

| Pl | tnr | Name | Kat | Zeit | | | | | | | | | | | | | | |
|--------------------|-----|--|-------|---------|---------------------------|--------|---------|---------|---------|---------|---------|---------|-------|--------|--------|--------|--------|--------|
| Bahn 1 (22) | | | | | 7,3 km 180 Hm 21 P | | | | | | | | | | | | | |
| | | | | | 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(84) |
| | | | | | 15(85) | 16(86) | 17(87) | 18(88) | 19(89) | 20(90) | 21(100) | Ziel | | | | | | |
| 1 | 29 | Henrik Markvardsen Tisvilde Hegn OK | H19-4 | 52:21 | 4:40 | 8:46 | 10:35 | 13:12 | 15:36 | 18:28 | 19:47 | 21:54 | 27:59 | 29:45 | 31:22 | 34:06 | 35:50 | 37:15 |
| | | | | | 4:40 | 4:06 | 1:49 | 2:37 | 2:24 | 2:52 | 1:19 | 2:07 | 6:05 | 1:46 | 1:37 | 2:44 | 1:44 | 1:25 |
| | | | | | 40:33 | 42:50 | 44:07 | 45:40 | 47:54 | 49:52 | 51:49 | 52:21 | | | | | | |
| | | | | | 3:18 | 2:17 | 1:17 | 1:33 | 2:14 | 1:58 | 1:57 | 0:32 | | | | | | |
| 2 | 27 | Jonas Falck Weber Tisvilde Hegn OK | H19-4 | 52:49 | 4:47 | 9:01 | 10:35 | 13:14 | 15:38 | 18:31 | 19:48 | 22:01 | 27:59 | 29:54 | 31:18 | 34:10 | 35:53 | 37:23 |
| | | | | | 4:47 | 4:14 | 1:34 | 2:39 | 2:24 | 2:53 | 1:17 | 2:13 | 5:58 | 1:55 | 1:24 | 2:52 | 1:43 | 1:30 |
| | | | | | 39:07 | 42:00 | 44:44 | 46:12 | 48:38 | 50:39 | 52:22 | 52:49 | | | | | | |
| | | | | | 1:44 | 2:53 | 2:44 | 1:28 | 2:26 | 2:01 | 1:43 | 0:27 | | | | | | |
| 3 | 16 | Andrej Sonnenberg Osnabrücker TB | H19-4 | 53:15 | 6:44 | 10:16 | 15:26 | 18:02 | 20:15 | 22:46 | 24:08 | 26:25 | 31:26 | 32:54 | 34:21 | 36:59 | 39:00 | 40:26 |
| | | | | | 6:44 | 3:32 | 5:10 | 2:36 | 2:13 | 2:31 | 1:22 | 2:17 | 5:01 | 1:28 | 1:27 | 2:38 | 2:01 | 1:26 |
| | | | | | 42:06 | 44:12 | 45:29 | 46:55 | 49:12 | 51:04 | 52:46 | 53:15 | | | | | | |
| | | | | | 1:40 | 2:06 | 1:17 | 1:26 | 2:17 | 1:52 | 1:42 | 0:29 | | | | | | |
| 4 | 28 | Tim Falck Weber Tisvilde Hegn OK | H19-4 | 55:49 | 5:20 | 9:52 | 11:54 | 14:37 | 17:14 | 20:18 | 21:48 | 24:19 | 30:27 | 33:15 | 34:37 | 37:34 | 39:26 | 40:51 |
| | | | | | 5:20 | 4:32 | 2:02 | 2:43 | 2:37 | 3:04 | 1:30 | 2:31 | 6:08 | 2:48 | 1:22 | 2:57 | 1:52 | 1:25 |
| | | | | | 42:42 | 45:13 | 47:04 | 48:43 | 51:14 | 53:28 | 55:20 | 55:49 | | | | | | |
| | | | | | 1:51 | 2:31 | 1:51 | 1:39 | 2:31 | 2:14 | 1:52 | 0:29 | | | | | | |
| 5 | 42 | Christoph Hofmeist MTK Bad Harzburg | H19-4 | 56:46 | 4:43 | 9:01 | 12:11 | 14:48 | 17:27 | 20:20 | 21:51 | 24:32 | 30:27 | 32:07 | 33:37 | 37:41 | 39:27 | 40:58 |
| | | | | | 4:43 | 4:18 | 3:10 | 2:37 | 2:39 | 2:53 | 1:31 | 2:41 | 5:55 | 1:40 | 1:30 | 4:04 | 1:46 | 1:31 |
| | | | | | 42:41 | 45:06 | 46:23 | 48:24 | 51:19 | 53:42 | 56:13 | 56:46 | | | | | | |
| | | | | | 1:43 | 2:25 | 1:17 | 2:01 | 2:55 | 2:23 | 2:31 | 0:33 | | | | | | |
| 6 | 26 | Lasse Falck Weber Tisvilde Hegn OK | H19-4 | 57:19 | 5:38 | 9:43 | 11:43 | 14:31 | 17:05 | 20:14 | 21:46 | 24:32 | 30:59 | 32:41 | 34:16 | 37:59 | 40:12 | 41:37 |
| | | | | | 5:38 | 4:05 | 2:00 | 2:48 | 2:34 | 3:09 | 1:32 | 2:46 | 6:27 | 1:42 | 1:35 | 3:43 | 2:13 | 1:25 |
| | | | | | 43:18 | 47:00 | 48:28 | 50:11 | 52:49 | 54:54 | 56:51 | 57:19 | | | | | | |
| | | | | | 1:41 | 3:42 | 1:28 | 1:43 | 2:38 | 2:05 | 1:57 | 0:28 | | | | | | |
| 7 | 21 | Jan Schliebener OLV Uslar | H19-4 | 59:19 | 5:19 | 9:50 | 11:46 | 14:41 | 17:11 | 20:28 | 22:58 | 25:51 | 32:13 | 34:13 | 35:44 | 39:41 | 41:34 | 43:07 |
| | | | | | 5:19 | 4:31 | 1:56 | 2:55 | 2:30 | 3:17 | 2:30 | 2:53 | 6:22 | 2:00 | 1:31 | 3:57 | 1:53 | 1:33 |
| | | | | | 44:49 | 47:32 | 49:15 | 51:04 | 53:50 | 56:24 | 58:38 | 59:19 | | | | | | |
| | | | | | 1:42 | 2:43 | 1:43 | 1:49 | 2:46 | 2:34 | 2:14 | 0:41 | | | | | | |
| 8 | 57 | Winfried Schreiber MTK Bad Harzburg | H19-4 | 1:02:00 | 5:45 | 10:15 | 12:06 | 14:56 | 17:49 | 21:03 | 22:49 | 26:02 | 33:33 | 35:20 | 36:47 | 40:39 | 42:55 | 45:40 |
| | | | | | 5:45 | 4:30 | 1:51 | 2:50 | 2:53 | 3:14 | 1:46 | 3:13 | 7:31 | 1:47 | 1:27 | 3:52 | 2:16 | 2:45 |
| | | | | | 47:36 | 50:04 | 51:27 | 53:21 | 56:32 | 59:23 | 1:01:22 | 1:02:00 | | | | | | |
| | | | | | 1:56 | 2:28 | 1:23 | 1:54 | 3:11 | 2:51 | 1:59 | 0:38 | | | | | | |
| 9 | 56 | Joachim Stamer MTK Bad Harzburg | H19-4 | 1:02:11 | 6:08 | 10:48 | 12:32 | 15:40 | 18:54 | 22:04 | 23:42 | 26:12 | 32:41 | 34:20 | 35:59 | 40:04 | 42:18 | 43:55 |
| | | | | | 6:08 | 4:40 | 1:44 | 3:08 | 3:14 | 3:10 | 1:38 | 2:30 | 6:29 | 1:39 | 1:39 | 4:05 | 2:14 | 1:37 |
| | | | | | 46:45 | 49:52 | 51:30 | 53:24 | 56:34 | 59:24 | 1:01:30 | 1:02:11 | | | | | | |
| | | | | | 2:50 | 3:07 | 1:38 | 1:54 | 3:10 | 2:50 | 2:06 | 0:41 | | | | | | |
| 10 | 32 | Thilo Bruns MTK Bad Harzburg | H19-4 | 1:05:25 | 5:29 | 9:56 | 11:58 | 15:03 | 17:40 | 21:11 | 22:54 | 26:04 | 32:40 | 35:50 | 37:54 | 41:11 | 43:26 | 45:13 |
| | | | | | 5:29 | 4:27 | 2:02 | 3:05 | 2:37 | 3:31 | 1:43 | 3:10 | 6:36 | 3:10 | 2:04 | 3:17 | 2:15 | 1:47 |
| | | | | | 48:18 | 51:15 | 53:16 | 55:20 | 59:00 | 1:02:39 | 1:04:48 | 1:05:25 | | | | | | |
| | | | | | 3:05 | 2:57 | 2:01 | 2:04 | 3:40 | 3:39 | 2:09 | 0:37 | | | | | | |
| 11 | 15 | Horst von Gaza OLV Uslar | H19-4 | 1:07:09 | 5:48 | 10:12 | 12:01 | 14:53 | 17:48 | 21:01 | 23:21 | 26:42 | 37:01 | 39:12 | 41:00 | 44:28 | 47:13 | 48:50 |
| | | | | | 5:48 | 4:24 | 1:49 | 2:52 | 2:55 | 3:13 | 2:20 | 3:21 | 10:19 | 2:11 | 1:48 | 3:28 | 2:45 | 1:37 |
| | | | | | 50:41 | 53:16 | 55:06 | 57:19 | 1:00:49 | 1:04:08 | 1:06:33 | 1:07:09 | | | | | | |
| | | | | | 1:51 | 2:35 | 1:50 | 2:13 | 3:30 | 3:19 | 2:25 | 0:36 | | | | | | |
| 12 | 25 | Sabine Rothaug OSC Kassel | H19-4 | 1:07:49 | 6:17 | 11:00 | 12:49 | 15:59 | 18:30 | 21:51 | 23:28 | 26:45 | 35:39 | 37:09 | 38:53 | 42:58 | 44:54 | 47:42 |
| | | | | | 6:17 | 4:43 | 1:49 | 3:10 | 2:31 | 3:21 | 1:37 | 3:17 | 8:54 | 1:30 | 1:44 | 4:05 | 1:56 | 2:48 |
| | | | | | 49:46 | 53:03 | 54:37 | 56:33 | 1:02:33 | 1:05:08 | 1:07:12 | 1:07:49 | | | | | | |
| | | | | | 2:04 | 3:17 | 1:34 | 1:56 | 6:00 | 2:35 | 2:04 | 0:37 | | | | | | |
| 13 | 45 | Jan Felix Topp TSV Worpswede | H19-4 | 1:09:13 | 5:15 | 9:30 | 11:05 | 13:57 | 16:22 | 19:27 | 21:03 | 23:33 | 45:24 | 47:07 | 48:34 | 51:54 | 53:57 | 55:23 |
| | | | | | 5:15 | 4:15 | 1:35 | 2:52 | 2:25 | 3:05 | 1:36 | 2:30 | 21:51 | 1:43 | 1:27 | 3:20 | 2:03 | 1:26 |
| | | | | | 57:08 | 59:32 | 1:00:54 | 1:02:29 | 1:04:54 | 1:06:59 | 1:08:41 | 1:09:13 | | | | | | |
| | | | | | 1:45 | 2:24 | 1:22 | 1:35 | 2:25 | 2:05 | 1:42 | 0:32 | | | | | | |

| Pl | tnr | Name | Kat | Zeit | | | | | | | | | | | | | | |
|--------------------|-----|---------------------------------------|-------|---------|------------------------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| Bahn 1 (22) | | | | | 7,3 km 180 Hm 21 P (Forts.) | | | | | | | | | | | | | |
| | | | | | 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(84) |
| | | | | | 15(85) | 16(86) | 17(87) | 18(88) | 19(89) | 20(90) | 21(100) | Ziel | | | | | | |
| 14 | 1 | Thorsten Weigert Braunschweiger MT | H19-4 | 1:10:33 | 6:57 | 11:32 | 15:23 | 18:33 | 21:35 | 24:56 | 27:18 | 31:37 | 39:40 | 41:29 | 43:22 | 48:48 | 51:03 | 53:20 |
| | | | | | 6:57 | 4:35 | 3:51 | 3:10 | 3:02 | 3:21 | 2:22 | 4:19 | 8:03 | 1:49 | 1:53 | 5:26 | 2:15 | 2:17 |
| | | | | | 55:31 | 58:10 | 1:00:13 | 1:02:12 | 1:05:33 | 1:08:01 | 1:10:01 | 1:10:33 | | | | | | |
| | | | | | 2:11 | 2:39 | 2:03 | 1:59 | 3:21 | 2:28 | 2:00 | 0:32 | | | | | | |
| 15 | | Malte Finkenstädt OLV Uslar | H19-4 | 1:15:27 | 5:30 | 10:54 | 14:26 | 18:35 | 21:42 | 25:44 | 27:43 | 31:28 | 39:11 | 41:51 | 43:37 | 49:12 | 51:57 | 54:00 |
| | | | | | 5:30 | 5:24 | 3:32 | 4:09 | 3:07 | 4:02 | 1:59 | 3:45 | 7:43 | 2:40 | 1:46 | 5:35 | 2:45 | 2:03 |
| | | | | | 56:22 | 1:00:01 | 1:01:39 | 1:04:34 | 1:08:10 | 1:12:32 | 1:14:51 | 1:15:27 | | | | | | |
| | | | | | 2:22 | 3:39 | 1:38 | 2:55 | 3:36 | 4:22 | 2:19 | 0:36 | | | | | | |
| 16 | 19 | Christoph Napp Braunschweiger MT | H19-4 | 1:29:24 | 6:44 | 13:14 | 15:51 | 20:16 | 24:10 | 29:18 | 31:49 | 36:39 | 45:55 | 50:00 | 52:46 | 57:29 | 1:00:08 | 1:05:46 |
| | | | | | 6:44 | 6:30 | 2:37 | 4:25 | 3:54 | 5:08 | 2:31 | 4:50 | 9:16 | 4:05 | 2:46 | 4:43 | 2:39 | 5:38 |
| | | | | | 1:08:57 | 1:12:47 | 1:14:47 | 1:17:05 | 1:21:40 | 1:25:41 | 1:28:38 | 1:29:24 | | | | | | |
| | | | | | 3:11 | 3:50 | 2:00 | 2:18 | 4:35 | 4:01 | 2:57 | 0:46 | | | | | | |
| 17 | 58 | Wilfred Holloway MTK Bad Harzburg | H19-4 | 1:47:05 | 7:48 | 15:49 | 20:17 | 25:06 | 29:53 | 35:19 | 38:27 | 43:59 | 56:43 | 59:40 | 1:03:41 | 1:08:39 | 1:12:50 | 1:15:43 |
| | | | | | 7:48 | 8:01 | 4:28 | 4:49 | 4:47 | 5:26 | 3:08 | 5:32 | 12:44 | 2:57 | 4:01 | 4:58 | 4:11 | 2:53 |
| | | | | | 1:19:59 | 1:24:10 | 1:27:39 | 1:31:04 | 1:36:43 | 1:43:10 | 1:46:16 | 1:47:05 | | | | | | |
| | | | | | 4:16 | 4:11 | 3:29 | 3:25 | 5:39 | 6:27 | 3:06 | 0:49 | | | | | | |
| 18 | 18 | Jan Knaup Braunschweiger MT | H19-4 | 1:48:51 | 7:51 | 14:24 | 17:27 | 23:25 | 28:06 | 34:00 | 37:02 | 41:42 | 53:33 | 57:55 | 1:01:07 | 1:07:12 | 1:11:49 | 1:14:26 |
| | | | | | 7:51 | 6:33 | 3:03 | 5:58 | 4:41 | 5:54 | 3:02 | 4:40 | 11:51 | 4:22 | 3:12 | 6:05 | 4:37 | 2:37 |
| | | | | | 1:17:48 | 1:23:25 | 1:26:13 | 1:29:14 | 1:35:06 | 1:43:26 | 1:47:59 | 1:48:51 | | | | | | |
| | | | | | 3:22 | 5:37 | 2:48 | 3:01 | 5:52 | 8:20 | 4:33 | 0:52 | | | | | | |
| 19 | | Christoph Käsbach | H19-4 | 2:28:48 | 9:17 | 17:58 | 22:20 | 26:57 | 30:56 | 35:37 | 38:33 | 56:48 | 1:07:28 | 1:09:59 | 1:12:32 | 1:18:11 | 1:21:35 | 1:24:07 |
| | | | | | 9:17 | 8:41 | 4:22 | 4:37 | 3:59 | 4:41 | 2:56 | 18:15 | 10:40 | 2:31 | 2:33 | 5:39 | 3:24 | 2:32 |
| | | | | | 1:29:36 | 1:33:49 | 1:38:40 | 1:45:50 | 2:08:08 | 2:24:14 | 2:28:20 | 2:28:48 | | | | | | |
| | | | | | 5:29 | 4:13 | 4:51 | 7:10 | 22:18 | 16:06 | 4:06 | 0:28 | | | | | | |
| 17 | | Jens Struckmann Braunschweiger MT | H19-4 | N Ang | | | | | | | | | | | | | | |
| 71 | | Rolf Breckle Bielefelder TG | H19-4 | N Ang | | | | | | | | | | | | | | |
| 76 | | Max Sonneborn TSV Worpswede | H19-4 | N Ang | | | | | | | | | | | | | | |
| Bahn 2 (20) | | | | | 5,1 km 135 Hm 13 P | | | | | | | | | | | | | |
| | | | | | 1(89) | 2(72) | 3(74) | 4(78) | 5(73) | 6(80) | 7(81) | 8(82) | 9(83) | 10(85) | 11(88) | 12(90) | 13(100) | Ziel |
| 1 | 31 | Matti Bruns MTK Bad Harzburg | H15-1 | 40:41 | 4:06 | 8:10 | 11:57 | 13:54 | 15:55 | 21:52 | 23:28 | 26:48 | 28:57 | 31:10 | 33:44 | 37:36 | 40:11 | 40:41 |
| | | | | | 4:06 | 4:04 | 3:47 | 1:57 | 2:01 | 5:57 | 1:36 | 3:20 | 2:09 | 2:13 | 2:34 | 3:52 | 2:35 | 0:30 |
| 2 | 61 | Henning Bruns MTK Bad Harzburg | H45-6 | 47:21 | 3:57 | 8:34 | 13:20 | 14:59 | 17:03 | 24:31 | 26:19 | 30:18 | 32:53 | 36:01 | 39:16 | 44:38 | 46:45 | 47:21 |
| | | | | | 3:57 | 4:37 | 4:46 | 1:39 | 2:04 | 7:28 | 1:48 | 3:59 | 2:35 | 3:08 | 3:15 | 5:22 | 2:07 | 0:36 |
| 3 | 38 | Göran Wendler SV Wissenschaft Qu | H45-6 | 48:02 | 4:23 | 8:30 | 13:09 | 14:55 | 17:20 | 24:36 | 26:51 | 31:45 | 34:18 | 37:22 | 40:50 | 45:34 | 47:29 | 48:02 |
| | | | | | 4:23 | 4:07 | 4:39 | 1:46 | 2:25 | 7:16 | 2:15 | 4:54 | 2:33 | 3:04 | 3:28 | 4:44 | 1:55 | 0:33 |
| 4 | 63 | Birte Friedrichs MTV Seesen | D19-4 | 48:29 | 4:06 | 8:44 | 13:42 | 15:12 | 16:57 | 25:10 | 27:12 | 32:42 | 34:54 | 37:33 | 40:30 | 45:35 | 47:51 | 48:29 |
| | | | | | 4:06 | 4:38 | 4:58 | 1:30 | 1:45 | 8:13 | 2:02 | 5:30 | 2:12 | 2:39 | 2:57 | 5:05 | 2:16 | 0:38 |
| 5 | 43 | Marie Hofmeister MTK Bad Harzburg | D19-4 | 49:37 | 4:28 | 9:43 | 14:28 | 16:12 | 18:03 | 26:21 | 28:14 | 32:36 | 34:53 | 37:33 | 41:06 | 46:23 | 48:56 | 49:37 |
| | | | | | 4:28 | 5:15 | 4:45 | 1:44 | 1:51 | 8:18 | 1:53 | 4:22 | 2:17 | 2:40 | 3:33 | 5:17 | 2:33 | 0:41 |
| 6 | 20 | Frank Leppla Braunschweiger MT | H45-6 | 52:23 | 6:02 | 10:52 | 15:19 | 17:10 | 19:33 | 28:01 | 29:58 | 35:18 | 38:48 | 41:49 | 44:52 | 49:41 | 51:46 | 52:23 |
| | | | | | 6:02 | 4:50 | 4:27 | 1:51 | 2:23 | 8:28 | 1:57 | 5:20 | 3:30 | 3:01 | 3:03 | 4:49 | 2:05 | 0:37 |
| 7 | 36 | Sven Buchholz MTK Bad Harzburg | H45-6 | 55:38 | 4:20 | 9:11 | 14:21 | 16:31 | 19:19 | 28:09 | 31:08 | 36:11 | 38:47 | 42:21 | 46:17 | 52:37 | 55:04 | 55:38 |
| | | | | | 4:20 | 4:51 | 5:10 | 2:10 | 2:48 | 8:50 | 2:59 | 5:03 | 2:36 | 3:34 | 3:56 | 6:20 | 2:27 | 0:34 |
| 8 | 22 | Stephan Schliebene OLV Uslar | H45-6 | 56:27 | 5:28 | 11:05 | 16:34 | 18:37 | 20:53 | 29:40 | 31:53 | 36:29 | 39:42 | 43:08 | 46:59 | 52:59 | 55:45 | 56:27 |
| | | | | | 5:28 | 5:37 | 5:29 | 2:03 | 2:16 | 8:47 | 2:13 | 4:36 | 3:13 | 3:26 | 3:51 | 6:00 | 2:46 | 0:42 |

| Pl | tnr | Name | Kat | Zeit | | | | | | | | | | | | | | Ziel | |
|--------------------|---------------|--|-------|---------|----------------------|-------|-------|-------|-------------|-------|-------|---------|---------|-----------------|---------|---------|-------------|-------------|--|
| Bahn 2 (20) | | | | | 5,1 km 135 Hm | | | | 13 P | | | | | <i>(Forts.)</i> | | | | | |
| | | | | | 1(89) | 2(72) | 3(74) | 4(78) | 5(73) | 6(80) | 7(81) | 8(82) | 9(83) | 10(85) | 11(88) | 12(90) | 13(100) | | |
| 9 | 11 | Nina Döllgast MTK Bad Harzburg | D19-4 | 56:45 | 5:10 | 10:44 | 16:13 | 18:08 | 20:27 | 28:45 | 30:58 | 35:38 | 38:29 | 41:52 | 46:32 | 53:31 | 56:05 | 56:45 | |
| | | | | | 5:10 | 5:34 | 5:29 | 1:55 | 2:19 | 8:18 | 2:13 | 4:40 | 2:51 | 3:23 | 4:40 | 6:59 | 2:34 | 0:40 | |
| 10 | 44 | Nilas Stamer MTK Bad Harzburg | H15-1 | 56:46 | 4:43 | 10:03 | 15:07 | 17:10 | 20:04 | 30:02 | 32:31 | 37:13 | 39:38 | 42:52 | 46:56 | 53:36 | 56:09 | 56:46 | |
| | | | | | 4:43 | 5:20 | 5:04 | 2:03 | 2:54 | 9:58 | 2:29 | 4:42 | 2:25 | 3:14 | 4:04 | 6:40 | 2:33 | 0:37 | |
| 11 | 60 | Regis Januskeviciu MTK Bad Harzburg | H45-6 | 57:00 | 6:20 | 11:33 | 16:40 | 18:34 | 22:07 | 31:05 | 33:24 | 37:12 | 40:15 | 43:47 | 47:52 | 54:25 | 56:28 | 57:00 | |
| | | | | | 6:20 | 5:13 | 5:07 | 1:54 | 3:33 | 8:58 | 2:19 | 3:48 | 3:03 | 3:32 | 4:05 | 6:33 | 2:03 | 0:32 | |
| 12 | 48 | Fu Juncheng MTV Seesen | H15-1 | 59:48 | 5:18 | 11:44 | 19:03 | 21:08 | 23:37 | 32:45 | 35:49 | 40:09 | 43:45 | 47:59 | 52:10 | 57:24 | 59:19 | 59:48 | |
| | | | | | 5:18 | 6:26 | 7:19 | 2:05 | 2:29 | 9:08 | 3:04 | 4:20 | 3:36 | 4:14 | 4:11 | 5:14 | 1:55 | 0:29 | |
| 13 | 69 | Michael Kukis OSC Kassel | H45-6 | 1:00:23 | 7:33 | 12:37 | 16:54 | 19:22 | 22:35 | 32:48 | 34:58 | 41:20 | 44:05 | 47:11 | 51:51 | 57:21 | 59:44 | 1:00:23 | |
| | | | | | 7:33 | 5:04 | 4:17 | 2:28 | 3:13 | 10:13 | 2:10 | 6:22 | 2:45 | 3:06 | 4:40 | 5:30 | 2:23 | 0:39 | |
| 14 | 68 | Christian Buchberg MTV Seesen | H45-6 | 1:05:54 | 7:59 | 14:42 | 20:25 | 23:08 | 27:38 | 37:01 | 39:44 | 45:04 | 48:35 | 52:32 | 56:52 | 1:03:10 | 1:05:22 | 1:05:54 | |
| | | | | | 7:59 | 6:43 | 5:43 | 2:43 | 4:30 | 9:23 | 2:43 | 5:20 | 3:31 | 3:57 | 4:20 | 6:18 | 2:12 | 0:32 | |
| 15 | 23 | Luis Moreton Turn-Klubb Hannov | H45-6 | 1:06:47 | 5:30 | 12:01 | 18:26 | 20:49 | 23:23 | 36:41 | 39:32 | 45:00 | 47:50 | 51:34 | 55:52 | 1:02:08 | 1:05:56 | 1:06:47 | |
| | | | | | 5:30 | 6:31 | 6:25 | 2:23 | 2:34 | 13:18 | 2:51 | 5:28 | 2:50 | 3:44 | 4:18 | 6:16 | 3:48 | 0:51 | |
| 16 | 35 | Tanja Buchholz MTK Bad Harzburg | D19-4 | 1:10:43 | 6:48 | 13:40 | 20:23 | 23:32 | 26:26 | 37:07 | 40:12 | 46:20 | 50:01 | 54:29 | 59:04 | 1:06:43 | 1:09:54 | 1:10:43 | |
| | | | | | 6:48 | 6:52 | 6:43 | 3:09 | 2:54 | 10:41 | 3:05 | 6:08 | 3:41 | 4:28 | 4:35 | 7:39 | 3:11 | 0:49 | |
| 17 | 24 | Bernd Höfner OLV Uslar | H45-6 | 1:13:14 | 11:45 | 17:23 | 22:20 | 24:18 | 26:28 | 40:13 | 42:26 | 49:21 | 55:33 | 59:33 | 1:03:47 | 1:09:33 | 1:12:44 | 1:13:14 | |
| | | | | | 11:45 | 5:38 | 4:57 | 1:58 | 2:10 | 13:45 | 2:13 | 6:55 | 6:12 | 4:00 | 4:14 | 5:46 | 3:11 | 0:30 | |
| 18 | 9 | Sandra Wendt Turn-Klubb Hannov | D19-4 | 1:20:07 | 7:06 | 13:59 | 21:04 | 23:45 | 27:39 | 41:47 | 44:50 | 52:44 | 56:37 | 1:00:32 | 1:06:36 | 1:15:42 | 1:19:20 | 1:20:07 | |
| | | | | | 7:06 | 6:53 | 7:05 | 2:41 | 3:54 | 14:08 | 3:03 | 7:54 | 3:53 | 3:55 | 6:04 | 9:06 | 3:38 | 0:47 | |
| 19 | 8 | Kai-Anke Hornbruc Turn-Klubb Hannov | D19-4 | 1:34:22 | 12:16 | 20:41 | 27:27 | 30:27 | 35:10 | 52:06 | 55:03 | 1:01:51 | 1:06:25 | 1:11:33 | 1:21:25 | 1:29:35 | 1:33:25 | 1:34:22 | |
| | | | | | 12:16 | 8:25 | 6:46 | 3:00 | 4:43 | 16:56 | 2:57 | 6:48 | 4:34 | 5:08 | 9:52 | 8:10 | 3:50 | 0:57 | |
| 10 | Anke von Gaza | D19-4 | Aufg | 4:49 | 9:54 | 15:22 | 18:21 | 21:36 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | 38:33 | |
| | OLV Uslar | | | 4:49 | 5:05 | 5:28 | 2:59 | 3:15 | | | | | | | | | 16:57 | | |
| Bahn 3 (17) | | | | | 4,2 km 120 Hm | | | | 10 P | | | | | | | | | | |
| | | | | | 1(88) | 2(82) | 3(80) | 4(78) | 5(74) | 6(73) | 7(72) | 8(89) | 9(90) | 10(100) | Ziel | | | | |
| 1 | 33 | Pia Buchholz MTK Bad Harzburg | D15-1 | 46:46 | 3:14 | 9:17 | 14:10 | 21:41 | 24:55 | 29:01 | 31:28 | 37:38 | 42:50 | 46:05 | 46:46 | | | | |
| | | | | | 3:14 | 6:03 | 4:53 | 7:31 | 3:14 | 4:06 | 2:27 | 6:10 | 5:12 | 3:15 | | | | 0:41 | |
| 2 | 14 | Heidrun Finke OLV Uslar | D45-6 | 47:24 | 3:40 | 10:06 | 15:44 | 23:03 | 25:55 | 29:14 | 31:29 | 38:49 | 43:45 | 46:37 | 47:24 | | | | |
| | | | | | 3:40 | 6:26 | 5:38 | 7:19 | 2:52 | 3:19 | 2:15 | 7:20 | 4:56 | 2:52 | | | | 0:47 | |
| 3 | 50 | Marlen Steinhoff | D15-1 | 50:44 | 4:53 | 12:13 | 17:50 | 25:31 | 28:59 | 33:01 | 35:25 | 41:35 | 46:50 | 50:04 | 50:44 | | | | |
| | | | | | 4:53 | 7:20 | 5:37 | 7:41 | 3:28 | 4:02 | 2:24 | 6:10 | 5:15 | 3:14 | | | | 0:40 | |
| 4 | 41 | Susanne Harmuth MTK Bad Harzburg | D45-6 | 51:48 | 5:55 | 13:20 | 18:55 | 26:43 | 30:03 | 34:03 | 36:33 | 42:45 | 48:01 | 51:09 | 51:48 | | | | |
| | | | | | 5:55 | 7:25 | 5:35 | 7:48 | 3:20 | 4:00 | 2:30 | 6:12 | 5:16 | 3:08 | | | | 0:39 | |
| 5 | 64 | Detlev Friedrichs MTV Seesen | H65- | 54:44 | 3:18 | 10:25 | 16:04 | 23:31 | 27:34 | 31:50 | 34:59 | 42:49 | 48:54 | 53:58 | 54:44 | | | | |
| | | | | | 3:18 | 7:07 | 5:39 | 7:27 | 4:03 | 4:16 | 3:09 | 7:50 | 6:05 | 5:04 | | | | 0:46 | |
| 6 | 66 | Irene Buchberger MTV Seesen | D45-6 | 59:56 | 5:14 | 14:33 | 20:41 | 28:02 | 31:42 | 38:02 | 41:10 | 50:18 | 56:13 | 59:15 | 59:56 | | | | |
| | | | | | 5:14 | 9:19 | 6:08 | 7:21 | 3:40 | 6:20 | 3:08 | 9:08 | 5:55 | 3:02 | | | | 0:41 | |
| 7 | 7 | Günter Gohde Turn-Klubb Hannov | H65- | 1:00:19 | 4:07 | 13:00 | 19:55 | 28:35 | 32:46 | 38:12 | 41:45 | 49:25 | 56:18 | 59:33 | 1:00:19 | | | | |
| | | | | | 4:07 | 8:53 | 6:55 | 8:40 | 4:11 | 5:26 | 3:33 | 7:40 | 6:53 | 3:15 | | | | 0:46 | |
| 8 | | Anna-Lena Engelma TSV Worpswede | D15-1 | 1:01:47 | 4:16 | 12:43 | 19:31 | 29:23 | 34:05 | 40:12 | 43:19 | 50:44 | 57:36 | 1:00:54 | 1:01:47 | | | | |
| | | | | | 4:16 | 8:27 | 6:48 | 9:52 | 4:42 | 6:07 | 3:07 | 7:25 | 6:52 | 3:18 | | | | 0:53 | |
| 9 | 12 | Silke Napp Braunschweiger MT | D45-6 | 1:01:48 | 5:38 | 16:06 | 23:39 | 32:13 | 35:57 | 40:14 | 42:35 | 52:22 | 57:38 | 1:01:04 | 1:01:48 | | | | |
| | | | | | 5:38 | 10:28 | 7:33 | 8:34 | 3:44 | 4:17 | 2:21 | 9:47 | 5:16 | 3:26 | | | | 0:44 | |
| 10 | | Jordan Meisel OLV Uslar | D15-1 | 1:05:18 | 4:40 | 15:46 | 23:35 | 33:32 | 38:08 | 44:21 | 47:23 | 54:37 | 1:01:35 | 1:04:33 | 1:05:18 | | | | |
| | | | | | 4:40 | 11:06 | 7:49 | 9:57 | 4:36 | 6:13 | 3:02 | 7:14 | 6:58 | 2:58 | | | | 0:45 | |
| 11 | 59 | Esther Knoblauch MTK Bad Harzburg | D45-6 | 1:08:37 | 3:58 | 11:32 | 18:21 | 28:38 | 35:19 | 41:31 | 46:31 | 56:54 | 1:03:52 | 1:07:47 | 1:08:37 | | | | |
| | | | | | 3:58 | 7:34 | 6:49 | 10:17 | 6:41 | 6:12 | 5:00 | 10:23 | 6:58 | 3:55 | | | | 0:50 | |
| 12 | 37 | Bente Wendler SV Wissenschaft Qu | D15-1 | 1:21:11 | 7:31 | 17:16 | 25:24 | 40:00 | 47:27 | 53:34 | 58:10 | 1:07:58 | 1:17:09 | 1:20:21 | 1:21:11 | | | | |
| | | | | | 7:31 | 9:45 | 8:08 | 14:36 | 7:27 | 6:07 | 4:36 | 9:48 | 9:11 | 3:12 | | | | 0:50 | |

