

| Pl | tnr | Name | Zeit | 6,0 km 115 Hm | | | 19 P | | | | | | | | | | | |
|----------------------------|-----|---|----------------|---------------------------------|----------------------------------|-----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------|-----------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|--|
| | | | | 1(71) 15(84) | 2(72) 16(85) | 3(73) 17(83) | 4(74) 18(86) | 5(75) 19(100) | 6(76) Ziel | 7(77) | 8(78) | 9(79) | 10(80) | 11(76) | 12(81) | 13(82) | 14(83) | |
| Herren 21 (6) | | | | | | | | | | | | | | | | | | |
| 1 | | Ole Hennseler MTV Seesen | 34:04 | 2:07 25:48 1:05 | 3:43 27:18 1:30 | 6:39 28:50 1:32 | 8:36 30:22 1:32 | 9:29 33:46 3:24 | 11:40 34:04 0:18 | 13:07 1:27 | 15:25 2:18 *88 | 16:49 1:24 | 17:32 0:43 | 18:26 0:54 | 19:59 1:33 | 22:23 2:24 | 24:43 2:20 | |
| 2 | | Christoph Hofmeist MTK Bad Harzburg | 39:40 | 1:58 28:51 1:21 | 3:33 30:29 1:38 | 7:28 32:15 1:46 | 9:18 34:23 2:08 | 10:20 39:15 4:52 | 12:51 39:40 0:25 | 14:22 1:31 | 16:48 2:26 | 18:38 1:50 | 19:32 0:54 | 20:32 1:00 | 22:06 1:34 | 24:37 2:31 | 27:30 2:53 | |
| 3 | | Markus Müller OSC Kassel | 40:45 | 1:58 30:50 1:20 | 3:54 32:29 1:39 | 7:27 34:20 1:51 | 9:18 36:41 2:21 | 10:14 40:12 3:31 | 13:01 40:45 0:33 | 14:39 1:38 | 17:27 2:48 | 19:39 2:12 | 20:36 0:57 | 21:46 1:10 | 23:45 1:59 | 26:37 2:52 | 29:30 2:53 | |
| 4 | | Jan Schliebener OLV Uslar | 44:19 | 2:48 34:17 1:34 | 5:04 36:20 2:03 | 8:59 38:15 1:55 | 11:03 40:03 1:48 | 12:36 43:44 3:41 | 15:41 44:19 0:35 | 17:32 1:51 | 20:28 2:56 | 22:41 2:13 | 23:39 0:58 | 24:39 1:00 | 26:28 1:49 | 29:37 3:09 | 32:43 3:06 | |
| 5 | | Wilf Holloway Nörten-Hardenberg | 1:30:09 | 7:54 1:11:14 2:35 | 12:32 1:14:57 3:43 | 25:03 1:18:10 3:13 | 29:17 1:21:33 3:23 | 31:12 1:29:16 7:43 | 36:26 1:30:09 0:53 | 41:00 1:04:33 | 45:37 1:09:10 | 50:04 1:10:57 | 52:07 1:14:00 | 55:09 1:21:20 | 58:48 1:28:22 | 1:03:08 1:33:57 | 1:08:39 5:35 | |
| 6 | | Jannik Richter Hochschulsport Ha | 2:01:25 | 5:48 1:36:08 2:11 | 12:49 1:40:35 4:27 | 21:47 1:44:12 3:37 | 29:36 1:47:57 3:45 | 33:41 2:00:09 12:12 | 47:08 2:01:25 1:16 | 57:46 10:38 | 1:04:33 6:47 | 1:09:10 4:37 | 1:10:57 1:47 | 1:14:00 3:03 | 1:21:20 7:20 | 1:28:22 7:02 | 1:33:57 5:35 | |
| Damen 19 (7) | | | | | | | | | | | | | | | | | | |
| | | | | 1(88) Ziel | 2(89) | 3(73) | 4(82) | 5(81) | 6(77) | 7(78) | 8(79) | 9(80) | 10(76) | 11(75) | 12(85) | 13(86) | 14(100) | |
| 1 | | Birte Friedrichs MTV Seesen | 35:46 | 2:05 2:05 0:30 | 4:36 2:31 | 7:57 3:21 | 10:12 2:15 | 13:43 3:31 | 15:35 1:52 | 18:21 2:46 | 20:27 2:06 | 21:32 1:05 | 22:50 1:18 | 26:18 3:28 | 28:57 2:39 | 31:55 2:58 | 35:16 3:21 | |
| 2 | | Theresia Meißner MTV Seesen | 39:52 | 2:11 39:52 0:26 | 5:44 3:33 3:12 | 8:56 3:12 | 11:14 2:18 | 17:55 6:41 1:40 | 19:35 1:40 | 22:18 2:43 | 24:11 1:53 | 25:22 1:11 | 26:48 1:26 | 30:09 3:21 | 32:51 2:42 | 35:43 2:52 | 39:26 3:43 | |
| 3 | | Nina Döllgast MTK Bad Harzburg | 41:39 | 2:26 41:39 0:32 | 5:32 3:06 3:27 | 8:59 3:27 | 11:27 2:28 | 15:47 4:20 | 17:56 2:09 | 20:55 2:59 | 23:14 2:19 | 24:24 1:10 | 25:48 1:24 | 29:51 4:03 | 32:29 2:38 | 35:42 3:13 | 41:07 5:25 | |
| 4 | | Antje Enoch Turn-Klubb zu Han | 55:49 | 3:04 55:49 0:40 | 6:51 3:47 4:47 | 11:38 4:47 | 15:19 3:41 | 21:24 6:05 | 24:17 2:53 | 28:53 4:36 | 32:15 3:22 | 33:51 1:36 | 36:03 2:12 | 41:31 5:28 | 44:53 3:22 | 49:09 4:16 | 55:09 6:00 | |
| 5 | | Uta Hillebrand Turn-Klubb zu Han | 57:17 | 2:31 57:17 0:35 | 8:55 6:24 56:44 *100 | 12:21 3:26 56:44 *100 | 16:07 3:46 | 21:15 5:08 | 24:21 3:06 | 27:48 3:27 | 31:25 3:37 | 32:37 1:12 | 34:31 1:54 | 40:48 6:17 | 46:29 5:41 | 50:27 3:58 | 56:42 6:15 | |
| 6 | | Annika Strauß SV Hildesia Diekhof | 1:00:21 | 3:27 1:00:21 0:40 | 10:12 6:45 | 15:24 5:12 | 19:23 3:59 | 25:30 6:07 | 28:39 3:09 | 33:49 5:10 | 36:54 3:05 | 38:30 1:36 | 40:28 1:58 | 46:46 6:18 | 50:51 4:05 | 54:40 3:49 | 59:41 5:01 | |
| 7 | | Karen Much OLV Uslar | 1:00:27 | 2:38 1:00:27 0:43 | 7:13 4:35 | 15:26 8:13 | 19:11 3:45 | 24:16 5:05 | 27:26 3:10 | 31:00 3:34 | 34:23 3:23 | 35:45 1:22 | 37:48 2:03 | 43:54 6:06 | 49:27 5:33 | 53:43 4:16 | 59:44 6:01 | |
| Herren 20 (2) | | | | | | | | | | | | | | | | | | |
| | | | | 1(71) 15(84) | 2(72) 16(85) | 3(73) 17(83) | 4(74) 18(86) | 5(75) 19(100) | 6(76) Ziel | 7(77) | 8(78) | 9(79) | 10(80) | 11(76) | 12(81) | 13(82) | 14(83) | |
| 1 | | Felix Drese OLV Uslar | 1:03:25 | 3:03 3:03 48:40 | 5:09 2:06 51:22 | 12:47 7:38 54:31 | 15:32 2:45 57:55 | 18:02 2:30 1:02:54 | 22:10 4:08 1:03:25 | 24:49 2:39 | 28:21 3:32 | 30:58 2:37 | 32:20 1:22 | 33:57 1:37 | 36:36 2:39 | 41:11 4:35 | 46:29 5:18 | |
| 2 | | Max Kempe OLV Uslar | 1:39:13 | 6:12 6:12 1:21:39 2:16 | 11:42 5:30 1:26:00 4:21 | 23:09 11:27 1:29:06 3:06 | 31:28 8:19 1:31:59 2:53 | 36:41 5:13 1:38:29 6:30 | 42:53 6:12 1:39:13 0:44 | 47:00 4:07 | 52:42 5:42 | 55:11 2:29 | 56:46 1:35 | 59:53 3:07 | 1:05:29 5:36 | 1:11:20 5:51 | 1:19:23 8:03 | |
| Damen/Herren 10 (3) | | | | | | | | | | | | | | | | | | |
| | | | | 1(95) | 2(96) | 3(97) | 4(98) | 5(99) | Ziel | | | | | | | | | |
| 1 | | Angelina Strohbach MTK Bad Harzburg | 26:04 | 4:36 4:36 | 8:28 3:52 | 11:29 3:01 | 15:35 4:06 | 21:37 6:02 | 26:04 4:27 | | | | | | | | | |
| 2 | | Stine Bruns MTK Bad Harzburg | 26:57 | 4:34 4:34 | 8:52 4:18 | 13:28 4:36 | 17:09 3:41 | 22:57 5:48 | 26:57 4:00 | | | | | | | | | |
| 3 | | Erik Bruns MTK Bad Harzburg | 30:53 | 6:00 6:00 | 10:44 4:44 | 14:30 3:46 | 19:14 4:44 | 24:48 5:34 | 30:53 6:05 | | 28:18 *87 | 28:19 *87 | 35:33 *87 | | | | | |

| Pl | tnr | Name | Zeit | 2,7 km 45 Hm | | | | | | 6 P | | | | | | | | |
|----------------------|-----|----------------------------|----------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--|
| | | | | 1(94) | 2(84) | 3(85) | 4(82) | 5(72) | 6(100) | Ziel | | | | | | | | |
| Damen 12 (5) | | | | | | | | | | | | | | | | | | |
| 1 | | Maren Strauß | 29:04 | 4:53 | 8:01 | 11:14 | 16:45 | 22:37 | 28:25 | 29:04 | | | | | | | | |
| | | SV Hildesia Diekhof | | 4:53 | 3:08 | 3:13 | 5:31 | 5:52 | 5:48 | 0:39 | | | | | | | | |
| 2 | | Karla Breckle | 35:48 | 4:54 | 7:24 | 13:22 | 20:56 | 29:25 | 34:29 | 35:48 | | | | | | | | |
| | | Bovender SV | | 4:54 | 2:30 | 5:58 | 7:34 | 8:29 | 5:04 | 1:19 | | | | | | | | |
| 3 | | Lina Bokemueller | 37:11 | 5:09 | 8:05 | 16:44 | 24:07 | 31:58 | 36:18 | 37:11 | | | | | | | | |
| | | Old + New | | 5:09 | 2:56 | 8:39 | 7:23 | 7:51 | 4:20 | 0:53 | | | | | | | | |
| 4 | | Lucia Stolze | 44:53 | 9:30 | 15:16 | 22:37 | 30:35 | 38:43 | 43:38 | 44:53 | | | | | | | | |
| | | Bovender SV | | 9:30 | 5:46 | 7:21 | 7:58 | 8:08 | 4:55 | 1:15 | | | | | | | | |
| | | Rut Stark | Fehlst | 6:31 | 12:15 | 19:33 | 29:15 | 40:06 | ---- | 43:24 | | | | | | | | |
| | | MTV Seesen | | 6:31 | 5:44 | 7:18 | 9:42 | 10:51 | | 3:18 | | | | | | | | |
| Herren 14 (4) | | | | | | | | | | | | | | | | | | |
| | | | | 1(93) | 2(91) | 3(82) | 4(74) | 5(85) | 6(86) | 7(72) | 8(92) | 9(100) | Ziel | | | | | |
| 1 | | Jussi Bruns | 28:39 | 3:24 | 6:29 | 11:15 | 14:45 | 17:43 | 21:25 | 23:56 | 26:54 | 28:14 | 28:39 | | | | | |
| | | MTK Bad Harzburg | | 3:24 | 3:05 | 4:46 | 3:30 | 2:58 | 3:42 | 2:31 | 2:58 | 1:20 | 0:25 | | | | | |
| 2 | | Julius Wandelt | 28:56 | 3:40 | 5:44 | 11:41 | 14:56 | 17:36 | 21:58 | 23:52 | 26:56 | 28:22 | 28:56 | | | | | |
| | | MTV Seesen | | 3:40 | 2:04 | 5:57 | 3:15 | 2:40 | 4:22 | 1:54 | 3:04 | 1:26 | 0:34 | | | | | |
| 3 | | Bennet Grote | 31:25 | 3:28 | 6:09 | 10:15 | 13:44 | 17:43 | 21:15 | 23:44 | 27:20 | 30:56 | 31:25 | | | | | |
| | | OLV Uslar | | 3:28 | 2:41 | 4:06 | 3:29 | 3:59 | 3:32 | 2:29 | 3:36 | 3:36 | 0:29 | | | | | |
| 4 | | Thore Napp | 1:01:30 | 10:27 | 14:43 | 24:18 | 29:13 | 36:18 | 44:03 | 49:00 | 58:13 | 1:00:58 | 1:01:30 | | | | | |
| | | Braunschweiger MT | | 10:27 | 4:16 | 9:35 | 4:55 | 7:05 | 7:45 | 4:57 | 9:13 | 2:45 | 0:32 | | | | | |
| Damen 14 (3) | | | | | | | | | | | | | | | | | | |
| | | | | 1(93) | 2(91) | 3(82) | 4(74) | 5(85) | 6(86) | 7(72) | 8(92) | 9(100) | Ziel | | | | | |
| 1 | | Lilly Hintz | 40:29 | 4:53 | 8:19 | 13:45 | 20:51 | 25:21 | 30:06 | 33:10 | 36:58 | 39:52 | 40:29 | | | | | |
| | | MTV Seesen | | 4:53 | 3:26 | 5:26 | 7:06 | 4:30 | 4:45 | 3:04 | 3:48 | 2:54 | 0:37 | | | | | |
| 2 | | Fiona Nash | 1:04:58 | 7:57 | 13:20 | 23:03 | 32:17 | 37:12 | 44:57 | 50:18 | 1:00:59 | 1:03:28 | 1:04:58 | | | | | |
| | | Turn-Klubb zu Han | | 7:57 | 5:23 | 9:43 | 9:14 | 4:55 | 7:45 | 5:21 | 10:41 | 2:29 | 1:30 | | | | | |
| 3 | | Sabine Nash | 1:29:43 | 11:45 | 20:16 | 29:54 | 36:17 | 43:53 | 56:08 | 1:09:56 | 1:24:41 | 1:28:12 | 1:29:43 | | | | | |
| | | Turn-Klubb zu Han | | 11:45 | 8:31 | 9:38 | 6:23 | 7:36 | 12:15 | 13:48 | 14:45 | 3:31 | 1:31 | | | | | |
| Herren 16 (4) | | | | | | | | | | | | | | | | | | |
| | | | | 1(88) | 2(89) | 3(73) | 4(82) | 5(81) | 6(77) | 7(78) | 8(79) | 9(80) | 10(76) | 11(75) | 12(85) | 13(86) | 14(100) | |
| | | | | Ziel | | | | | | | | | | | | | | |
| 1 | | Theo Hennseler | 37:16 | 1:51 | 5:23 | 8:35 | 11:10 | 14:31 | 16:35 | 19:28 | 21:18 | 22:24 | 23:59 | 27:12 | 29:42 | 33:37 | 36:52 | |
| | | MTV Seesen | | 1:51 | 3:32 | 3:12 | 2:35 | 3:21 | 2:04 | 2:53 | 1:50 | 1:06 | 1:35 | 3:13 | 2:30 | 3:55 | 3:15 | |
| | | | | 37:16 | | | | | | | | | | | | | | |
| | | | | 0:24 | | | | | | | | | | | | | | |
| 2 | | Aaron Wandelt | 41:50 | 2:15 | 5:29 | 9:44 | 12:10 | 15:55 | 18:12 | 21:28 | 23:30 | 24:43 | 26:31 | 31:01 | 33:55 | 37:20 | 41:14 | |
| | | MTV Seesen | | 2:15 | 3:14 | 4:15 | 2:26 | 3:45 | 2:17 | 3:16 | 2:02 | 1:13 | 1:48 | 4:30 | 2:54 | 3:25 | 3:54 | |
| | | | | 41:50 | | | | | | | | | | | | | | |
| | | | | 0:36 | | | | | | | | | | | | | | |
| | | Lion Bernsdorf | Fehlst | 2:54 | 15:39 | 20:44 | 24:10 | 39:06 | 41:52 | 46:46 | 49:10 | 50:37 | 52:46 | 1:00:06 | 1:04:19 | 1:08:31 | ---- | |
| | | MTV Seesen | | 2:54 | 12:45 | 5:05 | 3:26 | 14:56 | 2:46 | 4:54 | 2:24 | 1:27 | 2:09 | 7:20 | 4:13 | 4:12 | | |
| | | | | 1:13:45 | | | | | | | | | | | | | | |
| | | | | 5:14 | | | | | | | | | | | | | | |
| | | Tom Buchholz | N Ang | | | | | | | | | | | | | | | |
| | | MTK Bad Harzburg | | | | | | | | | | | | | | | | |
| Damen 16 (3) | | | | | | | | | | | | | | | | | | |
| | | | | 1(92) | 2(72) | 3(91) | 4(84) | 5(85) | 6(75) | 7(81) | 8(82) | 9(73) | 10(86) | 11(100) | Ziel | | | |
| 1 | | Carolin Bernsdorf | 54:32 | 3:03 | 11:59 | 14:37 | 17:14 | 22:56 | 28:15 | 31:19 | 35:20 | 41:42 | 46:17 | 54:03 | 54:32 | | | |
| | | MTV Seesen | | 3:03 | 8:56 | 2:38 | 2:37 | 5:42 | 5:19 | 3:04 | 4:01 | 6:22 | 4:35 | 7:46 | 0:29 | | | |
| 2 | | Kiana Meisel | 1:05:51 | 7:01 | 11:58 | 16:10 | 19:27 | 23:10 | 29:47 | 33:14 | 37:38 | 53:26 | 57:59 | 1:04:55 | 1:05:51 | | | |
| | | OLV Uslar | | 7:01 | 4:57 | 4:12 | 3:17 | 3:43 | 6:37 | 3:27 | 4:24 | 15:48 | 4:33 | 6:56 | 0:56 | | | |
| 3 | | Tabea Pelz | 1:17:33 | 4:12 | 10:53 | 17:12 | 20:25 | 26:07 | 31:17 | 34:36 | 48:28 | 56:20 | 1:06:09 | 1:16:29 | 1:17:33 | | | |
| | | Old + New | | 4:12 | 6:41 | 6:19 | 3:13 | 5:42 | 5:10 | 3:19 | 13:52 | 7:52 | 9:49 | 10:20 | 1:04 | | | |
| Herren 18 (1) | | | | | | | | | | | | | | | | | | |
| | | | | 1(88) | 2(89) | 3(73) | 4(82) | 5(81) | 6(77) | 7(78) | 8(79) | 9(80) | 10(76) | 11(75) | 12(85) | 13(86) | 14(100) | |
| | | | | Ziel | | | | | | | | | | | | | | |
| | | Matti Bruns | N Ang | | | | | | | | | | | | | | | |
| | | MTK Bad Harzburg | | | | | | | | | | | | | | | | |
| Damen 18 (3) | | | | | | | | | | | | | | | | | | |
| | | | | 1(90) | 2(91) | 3(73) | 4(74) | 5(76) | 6(80) | 7(78) | 8(77) | 9(75) | 10(85) | 11(86) | 12(100) | Ziel | | |
| 1 | | Meike Hennseler | 43:58 | 3:32 | 8:22 | 12:15 | 14:51 | 19:26 | 21:02 | 22:56 | 26:00 | 31:27 | 35:16 | 38:59 | 43:25 | 43:58 | | |
| | | MTV Seesen | | 3:32 | 4:50 | 3:53 | 2:36 | 4:35 | 1:36 | 1:54 | 3:04 | 5:27 | 3:49 | 3:43 | 4:26 | 0:33 | | |
| 2 | | Pia Buchholz | 50:03 | 3:39 | 10:44 | 14:41 | 19:22 | 25:23 | 27:06 | 28:58 | 32:01 | 37:29 | 41:09 | 45:01 | 49:27 | 50:03 | | |
| | | MTK Bad Harzburg | | 3:39 | 7:05 | 3:57 | 4:41 | 6:01 | 1:43 | 1:52 | 3:03 | 5:28 | 3:40 | 3:52 | 4:26 | 0:36 | | |
| | | | | 2:27 | | | | | | | | | | | | | | |
| | | | | *88 | | | | | | | | | | | | | | |
| | | Nina Pelz | Fehlst | 21:42 | 33:19 | 45:17 | 54:08 | 1:07:53 | 1:13:15 | 1:18:29 | 1:25:11 | 1:36:17 | 1:47:17 | 1:58:00 | ---- | 2:08:23 | | |

| Pl | tnr | Name | Zeit | | | | | | | | | | | | | | |
|----------------------|-----|----------------------------|----------------|---------------------|-------------|--------------|--------------|--------------|--------------|-----------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| Damen 18 (3) | | | | 4,5 km 85 Hm | | | 12 P | | | <i>(Forts.)</i> | | | | | | | |
| | | | 1(90) | 2(91) | 3(73) | 4(74) | 5(76) | 6(80) | 7(78) | 8(77) | 9(75) | 10(85) | 11(86) | 12(100) | Ziel | | |
| | | Old + New | 21:42 | 11:37 | 11:58 | 8:51 | 13:45 | 5:22 | 5:14 | 6:42 | 11:06 | 11:00 | 10:43 | | 10:23 | | |
| Damen 35 (2) | | | | 4,5 km 85 Hm | | | 12 P | | | | | | | | | | |
| | | | 1(90) | 2(91) | 3(73) | 4(74) | 5(76) | 6(80) | 7(78) | 8(77) | 9(75) | 10(85) | 11(86) | 12(100) | Ziel | | |
| 1 | | Nadine Enoch | 50:38 | 3:53 | 8:35 | 14:51 | 17:48 | 22:47 | 25:08 | 27:10 | 30:40 | 36:24 | 40:17 | 44:40 | 49:59 | 50:38 | |
| | | Turn-Klubb zu Han | | 3:53 | 4:42 | 6:16 | 2:57 | 4:59 | 2:21 | 2:02 | 3:30 | 5:44 | 3:53 | 4:23 | 5:19 | 0:39 | |
| 2 | | Renée Schwartz | 58:01 | 5:57 | 15:16 | 18:58 | 22:09 | 27:35 | 30:12 | 32:35 | 36:20 | 42:33 | 46:03 | 50:13 | 57:08 | 58:01 | |
| | | SSV Langenhagen | | 5:57 | 9:19 | 3:42 | 3:11 | 5:26 | 2:37 | 2:23 | 3:45 | 6:13 | 3:30 | 4:10 | 6:55 | 0:53 | |
| | | | | 9:36 | | | | | | | | | | | | *86 | |
| Herren 45 (7) | | | | 5,0 km 85 Hm | | | 14 P | | | | | | | | | | |
| | | | 1(88) | 2(89) | 3(73) | 4(82) | 5(81) | 6(77) | 7(78) | 8(79) | 9(80) | 10(76) | 11(75) | 12(85) | 13(86) | 14(100) | |
| | | | Ziel | | | | | | | | | | | | | | |
| 1 | | Rolf Breckle | 35:06 | 2:07 | 4:56 | 8:06 | 10:20 | 13:46 | 15:30 | 18:26 | 20:05 | 21:12 | 22:12 | 25:51 | 27:56 | 31:13 | 34:34 |
| | | Bovender SV | | 2:07 | 2:49 | 3:10 | 2:14 | 3:26 | 1:44 | 2:56 | 1:39 | 1:07 | 1:00 | 3:39 | 2:05 | 3:17 | 3:21 |
| | | | 35:06 | | | | | | | | | | | | | | |
| | | | | 0:32 | | | | | | | | | | | | | |
| 2 | | Martin Henseler | 39:40 | 2:34 | 6:07 | 9:17 | 11:39 | 15:40 | 17:46 | 20:44 | 22:42 | 23:52 | 25:28 | 28:45 | 31:15 | 34:16 | 39:10 |
| | | MTV Seesen | | 2:34 | 3:33 | 3:10 | 2:22 | 4:01 | 2:06 | 2:58 | 1:58 | 1:10 | 1:36 | 3:17 | 2:30 | 3:01 | 4:54 |
| | | | 39:40 | | | | | | | | | | | | | | |
| | | | | 0:30 | | | | | | | | | | | | | |
| 3 | | Dirk Strauß | 45:23 | 2:51 | 7:13 | 10:47 | 13:30 | 17:11 | 19:49 | 23:22 | 25:25 | 26:35 | 28:21 | 32:27 | 35:34 | 39:14 | 44:43 |
| | | SV Hildesia Diekhof | | 2:51 | 4:22 | 3:34 | 2:43 | 3:41 | 2:38 | 3:33 | 2:03 | 1:10 | 1:46 | 4:06 | 3:07 | 3:40 | 5:29 |
| | | | 45:23 | | | | | | | | | | | | | | |
| | | | | 0:40 | | | | | | | | | | | | | |
| | | | | *90 | | | | | | | | | | | | | |
| 4 | | Gunnar Grote | 49:35 | 2:36 | 6:58 | 10:32 | 13:05 | 18:29 | 20:50 | 24:23 | 29:55 | 31:11 | 32:38 | 37:38 | 40:43 | 44:12 | 49:05 |
| | | OLV Uslar | | 2:36 | 4:22 | 3:34 | 2:33 | 5:24 | 2:21 | 3:33 | 5:32 | 1:16 | 1:27 | 5:00 | 3:05 | 3:29 | 4:53 |
| | | | 49:35 | | | | | | | | | | | | | | |
| | | | | 0:30 | | | | | | | | | | | | | |
| 5 | | Stephan Schliebene | 52:27 | 3:09 | 6:57 | 11:19 | 14:36 | 19:48 | 22:28 | 26:08 | 28:59 | 30:31 | 32:13 | 37:08 | 40:32 | 44:28 | 51:44 |
| | | OLV Uslar | | 3:09 | 3:48 | 4:22 | 3:17 | 5:12 | 2:40 | 3:40 | 2:51 | 1:32 | 1:42 | 4:55 | 3:24 | 3:56 | 7:16 |
| | | | 52:27 | | | | | | | | | | | | | | |
| | | | | 0:43 | | | | | | | | | | | | | |
| 6 | | Christoph Napp | 54:04 | 2:39 | 6:47 | 11:18 | 14:31 | 20:07 | 22:57 | 27:24 | 30:17 | 32:17 | 34:19 | 39:27 | 43:13 | 47:48 | 53:19 |
| | | Braunschweiger MT | | 2:39 | 4:08 | 4:31 | 3:13 | 5:36 | 2:50 | 4:27 | 2:53 | 2:00 | 2:02 | 5:08 | 3:46 | 4:35 | 5:31 |
| | | | 54:04 | | | | | | | | | | | | | | |
| | | | | 0:45 | | | | | | | | | | | | | |
| 7 | | Sven Buchholz | 56:28 | 2:39 | 7:39 | 12:07 | 15:20 | 21:20 | 24:58 | 29:57 | 32:37 | 34:04 | 36:23 | 40:59 | 45:31 | 50:10 | 56:00 |
| | | MTK Bad Harzburg | | 2:39 | 5:00 | 4:28 | 3:13 | 6:00 | 3:38 | 4:59 | 2:40 | 1:27 | 2:19 | 4:36 | 4:32 | 4:39 | 5:50 |
| | | | 56:28 | | | | | | | | | | | | | | |
| | | | | 0:28 | | | | | | | | | | | | | |
| Damen 45 (7) | | | | 3,9 km 70 Hm | | | 11 P | | | | | | | | | | |
| | | | 1(92) | 2(72) | 3(91) | 4(84) | 5(85) | 6(75) | 7(81) | 8(82) | 9(73) | 10(86) | 11(100) | Ziel | | | |
| 1 | | Anke von Gaza | 30:24 | 2:12 | 4:46 | 6:49 | 8:45 | 10:57 | 13:59 | 15:55 | 19:11 | 22:40 | 25:55 | 29:42 | 30:24 | | |
| | | OLV Uslar | | 2:12 | 2:34 | 2:03 | 1:56 | 2:12 | 3:02 | 1:56 | 3:16 | 3:29 | 3:15 | 3:47 | 0:42 | | |
| 2 | | Tanja Buchholz | 48:48 | 3:03 | 6:50 | 10:31 | 13:05 | 16:18 | 20:59 | 23:49 | 28:22 | 36:47 | 41:18 | 47:53 | 48:48 | | |
| | | MTK Bad Harzburg | | 3:03 | 3:47 | 3:41 | 2:34 | 3:13 | 4:41 | 2:50 | 4:33 | 8:25 | 4:31 | 6:35 | 0:55 | | |
| 3 | | Sonja Kunze | 49:40 | 4:09 | 11:39 | 15:37 | 17:54 | 21:38 | 25:44 | 28:49 | 34:31 | 38:45 | 43:35 | 49:02 | 49:40 | | |
| | | OLV Uslar | | 4:09 | 7:30 | 3:58 | 2:17 | 3:44 | 4:06 | 3:05 | 5:42 | 4:14 | 4:50 | 5:27 | 0:38 | | |
| 4 | | Silke Napp | 53:33 | 4:00 | 8:55 | 13:41 | 16:35 | 20:09 | 24:59 | 28:17 | 34:00 | 39:37 | 44:55 | 52:21 | 53:33 | | |
| | | Braunschweiger MT | | 4:00 | 4:55 | 4:46 | 2:54 | 3:34 | 4:50 | 3:18 | 5:43 | 5:37 | 5:18 | 7:26 | 1:12 | | |
| 5 | | Esther Knoblauch | 1:05:56 | 3:22 | 8:50 | 13:06 | 18:04 | 24:19 | 32:37 | 36:21 | 43:16 | 49:16 | 55:49 | 1:04:50 | 1:05:56 | | |
| | | MTK Bad Harzburg | | 3:22 | 5:28 | 4:16 | 4:58 | 6:15 | 8:18 | 3:44 | 6:55 | 6:00 | 6:33 | 9:01 | 1:06 | | |
| 6 | | Katrin Bokemueller | 1:07:40 | 3:15 | 11:24 | 15:12 | 20:02 | 24:39 | 30:57 | 34:01 | 38:29 | 52:11 | 1:01:17 | 1:06:56 | 1:07:40 | | |
| | | Old + New | | 3:15 | 8:09 | 3:48 | 4:50 | 4:37 | 6:18 | 3:04 | 4:28 | 13:42 | 9:06 | 5:39 | 0:44 | | |
| | | Michaela Bruns | Fehlst | 2:25 | 6:20 | 10:07 | 12:38 | 15:54 | 20:15 | 25:35 | 29:53 | ----- | ----- | ----- | 1:03:48 | | |
| | | MTK Bad Harzburg | | 2:25 | 3:55 | 3:47 | 2:31 | 3:16 | 4:21 | 5:20 | 4:18 | | | | 33:55 | | |
| Herren 55 (5) | | | | 4,5 km 85 Hm | | | 12 P | | | | | | | | | | |
| | | | 1(90) | 2(91) | 3(73) | 4(74) | 5(76) | 6(80) | 7(78) | 8(77) | 9(75) | 10(85) | 11(86) | 12(100) | Ziel | | |
| 1 | | Henning Bruns | 36:58 | 2:24 | 5:52 | 8:36 | 10:56 | 14:30 | 16:13 | 17:55 | 20:51 | 25:17 | 28:13 | 31:38 | 36:22 | 36:58 | |
| | | MTK Bad Harzburg | | 2:24 | 3:28 | 2:44 | 2:20 | 3:34 | 1:43 | 1:42 | 2:56 | 4:26 | 2:56 | 3:25 | 4:44 | 0:36 | |
| | | | 36:58 | | | | | | | | | | | | | | |
| | | | | 2:10 | | | | | | | | | | | | | |
| | | | | *88 | | | | | | | | | | | | | |
| 2 | | Horst von Gaza | 38:31 | 4:24 | 7:34 | 10:10 | 12:27 | 16:07 | 17:41 | 19:19 | 22:21 | 27:24 | 30:03 | 33:06 | 37:52 | 38:31 | |
| | | OLV Uslar | | 4:24 | 3:10 | 2:36 | 2:17 | 3:40 | 1:34 | 1:38 | 3:02 | 5:03 | 2:39 | 3:03 | 4:46 | 0:39 | |
| 3 | | Rochus Souan | 50:45 | 4:13 | 9:57 | 13:39 | 16:51 | 21:32 | 23:38 | 25:52 | 30:22 | 36:07 | 40:12 | 44:45 | 49:53 | 50:45 | |
| | | SV Hildesia Diekhof | | 4:13 | 5:44 | 3:42 | 3:12 | 4:41 | 2:06 | 2:14 | 4:30 | 5:45 | 4:05 | 4:33 | 5:08 | 0:52 | |
| 4 | | Bernd Höfner | 53:57 | 5:35 | 11:21 | 16:30 | 19:32 | 23:53 | 25:45 | 27:43 | 31:20 | 38:25 | 43:45 | 47:15 | 53:16 | 53:57 | |
| | | OLV Uslar | | 5:35 | 5:46 | 5:09 | 3:02 | 4:21 | 1:52 | 1:58 | 3:37 | 7:05 | 5:20 | 3:30 | 6:01 | 0:41 | |
| 5 | | Uwe Bokemüller | 1:42:08 | 6:15 | 14:25 | 20:13 | 34:11 | 43:00 | 47:35 | 51:27 | 59:17 | 1:14:42 | 1:22:59 | 1:30:20 | 1:38:56 | 1:42:08 | |
| | | Old + New | | 6:15 | 8:10 | 5:48 | 13:58 | 8:49 | 4:35 | 3:52 | 7:50 | 15:25 | 8:17 | 7:21 | 8:36 | 3:12 | |

| Pl | tnr | Name | Zeit | | | | | | | | | | | | |
|---------------------------|-----|----------------------------|----------------|--------------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| Damen 55 (2) | | | | 3,9 km 70 Hm 11 P | | | | | | | | | | | |
| | | | | 1(92) | 2(72) | 3(91) | 4(84) | 5(85) | 6(75) | 7(81) | 8(82) | 9(73) | 10(86) | 11(100) | Ziel |
| 1 | | Heidrun Finke | 33:53 | 2:30 | 5:11 | 7:31 | 9:58 | 12:08 | 15:46 | 17:54 | 21:09 | 24:28 | 27:33 | 33:09 | 33:53 |
| | | OLV Uslar | | 2:30 | 2:41 | 2:20 | 2:27 | 2:10 | 3:38 | 2:08 | 3:15 | 3:19 | 3:05 | 5:36 | 0:44 |
| 2 | | Ulrike Friedrichs | 55:56 | 3:17 | 7:23 | 11:34 | 14:27 | 18:16 | 23:27 | 27:04 | 34:03 | 39:22 | 46:02 | 54:47 | 55:56 |
| | | MTV Seesen | | 3:17 | 4:06 | 4:11 | 2:53 | 3:49 | 5:11 | 3:37 | 6:59 | 5:19 | 6:40 | 8:45 | 1:09 |
| Herren 65 (3) | | | | 3,9 km 70 Hm 11 P | | | | | | | | | | | |
| | | | | 1(92) | 2(72) | 3(91) | 4(84) | 5(85) | 6(75) | 7(81) | 8(82) | 9(73) | 10(86) | 11(100) | Ziel |
| 1 | | Reinhard In der Str | 44:10 | 2:31 | 6:02 | 8:31 | 13:05 | 15:38 | 19:03 | 22:04 | 30:05 | 34:15 | 38:09 | 43:23 | 44:10 |
| | | Osnabrücker TB | | 2:31 | 3:31 | 2:29 | 4:34 | 2:33 | 3:25 | 3:01 | 8:01 | 4:10 | 3:54 | 5:14 | 0:47 |
| 2 | | Detlev Friedrichs | 46:06 | 2:44 | 6:37 | 9:59 | 13:17 | 17:02 | 21:18 | 26:24 | 30:52 | 35:50 | 40:34 | 45:21 | 46:06 |
| | | MTV Seesen | | 2:44 | 3:53 | 3:22 | 3:18 | 3:45 | 4:16 | 5:06 | 4:28 | 4:58 | 4:44 | 4:47 | 0:45 |
| 3 | | Detlef Much | 56:50 | 3:31 | 9:11 | 12:34 | 16:32 | 20:30 | 25:55 | 29:47 | 37:14 | 43:01 | 48:32 | 56:00 | 56:50 |
| | | OLV Uslar | | 3:31 | 5:40 | 3:23 | 3:58 | 3:58 | 5:25 | 3:52 | 7:27 | 5:47 | 5:31 | 7:28 | 0:50 |
| Damen 65 (2) | | | | 3,3 km 65 Hm 9 P | | | | | | | | | | | |
| | | | | 1(93) | 2(91) | 3(82) | 4(74) | 5(85) | 6(86) | 7(72) | 8(92) | 9(100) | Ziel | | |
| 1 | | Birgitt Michel | 56:33 | 5:17 | 17:31 | 24:02 | 29:42 | 34:11 | 39:35 | 44:45 | 50:39 | 55:40 | 56:33 | | 49:40 |
| | | TV Jahn Wolfsburg | | 5:17 | 12:14 | 6:31 | 5:40 | 4:29 | 5:24 | 5:10 | 5:54 | 5:01 | 0:53 | | *90 |
| 2 | | Gudrun In der Strot | 1:16:00 | 9:03 | 22:18 | 32:38 | 41:20 | 48:36 | 57:57 | 1:03:33 | 1:11:46 | 1:14:52 | 1:16:00 | | |
| | | Osnabrücker TB | | 9:03 | 13:15 | 10:20 | 8:42 | 7:16 | 9:21 | 5:36 | 8:13 | 3:06 | 1:08 | | |
| Herren 75 (1) | | | | 3,9 km 70 Hm 11 P | | | | | | | | | | | |
| | | | | 1(92) | 2(72) | 3(91) | 4(84) | 5(85) | 6(75) | 7(81) | 8(82) | 9(73) | 10(86) | 11(100) | Ziel |
| 1 | | Günter Gohde | 51:21 | 3:18 | 7:56 | 12:32 | 15:42 | 19:35 | 24:38 | 28:28 | 32:54 | 38:18 | 43:13 | 50:31 | 51:21 |
| | | Turn-Klubb zu Han | | 3:18 | 4:38 | 4:36 | 3:10 | 3:53 | 5:03 | 3:50 | 4:26 | 5:24 | 4:55 | 7:18 | 0:50 |
| Offen/Anfänger (2) | | | | 2,2 km 25 Hm 5 P | | | | | | | | | | | |
| | | | | 1(95) | 2(96) | 3(97) | 4(98) | 5(99) | Ziel | | | | | | |
| 1 | | Iris Hensseler | 22:50 | 4:19 | 6:53 | 10:27 | 14:59 | 20:17 | 22:50 | | | | | | |
| | | MTV Seesen | | 4:19 | 2:34 | 3:34 | 4:32 | 5:18 | 2:33 | | | | | | |
| 2 | | Robin von Gaza | 35:52 | 3:35 | 5:58 | 8:03 | 13:49 | 27:41 | 35:52 | 29:02 | | | | | |
| | | OLV Uslar | | 3:35 | 2:23 | 2:05 | 5:46 | 13:52 | 8:11 | *99 | | | | | |