

Pl	Stnr	Name	Zeit	5,7 km 90 Hm				12 P								
H16 (4)				1(76)	2(55)	3(77)	4(85)	5(73)	6(75)	7(63)	8(70)	9(69)	10(65)	11(56)	12(100)	Ziel
1		Erik Urzua Wöhler	1:11:16	2:30	14:34	16:14	28:10	34:28	42:23	48:19	51:22	54:00	1:00:44	1:05:53	1:10:59	1:11:16
		TV Jahn Wolfsburg		2:30	12:04	1:40	11:56	6:18	7:55	5:56	3:03	2:38	6:44	5:09	5:06	0:17
2		Maik Schweizer	1:43:15	3:08	26:36	29:24	37:12	41:13	58:31	1:08:52	1:12:00	1:14:19	1:28:49	1:35:53	1:43:01	1:43:15
		MTV Seesen		3:08	23:28	2:48	7:48	4:01	17:18	10:21	3:08	2:19	14:30	7:04	7:08	0:14
		Hannes Möhring	Fehlst	2:12	16:36	20:46	29:37	36:04	43:03	46:17	-----	51:57	57:47	1:02:49	1:06:38	1:06:52
		TV Jahn Wolfsburg		2:12	14:24	4:10	8:51	6:27	6:59	3:14		5:40	5:50	5:02	3:49	0:14
		Johannes Gurtmann	N Ang													
		TG 1860 Münden														
D18 (3)				1(76)	2(55)	3(77)	4(85)	5(73)	6(75)	7(63)	8(70)	9(69)	10(65)	11(56)	12(100)	Ziel
1		Varvara Martemyanova	1:27:22	3:27	21:45	26:04	35:01	44:18	53:38	57:44	1:05:50	1:09:01	1:16:28	1:21:27	1:27:01	1:27:22
		OLV Steinberg		3:27	18:18	4:19	8:57	9:17	9:20	4:06	8:06	3:11	7:27	4:59	5:34	0:21
2		Lada Konstantynova	1:31:57	3:48	22:38	24:29	37:23	45:22	53:55	1:02:00	1:07:28	1:10:20	1:19:16	1:26:36	1:31:34	1:31:57
		OLV Uslar		3:48	18:50	1:51	12:54	7:59	8:33	8:05	5:28	2:52	8:56	7:20	4:58	0:23
3		Louisa Kollenbach	1:52:45	3:00	23:52	27:09	43:04	54:45	1:09:43	1:16:22	1:22:26	1:27:18	1:39:02	1:45:33	1:52:23	1:52:45
		Ski-Club Helsa		3:00	20:52	3:17	15:55	11:41	14:58	6:39	6:04	4:52	11:44	6:31	6:50	0:22
H18 (2)				1(80)	2(59)	3(73)	4(55)	5(63)	6(70)	7(65)	8(49)	9(77)	10(82)	11(69)	12(83)	13(79)
			Ziel													
1		Malte Lindemann	1:36:51	2:46	8:21	22:53	33:04	40:50	45:40	56:46	58:32	1:08:56	1:14:10	1:22:51	1:25:47	1:29:10
		Bielefelder TG		2:46	5:35	14:32	10:11	7:46	4:50	11:06	1:46	10:24	5:14	8:41	2:56	3:23
			1:36:51													
			0:16													
2		Mika Wendler	1:39:07	2:07	7:49	25:28	36:01	48:32	52:23	1:08:24	1:10:11	1:17:57	1:21:54	1:26:55	1:29:24	1:32:36
		SV Wissenschaft Qu		2:07	5:42	17:39	10:33	12:31	3:51	16:01	1:47	7:46	3:57	5:01	2:29	3:12
			1:39:07													
			0:17													
D35 (3)				1(76)	2(55)	3(77)	4(85)	5(73)	6(75)	7(63)	8(70)	9(69)	10(65)	11(56)	12(100)	Ziel
1		Katarina Tauber	1:31:13	3:25	19:04	23:50	36:12	43:34	54:20	1:00:19	1:04:56	1:08:19	1:18:03	1:24:56	1:30:51	1:31:13
		BSV Halle-Ammendo		3:25	15:39	4:46	12:22	7:22	10:46	5:59	4:37	3:23	9:44	6:53	5:55	0:22
2		Dorothea Kirves	1:44:16	3:31	21:27	24:56	37:15	44:20	55:38	1:01:21	1:09:02	1:13:05	1:26:36	1:35:49	1:43:51	1:44:16
		TG 1860 Münden		3:31	17:56	3:29	12:19	7:05	11:18	5:43	7:41	4:03	13:31	9:13	8:02	0:25
3		Sonja Kunze	1:49:13	3:18	20:54	26:17	36:25	43:09	51:52	59:48	1:03:35	1:08:30	1:18:38	1:44:46	1:48:53	1:49:13
		OLV Uslar		3:18	17:36	5:23	10:08	6:44	8:43	7:56	3:47	4:55	10:08	26:08	4:07	0:20
H35 (7)				1(80)	2(59)	3(73)	4(55)	5(63)	6(70)	7(65)	8(49)	9(77)	10(82)	11(69)	12(83)	13(79)
			Ziel													
1		Christoph Freudenfe	1:11:43	1:54	7:02	18:57	27:06	32:21	35:00	44:41	46:06	53:33	55:58	1:01:13	1:03:07	1:06:00
		TSV Worpswede		1:54	5:08	11:55	8:09	5:15	2:39	9:41	1:25	7:27	2:25	5:15	1:54	2:53
			1:11:43													
			0:11													
2		Thorsten Weigert	1:14:39	2:11	6:04	17:51	25:36	32:10	34:54	45:15	46:37	53:37	57:54	1:02:28	1:04:11	1:08:07
		TV Jahn Wolfsburg		2:11	3:53	11:47	7:45	6:34	2:44	10:21	1:22	7:00	4:17	4:34	1:43	3:56
			1:14:39													
			0:15													
3		Mikhail Martemyanov	1:25:10	1:49	6:16	21:09	34:07	40:40	43:33	51:18	52:55	1:00:47	1:06:44	1:13:15	1:15:19	1:18:39
		OLV Steinberg		1:49	4:27	14:53	12:58	6:33	2:53	7:45	1:37	7:52	5:57	6:31	2:04	3:20
			1:25:10													
			0:20													
4		Yevhen Lazarenko	1:27:22	4:41	11:45	29:09	37:47	45:16	48:39	59:25	1:01:04	1:08:18	1:11:18	1:15:58	1:18:01	1:20:42
				4:41	7:04	17:24	8:38	7:29	3:23	10:46	1:39	7:14	3:00	4:40	2:03	2:41
			1:27:22													
			0:16													
5		Michael Steube	1:31:17	7:26	12:49	30:15	40:39	49:50	53:19	1:01:07	1:02:53	1:10:24	1:13:35	1:18:51	1:21:10	1:24:26
		Turn-Klubb zu Hann		7:26	5:23	17:26	10:24	9:11	3:29	7:48	1:46	7:31	3:11	5:16	2:19	3:16
			1:31:17													
			0:21													
		Jens Wittke	N Ang													
		SV Hildesia Diekholz														
		Frederik Kunze	N Ang													
		SV Hildesia Diekholz														
D45 (16)				1(74)	2(77)	3(55)	4(37)	5(69)	6(63)	7(87)	8(58)	9(65)	10(47)	11(100)	Ziel	
1		Esther Stamer	1:02:03	6:02	19:41	21:30	22:59	29:42	33:31	41:00	48:36	54:39	1:00:19	1:01:43	1:02:03	
		MTK Bad Harzburg		6:02	13:39	1:49	1:29	6:43	3:49	7:29	7:36	6:03	5:40	1:24	0:20	
2		Ivana Knaupova	1:02:52	3:29	17:02	19:05	20:19	26:45	33:49	40:23	46:42	55:02	1:01:20	1:02:35	1:02:52	
		Braunschweiger MT		3:29	13:33	2:03	1:14	6:26	7:04	6:34	6:19	8:20	6:18	1:15	0:17	
3		Anke von Gaza	1:04:21	4:13	18:50	20:44	23:41	31:50	35:33	45:01	51:53	57:56	1:02:40	1:04:02	1:04:21	
		OLV Uslar		4:13	14:37	1:54	2:57	8:09	3:43	9:28	6:52	6:03	4:44	1:22	0:19	

Pl	Stnr	Name	Zeit	5,0 km 65 Hm				14 P				(Forts.)				
			1(64) Ziel	2(59)	3(46)	4(52)	5(63)	6(55)	7(88)	8(77)	9(55)	10(60)	11(50)	12(51)	13(47)	
D55 (10)																
8		Anne Hanses TuS Bramsche	2:18:06 3:37 2:18:06 0:32	16:21 12:44	26:28 10:07	38:16 11:48	44:56 6:40	1:00:45 15:49	1:08:44 7:59	1:24:32 15:48	1:28:05 3:33	1:51:15 23:10	1:57:35 6:20	2:03:06 5:31	2:15:00 11:54	
9		Brigitte Dersch-Koll Ski-Club Helsa	2:28:04 3:18 2:28:04 0:58	12:53 9:35	33:14 20:21	48:33 15:19	54:51 6:18	1:14:22 19:31	1:22:14 7:52	1:36:39 14:25	1:40:18 3:39	2:02:48 22:30	2:10:23 7:35	2:15:48 5:25	2:22:49 7:01	
		Esther Knoblauch MTK Bad Harzburg	Aufg 2:11 2:11 1:32:23 39:57	19:31 17:20	31:00 11:29	44:26 13:26	52:26 8:00	-----	-----	-----	-----	-----	-----	-----	-----	
H55 (23)				5,7 km 90 Hm				12 P								
			1(76)	2(55)	3(77)	4(85)	5(73)	6(75)	7(63)	8(70)	9(69)	10(65)	11(56)	12(100)	Ziel	
1		Göran Wendler SV Wissenschaft Qu	56:46 2:42	12:44	14:20	22:47	28:41	34:59	40:45	43:24	45:21	49:43	53:12	56:29	56:46	
2		Stefan König OLG Ortenau	57:27 2:24	10:02	1:36	8:27	5:54	6:18	5:46	2:39	1:57	4:22	3:29	3:17	0:17	
3		Horst von Gaza OLV Uslar	58:42 2:44	14:27	1:37	7:57	4:55	6:12	3:12	2:50	2:09	4:52	3:23	3:12	0:17	
4		Jens Struckmann Braunschweiger MT	1:00:32 2:28	16:59	18:29	26:16	33:22	39:10	44:02	46:36	48:40	53:32	56:57	1:00:13	1:00:32	
5		Raimondas Olisauk Berliner TSC	1:01:24 2:15 1:00:24 *53	16:35	1:30	7:47	7:06	5:48	4:52	2:34	2:04	4:52	3:25	3:16	0:19	
6		Michael Kukis OSC Kassel	1:03:46 2:38	14:39	17:02	24:25	32:45	39:14	43:18	46:25	48:42	55:33	59:23	1:03:24	1:03:46	
7		Carsten Behling USC Magdeburg	1:05:42 2:55	20:10	21:56	29:09	35:02	41:22	44:45	49:10	51:15	57:52	1:01:42	1:05:27	1:05:42	
8		Stefan Böning OLV Uslar	1:06:39 2:23	14:08	16:52	23:04	28:07	35:28	43:58	46:57	48:36	56:41	1:01:40	1:06:20	1:06:39	
9		Thilo Bruns MTK Bad Harzburg	1:07:53 2:21	13:34	15:37	30:18	35:43	42:13	45:50	49:02	51:35	57:59	1:02:43	1:07:35	1:07:53	
10		Dirk Strauß SV Hildesia Diekholz	1:09:07 2:18	15:19	17:11	26:04	33:29	44:19	48:25	51:21	53:49	59:27	1:04:29	1:08:47	1:09:07	
11		Michael Schwien SC Klecken	1:09:34 2:43	14:33	16:44	30:27	39:48	46:28	49:47	52:30	54:46	1:01:09	1:04:57	1:09:16	1:09:34	
12		Christian Buchberg MTV Seesen	1:14:32 2:54	17:45	20:18	28:45	36:16	44:17	49:10	52:54	56:15	1:04:02	1:09:40	1:14:14	1:14:32	
13		Henning Bruns MTK Bad Harzburg	1:16:30 0.00 *51	16:34	18:48	27:57	35:43	42:38	49:14	54:51	1:00:19	1:06:46	1:11:33	1:16:10	1:16:30	
14		Stephan Schliebener OLV Uslar	1:16:56 3:15	17:57	20:48	32:10	41:03	49:39	53:51	58:13	1:00:27	1:06:47	1:10:54	1:16:34	1:16:56	
15		Dieter Wehrhöfer-Be Bielefelder TG	1:25:57 3:45	30:11	33:39	42:40	50:18	58:37	1:03:32	1:07:04	1:09:46	1:16:36	1:20:40	1:25:33	1:25:57	
16		Jürgen Kohler USC Magdeburg	1:26:41 2:53	31:07	33:18	40:40	48:41	57:37	1:02:09	1:07:01	1:09:40	1:16:43	1:21:42	1:26:24	1:26:41	
17		Christoph Kunth USC Magdeburg	1:28:13 4:17	20:04	23:16	35:12	46:19	54:25	59:01	1:02:33	1:07:03	1:15:17	1:22:05	1:27:59	1:28:13	
18		Thomas Görtelmeyer MTK Bad Harzburg	2:03:14 6:14	28:53	32:01	45:28	1:01:36	1:14:50	1:22:25	1:32:14	1:37:18	1:47:33	1:55:19	2:02:35	2:03:14	
		Uwe Schleeß ESV Lok Magdeburg	Fehlst 4:03	34:18	36:30	47:37	58:54	1:07:33	1:11:44	-----	1:15:54	1:23:19	1:27:41	1:33:53	1:34:13	
		Tom Eric Schmidt Bielefelder TG	Aufg 16:00	30:15	2:12	11:07	11:17	8:39	4:11	-----	4:10	7:25	4:22	6:12	0:20	
		Thorsten Schmidt ESV Lok Magdeburg	Aufg 17:31	20:02	5:23	17:12	8:32	13:15	-----	-----	-----	-----	-----	-----	16:53	
		Guido Gehrmann MTK Bad Harzburg	N Ang 17:31	39:59	42:34	1:09:09	-----	1:34:57	-----	-----	-----	-----	1:51:13	1:59:08	1:59:34	
		Olaf Hey MTK Bad Harzburg	N Ang 17:31	22:28	2:35	26:35	-----	25:48	-----	-----	-----	-----	16:16	7:55	0:26	
D65 (4)				2,5 km 50 Hm				7 P								
			1(62)	2(59)	3(56)	4(60)	5(57)	6(53)	7(100)	Ziel						
1		Irmela Bergt TSV Fischerhude	45:38 11:25	12:47	21:29	27:44	35:52	43:52	45:14	45:38						
2		Birgitt Michel TV Jahn Wolfsburg	47:12 8:27	10:23	22:10	30:16	38:07	45:02	46:46	47:12						
3		Renate Tröße SV TU Ilmenau	50:48 16:48	18:06	26:52	34:09	40:45	49:26	50:26	50:48						
4		Antje Sobczak	1:03:41 27:27	28:43	38:15	48:04	55:49	1:02:03	1:03:20	1:03:41						

Pl	Stnr	Name	Zeit													
D19K (3)				5,0 km 65 Hm					14 P			<i>(Forts.)</i>				
			1(64) Ziel	2(59)	3(46)	4(52)	5(63)	6(55)	7(88)	8(77)	9(55)	10(60)	11(50)	12(51)	13(47)	
			0:22													
		Claudia Weigert	Aufg	2:03	22:44	39:00	----	----	----	----	----	----	----	----	----	
		TV Jahn Wolfsburg		2:03	20:41	16:16										
			52:40													
			0:42													
AK		Kerstin Mansfeld	Fehlst	12:06	26:30	50:47	1:06:07	1:15:35	1:33:35	1:56:48	2:30:17	2:32:29	2:56:05	3:02:44	3:17:08	----
		Turn-Klubb zu Hann		12:06	14:24	24:17	15:20	9:28	18:00	23:13	33:29	2:12	23:36	6:39	14:24	
H19K (5)				5,7 km 75 Hm					11 P							
			1(74)	2(77)	3(55)	4(37)	5(69)	6(63)	7(87)	8(58)	9(65)	10(47)	11(100)	Ziel		
1		Jakob Eberwien	1:03:52	5:12	19:31	22:10	23:39	30:20	34:52	42:16	48:54	55:22	1:02:26	1:03:35	1:03:52	
		OLV Uslar		5:12	14:19	2:39	1:29	6:41	4:32	7:24	6:38	6:28	7:04	1:09	0:17	
2		Luis Moreton	1:15:28	4:47	20:04	21:55	24:31	33:21	38:52	50:28	59:27	1:07:22	1:13:11	1:15:00	1:15:28	
		Turn-Klubb zu Hann		4:47	15:17	1:51	2:36	8:50	5:31	11:36	8:59	7:55	5:49	1:49	0:28	
3		Lukas Bersuck	1:27:54	6:37	29:57	33:35	36:50	45:15	49:50	1:00:16	1:09:01	1:18:22	1:25:22	1:27:34	1:27:54	
		Bielefelder TG		6:37	23:20	3:38	3:15	8:25	4:35	10:26	8:45	9:21	7:00	2:12	0:20	
4		Jannik Richter	1:39:12	8:24	34:08	38:17	43:41	52:32	57:47	1:08:49	1:17:06	1:29:35	1:37:23	1:38:55	1:39:12	
		Turn-Klubb zu Hann		8:24	25:44	4:09	5:24	8:51	5:15	11:02	8:17	12:29	7:48	1:32	0:17	
AK		Stefan Gohde	56:53	5:38	18:14	19:49	21:16	27:49	31:27	38:09	44:20	50:00	55:25	56:36	56:53	
		Turn-Klubb zu Hann		5:38	12:36	1:35	1:27	6:33	3:38	6:42	6:11	5:40	5:25	1:11	0:17	
Offen (10)				2,3 km 40 Hm					9 P							
			1(44)	2(33)	3(34)	4(42)	5(39)	6(41)	7(48)	8(53)	9(100)	Ziel				
1		Julia Stark	20:18	2:27	3:43	5:51	7:26	8:57	11:43	14:14	18:36	19:57	20:18			
		MTV Seesen		2:27	1:16	2:08	1:35	1:31	2:46	2:31	4:22	1:21	0:21			
2		Michal Forman	22:39	5:55	7:15	9:46	11:28	13:04	15:11	17:32	21:04	22:24	22:39			
		Bovender SV		5:55	1:20	2:31	1:42	1:36	2:07	2:21	3:32	1:20	0:15			
3		Claudia Ostendorff	23:15	5:59	7:35	9:23	10:51	12:02	14:10	16:33	21:25	22:56	23:15			
		TSV Worpswede		5:59	1:36	1:48	1:28	1:11	2:08	2:23	4:52	1:31	0:19			
4		Ulf Schindehütte	26:39	2:43	7:38	9:38	12:24	14:22	16:52	19:19	23:33	26:16	26:39			
		OLV Uslar		2:43	4:55	2:00	2:46	1:58	2:30	2:27	4:14	2:43	0:23			
5		Günter Stark	26:55	3:11	4:57	7:30	9:42	12:06	15:17	18:38	24:47	26:25	26:55			
		MTV Seesen		3:11	1:46	2:33	2:12	2:24	3:11	3:21	6:09	1:38	0:30			
6		Anniina Heikkilä	27:17	3:24	5:11	7:45	10:03	12:02	15:33	19:01	25:10	26:52	27:17			
		TSV Worpswede		3:24	1:47	2:34	2:18	1:59	3:31	3:28	6:09	1:42	0:25			
7		Meike Gärtner	32:19	8:58	10:37	14:11	18:58	20:17	23:16	25:52	29:53	31:57	32:19			
		MTK Bad Harzburg		8:58	1:39	3:34	4:47	1:19	2:59	2:36	4:01	2:04	0:22			
8		Karen Ellermann	36:20	5:50	8:47	11:17	14:36	17:23	20:46	25:22	32:43	35:51	36:20			
		ESV Lok Magdeburg		5:50	2:57	2:30	3:19	2:47	3:23	4:36	7:21	3:08	0:29			
9		Sabine Behling	37:09	6:41	9:39	12:09	15:30	18:12	21:35	26:09	33:27	36:43	37:09			
		USC Magdeburg		6:41	2:58	2:30	3:21	2:42	3:23	4:34	7:18	3:16	0:26			
		Farina Freigang	N Ang													
		Bielefelder TG														
D/H10b (4)				1,3 km 20 Hm					8 P							
			1(31)	2(32)	3(33)	4(34)	5(38)	6(35)	7(36)	8(100)	Ziel					
1		Jesper Bruns	8:26	1:27	2:15	2:41	4:30	5:10	5:55	7:21	8:10	8:26				
		MTK Bad Harzburg		1:27	0:48	0:26	1:49	0:40	0:45	1:26	0:49	0:16				
2		Lara Schulze	11:31	1:51	2:55	3:31	5:57	7:02	8:28	10:20	11:09	11:31				
		ESV Lok Magdeburg		1:51	1:04	0:36	2:26	1:05	1:26	1:52	0:49	0:22				
3		Marten Breckle	13:18	1:37	3:02	3:36	7:17	8:34	10:00	12:02	13:01	13:18				
		Bovender SV		1:37	1:25	0:34	3:41	1:17	1:26	2:02	0:59	0:17				
4		Aatos Heikkilä	14:13	2:48	4:10	4:44	8:11	9:28	10:51	12:46	13:56	14:13				
		TSV Worpswede		2:48	1:22	0:34	3:27	1:17	1:23	1:55	1:10	0:17				
D/H10 (1)				1,3 km 20 Hm					8 P							
			1(31)	2(32)	3(33)	4(34)	5(38)	6(35)	7(36)	8(100)	Ziel					
AK		Robin von Gaza	13:35	2:20	3:53	4:19	6:22	9:13	10:49	12:16	13:09	13:35				
		OLV Uslar		2:20	1:33	0:26	2:03	2:51	1:36	1:27	0:53	0:26				
H19L (14)				10,4 km 130 Hm					18 P							
			1(47)	2(48)	3(40)	4(71)	5(72)	6(55)	7(77)	8(78)	9(73)	10(75)	11(63)	12(69)	13(60)	
			15(79)	16(65)	17(56)	18(100)	Ziel									
1		Ole Hensseler	1:16:10	3:06	4:37	16:24	22:59	28:00	38:03	39:40	45:24	50:07	55:32	57:43	1:00:08	1:04:06
		MTV Seesen		3:06	1:31	11:47	6:35	5:01	10:03	1:37	5:44	4:43	5:25	2:11	2:25	3:58
			1:06:13	1:08:03	1:13:10	1:15:57	1:16:10									
			1:34	1:50	5:07	2:47	0:13									
2		Christoph Prunsche	1:16:58	3:42	5:36	17:20	23:22	31:03	39:25	40:47	46:42	52:11	57:42	1:00:00	1:02:40	1:06:52
		TuS Lübbecke		3:42	1:54	11:44	6:02	7:41	8:22	1:22	5:55	5:29	5:31	2:18	2:40	4:12
			1:09:15	1:10:46	1:13:20	1:16:41	1:16:58									
			1:36	1:31	2:34	3:21	0:17									

Pl	Stnr	Name	Zeit	10,4 km 130 Hm					18 P			(Forts.)					
				1(47)	2(48)	3(40)	4(71)	5(72)	6(55)	7(77)	8(78)	9(73)	10(75)	11(63)	12(69)	13(60)	
				15(79)	16(65)	17(56)	18(100)	Ziel									
3		Ivan Martemeyanov OLV Steinberg	1:24:28	3:36	6:35	19:12	24:56	34:37	43:37	44:56	50:40	55:57	1:01:34	1:04:57	1:07:59	1:12:58	
				3:36	2:59	12:37	5:44	9:41	9:00	1:19	5:44	5:17	5:37	3:23	3:02	4:59	
				1:15:15	1:16:32	1:21:19	1:24:12	1:24:28									
				1:38	1:17	4:47	2:53	0:16									
4		Aaron Wandelt MTV Seesen	1:31:44	4:05	5:57	19:52	27:10	40:14	49:47	51:54	58:03	1:04:24	1:10:11	1:13:08	1:15:46	1:20:49	
				4:05	1:52	13:55	7:18	13:04	9:33	2:07	6:09	6:21	5:47	2:57	2:38	5:03	
				1:23:33	1:24:45	1:28:04	1:31:29	1:31:44									
				1:54	1:12	3:19	3:25	0:15									
5		Emil Sasse USV TU Dresden	1:34:13	4:50	7:27	20:04	28:58	36:40	45:35	47:09	53:36	1:00:51	1:06:38	1:09:38	1:13:58	1:21:20	
				4:50	2:37	12:37	8:54	7:42	8:55	1:34	6:27	7:15	5:47	3:00	4:20	7:22	
				1:23:42	1:25:05	1:30:14	1:33:57	1:34:13									
				1:37	1:23	5:09	3:43	0:16									
6		Markus Müller OSC Kassel	1:34:24	4:35	6:34	23:08	31:22	39:21	48:18	49:56	56:06	1:02:54	1:09:19	1:12:27	1:15:44	1:21:56	
				4:35	1:59	16:34	8:14	7:59	8:57	1:38	6:10	6:48	6:25	3:08	3:17	6:12	
				1:24:56	1:26:23	1:30:00	1:34:02	1:34:24									
				2:13	1:27	3:37	4:02	0:22									
7		Jan Schliebener OLV Uslar	1:36:21	4:18	6:29	22:15	31:23	40:30	50:36	52:17	59:01	1:07:18	1:12:49	1:16:06	1:18:54	1:24:05	
				4:18	2:11	15:46	9:08	9:07	10:06	1:41	6:44	8:17	5:31	3:17	2:48	5:11	
				1:28:00	1:29:34	1:33:00	1:36:04	1:36:21									
				3:06	1:34	3:26	3:04	0:17									
8		Leon Kollenbach Ski-Club Helsa	1:42:26	4:19	6:15	20:18	28:43	38:28	49:02	50:43	57:36	1:06:39	1:14:12	1:17:56	1:21:04	1:27:26	
				4:19	1:56	14:03	8:25	9:45	10:34	1:41	6:53	9:03	7:33	3:44	3:08	6:22	
				1:30:37	1:32:43	1:37:23	1:42:16	1:42:26									
				2:23	2:06	4:40	4:53	0:10									
9		Christian Röck SV Hildesia Diekholz	1:52:00	4:32	7:38	24:57	33:36	43:08	56:48	58:36	1:06:47	1:14:39	1:21:39	1:26:46	1:31:17	1:37:49	
				4:32	3:06	17:19	8:39	9:32	13:40	1:48	8:11	7:52	7:00	5:07	4:31	6:32	
				1:41:06	1:43:03	1:47:44	1:51:47	1:52:00									
				2:28	1:57	4:41	4:03	0:13									
10		Jan Kaminsky BSV Halle-Ammendo	1:56:21	4:16	6:36	23:59	31:44	47:18	1:03:47	1:05:59	1:13:45	1:21:25	1:27:56	1:31:19	1:34:12	1:40:53	
				4:16	2:20	17:23	7:45	15:34	16:29	2:12	7:46	7:40	6:31	3:23	2:53	6:41	
				1:44:53	1:47:42	1:52:07	1:56:01	1:56:21									
				2:56	2:49	4:25	3:54	0:20									
11		Christian Duesmann TuS Lübbecke	1:56:56	4:57	6:56	25:36	34:56	45:12	57:27	58:50	1:06:26	1:15:30	1:22:58	1:26:15	1:29:58	1:36:06	
				4:57	1:59	18:40	9:20	10:16	12:15	1:23	7:36	9:04	7:28	3:17	3:43	6:08	
				1:39:47	1:47:38	1:52:08	1:56:35	1:56:56									
				2:32	7:51	4:30	4:27	0:21									
		Christoph Hofmeiste MTK Bad Harzburg	Aufg	3:09	5:06	21:15	31:11	-----	-----	-----	-----	-----	-----	-----	-----	-----	
				3:09	1:57	16:09	9:56	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
		Sören Riechers Bielefelder TG	N Ang														
		Till Buchberger MTV Seesen	N Ang														
D19L (3)				7,8 km 75 Hm				17 P									
				1(47)	2(37)	3(73)	4(75)	5(67)	6(88)	7(82)	8(63)	9(46)	10(49)	11(79)	12(56)	13(83)	
				15(65)	16(53)	17(100)	Ziel										
1		Annika Strauß SV Hildesia Diekholz	1:24:23	4:55	15:28	28:26	37:32	41:18	43:50	45:38	49:20	54:37	1:02:01	1:04:06	1:08:51	1:13:38	
				4:55	10:33	12:58	9:06	3:46	2:32	1:48	3:42	5:17	7:24	2:05	4:45	4:47	
				1:18:48	1:23:14	1:24:03	1:24:23										
				2:32	4:26	0:49	0:20										
2		Hanna Czerlinski MTV Seesen	1:38:08	4:17	13:58	25:55	34:32	39:15	41:35	43:31	50:15	1:00:11	1:07:37	1:12:09	1:16:54	1:21:51	
				4:17	9:41	11:57	8:37	4:43	2:20	1:56	6:44	9:56	7:26	4:32	4:45	4:57	
				1:32:19	1:37:02	1:37:50	1:38:08										
				4:04	4:43	0:48	0:18										
3		Lea Reppnow OLV Uslar	1:38:54	5:31	20:58	31:31	40:34	44:14	50:23	52:24	56:04	1:01:39	1:10:23	1:12:59	1:18:53	1:25:42	
				5:31	15:27	10:33	9:03	3:40	6:09	2:01	3:40	5:35	8:44	2:36	5:54	6:49	
				1:32:07	1:37:44	1:38:35	1:38:54										
				2:50	5:37	0:51	0:19										