

Pl	tnr	Name	Zeit															
<b>H19-44 (22)</b>				<b>7,3 km 180 Hm</b>	<b>21 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(84)	
				15(85)	16(86)	17(87)	18(88)	19(89)	20(90)	21(100)	Ziel							
1	29	Henrik Markvardsen Tisvilde Hegn OK	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	
				4:06	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	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	
				4:14	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	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	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	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	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	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	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	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	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	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	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	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	Zeit															
<b>H19-44 (22)</b>			<b>7,3 km 180 Hm</b>		<b>21 P</b>		<i>(Forts.)</i>											
			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	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	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	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	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	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	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	N Ang															
71		Rolf Breckle Bielefelder TG	N Ang															
76		Max Sonneborn TSV Worpsswede	N Ang															
<b>D19-44 (7)</b>			<b>5,1 km 135 Hm</b>		<b>13 P</b>													
			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	63	Birte Friedrichs MTV Seesen	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	
2	43	Marie Hofmeister MTK Bad Harzburg	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	
3	11	Nina Döllgast MTK Bad Harzburg	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	
4	35	Tanja Buchholz MTK Bad Harzburg	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	
5	9	Sandra Wendt Turn-Klubb Hannov	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	
6	8	Kai-Anke Hornbruc Turn-Klubb Hannov	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 OLV Uslar	Aufg	4:49	9:54	15:22	18:21	21:36	----	----	----	----	----	----	----	----	38:33	
				4:49	5:05	5:28	2:59	3:15										16:57

Pl	tnr	Name	Zeit										
<b>H-10 (3)</b>			<b>2,2 km</b>	<b>25 Hm</b>	<b>7 P</b>								
			1(91)	2(92)	3(93)	4(94)	5(95)	6(96)	7(97)	Ziel			
1	51	Jonas Knaup Braunschweiger MT	26:42	3:13	5:45	9:36	10:53	19:53	20:30	25:56	26:42		
2	77	Stine und Erik Brun MTK Bad Harzburg	45:02	7:30	13:28	23:15	26:52	37:30	39:24	43:26	45:02		
	53	Jorgo Hey MTK Bad Harzburg	Aufg	28:39	-----	-----	-----	-----	-----	-----	1:02:29		
				28:39							33:50		
<b>D-10 (5)</b>			<b>2,2 km</b>	<b>25 Hm</b>	<b>7 P</b>								
			1(91)	2(92)	3(93)	4(94)	5(95)	6(96)	7(97)	Ziel			
1	6	Jana Knaup Braunschweiger MT	28:55	4:33	7:49	13:38	15:10	24:03	25:08	27:57	28:55		
2	73	Karla Breckle Bielefelder TG	31:25	4:31	8:34	14:21	17:59	25:17	27:24	30:15	31:25		
	4	Jule Weigert Braunschweiger MT	Aufg	8:44	-----	-----	-----	-----	-----	-----			
	5	Anna Weigert Braunschweiger MT	Aufg	6:39	-----	-----	-----	-----	-----	-----			
AK	70	Asta Januskeviciene MTK Bad Harzburg	34:07	4:44	7:48	13:23	15:59	27:06	28:31	32:32	34:07		
				4:44	3:04	5:35	2:36	11:07	1:25	4:01	1:35		
<b>H11-14 (11)</b>			<b>3,3 km</b>	<b>75 Hm</b>	<b>9 P</b>								
			1(98)	2(79)	3(80)	4(82)	5(85)	6(88)	7(89)	8(90)	9(100)	Ziel	
1		Theo Henseler MTV Seesen	26:21	1:18	5:40	7:27	11:55	14:28	17:17	20:40	23:12	25:47	26:21
2	34	Tom Buchholz MTK Bad Harzburg	28:47	1:26	6:00	7:51	12:07	15:06	18:23	22:59	26:02	28:18	28:47
3	30	Jussi Bruns MTK Bad Harzburg	33:56	1:26	4:34	1:51	4:16	2:59	3:17	4:36	3:03	2:16	0:29
4		Till Buchberger MTV Seesen	36:32	1:33	6:53	3:05	4:27	2:42	3:05	6:10	3:12	2:15	0:34
5	46	Aaron Wandelt MTV Seesen	36:56	1:46	9:41	12:34	17:56	20:40	25:37	29:44	33:13	35:54	36:32
6	55	Bennet Grote OLV Uslar	40:46	1:46	7:55	2:53	5:22	2:44	4:57	4:07	3:29	2:41	0:38
7	47	Julius Wandelt MTV Seesen	50:56	1:24	6:43	9:14	17:10	20:43	24:11	29:13	33:56	36:20	36:56
8		Jan Klose MTV Seesen	55:44	1:56	10:36	13:39	19:37	23:02	27:47	32:56	36:55	40:01	40:46
9	75	Thore Napp Braunschweiger MT	1:28:26	1:56	8:40	3:03	5:58	3:25	4:45	5:09	3:59	3:06	0:45
10	52	Marco Urszua	1:29:43	1:55	11:14	13:41	20:20	25:05	30:09	38:56	45:29	50:11	50:56
	39	Mika Wendler SV Wissenschaft Qu	Aufg	1:55	9:19	2:27	6:39	4:45	5:04	8:47	6:33	4:42	0:45
				2:37	17:39	19:50	25:13	30:10	35:18	41:26	51:25	55:12	55:44
				2:37	15:02	2:11	5:23	4:57	5:08	6:08	9:59	3:47	0:32
				2:37	25:49	29:22	37:55	44:05	1:02:13	1:13:31	1:23:26	1:27:39	1:28:26
				2:37	23:12	3:33	8:33	6:10	18:08	11:18	9:55	4:13	0:47
				2:28	25:52	30:34	37:50	58:22	1:04:29	1:16:10	1:24:29	1:28:59	1:29:43
				2:28	23:24	4:42	7:16	20:32	6:07	11:41	8:19	4:30	0:44
				4:17	39:33	42:19	51:01	-----	-----	-----	-----	-----	1:40:23
				4:17	35:16	2:46	8:42						49:22
<b>D11-14 (7)</b>			<b>3,3 km</b>	<b>75 Hm</b>	<b>9 P</b>								
			1(98)	2(79)	3(80)	4(82)	5(85)	6(88)	7(89)	8(90)	9(100)	Ziel	
1		Lina Buchberger MTV Seesen	33:08	1:26	6:14	7:54	12:37	15:35	19:18	25:41	29:58	32:34	33:08
				1:26	4:48	1:40	4:43	2:58	3:43	6:23	4:17	2:36	0:34

Pl	tnr	Name	Zeit														
<b>D11-14 (7)</b>			<b>3,3 km 75 Hm</b>	<b>9 P</b>	<i>(Forts.)</i>												
			1(98)	2(79)	3(80)	4(82)	5(85)	6(88)	7(89)	8(90)	9(100)	Ziel					
2		<b>Anna Castilho Marc</b>	<b>40:36</b>	1:49	8:30	10:42	16:31	20:52	25:35	30:56	37:15	39:58	40:36				
		<b>SV Hildesia Diekhol</b>		1:49	6:41	2:12	5:49	4:21	4:43	5:21	6:19	2:43	0:38				
3		<b>Lilly Hintz</b>	<b>43:53</b>	2:06	11:27	13:45	19:29	23:52	28:37	33:57	40:16	43:10	43:53				
		<b>MTV Seesen</b>		2:06	9:21	2:18	5:44	4:23	4:45	5:20	6:19	2:54	0:43				
4		<b>Mareike Blohm</b>	<b>51:48</b>	1:54	9:07	13:47	21:26	31:12	36:02	41:20	47:51	51:14	51:48				
		<b>TSV Worpswede</b>		1:54	7:13	4:40	7:39	9:46	4:50	5:18	6:31	3:23	<b>0:34</b>				
5	74	<b>Kiana Meisel</b>	<b>54:58</b>	3:12	12:10	16:55	24:20	34:03	39:09	44:20	50:57	54:22	54:58				
		<b>OLV Uslar</b>		3:12	8:58	4:45	7:25	9:43	5:06	<b>5:11</b>	6:37	3:25	0:36				
6	40	<b>Johanna Harmuth</b>	<b>1:24:21</b>	3:35	16:42	19:13	30:48	40:03	58:21	1:09:26	1:19:31	1:23:44	1:24:21				
		<b>MTK Bad Harzburg</b>		3:35	13:07	2:31	11:35	9:15	18:18	11:05	10:05	4:13	0:37				
		<b>54 Liv Tödt</b>	<b>N Ang</b>														
<b>H15-18 (3)</b>			<b>5,1 km 135 Hm</b>	<b>13 P</b>													
			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	<b>Matti Bruns</b>	<b>40:41</b>	<b>4:06</b>	<b>8:10</b>	<b>11:57</b>	<b>13:54</b>	<b>15:55</b>	<b>21:52</b>	<b>23:28</b>	<b>26:48</b>	<b>28:57</b>	<b>31:10</b>	<b>33:44</b>	<b>37:36</b>	<b>40:11</b>	<b>40:41</b>
		<b>MTK Bad Harzburg</b>		<b>4:06</b>	<b>4:04</b>	<b>3:47</b>	<b>1:57</b>	<b>2:01</b>	<b>5:57</b>	<b>1:36</b>	<b>3:20</b>	<b>2:09</b>	<b>2:13</b>	<b>2:34</b>	<b>3:52</b>	2:35	0:30
2	44	<b>Nilas Stamer</b>	<b>56:46</b>	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
		<b>MTK Bad Harzburg</b>		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
3	48	<b>Fu Juncheng</b>	<b>59:48</b>	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
		<b>MTV Seesen</b>		5:18	6:26	7:19	2:05	2:29	9:08	3:04	4:20	3:36	4:14	4:11	5:14	<b>1:55</b>	<b>0:29</b>
<b>D15-18 (6)</b>			<b>4,2 km 120 Hm</b>	<b>10 P</b>													
			1(88)	2(82)	3(80)	4(78)	5(74)	6(73)	7(72)	8(89)	9(90)	10(100)	Ziel				
1	33	<b>Pia Buchholz</b>	<b>46:46</b>	<b>3:14</b>	<b>9:17</b>	<b>14:10</b>	<b>21:41</b>	<b>24:55</b>	<b>29:01</b>	<b>31:28</b>	<b>37:38</b>	<b>42:50</b>	<b>46:05</b>	<b>46:46</b>			
		<b>MTK Bad Harzburg</b>		<b>3:14</b>	<b>6:03</b>	<b>4:53</b>	<b>7:31</b>	<b>3:14</b>	4:06	2:27	<b>6:10</b>	<b>5:12</b>	3:15	0:41			
2	50	<b>Marlen Steinhoff</b>	<b>50:44</b>	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	<b>4:02</b>	<b>2:24</b>	<b>6:10</b>	5:15	3:14	<b>0:40</b>			
3		<b>Anna-Lena Engelma</b>	<b>1:01:47</b>	4:16	12:43	19:31	29:23	34:05	40:12	43:19	50:44	57:36	1:00:54	1:01:47			
		<b>TSV Worpswede</b>		4:16	8:27	6:48	9:52	4:42	6:07	3:07	7:25	6:52	3:18	0:53			
4		<b>Jordan Meisel</b>	<b>1:05:18</b>	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			
		<b>OLV Uslar</b>		4:40	11:06	7:49	9:57	4:36	6:13	3:02	7:14	6:58	<b>2:58</b>	0:45			
5	37	<b>Bente Wendler</b>	<b>1:21:11</b>	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			
		<b>SV Wissenschaft Qu</b>		7:31	9:45	8:08	14:36	7:27	6:07	4:36	9:48	9:11	3:12	0:50			
		<b>49 Julia Richter</b>	<b>N Ang</b>														
		<b>MTK Bad Harzburg</b>															
<b>H45-64 (10)</b>			<b>5,1 km 135 Hm</b>	<b>13 P</b>													
			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	61	<b>Henning Bruns</b>	<b>47:21</b>	<b>3:57</b>	8:34	13:20	14:59	<b>17:03</b>	<b>24:31</b>	<b>26:19</b>	<b>30:18</b>	<b>32:53</b>	<b>36:01</b>	<b>39:16</b>	<b>44:38</b>	<b>46:45</b>	<b>47:21</b>
		<b>MTK Bad Harzburg</b>		<b>3:57</b>	4:37	4:46	<b>1:39</b>	<b>2:04</b>	7:28	<b>1:48</b>	3:59	2:35	3:08	3:15	5:22	2:07	0:36
2	38	<b>Göran Wendler</b>	<b>48:02</b>	4:23	<b>8:30</b>	<b>13:09</b>	<b>14:55</b>	17:20	24:36	26:51	31:45	34:18	37:22	40:50	45:34	47:29	48:02
		<b>SV Wissenschaft Qu</b>		4:23	<b>4:07</b>	4:39	1:46	2:25	<b>7:16</b>	2:15	4:54	<b>2:33</b>	3:04	3:28	<b>4:44</b>	<b>1:55</b>	0:33
3	20	<b>Frank Leppla</b>	<b>52:23</b>	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
		<b>Braunschweiger MT</b>		6:02	4:50	4:27	1:51	2:23	8:28	1:57	5:20	3:30	<b>3:01</b>	<b>3:03</b>	4:49	2:05	0:37
4	36	<b>Sven Buchholz</b>	<b>55:38</b>	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
		<b>MTK Bad Harzburg</b>		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
5	22	<b>Stephan Schliebene</b>	<b>56:27</b>	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
		<b>OLV Uslar</b>		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	Zeit															
<b>H45-64 (10)</b>			<b>5,1 km 135 Hm</b>		<b>13 P</b>		<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)	Ziel		
6	60	Regis Januskeviciu MTK Bad Harzburg	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	<b>3:48</b>	3:03	3:32	4:05	6:33	2:03	0:32	
7	69	Michael Kukis OSC Kassel	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	<b>4:17</b>	2:28	3:13	10:13	2:10	6:22	2:45	3:06	4:40	5:30	2:23	0:39	
8	68	Christian Buchberg MTV Seesen	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	
9	23	Luis Moreton Turn-Klubb Hannov	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	
10	24	Bernd Höfner OLV Uslar	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	<b>0:30</b>	
<b>D45-64 (8)</b>			<b>4,2 km 120 Hm</b>		<b>10 P</b>													
			1(88)	2(82)	3(80)	4(78)	5(74)	6(73)	7(72)	8(89)	9(90)	10(100)	Ziel					
1	14	Heidrun Finke OLV Uslar	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				
2	41	Susanne Harmuth MTK Bad Harzburg	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	<b>0:39</b>				
3	66	Irene Buchberger MTV Seesen	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				
4	12	Silke Napp Braunschweiger MT	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				
5	59	Esther Knoblauch MTK Bad Harzburg	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				
6	13	Sylke Höfner OLV Uslar	2:10:08	6:30	25:54	37:24	54:21	1:01:10	1:19:56	1:24:30	1:55:08	2:03:16	2:08:35	2:10:08				
				6:30	19:24	11:30	16:57	6:49	18:46	4:34	30:38	8:08	5:19	1:33				
AK	72	Gisa-Ulrike Breckle Bielefelder TG	1:10:59	3:48	13:35	21:46	31:03	34:52	46:36	49:49	58:49	1:05:56	1:10:04	1:10:59				
				3:48	9:47	8:11	9:17	3:49	11:44	3:13	9:00	7:07	4:08	0:55				
	62	Ellen Bruns MTK Bad Harzburg	N Ang															
<b>H65- (3)</b>			<b>4,2 km 120 Hm</b>		<b>10 P</b>													
			1(88)	2(82)	3(80)	4(78)	5(74)	6(73)	7(72)	8(89)	9(90)	10(100)	Ziel					
1	64	Detlev Friedrichs MTV Seesen	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	<b>0:46</b>				
2	7	Günter Gohde Turn-Klubb Hannov	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	<b>0:46</b>				
3	65	Eberhard Höfer ASG Teutoburger W	1:22:11	6:22	17:45	26:07	36:01	41:46	49:14	58:30	1:09:12	1:15:42	1:21:04	1:22:11				
				6:22	11:23	8:22	9:54	5:45	7:28	9:16	10:42	6:30	5:22	1:07				
<b>D65- (1)</b>			<b>3,3 km 75 Hm</b>		<b>9 P</b>													
			1(98)	2(79)	3(80)	4(82)	5(85)	6(88)	7(89)	8(90)	9(100)	Ziel						
AK	67	Ulrike Friedrichs MTV Seesen	46:23	1:57	9:47	13:26	20:17	24:47	30:21	35:09	42:05	45:36	46:23					
				1:57	7:50	3:39	6:51	4:30	5:34	4:48	6:56	3:31	<b>0:47</b>					
<b>Anf. (2)</b>			<b>2,2 km 25 Hm</b>		<b>7 P</b>													
			1(91)	2(92)	3(93)	4(94)	5(95)	6(96)	7(97)	Ziel								
	3	Robin von Gaza OLV Uslar	Fehlst	10:02	48:23	1:08:02	-----	-----	-----	-----	1:21:44							
				10:02	38:21	19:39							13:42					

Pl	tnr	Name	Zeit							
<b>Anf. (2)</b>			<b>2,2 km</b>	<b>25 Hm</b>	<b>7 P</b>	<i>(Forts.)</i>				
			1(91)	2(92)	3(93)	4(94)	5(95)	6(96)	7(97)	Ziel
	<b>2</b>	<b>Claudia Weigert</b>	<b>Aufg</b>	<b>6:49</b>	-----	-----	-----	-----	-----	
		<b>Braunschweiger MT</b>		<b>6:49</b>						