48	1:02			
2		Irmela Bergt	45:12	2:51	5:47	10:43	16:41	18:37	21:37	28:03	41:46	44:18	45:12			
		TSV Fischerhude		2:51	2:56	4:56	5:58	1:56	3:00	6:26	13:43	2:32	0:54			
3		Ingrid Müssen	55:25	4:37	7:59	16:15	22:30	24:57	28:50	35:50	51:46	54:23	55:25			
		SuS Vehrte		4:37	3:22	8:16	6:15	2:27	3:53	7:00	15:56	2:37	1:02			
4		Ulrike Wödecke	1:01:51	3:11	6:44	14:30	22:39	25:57	29:16	38:34	57:57	1:00:38	1:01:51			
		SC Melle 03		3:11	3:33	7:46	8:09	3:18	3:19	9:18	19:23	2:41	1:13			
5		Renate Willmann	1:02:07	5:58	11:15	18:53	26:52	29:56	33:32	41:56	58:31	1:01:01	1:02:07			
		TuS Stewede		5:58	5:17	7:38	7:59	3:04	3:36	8:24	16:35	2:30	1:06			
6		Ursula Mücke	1:04:27	6:37	12:08	20:53	27:43	30:16	35:11	48:39	1:00:42	1:03:27	1:04:27			
		MTV Soltau		6:37	5:31	8:45	6:50	2:33	4:55	13:28	12:03	2:45	1:00			
		Antje Sobczak	N Ang													
H12 (6)				2,2 km 30 Hm				10 P								
			1(60)	2(53)	3(54)	4(55)	5(61)	6(62)	7(63)	8(57)	9(59)	10(100)			Ziel	
1		Constantin Jacob Fr	16:22	1:57	4:39	5:34	6:54	8:24	9:14	10:40	12:51	14:59	15:44	16:22		
		TSV Worpsswede		1:57	2:42	0:55	1:20	1:30	0:50	1:26	2:11	2:08	0:45	0:38		
2		Finn Ostendorff	18:22	2:02	4:31	5:40	7:38	9:51	11:00	12:20	14:22	16:42	17:39	18:22		
		TSV Worpsswede		2:02	2:29	1:09	1:58	2:13	1:09	1:20	2:02	2:20	0:57	0:43		
3		Julian Gärtner	25:38	3:25	7:32	8:44	11:01	13:21	15:14	17:06	19:19	22:42	24:36	25:38		6:15
		MTK Bad Harzburg		3:25	4:07	1:12	2:17	2:20	1:53	1:52	2:13	3:23	1:54	1:02		*52
4		Espen Liebing	27:39	2:51	6:48	8:51	11:11	16:38	18:26	20:11	22:21	25:31	26:48	27:39		
		Bovender SV		2:51	3:57	2:03	2:20	5:27	1:48	1:45	2:10	3:10	1:17	0:51		
5		Jonas K. Mikkelsen	49:42	5:36	11:06	13:48	19:50	24:45	29:12	33:42	39:32	46:19	48:38	49:42		9:48
		Horsens OK		5:36	5:30	2:42	6:02	4:55	4:27	4:30	5:50	6:47	2:19	1:04		*52
		Angelo Köhl	N Ang													
		MTK Bad Harzburg														
H14 (2)				2,7 km 75 Hm				9 P								
			1(83)	2(65)	3(77)	4(32)	5(82)	6(49)	7(62)	8(50)	9(100)				Ziel	
1		Johannes Gurtmann	43:21	7:20	11:10	22:14	24:25	26:52	28:35	31:55	40:21	42:48	43:21			
		TG 1860 Münden		7:20	3:50	11:04	2:11	2:27	1:43	3:20	8:26	2:27	0:33			
2		Leif Liebing	59:01	4:17	9:19	19:23	24:57	29:51	32:21	36:55	56:05	58:11	59:01			
		Bovender SV		4:17	5:02	10:04	5:34	4:54	2:30	4:34	19:10	2:06	0:50			
H16 (3)				4,9 km 205 Hm				17 P								
			1(82)	2(76)	3(77)	4(83)	5(79)	6(84)	7(85)	8(86)	9(45)	10(42)	11(44)	12(71)	13(46)	
			15(88)	16(89)	17(100)	Ziel										
1		Aaron Niazi	1:09:55	1:45	3:13	7:01	12:09	14:52	20:24	21:47	23:44	28:39	39:15	42:34	44:26	52:37
		TSV Worpsswede		1:45	1:28	3:48	5:08	2:43	5:32	1:23	1:57	4:55	10:36	3:19	1:52	8:11
			1:03:23	1:06:56	1:09:18	1:09:55										
			6:29	3:33	2:22	0:37										
2		Sven-Guido Schulze	1:23:25	2:18	4:32	13:23	21:20	25:42	31:34	33:30	37:32	43:38	45:39	49:39	51:56	1:03:19
		TV Jahn Wolfsburg		2:18	2:14	8:51	7:57	4:22	5:52	1:56	4:02	6:06	2:01	4:00	2:17	11:23
			1:14:29	1:20:50	1:22:55	1:23:25		1:07:39								
			4:40	6:21	2:05	0:30		*47								
3		Malte Lindemann	1:33:21	2:34	5:08	9:13	18:49	22:23	28:49	30:30	34:36	39:22	44:00	53:31	56:17	1:14:10
		Bielefelder TG		2:34	2:34	4:05	9:36	3:34	6:26	1:41	4:06	4:46	4:38	9:31	2:46	17:53
			1:25:53	1:29:59	1:32:37	1:33:21										
			6:04	4:06	2:38	0:44										
H18 (2)				8,0 km 355 Hm				20 P								
			1(64)	2(65)	3(66)	4(67)	5(68)	6(37)	7(69)	8(39)	9(70)	10(71)	11(42)	12(43)	13(44)	
			15(72)	16(73)	17(74)	18(49)	19(50)	20(100)	Ziel							
1		Till Buchberger	1:21:13	1:24	4:37	6:59	12:00	17:46	26:54	28:05	29:28	30:58	37:27	40:33	44:50	47:08
		MTV Seesen		1:24	3:13	2:22	5:01	5:46	9:08	1:11	1:23	1:30	6:29	3:06	4:17	2:18
			55:10	1:04:03	1:09:29	1:13:53	1:18:50	1:20:23	1:21:13							
			4:37	8:53	5:26	4:24	4:57	1:33	0:50							
2		Mika Wendler	2:05:44	2:05	6:25	9:42	17:55	24:49	32:56	35:53	38:03	44:21	53:00	58:33	1:02:50	1:07:09
		SV Wissenschaft Qu		2:05	4:20	3:17	8:13	6:54	8:07	2:57	2:10	6:18	8:39	5:33	4:17	4:19
			1:22:20	1:29:03	1:50:36	1:56:13	2:03:28	2:04:55	2:05:44							
			8:37	6:43	21:33	5:37	7:15	1:27	0:49							

Pl	Stnr	Name	Zeit	7,2 km 260 Hm					19 P		(Forts.)					
			1(75) 15(72)	2(76) 16(73)	3(77) 17(62)	4(78) 18(50)	5(79) 19(100)	6(81) Ziel	7(36)	8(40)	9(39)	10(38)	11(80)	12(44)	13(42)	
		Joachim Stamer MTK Bad Harzburg	Fehlst 1:36 50:10	3:37 2:01 55:31	6:57 4:33 1:00:04	8:35 4:46 1:04:50	14:27 5:52 1:06:12	16:36 2:09 1:06:56	24:39 8:03	----- 9:36	34:15 2:07	36:22 5:41	42:03 5:41	44:30 2:27	47:10 2:40	
		Martin Hennseler MTV Seesen	Fehlst 1:47 1:45	5:21 2:42	4:33 3:52	4:46 1:51	1:22 5:36	0:44 3:07	28:01 9:08	-----	41:54 13:53	44:44 2:50	53:04 8:20	56:20 3:16	59:41 3:21	
		Jörg Kleinholz-Mewe TuS Bothfeld 04	Fehlst 1:37 1:37	3:26 1:49	7:02 3:36	8:47 1:45	14:00 5:13	18:14 4:14	27:14 9:00	-----	37:12 9:58	39:39 2:27	45:26 5:47	49:04 3:38	57:22 8:18	
		Frank Thiemann Hochschulsport Han	Aufg 7:20 7:20	9:50 2:30	18:02 8:12	20:00 1:58	26:43 6:43	29:59 3:16	43:08 13:09	1:01:07 17:59	1:06:34 5:27	1:10:43 4:09	1:19:45 9:02	1:24:35 4:50	-----	
		Olaf Hey MTK Bad Harzburg	N Ang				2:07:58 43:23	2:09:59 2:01								
			4,9 km 205 Hm				17 P									
			1(82) 15(88)	2(76) 16(89)	3(77) 17(100)	4(83) Ziel	5(79)	6(84)	7(85)	8(86)	9(45)	10(42)	11(44)	12(71)	13(46)	
1		Horst von Gaza OLV Uslar	53:56 2:02 48:36	3:42 1:40 51:20	7:07 3:25 53:17	12:11 5:04 53:56	14:17 2:06	17:51 3:34	19:23 1:32	21:38 2:15	25:28 3:50	26:47 1:19	30:20 3:33	32:28 2:08	41:01 8:33	
2		Michael Finkenstaed OLV Uslar	54:16 1:48 48:09	3:30 1:42 51:14	7:58 4:28 53:32	12:43 4:45 54:16	14:42 1:59	18:27 3:45	19:40 1:13	21:39 1:59	24:03 2:24	25:18 1:15	29:14 3:56	31:06 1:52	39:17 8:11	
3		Michael Schwien SC Klecken	1:12:03 3:37 3:37	5:23 1:46	8:41 3:18	14:12 5:31	21:23 7:11	27:31 6:08	28:49 1:18	31:29 2:40	34:42 3:13	36:12 1:30	41:11 4:59	43:29 2:18	53:06 9:37	
4		Stephan Schliebener OLV Uslar	1:16:39 2:46 2:46	4:56 2:10	10:21 5:25	17:24 7:03	20:40 3:16	25:46 5:06	27:24 1:38	30:31 3:07	33:57 3:26	37:06 3:09	41:48 4:42	44:43 2:55	56:20 11:37	
5		Christian Wittenbecl Turn-Klubb zu Hann	1:22:26 2:29 5:27	4:57 2:28 3:56	10:05 5:08 2:55	16:28 6:23 2:55	19:23 2:55	25:32 6:09	27:02 1:30	34:14 7:12	38:30 4:16	40:31 2:01	44:47 4:16	48:48 4:01	1:02:46 13:58	
6		Werner Drese OLV Uslar	1:22:44 2:59 5:27	5:11 2:12 3:56	10:07 4:56 2:50	19:30 9:23 2:50	25:56 6:26	31:21 5:25	33:14 1:53	36:07 2:53	39:46 3:39	41:42 1:56	46:05 4:23	48:24 2:19	1:01:17 12:53	
7		Christian Buchberg MTV Seesen	1:24:57 2:59 7:47	5:40 2:41 7:03	10:42 5:02 3:24	17:28 6:46 0:53	20:51 3:23	28:24 7:33	30:02 1:38	33:31 3:29	38:37 5:06	40:59 2:22	45:21 4:22	47:53 2:32	59:23 11:30	
8		Harald Friedl TuS Stemwede	1:35:45 4:44 4:44	7:59 3:15	13:39 5:40	21:28 7:49	26:28 5:00	33:17 6:49	35:26 2:09	40:07 4:41	47:43 7:36	49:48 2:05	54:48 5:00	57:36 2:48	1:12:25 14:49	
		Göran Wendler SV Wissenschaft Qu	Fehlst 1:46 56:24	3:48 2:02 59:38	9:55 6:07 1:01:38	15:54 5:59 1:02:24	18:16 2:22	24:16 6:00 37:36	25:28 1:12 *41	27:50 2:22	31:08 3:18	32:22 1:14	35:57 3:35	-----	46:49 10:52	
		Dirk Strauß SV Hildesia Diekholz	N Ang													
		Henning Bruns MTK Bad Harzburg	N Ang													
			3,2 km 70 Hm			12 P										
			1(49)	2(76)	3(82)	4(92)	5(93)	6(94)	7(73)	8(47)	9(87)	10(88)	11(89)	12(100)	Ziel	
1		Sergej Sonnenberg Osnabrücker TB	37:38 3:46	7:32 3:46	9:19 1:47	12:38 3:19	15:58 3:20	18:29 2:31	21:23 2:54	24:57 3:34	26:07 1:10	30:53 4:46	34:34 3:41	36:49 2:15	37:38 0:49	
2		Hans Christian Strib SC Klecken	45:22 6:22	10:51 4:29	13:39 2:48	16:48 3:09	20:06 3:18	23:16 3:10	26:43 3:27	30:44 4:01	32:22 1:38	37:14 4:52	41:19 4:05	44:32 3:13	45:22 0:50	
3		Jörg Mumme OLV Uslar	45:55 4:02	7:27 3:25	9:40 2:13	15:07 5:27	23:56 8:49	25:58 2:02	29:02 3:04	32:40 3:38	34:02 1:22	38:53 4:51	42:27 3:34	44:59 2:32	45:55 0:56	
4		Bernd Höfner OLV Uslar	51:24 3:47	7:55 4:08	10:32 2:37	18:08 7:36	22:24 4:16	28:22 5:58	32:17 3:55	36:21 4:04	37:53 1:32	42:54 5:01	48:03 5:09	50:42 2:39	51:24 0:42	

