

Pl	tnr	Name	Zeit																				
<b>D19L (8)</b>			<b>7,6 km</b>	<b>200 Hm</b>	<b>17 P</b>																		
			1(49)	2(47)	3(70)	4(48)	5(42)	6(43)	7(44)	8(45)	9(64)	10(66)	11(53)	12(67)	13(54)	14(51)							
			15(55)	16(68)	17(100)	Ziel																	
1		<b>Birte Friedrichs</b> <b>MTV Seesen</b>	<b>1:02:06</b>	<b>1:37</b>	<b>4:03</b>	<b>7:05</b>	<b>11:48</b>	<b>14:05</b>	<b>17:34</b>	<b>18:36</b>	<b>21:04</b>	<b>35:05</b>	<b>37:46</b>	<b>41:39</b>	<b>44:32</b>	<b>47:31</b>	<b>52:59</b>						
				<b>1:37</b>	<b>2:26</b>	<b>3:02</b>	<b>4:43</b>	<b>2:17</b>	<b>3:29</b>	<b>1:02</b>	<b>2:28</b>	14:01	<b>2:41</b>	<b>3:53</b>	<b>2:53</b>	2:59	<b>5:28</b>						
				<b>56:45</b>	<b>59:06</b>	<b>1:01:41</b>	<b>1:02:06</b>																
				<b>3:46</b>	<b>2:21</b>	<b>2:35</b>	<b>0:25</b>																
2		<b>Ann-Charlotte Span</b> <b>TG 1860 Münden</b>	<b>1:09:31</b>	1:39	4:14	7:18	12:22	14:47	19:04	20:17	23:44	40:37	43:27	47:39	50:57	53:48	59:33						
				1:39	2:35	3:04	5:04	2:25	4:17	1:13	3:27	16:53	2:50	4:12	3:18	<b>2:51</b>	5:45						
				1:03:32	1:06:17	1:08:54	1:09:31																
				3:59	2:45	2:37	0:37																
3		<b>Theresia Meißner</b> <b>MTV Seesen</b>	<b>1:16:18</b>	2:01	4:58	8:56	15:06	21:40	26:25	27:33	30:09	44:08	47:05	51:51	55:00	58:07	1:04:58						
				2:01	2:57	3:58	6:10	6:34	4:45	1:08	2:36	<b>13:59</b>	2:57	4:46	3:09	3:07	6:51						
				1:10:27	1:13:18	1:15:53	1:16:18																
				5:29	2:51	<b>2:35</b>	<b>0:25</b>																
4		<b>Esther Stamer</b> <b>MTK Bad Harzburg</b>	<b>1:18:44</b>	1:52	4:51	9:33	15:14	18:36	23:09	24:26	27:23	45:33	49:29	54:52	58:24	1:01:46	1:08:43						
				1:52	2:59	4:42	5:41	3:22	4:33	1:17	2:57	18:10	3:56	5:23	3:32	3:22	6:57						
				1:12:39	1:15:30	1:18:10	1:18:44																
				3:56	2:51	2:40	0:34																
5		<b>Nina Döllgast</b> <b>MTK Bad Harzburg</b>	<b>1:24:23</b>	2:27	5:13	8:58	15:17	17:59	22:36	24:17	27:31	45:34	49:00	54:18	57:43	1:04:02	1:11:22						
				2:27	2:46	3:45	6:19	2:42	4:37	1:41	3:14	18:03	3:26	5:18	3:25	6:19	7:20						
				1:17:09	1:20:57	1:23:50	1:24:23																
				5:47	3:48	2:53	0:33																
6		<b>Jelena Topp</b> <b>TSV Worpswede</b>	<b>1:27:19</b>	4:28	7:30	12:26	18:44	21:20	25:52	27:27	30:38	48:23	52:03	56:52	1:00:45	1:07:10	1:14:28						
				4:28	3:02	4:56	6:18	2:36	4:32	1:35	3:11	17:45	3:40	4:49	3:53	6:25	7:18						
				1:20:16	1:24:02	1:26:47	1:27:19																
				5:48	3:46	2:45	0:32																
7		<b>Jenny Seib</b> <b>Turn-Klubb zu Han</b>	<b>1:27:34</b>	1:53	4:56	8:21	14:35	17:23	22:12	23:45	28:07	47:04	52:29	1:00:12	1:03:52	1:07:40	1:14:54						
				1:53	3:03	3:25	6:14	2:48	4:49	1:33	4:22	18:57	5:25	7:43	3:40	3:48	7:14						
				1:19:58	1:22:57	1:26:56	1:27:34																
				5:04	2:59	3:59	0:38																
8		<b>Svenja Pabst</b> <b>OLV Uslar</b>	<b>1:27:59</b>	1:53	5:00	9:49	15:40	18:33	23:23	24:44	28:58	46:56	56:23	1:01:43	1:05:28	1:08:52	1:16:18						
				1:53	3:07	4:49	5:51	2:53	4:50	1:21	4:14	17:58	9:27	5:20	3:45	3:24	7:26						
				1:21:00	1:24:15	1:27:24	1:27:59																
				4:42	3:15	3:09	0:35																
<b>H21L (15)</b>			<b>9,3 km</b>	<b>250 Hm</b>	<b>20 P</b>																		
			1(41)	2(42)	3(43)	4(44)	5(45)	6(59)	7(46)	8(49)	9(47)	10(48)	11(50)	12(51)	13(52)	14(53)							
			15(58)	16(54)	17(55)	18(56)	19(57)	20(100)	Ziel														
1		<b>Ole Hensseler</b> <b>MTV Seesen</b>	<b>1:05:09</b>	0:59	8:57	11:59	12:57	15:12	17:44	<b>23:20</b>	<b>23:52</b>	<b>26:19</b>	<b>33:52</b>	<b>39:39</b>	<b>45:14</b>	<b>45:52</b>	<b>50:56</b>						
				0:59	7:58	3:02	0:58	<b>2:15</b>	<b>2:32</b>	<b>5:36</b>	<b>0:32</b>	<b>2:27</b>	7:33	<b>5:47</b>	<b>5:35</b>	<b>0:38</b>	<b>5:04</b>						
				<b>51:49</b>	<b>54:43</b>	<b>1:00:11</b>	<b>1:01:41</b>	<b>1:03:45</b>	<b>1:04:48</b>	<b>1:05:09</b>													
				0:53	<b>2:54</b>	<b>5:28</b>	<b>1:30</b>	2:04	<b>1:03</b>	<b>0:21</b>													
										49:51													
										*63													
2		<b>Sergei Roskop</b> <b>Braunschweiger MT</b>	<b>1:11:54</b>	<b>0:55</b>	8:54	12:01	12:56	15:21	18:02	25:56	26:57	29:30	36:45	44:10	49:53	51:01	56:39						
				<b>0:55</b>	7:59	3:07	0:55	2:25	2:41	7:54	1:01	2:33	7:15	7:25	5:43	1:08	5:38						
				57:31	1:00:38	1:06:10	1:07:48	1:10:16	1:11:26	1:11:54													
				<b>0:52</b>	3:07	5:32	1:38	2:28	1:10	0:28													
3		<b>Andrej Sonnenberg</b> <b>Osnabrücker TB</b>	<b>1:16:36</b>	1:03	<b>8:04</b>	<b>10:55</b>	<b>11:39</b>	<b>13:58</b>	<b>16:42</b>	26:43	28:19	31:05	38:37	45:07	51:05	55:19	1:01:28						
				1:03	<b>7:01</b>	<b>2:51</b>	<b>0:44</b>	2:19	2:44	10:01	1:36	2:46	7:32	6:30	5:58	4:14	6:09						
				1:02:24	1:05:18	1:10:51	1:12:51	1:14:51	1:16:06	1:16:36													
				0:56	<b>2:54</b>	5:33	2:00	<b>2:00</b>	1:15	0:30													
4		<b>Kilian Lilje</b> <b>TSV Worpswede</b>	<b>1:17:53</b>	1:39	10:56	14:20	15:19	18:13	21:11	28:59	29:43	32:18	40:17	48:38	54:51	56:37	1:02:42						
				1:39	9:17	3:24	0:59	2:54	2:58	7:48	0:44	2:35	7:59	8:21	6:13	1:46	6:05						
				1:03:36	1:06:39	1:12:14	1:13:46	1:16:22	1:17:28	1:17:53													
				0:54	3:03	5:35	1:32	2:36	1:06	0:25													

Pl	tnr	Name	Zeit																
H21L (15)			9,3 km 250 Hm		20 P		(Forts.)												
			1(41)	2(42)	3(43)	4(44)	5(45)	6(59)	7(46)	8(49)	9(47)	10(48)	11(50)	12(51)	13(52)	14(53)			
			15(58)	16(54)	17(55)	18(56)	19(57)	20(100)	Ziel										
5		<b>Markus Müller</b> <b>OSC Kassel</b>	<b>1:18:39</b>	1:06	9:12	12:41	13:41	16:04	18:54	27:10	28:00	30:31	38:39	47:36	53:52	54:42	1:00:52		
			1:06	8:06	3:29	1:00	2:23	2:50	8:16	0:50	2:31	8:08	8:57	6:16	0:50	6:10			
			1:01:56	1:05:18	1:11:30	1:13:54	1:16:30	1:18:04	1:18:39										
			1:04	3:22	6:12	2:24	2:36	1:34	0:35										
6		<b>Lennart Weckeck</b> <b>SC Klecken</b>	<b>1:19:29</b>	1:32	9:57	13:28	14:30	17:08	20:08	26:51	27:28	30:09	37:22	44:41	51:47	54:22	1:01:20		
			1:32	8:25	3:31	1:02	2:38	3:00	6:43	0:37	2:41	<b>7:13</b>	7:19	7:06	2:35	6:58			
			1:02:27	1:06:03	1:12:39	1:14:40	1:17:00	1:18:59	1:19:29										
			1:07	3:36	6:36	2:01	2:20	1:59	0:30										
7		<b>Markus Dresel</b> <b>SC Klecken</b>	<b>1:24:26</b>	1:22	11:55	15:32	16:33	19:39	22:25	30:17	31:12	34:19	41:43	50:31	57:44	58:42	1:04:43		
			1:22	10:33	3:37	1:01	3:06	2:46	7:52	0:55	3:07	7:24	8:48	7:13	0:58	6:01			
			1:05:51	1:10:15	1:17:11	1:19:27	1:21:42	1:23:59	1:24:26										
			1:08	4:24	6:56	2:16	2:15	2:17	0:27										
8		<b>Thomas Tröbe</b> <b>TSG Königslutter</b>	<b>1:27:07</b>	1:04	10:04	14:53	16:09	18:57	22:32	30:38	31:26	34:46	43:49	51:52	58:49	1:00:18	1:07:12		
			1:04	9:00	4:49	1:16	2:48	3:35	8:06	0:48	3:20	9:03	8:03	6:57	1:29	6:54			
			1:08:28	1:12:17	1:19:45	1:21:51	1:24:44	1:26:25	1:27:07										
			1:16	3:49	7:28	2:06	2:53	1:41	0:42										
9		<b>Florian Schulte</b> <b>SC Melle 03</b>	<b>1:27:51</b>	1:13	10:00	13:51	14:47	18:10	21:04	28:46	29:34	32:07	41:05	51:05	59:03	1:00:20	1:09:08		
			1:13	8:47	3:51	0:56	3:23	2:54	7:42	0:48	2:33	8:58	10:00	7:58	1:17	8:48			
			1:10:11	1:13:58	1:20:55	1:22:55	1:26:00	1:27:21	1:27:51										
			1:03	3:47	6:57	2:00	3:05	1:21	0:30										
10		<b>Patrick Dresel</b> <b>SC Klecken</b>	<b>1:31:14</b>	1:20	11:10	15:33	16:53	20:41	23:55	31:44	32:40	35:44	46:40	54:46	1:03:54	1:04:59	1:10:46		
			1:20	9:50	4:23	1:20	3:48	3:14	7:49	0:56	3:04	10:56	8:06	9:08	1:05	5:47			
			1:12:12	1:15:49	1:23:17	1:25:18	1:27:53	1:30:43	1:31:14										
			1:26	3:37	7:28	2:01	2:35	2:50	0:31										
11		<b>Timothée Soddema</b> <b>Uelzen</b>	<b>1:36:18</b>	1:39	10:44	15:53	18:33	22:15	25:40	35:00	35:49	39:06	52:11	59:17	1:07:14	1:08:11	1:15:50		
			1:39	9:05	5:09	2:40	3:42	3:25	9:20	0:49	3:17	13:05	7:06	7:57	0:57	7:39			
			1:16:54	1:21:00	1:27:54	1:30:15	1:32:29	1:35:45	1:36:18										
			1:04	4:06	6:54	2:21	2:14	3:16	0:33										
12		<b>Andreas Spengler</b> <b>ESV Lok Dessau</b>	<b>1:36:27</b>	1:07	13:54	17:43	19:27	22:11	25:44	40:12	41:27	44:40	53:11	1:02:48	1:10:26	1:12:08	1:18:45		
			1:07	12:47	3:49	1:44	2:44	3:33	14:28	1:15	3:13	8:31	9:37	7:38	1:42	6:37			
			1:20:00	1:23:42	1:30:14	1:32:00	1:34:23	1:35:52	1:36:27										
			1:15	3:42	6:32	1:46	2:23	1:29	0:35										
13		<b>Hauke Scharfenber</b> <b>RCEH Celle</b>	<b>2:17:14</b>	1:55	13:34	18:33	20:10	25:02	28:52	37:53	38:48	42:58	54:11	1:03:01	1:36:46	1:37:44	1:49:25		
			1:55	11:39	4:59	1:37	4:52	3:50	9:01	0:55	4:10	11:13	8:50	33:45	0:58	11:41			
			1:50:49	1:56:16	2:05:49	2:09:21	2:13:47	2:16:36	2:17:14										
			1:24	5:27	9:33	3:32	4:26	2:49	0:38										
		<b>Fabian Ulbrich</b> <b>OLV Usiar</b>	<b>Aufg</b>	1:24	12:07	17:43	19:06	23:05	27:00	38:17	39:28	44:37	-----	-----	-----	-----	57:30		
			1:24	10:43	5:36	1:23	3:59	3:55	11:17	1:11	5:09						12:53		
			-----	-----	-----	-----	-----	1:02:24	1:03:05										
			-----	-----	-----	-----	-----	4:54	0:41										
		<b>Anthony Cortes</b> <b>Uelzen</b>	<b>Aufg</b>	2:13	14:30	19:30	22:40	27:17	31:29	47:08	48:01	55:00	1:17:11	-----	-----	-----	-----		
			2:13	12:17	5:00	3:10	4:37	4:12	15:39	0:53	6:59	22:11							
			-----	-----	-----	-----	-----	1:35:39	1:36:20										
			-----	-----	-----	-----	-----	18:28	0:41										
D/H10b (3)			1,6 km 25 Hm		7 P														
			1(31)	2(32)	3(33)	4(34)	5(35)	6(36)	7(100)	Ziel									
1		<b>Hanna Stark</b> <b>MTV Seesen</b>	<b>15:59</b>	<b>2:08</b>	<b>3:59</b>	<b>7:13</b>	<b>9:42</b>	<b>12:13</b>	<b>13:31</b>	<b>15:15</b>	<b>15:59</b>								
			<b>2:08</b>	<b>1:51</b>	<b>3:14</b>	2:29	2:31	<b>1:18</b>	<b>1:44</b>	0:44									

Pl	tnr	Name	Zeit									
<b>D/H10b (3)</b>			<b>1,6 km 25 Hm</b>		<b>7 P</b>			<i>(Forts.)</i>				
			1(31)	2(32)	3(33)	4(34)	5(35)	6(36)	7(100)	Ziel		
2		<b>Lovis Wiese</b>	<b>18:11</b>	4:18	6:12	10:28	12:23	14:25	15:51	17:37	18:11	
		<b>TV Jahn Wolfsburg</b>		4:18	1:54	4:16	<b>1:55</b>	<b>2:02</b>	1:26	1:46	<b>0:34</b>	
		<b>Sania Stamer</b>	<b>N Ang</b>									
		<b>MTK Bad Harzburg</b>										
<b>D/H10 (2)</b>			<b>1,6 km 25 Hm</b>		<b>7 P</b>							
			1(31)	2(32)	3(33)	4(34)	5(35)	6(36)	7(100)	Ziel		
1		<b>Jule und Stine Köb</b>	<b>16:03</b>	2:18	4:13	6:58	9:15	11:50	<b>13:08</b>	<b>15:23</b>	<b>16:03</b>	
		<b>MTK Bad Harzburg</b>		2:18	1:55	<b>2:45</b>	2:17	2:35	<b>1:18</b>	<b>2:15</b>	<b>0:40</b>	
2		<b>Miriam Reichert</b>	<b>18:10</b>	<b>2:09</b>	<b>4:00</b>	<b>6:46</b>	<b>8:23</b>	<b>10:20</b>	14:54	17:25	18:10	
		<b>OK Leipzig</b>		<b>2:09</b>	<b>1:51</b>	2:46	<b>1:37</b>	<b>1:57</b>	4:34	2:31	0:45	
<b>D12 (6)</b>			<b>1,9 km 55 Hm</b>		<b>8 P</b>							
			1(37)	2(38)	3(32)	4(34)	5(39)	6(40)	7(36)	8(100)	Ziel	
1		<b>Maren Strauß</b>	<b>18:14</b>	<b>2:36</b>	<b>4:56</b>	<b>6:29</b>	<b>10:40</b>	<b>13:01</b>	<b>14:52</b>	<b>16:30</b>	<b>17:45</b>	<b>18:14</b>
		<b>SV Hildesia Diekhol</b>		<b>2:36</b>	2:20	<b>1:33</b>	4:11	2:21	<b>1:51</b>	1:38	1:15	0:29
2		<b>Jule Weigert</b>	<b>21:09</b>	3:33	6:09	7:46	12:07	14:36	17:21	19:07	20:39	21:09
		<b>Braunschweiger MT</b>		3:33	2:36	1:37	4:21	2:29	2:45	1:46	1:32	0:30
3		<b>Anna Weigert</b>	<b>23:42</b>	3:57	9:14	10:49	14:56	16:58	19:02	21:38	23:16	23:42
		<b>Braunschweiger MT</b>		3:57	5:17	1:35	<b>4:07</b>	<b>2:02</b>	2:04	2:36	1:38	<b>0:26</b>
4		<b>Rut Stark</b>	<b>24:03</b>	3:18	7:29	9:30	13:41	16:08	18:33	22:02	23:34	24:03
		<b>MTV Seesen</b>		3:18	4:11	2:01	4:11	2:27	2:25	3:29	1:32	0:29
5		<b>Karla Breckle</b>	<b>24:13</b>	8:33	10:50	12:25	16:43	19:00	20:54	22:29	23:43	24:13
		<b>Bovender SV</b>		8:33	<b>2:17</b>	1:35	4:18	2:17	1:54	<b>1:35</b>	<b>1:14</b>	0:30
6		<b>Lucia Stolze</b>	<b>27:04</b>	6:02	10:35	12:24	16:32	19:09	21:40	25:04	26:35	27:04
		<b>Bovender SV</b>		6:02	4:33	1:49	4:08	2:37	2:31	3:24	1:31	0:29
<b>H12 (10)</b>			<b>1,9 km 55 Hm</b>		<b>8 P</b>							
			1(37)	2(38)	3(32)	4(34)	5(39)	6(40)	7(36)	8(100)	Ziel	
1		<b>Hannes Möhring</b>	<b>23:03</b>	5:47	8:39	10:27	15:45	<b>17:44</b>	<b>19:27</b>	<b>21:20</b>	<b>22:36</b>	<b>23:03</b>
		<b>TV Jahn Wolfsburg</b>		5:47	<b>2:52</b>	1:48	5:18	1:59	1:43	1:53	1:16	0:27
2		<b>Sven-Guido Schulz</b>	<b>25:56</b>	<b>3:05</b>	11:45	13:33	18:48	20:42	22:24	24:15	25:28	25:56
		<b>TV Jahn Wolfsburg</b>		<b>3:05</b>	8:40	1:48	5:15	<b>1:54</b>	<b>1:42</b>	1:51	<b>1:13</b>	0:28
3		<b>Erik Urzua Wöhrer</b>	<b>29:14</b>	5:31	<b>8:24</b>	<b>10:10</b>	<b>15:15</b>	18:23	24:42	27:06	28:46	29:14
		<b>TV Jahn Wolfsburg</b>		5:31	2:53	<b>1:46</b>	5:05	3:08	6:19	2:24	1:40	0:28
4		<b>Johannes Eckel</b>	<b>31:47</b>	6:22	13:19	15:06	19:18	23:03	27:26	30:01	31:22	31:47
		<b>OLV Usiar</b>		6:22	6:57	1:47	<b>4:12</b>	3:45	4:23	2:35	1:21	<b>0:25</b>
5		<b>Brandon Nash</b>	<b>32:55</b>	5:59	13:49	15:49	23:01	25:14	28:29	30:39	32:28	32:55
		<b>Turn-Klubb zu Han</b>		5:59	7:50	2:00	7:12	2:13	3:15	2:10	1:49	0:27
6		<b>Sean Nitsche</b>	<b>38:08</b>	8:34	11:33	13:28	18:19	21:58	33:31	36:04	37:36	38:08
		<b>OLV Usiar</b>		8:34	2:59	1:55	4:51	3:39	11:33	2:33	1:32	0:32
7		<b>Corvin Wiese</b>	<b>38:47</b>	16:21	20:29	22:37	27:43	30:14	33:04	36:37	38:20	38:47
		<b>TV Jahn Wolfsburg</b>		16:21	4:08	2:08	5:06	2:31	2:50	3:33	1:43	0:27
8		<b>Till Raake</b>	<b>40:56</b>	11:39	14:35	16:21	21:15	24:57	37:37	39:02	40:26	40:56
		<b>MTV Seesen</b>		11:39	2:56	<b>1:46</b>	4:54	3:42	12:40	<b>1:25</b>	1:24	0:30
9		<b>Marlon Kriener</b>	<b>50:28</b>	8:19	18:26	21:43	31:38	35:10	45:03	47:20	49:49	50:28
		<b>OLV Usiar</b>		8:19	10:07	3:17	9:55	3:32	9:53	2:17	2:29	0:39
		<b>Jonathan Westersc</b>	<b>N Ang</b>									

Pl	tnr	Name	Zeit													
<b>H12 (10)</b>			<b>1,9 km 55 Hm</b>			<b>8 P</b>			<i>(Forts.)</i>							
			1(37)	2(38)	3(32)	4(34)	5(39)	6(40)	7(36)	8(100)	Ziel					
TSV Worpsswede																
<b>D14 (5)</b>			<b>2,8 km 70 Hm</b>			<b>12 P</b>									Ziel	
			1(46)	2(37)	3(38)	4(65)	5(67)	6(33)	7(58)	8(39)	9(66)	10(68)	11(57)	12(100)	Ziel	
1		Lilly Hintz	32:46	1:20	3:47	6:00	9:15	12:58	14:51	17:29	20:18	23:27	27:38	29:46	32:17	32:46
		MTV Seesen		1:20	2:27	2:13	3:15	3:43	1:53	2:38	2:49	3:09	4:11	2:08	2:31	0:29
2		Julia Stell	35:43	1:28	4:08	6:10	9:28	13:31	15:22	17:57	22:09	25:49	30:41	32:48	35:20	35:43
		TG 1860 Münden		1:28	2:40	2:02	3:18	4:03	1:51	2:35	4:12	3:40	4:52	2:07	2:32	0:23
3		Fiona Nash	50:25	2:23	5:03	12:34	15:43	20:30	22:45	26:44	30:11	35:41	44:19	47:30	49:51	50:25
		Turn-Klubb zu Han		2:23	2:40	7:31	3:09	4:47	2:15	3:59	3:27	5:30	8:38	3:11	2:21	0:34
		Lina Bokemueller	Aufg	1:52	9:34	11:59	----	----	----	----	44:03	----	----	----	1:06:50	1:07:28
		Old + New		1:52	7:42	2:25					32:04				22:47	0:38
AK		Kristine Schulze	1:42:59	7:35	12:50	25:59	31:57	52:28	55:14	1:02:18	1:06:46	1:13:04	1:23:51	1:37:38	1:41:44	1:42:59
		TV Jahn Wolfsburg		7:35	5:15	13:09	5:58	20:31	2:46	7:04	4:28	6:18	10:47	13:47	4:06	1:15
<b>H14 (7)</b>			<b>2,6 km 70 Hm</b>			<b>10 P</b>									Ziel	
			1(62)	2(38)	3(65)	4(33)	5(58)	6(39)	7(40)	8(66)	9(57)	10(100)	Ziel			
1		Till Buchberger	20:13	1:32	2:50	4:36	8:09	9:58	11:54	14:36	16:05	18:26	19:41	20:13	9:06	
		MTV Seesen		1:32	1:18	1:46	3:33	1:49	1:56	2:42	1:29	2:21	1:15	0:32	*34	
2		Jussi Bruns	20:50	1:25	2:42	4:44	8:27	10:03	12:02	14:33	16:16	19:01	20:20	20:50		
		MTK Bad Harzburg		1:25	1:17	2:02	3:43	1:36	1:59	2:31	1:43	2:45	1:19	0:30		
3		Bennet Grote	21:53	1:30	3:04	5:05	9:37	11:34	13:59	15:22	17:07	20:01	21:26	21:53		
		OLV Uslar		1:30	1:34	2:01	4:32	1:57	2:25	1:23	1:45	2:54	1:25	0:27		
4		Jannis Gerling	24:35	2:23	3:52	6:12	10:22	12:34	14:48	17:35	19:21	22:23	24:09	24:35		
		TG 1860 Münden		2:23	1:29	2:20	4:10	2:12	2:14	2:47	1:46	3:02	1:46	0:26		
5		Julius Wandelt	25:20	1:39	7:00	8:55	12:54	15:02	17:02	19:09	20:52	23:35	24:57	25:20		
		MTV Seesen		1:39	5:21	1:55	3:59	2:08	2:00	2:07	1:43	2:43	1:22	0:23		
6		Finn Reinicke	28:56	3:08	5:25	7:59	14:03	16:33	19:05	20:37	23:21	26:33	28:33	28:56		
		OLV Uslar		3:08	2:17	2:34	6:04	2:30	2:32	1:32	2:44	3:12	2:00	0:23		
		Marco Urzua Wöhre	N Ang													
		TV Jahn Wolfsburg														
<b>D16 (4)</b>			<b>4,4 km 125 Hm</b>			<b>11 P</b>									Ziel	
			1(41)	2(62)	3(47)	4(70)	5(42)	6(48)	7(64)	8(58)	9(53)	10(63)	11(100)	Ziel		
1		Anna Castilho Marc	53:59	1:41	3:01	7:39	14:37	26:38	29:02	44:18	49:27	50:35	51:33	53:27	53:59	
		SV Hildesia Diekhol		1:41	1:20	4:38	6:58	12:01	2:24	15:16	5:09	1:08	0:58	1:54	0:32	
2		Mareike Blohm	1:01:18	1:51	3:52	10:55	17:36	29:37	32:48	48:54	55:25	56:41	57:54	1:00:47	1:01:18	
		TSV Worpsswede		1:51	2:01	7:03	6:41	12:01	3:11	16:06	6:31	1:16	1:13	2:53	0:31	
3		Carolin Bernsdorf	1:04:50	2:14	4:15	9:52	13:54	33:53	37:12	52:57	59:03	1:00:36	1:01:52	1:04:19	1:04:50	
		MTV Seesen		2:14	2:01	5:37	4:02	19:59	3:19	15:45	6:06	1:33	1:16	2:27	0:31	
4		Kiana Meisel	1:07:53	2:33	4:50	11:10	16:51	28:04	31:49	51:43	1:02:09	1:03:34	1:04:55	1:07:23	1:07:53	
		OLV Uslar		2:33	2:17	6:20	5:41	11:13	3:45	19:54	10:26	1:25	1:21	2:28	0:30	
<b>H16 (5)</b>			<b>4,7 km 170 Hm</b>			<b>11 P</b>									Ziel	
			1(71)	2(47)	3(70)	4(42)	5(61)	6(44)	7(59)	8(50)	9(64)	10(63)	11(100)	Ziel		
1		Tom Buchholz	41:36	1:34	5:07	7:45	17:49	20:50	21:45	24:33	33:30	36:07	39:25	41:09	41:36	
		MTK Bad Harzburg		1:34	3:33	2:38	10:04	3:01	0:55	2:48	8:57	2:37	3:18	1:44	0:27	

Pl	tnr	Name	Zeit															
<b>H16 (5)</b>			<b>4,7 km 170 Hm</b>		<b>11 P</b>		<i>(Forts.)</i>											
			1(71)	2(47)	3(70)	4(42)	5(61)	6(44)	7(59)	8(50)	9(64)	10(63)	11(100)	Ziel				
2		<b>Jan Klose</b>	<b>42:24</b>	1:42	4:39	7:46	17:11	20:16	21:29	24:36	33:47	36:20	40:23	42:05	42:24			
		<b>MTV Seesen</b>		1:42	2:57	3:07	9:25	3:05	1:13	3:07	9:11	<b>2:33</b>	4:03	1:42	<b>0:19</b>			
3		<b>Theo Hennseler</b>	<b>45:17</b>	1:54	<b>4:26</b>	<b>6:52</b>	<b>16:01</b>	19:49	20:49	23:56	36:09	39:29	43:18	44:50	45:17			
		<b>MTV Seesen</b>		1:54	<b>2:32</b>	<b>2:26</b>	9:09	3:48	1:00	3:07	12:13	3:20	3:49	<b>1:32</b>	0:27			
4		<b>Aaron Wandelt</b>	<b>45:23</b>	1:37	4:55	9:21	16:07	<b>19:17</b>	<b>20:22</b>	<b>23:48</b>	36:31	39:11	43:17	45:00	45:23			
		<b>MTV Seesen</b>		1:37	3:18	4:26	<b>6:46</b>	3:10	1:05	3:26	12:43	2:40	4:06	1:43	0:23			
5		<b>Lion Bernsdorf</b>	<b>58:02</b>	2:18	9:24	18:38	28:04	32:06	33:16	36:48	46:55	51:59	55:37	57:33	58:02			
		<b>MTV Seesen</b>		2:18	7:06	9:14	9:26	4:02	1:10	3:32	10:07	5:04	3:38	1:56	0:29			
<b>D18 (4)</b>			<b>4,7 km 170 Hm</b>		<b>11 P</b>													
			1(71)	2(47)	3(70)	4(42)	5(61)	6(44)	7(59)	8(50)	9(64)	10(63)	11(100)	Ziel				
1		<b>Solia Stamer</b>	<b>44:39</b>	<b>1:38</b>	5:22	8:32	<b>15:42</b>	<b>18:56</b>	<b>20:05</b>	<b>23:43</b>	<b>33:45</b>	<b>38:28</b>	<b>42:22</b>	<b>44:08</b>	<b>44:39</b>			
		<b>MTK Bad Harzburg</b>		<b>1:38</b>	3:44	<b>3:10</b>	<b>7:10</b>	<b>3:14</b>	1:09	3:38	10:02	4:43	<b>3:54</b>	<b>1:46</b>	0:31			
2		<b>Lina Buchberger</b>	<b>45:43</b>	1:42	<b>4:51</b>	<b>8:31</b>	18:40	21:55	23:03	26:29	35:56	39:06	43:14	45:13	45:43			
		<b>MTV Seesen</b>		1:42	<b>3:09</b>	3:40	10:09	3:15	<b>1:08</b>	<b>3:26</b>	<b>9:27</b>	<b>3:10</b>	4:08	1:59	<b>0:30</b>			
3		<b>Pia Buchholz</b>	<b>1:03:00</b>	2:13	5:45	9:34	21:48	25:46	27:08	31:23	49:38	53:29	1:00:16	1:02:25	1:03:00			
		<b>MTK Bad Harzburg</b>		2:13	3:32	3:49	12:14	3:58	1:22	4:15	18:15	3:51	6:47	2:09	0:35			
		<b>Meike Hennseler</b>	<b>N Ang</b>															
		<b>MTV Seesen</b>																
<b>H18 (4)</b>			<b>5,8 km 180 Hm</b>		<b>15 P</b>													
			1(46)	2(47)	3(48)	4(42)	5(43)	6(44)	7(45)	8(59)	9(50)	10(54)	11(66)	12(55)	13(56)	14(68)		
			15(100)	Ziel														
1		<b>Matti Bruns</b>	<b>43:32</b>	0:52	<b>3:10</b>	<b>9:32</b>	<b>11:28</b>	<b>14:49</b>	<b>15:37</b>	<b>18:26</b>	<b>21:12</b>	<b>28:53</b>	<b>31:14</b>	<b>34:16</b>	<b>36:58</b>	<b>38:37</b>	<b>40:49</b>	
		<b>MTK Bad Harzburg</b>		0:52	<b>2:18</b>	<b>6:22</b>	<b>1:56</b>	<b>3:21</b>	<b>0:48</b>	2:49	<b>2:46</b>	<b>7:41</b>	2:21	<b>3:02</b>	<b>2:42</b>	<b>1:39</b>	2:12	
			<b>43:04</b>	<b>43:32</b>														
2		<b>Nilas Stamer</b>	<b>54:48</b>	2:15	0:28	3:50	12:29	14:38	18:10	19:09	21:48	28:37	39:30	41:24	44:55	48:24	50:09	52:14
		<b>MTK Bad Harzburg</b>		0:49	3:01	8:39	2:09	3:32	0:59	<b>2:39</b>	6:49	10:53	<b>1:54</b>	3:31	3:29	1:45	<b>2:05</b>	
			54:24	54:48														
			<b>2:10</b>	<b>0:24</b>														
3		<b>Jonas Wöldecke</b>	<b>1:19:02</b>	1:39	7:27	17:54	21:55	26:55	28:08	33:37	37:20	52:07	55:50	1:01:17	1:07:02	1:10:18	1:15:09	
		<b>SC Melle 03</b>		1:39	5:48	10:27	4:01	5:00	1:13	5:29	3:43	14:47	3:43	5:27	5:45	3:16	4:51	
			1:18:27	1:19:02														
			3:18	0:35														
		<b>Yannick Diezemann</b>	<b>Aufg</b>	1:28	7:42	-----	-----	-----	-----	-----	-----	-----	43:55	49:13	1:00:27	-----	1:08:57	-----
		<b>Corvinianum</b>		1:28	6:14													
			1:23:58	1:24:30														
			15:01	0:32														
<b>D19K (11)</b>			<b>3,5 km 70 Hm</b>		<b>9 P</b>													
			1(60)	2(47)	3(69)	4(50)	5(64)	6(58)	7(53)	8(63)	9(100)	Ziel						
1		<b>Karolin Kühnhold</b>	<b>37:51</b>	1:22	<b>6:37</b>	<b>9:11</b>	<b>22:38</b>	<b>26:25</b>	<b>32:28</b>	<b>33:53</b>	<b>35:03</b>	<b>37:20</b>	<b>37:51</b>					
		<b>WSV Braunlage</b>		1:22	<b>5:15</b>	2:34	<b>13:27</b>	3:47	6:03	1:25	1:10	2:17	0:31					
2		<b>Uta Hillebrand</b>	<b>40:04</b>	2:09	10:43	12:41	26:21	29:50	35:41	36:55	37:47	39:39	40:04					
		<b>Turn-Klubb zu Han</b>		2:09	8:34	1:58	13:40	3:29	5:51	<b>1:14</b>	<b>0:52</b>	<b>1:52</b>	<b>0:25</b>					
3		<b>Jessica Drese</b>	<b>42:06</b>	<b>1:19</b>	9:11	10:48	24:35	28:02	33:51	37:58	38:57	41:29	42:06					
		<b>OLV Uslar</b>		<b>1:19</b>	7:52	<b>1:37</b>	13:47	<b>3:27</b>	5:49	4:07	0:59	2:32	0:37					

Pl	tnr	Name	Zeit														
<b>D19K (11)</b>			<b>3,5 km 70 Hm</b>		<b>9 P</b>		<i>(Forts.)</i>										
			1(60)	2(47)	3(69)	4(50)	5(64)	6(58)	7(53)	8(63)	9(100)	Ziel					
4		<b>Antje Enoch</b>	<b>48:27</b>	3:07	9:32	11:17	25:08	28:46	34:04	35:23	45:52	47:59	48:27				
		<b>Turn-Klubb zu Han</b>		3:07	6:25	1:45	13:51	3:38	<b>5:18</b>	1:19	10:29	2:07	0:28				
5		<b>Sonja Kunze</b>	<b>49:59</b>	5:45	11:32	19:09	35:05	39:07	44:38	46:09	47:17	49:26	49:59				
		<b>OLV Uslar</b>		5:45	5:47	7:37	15:56	4:02	5:31	1:31	1:08	2:09	0:33				
6		<b>Anna-Lena Engelma</b>	<b>54:57</b>	2:17	8:45	10:49	26:49	32:42	39:10	46:34	51:42	54:19	54:57				
		<b>TSV Worpsswede</b>		2:17	6:28	2:04	16:00	5:53	6:28	7:24	5:08	2:37	0:38				
7		<b>Dorothea Kirves</b>	<b>56:44</b>	2:11	9:20	17:30	36:24	41:55	49:50	51:55	53:10	56:07	56:44				
		<b>TG 1860 Münden</b>		2:11	7:09	8:10	18:54	5:31	7:55	2:05	1:15	2:57	0:37				
8		<b>Jordan Sophie Meis</b>	<b>59:18</b>	3:32	13:39	16:22	40:09	45:36	52:19	54:01	55:23	58:40	59:18				
		<b>OLV Uslar</b>		3:32	10:07	2:43	23:47	5:27	6:43	1:42	1:22	3:17	0:38				
9		<b>Myrea Gerling</b>	<b>1:02:39</b>	2:41	9:42	16:16	41:07	45:47	54:02	57:11	58:44	1:01:56	1:02:39				
		<b>TG 1860 Münden</b>		2:41	7:01	6:34	24:51	4:40	8:15	3:09	1:33	3:12	0:43				
10		<b>Katja Eckel</b>	<b>1:07:51</b>	4:48	18:11	23:37	45:06	51:14	1:00:07	1:02:18	1:04:03	1:07:15	1:07:51				
		<b>OLV Uslar</b>		4:48	13:23	5:26	21:29	6:08	8:53	2:11	1:45	3:12	0:36				
AK		<b>Nicole Perleberg</b>	<b>1:15:04</b>	9:08	15:59	19:34	45:51	50:43	1:02:14	1:04:49	1:10:38	1:14:16	1:15:04				
		<b>ESV Lok Magdebur</b>		9:08	6:51	3:35	26:17	4:52	11:31	2:35	5:49	3:38	0:48				
<b>H20 (1)</b>			<b>8,1 km 230 Hm</b>		<b>17 P</b>												
			1(60)	2(42)	3(61)	4(44)	5(45)	6(59)	7(62)	8(49)	9(47)	10(48)	11(50)	12(51)	13(52)	14(63)	
			15(54)	16(64)	17(100)	Ziel											
1		<b>Felix Drese</b>	<b>2:00:27</b>	<b>1:25</b>	<b>17:33</b>	<b>22:14</b>	<b>23:55</b>	<b>29:48</b>	<b>33:39</b>	<b>44:17</b>	<b>45:47</b>	<b>51:24</b>	<b>1:08:06</b>	<b>1:22:25</b>	<b>1:32:17</b>	<b>1:34:26</b>	<b>1:44:38</b>
		<b>OLV Uslar</b>		<b>1:25</b>	<b>16:08</b>	<b>4:41</b>	<b>1:41</b>	<b>5:53</b>	<b>3:51</b>	<b>10:38</b>	<b>1:30</b>	<b>5:37</b>	<b>16:42</b>	<b>14:19</b>	<b>9:52</b>	<b>2:09</b>	<b>10:12</b>
				<b>1:49:02</b>	<b>1:53:27</b>	<b>1:59:46</b>	<b>2:00:27</b>										
				<b>4:24</b>	<b>4:25</b>	<b>6:19</b>	<b>0:41</b>										
<b>H21K (11)</b>			<b>4,4 km 125 Hm</b>		<b>11 P</b>												
			1(41)	2(62)	3(47)	4(70)	5(42)	6(48)	7(64)	8(58)	9(53)	10(63)	11(100)	Ziel			
1		<b>Sergey Yakubov</b>	<b>41:31</b>	1:29	2:49	6:28	<b>9:54</b>	<b>17:03</b>	<b>19:42</b>	<b>31:28</b>	<b>36:46</b>	<b>37:59</b>	<b>39:02</b>	<b>41:01</b>	<b>41:31</b>		
		<b>OSC Hamburg</b>		1:29	1:20	3:39	3:26	<b>7:09</b>	2:39	<b>11:46</b>	5:18	1:13	1:03	1:59	0:30		
2		<b>Till Finkenstädt</b>	<b>42:35</b>	1:20	2:43	6:12	9:59	17:59	20:21	32:36	37:57	39:07	39:59	42:03	42:35		
		<b>OLV Uslar</b>		1:20	1:23	3:29	3:47	8:00	<b>2:22</b>	12:15	5:21	1:10	0:52	2:04	0:32		
3		<b>Nils Holthoff</b>	<b>45:01</b>	1:41	3:01	6:43	10:31	20:15	23:01	35:57	40:35	41:40	42:31	44:30	45:01		
		<b>SC Klecken</b>		1:41	1:20	3:42	3:48	9:44	2:46	12:56	<b>4:38</b>	<b>1:05</b>	0:51	1:59	0:31		
4		<b>Malte Finkenstädt</b>	<b>45:07</b>	<b>1:14</b>	<b>2:25</b>	<b>5:53</b>	11:50	20:10	23:00	35:26	40:31	42:05	42:55	44:36	45:07		
		<b>OLV Uslar</b>		<b>1:14</b>	<b>1:11</b>	<b>3:28</b>	5:57	8:20	2:50	12:26	5:05	1:34	<b>0:50</b>	<b>1:41</b>	0:31		
5		<b>Jonas Dresel</b>	<b>47:24</b>	1:30	3:21	7:05	10:18	19:56	22:56	36:25	42:35	43:41	44:38	46:47	47:24		
		<b>SC Klecken</b>		1:30	1:51	3:44	<b>3:13</b>	9:38	3:00	13:29	6:10	1:06	0:57	2:09	0:37		
6		<b>Garvin Behling</b>	<b>57:04</b>	2:54	4:42	9:40	13:52	24:06	26:55	40:55	48:34	53:02	53:53	56:39	57:04		
		<b>Turn-Klubb zu Han</b>		2:54	1:48	4:58	4:12	10:14	2:49	14:00	7:39	4:28	0:51	2:46	<b>0:25</b>		
7		<b>Lukas Bersuck</b>	<b>1:10:22</b>	2:04	4:13	10:48	17:38	31:03	35:01	55:00	1:01:26	1:05:07	1:07:27	1:09:53	1:10:22		
		<b>Bielefelder TG</b>		2:04	2:09	6:35	6:50	13:25	3:58	19:59	6:26	3:41	2:20	2:26	0:29		
8		<b>Jannik Richter</b>	<b>1:13:22</b>	2:20	5:59	15:39	23:11	34:53	39:55	58:16	1:04:30	1:08:05	1:10:20	1:12:57	1:13:22		
		<b>Turn-Klubb zu Han</b>		2:20	3:39	9:40	7:32	11:42	5:02	18:21	6:14	3:35	2:15	2:37	<b>0:25</b>		
9		<b>Peter Šimko</b>	<b>1:15:03</b>	2:22	5:32	10:46	19:02	34:14	43:00	1:02:24	1:08:48	1:11:12	1:12:34	1:14:32	1:15:03		
		<b>OSC Kassel</b>		2:22	3:10	5:14	8:16	15:12	8:46	19:24	6:24	2:24	1:22	1:58	0:31		
10		<b>Simon und Marten</b>	<b>1:30:03</b>	4:06	15:35	23:57	30:50	46:07	49:47	1:07:13	1:21:19	1:24:18	1:26:06	1:29:19	1:30:03		
		<b>TSV Neustadt a. Rb</b>		4:06	11:29	8:22	6:53	15:17	3:40	17:26	14:06	2:59	1:48	3:13	0:44		
AK		<b>Frank Thiemann</b>	<b>N Ang</b>														
		<b>Hochschulsport Ha</b>															

Pl	tnr	Name	Zeit																				
<b>D35 (4)</b>			<b>5,8 km 180 Hm</b>		<b>15 P</b>																		
			1(46)	2(47)	3(48)	4(42)	5(43)	6(44)	7(45)	8(59)	9(50)	10(54)	11(66)	12(55)	13(56)	14(68)							
			15(100)	Ziel																			
1		<b>Nadine Enoch</b> <b>Turn-Klubb zu Han</b>	<b>1:14:15</b>	<b>1:09</b>	5:43	<b>15:43</b>	22:54	27:59	29:25	<b>32:55</b>	<b>37:04</b>	<b>51:37</b>	<b>54:52</b>	<b>59:39</b>	<b>1:04:25</b>	<b>1:07:15</b>	<b>1:09:27</b>						
				<b>1:09</b>	4:34	<b>10:00</b>	7:11	<b>5:05</b>	<b>1:26</b>	<b>3:30</b>	<b>4:09</b>	14:33	3:15	4:47	<b>4:46</b>	2:50	2:12						
			<b>1:13:40</b>	<b>1:14:15</b>																			
			4:13	0:35																			
2		<b>Renée Schwartz</b> <b>SSV Langenhagen</b>	<b>1:17:27</b>	1:11	<b>5:19</b>	15:56	<b>21:10</b>	<b>27:18</b>	<b>29:01</b>	39:47	44:36	55:54	58:44	1:03:09	1:08:35	1:11:17	1:13:19						
				1:11	<b>4:08</b>	10:37	5:14	6:08	1:43	10:46	4:49	<b>11:18</b>	<b>2:50</b>	<b>4:25</b>	5:26	<b>2:42</b>	<b>2:02</b>						
			1:16:54	1:17:27																			
			<b>3:35</b>	<b>0:33</b>																			
3		<b>Sandra Wöhrer</b> <b>TV Jahn Wolfsburg</b>	<b>1:53:24</b>	1:31	5:50	28:13	32:20	38:28	41:00	47:37	53:29	1:19:08	1:24:13	1:30:40	1:39:56	1:43:42	1:46:54						
				1:31	4:19	22:23	<b>4:07</b>	6:08	2:32	6:37	5:52	25:39	5:05	6:27	9:16	3:46	3:12						
			1:52:47	1:53:24																			
			5:53	0:37																			
4		<b>Claudia Weigert</b> <b>Braunschweiger MT</b>	<b>2:08:45</b>	1:42	8:25	27:56	36:00	44:14	46:33	54:12	1:00:23	1:29:38	1:36:25	1:44:41	1:53:58	1:58:06	2:01:24						
				1:42	6:43	19:31	8:04	8:14	2:19	7:39	6:11	29:15	6:47	8:16	9:17	4:08	3:18						
			2:07:53	2:08:45																			
			6:29	0:52																			
<b>H35 (4)</b>			<b>8,1 km 230 Hm</b>		<b>17 P</b>																		
			1(60)	2(42)	3(61)	4(44)	5(45)	6(59)	7(62)	8(49)	9(47)	10(48)	11(50)	12(51)	13(52)	14(63)							
			15(54)	16(64)	17(100)	Ziel																	
1		<b>Björn Frieling</b> <b>RCEH Celle</b>	<b>1:17:39</b>	1:11	<b>12:10</b>	<b>15:41</b>	<b>16:44</b>	<b>19:46</b>	<b>22:44</b>	<b>29:50</b>	<b>30:41</b>	<b>34:55</b>	<b>43:25</b>	<b>50:52</b>	<b>58:34</b>	<b>59:19</b>	<b>1:06:57</b>						
				1:11	<b>10:59</b>	<b>3:31</b>	<b>1:03</b>	<b>3:02</b>	<b>2:58</b>	<b>7:06</b>	<b>0:51</b>	<b>4:14</b>	<b>8:30</b>	<b>7:27</b>	<b>7:42</b>	<b>0:45</b>	7:38						
			<b>1:10:47</b>	<b>1:12:51</b>	<b>1:17:08</b>	<b>1:17:39</b>																	
			<b>3:50</b>	<b>2:04</b>	<b>4:17</b>	<b>0:31</b>																	
2		<b>Carsten Eckert</b> <b>SC Klecken</b>	<b>1:59:50</b>	2:41	17:46	25:00	26:19	30:52	35:37	44:44	52:19	56:43	1:07:36	1:20:56	1:32:00	1:35:19	1:44:24						
				2:41	15:05	7:14	1:19	4:33	4:45	9:07	7:35	4:24	10:53	13:20	11:04	3:19	9:05						
			1:48:24	1:52:12	1:59:15	1:59:50																	
			4:00	3:48	7:03	0:35																	
3		<b>Paulo Urzua Torres</b> <b>TV Jahn Wolfsburg</b>	<b>2:12:44</b>	2:23	17:18	21:05	23:00	28:32	32:31	45:38	55:30	1:00:49	1:23:12	1:33:39	1:50:39	1:52:02	1:59:23						
				2:23	14:55	3:47	1:55	5:32	3:59	13:07	9:52	5:19	22:23	10:27	17:00	1:23	<b>7:21</b>						
			2:03:19	2:07:02	2:12:13	2:12:44																	
			3:56	3:43	5:11	<b>0:31</b>																	
		<b>Frank Reichert</b> <b>OK Leipzig</b>	<b>Fehlst</b>	1:45	12:58	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----						
				1:45	11:13																		
			-----	-----	50:36																		
					37:38																		
							43:46	44:30	46:56														
							*39	*35	*36														
<b>D45 (8)</b>			<b>4,4 km 125 Hm</b>		<b>11 P</b>																		
			1(41)	2(62)	3(47)	4(70)	5(42)	6(48)	7(64)	8(58)	9(53)	10(63)	11(100)	Ziel									
1		<b>Anke von Gaza</b> <b>OLV Uslar</b>	<b>47:10</b>	<b>1:20</b>	<b>3:28</b>	<b>7:33</b>	12:20	20:51	<b>23:33</b>	<b>37:29</b>	<b>42:26</b>	<b>43:58</b>	<b>44:50</b>	<b>46:40</b>	<b>47:10</b>								
				<b>1:20</b>	2:08	<b>4:05</b>	4:47	8:31	<b>2:42</b>	<b>13:56</b>	<b>4:57</b>	1:32	<b>0:52</b>	<b>1:50</b>	<b>0:30</b>								
2		<b>Evi Drese</b> <b>OLV Uslar</b>	<b>50:02</b>	2:29	4:02	8:11	<b>12:00</b>	<b>20:20</b>	24:17	38:39	44:53	46:12	47:11	49:25	50:02	1:47							
				2:29	<b>1:33</b>	4:09	<b>3:49</b>	<b>8:20</b>	3:57	14:22	6:14	<b>1:19</b>	0:59	2:14	0:37	<b>*60</b>							
3		<b>Liisa Rihko-Struck</b> <b>Braunschweiger MT</b>	<b>54:04</b>	2:01	3:42	7:48	13:07	22:12	25:14	41:05	46:46	50:01	51:12	53:29	54:04								
				2:01	1:41	4:06	5:19	9:05	3:02	15:51	5:41	3:15	1:11	2:17	0:35								
4		<b>Tanja Buchholz</b> <b>MTK Bad Harzburg</b>	<b>59:34</b>	1:59	3:47	8:59	14:14	25:35	29:17	44:07	52:09	54:25	56:05	58:57	59:34								
				1:59	1:48	5:12	5:15	11:21	3:42	14:50	8:02	2:16	1:40	2:52	0:37								
		<b>Sylke Höfner</b> <b>OLV Uslar</b>	<b>Fehlst</b>	3:29	23:37	33:15	47:47	1:13:26	1:19:37	-----	1:54:48	1:57:39	2:00:38	2:05:55	2:07:21								
				3:29	20:08	9:38	14:32	25:39	6:11														
										35:11	2:51	2:59	5:17	1:26									

Pl	tnr	Name	Zeit														
<b>D45 (8)</b>			<b>4,4 km 125 Hm</b>			<b>11 P</b>			<i>(Forts.)</i>								
			1(41)	2(62)	3(47)	4(70)	5(42)	6(48)	7(64)	8(58)	9(53)	10(63)	11(100)	Ziel			
		<b>Katrin Bokemueller</b>	<b>Fehlst</b>	11:59	14:43	21:11	-----	1:10:10	1:19:45	1:46:56	2:00:04	2:04:23	2:05:52	2:09:18	2:09:52		
		<b>Old + New</b>		11:59	2:44	6:28		48:59	9:35	27:11	13:08	4:19	1:29	3:26	0:34		
		<b>Andrea Finkenstädt</b>	<b>Aufg</b>	3:01	5:49	12:25	18:46	31:32	37:51	-----	-----	-----	-----	1:01:59	1:03:16		
		<b>OLV Uslar</b>		3:01	2:48	6:36	6:21	12:46	6:19					24:08	1:17		
		<b>Michaela Bruns</b>	<b>N Ang</b>														
		<b>MTK Bad Harzburg</b>															
<b>H45 (7)</b>			<b>7,2 km 190 Hm</b>			<b>17 P</b>											
			1(71)	2(47)	3(70)	4(48)	5(42)	6(61)	7(45)	8(59)	9(50)	10(63)	11(58)	12(67)	13(54)	14(52)	
			15(55)	16(68)	17(100)	Ziel											
1		<b>Gerrit Rode</b>	<b>57:58</b>	<b>1:22</b>	<b>4:08</b>	<b>6:58</b>	<b>11:39</b>	<b>14:02</b>	<b>16:51</b>	<b>20:23</b>	<b>23:50</b>	<b>33:37</b>	<b>37:56</b>	<b>39:54</b>	<b>42:05</b>	<b>44:40</b>	<b>49:07</b>
		<b>TSV Worpswede</b>		<b>1:22</b>	<b>2:46</b>	<b>2:50</b>	<b>4:41</b>	2:23	<b>2:49</b>	<b>3:32</b>	3:27	<b>9:47</b>	4:19	1:58	2:11	2:35	<b>4:27</b>
				<b>52:27</b>	<b>55:16</b>	<b>57:30</b>	<b>57:58</b>										
				<b>3:20</b>	<b>2:49</b>	<b>2:14</b>	0:28										
2		<b>Martin Hennseler</b>	<b>1:03:47</b>	1:57	4:50	8:02	14:16	16:35	19:44	23:41	27:17	37:48	42:34	44:15	46:22	48:44	53:22
		<b>MTV Seesen</b>		1:57	2:53	3:12	6:14	<b>2:19</b>	3:09	3:57	3:36	10:31	4:46	<b>1:41</b>	<b>2:07</b>	<b>2:22</b>	4:38
				57:10	1:00:21	1:03:13	1:03:47										
				3:48	3:11	2:52	0:34										
3		<b>Jens Struckmann</b>	<b>1:09:56</b>	2:08	5:25	9:37	16:40	19:15	22:13	26:30	30:18	41:36	48:32	50:19	52:27	54:52	59:19
		<b>Braunschweiger MT</b>		2:08	3:17	4:12	7:03	2:35	2:58	4:17	3:48	11:18	6:56	1:47	2:08	2:25	<b>4:27</b>
				1:03:06	1:06:16	1:09:24	1:09:56										
				3:47	3:10	3:08	0:32										
4		<b>Dirk Strauß</b>	<b>1:13:02</b>	1:38	5:37	9:41	14:54	17:31	23:13	27:27	30:46	44:46	49:47	51:48	54:19	57:25	1:02:51
		<b>SV Hildesia Diekhol</b>		1:38	3:59	4:04	5:13	2:37	5:42	4:14	3:19	14:00	5:01	2:01	2:31	3:06	5:26
				1:06:54	1:09:50	1:12:34	1:13:02										
				4:03	2:56	2:44	0:28										
5		<b>Oliver Hillebrandt</b>	<b>1:22:21</b>	3:43	7:06	12:16	19:42	22:30	26:15	31:37	36:24	47:49	53:45	56:10	58:50	1:02:05	1:09:05
		<b>OLV Uslar</b>		3:43	3:23	5:10	7:26	2:48	3:45	5:22	4:47	11:25	5:56	2:25	2:40	3:15	7:00
				1:13:26	1:18:56	1:21:50	1:22:21										
				4:21	5:30	2:54	0:31										
6		<b>Jörg Kleinholz-Mew</b>	<b>1:26:06</b>	3:08	6:20	14:40	20:49	26:19	36:38	40:25	43:41	54:20	58:36	1:00:35	1:03:19	1:10:50	1:15:38
		<b>TuS Bothfeld 04</b>		3:08	3:12	8:20	6:09	5:30	10:19	3:47	<b>3:16</b>	10:39	<b>4:16</b>	1:59	2:44	7:31	4:48
				1:20:00	1:23:21	1:25:42	1:26:06										
				4:22	3:21	2:21	<b>0:24</b>										
7		<b>Gunnar Grote</b>	<b>1:39:35</b>	2:22	13:23	20:37	29:00	33:00	38:09	43:23	47:19	1:05:50	1:10:31	1:12:39	1:15:48	1:19:36	1:26:20
		<b>OLV Uslar</b>		2:22	11:01	7:14	8:23	4:00	5:09	5:14	3:56	18:31	4:41	2:08	3:09	3:48	6:44
				1:31:39	1:35:32	1:38:55	1:39:35										
				5:19	3:53	3:23	0:40										
<b>D55 (10)</b>			<b>3,5 km 70 Hm</b>			<b>9 P</b>											
			1(60)	2(47)	3(69)	4(50)	5(64)	6(58)	7(53)	8(63)	9(100)	Ziel					
1		<b>Ulrike Korff</b>	<b>42:07</b>	2:10	9:12	11:20	24:40	<b>28:40</b>	<b>34:31</b>	<b>37:58</b>	<b>39:09</b>	41:33	<b>42:07</b>				
		<b>SC Achmer</b>		2:10	7:02	2:08	13:20	<b>4:00</b>	5:51	3:27	<b>1:11</b>	2:24	0:34				
2		<b>Olga Sonnenberg</b>	<b>42:16</b>	<b>1:33</b>	8:52	12:03	25:16	30:35	36:22	37:59	39:11	<b>41:31</b>	42:16				
		<b>Osnabrücker TB</b>		<b>1:33</b>	7:19	3:11	13:13	5:19	5:47	<b>1:37</b>	1:12	2:20	0:45				
3		<b>Heidrun Finke</b>	<b>44:34</b>	1:42	<b>6:44</b>	<b>11:04</b>	<b>22:21</b>	33:27	38:57	40:34	41:46	43:57	44:34				
		<b>OLV Uslar</b>		1:42	<b>5:02</b>	4:20	<b>11:17</b>	11:06	<b>5:30</b>	<b>1:37</b>	1:12	<b>2:11</b>	0:37				
4		<b>Barbara Dresel</b>	<b>45:12</b>	2:11	9:27	12:20	27:02	31:11	38:23	40:05	41:38	44:32	45:12				
		<b>SC Klecken</b>		2:11	7:16	2:53	14:42	4:09	7:12	1:42	1:33	2:54	0:40				
5		<b>Renate Tröfke</b>	<b>47:51</b>	2:14	10:42	13:05	29:27	35:20	41:44	43:35	44:47	47:14	47:51				
		<b>SV TU Ilmenau</b>		2:14	8:28	2:23	16:22	5:53	6:24	1:51	1:12	2:27	0:37				



Pl	tnr	Name	Zeit												
<b>D55 (10)</b>			<b>3,5 km 70 Hm</b>		<b>9 P</b>		<i>(Forts.)</i>								
			1(60)	2(47)	3(69)	4(50)	5(64)	6(58)	7(53)	8(63)	9(100)	Ziel			
6		<b>Claudia Ducki-Höck</b>	<b>52:01</b>	2:38	10:29	12:34	33:41	37:49	43:52	45:34	49:08	51:29	52:01		
		<b>MTK Bad Harzburg</b>		2:38	7:51	<b>2:05</b>	21:07	4:08	6:03	1:42	3:34	2:21	<b>0:32</b>		
7		<b>Ulrike Friedrichs</b>	<b>52:47</b>	3:29	11:31	16:02	32:01	37:13	45:20	47:22	48:56	52:06	52:47		
		<b>MTV Seesen</b>		3:29	8:02	4:31	15:59	5:12	8:07	2:02	1:34	3:10	0:41		
8		<b>Ulrike Wöldecke</b>	<b>59:12</b>	3:41	13:25	16:11	37:02	41:52	51:05	54:05	55:25	58:33	59:12		
		<b>SC Melle 03</b>		3:41	9:44	2:46	20:51	4:50	9:13	3:00	1:20	3:08	0:39		
9		<b>Petra Speh-Rothaug</b>	<b>1:00:40</b>	3:24	14:19	19:15	40:04	44:36	51:48	54:23	56:12	59:55	1:00:40		
		<b>OSC Kassel</b>		3:24	10:55	4:56	20:49	4:32	7:12	2:35	1:49	3:43	0:45		
10		<b>Theresia Schulte</b>	<b>1:18:43</b>	4:08	16:53	21:01	54:25	1:02:09	1:10:20	1:12:57	1:14:45	1:17:59	1:18:43		
		<b>SC Melle 03</b>		4:08	12:45	4:08	33:24	7:44	8:11	2:37	1:48	3:14	0:44		
<b>H55 (12)</b>			<b>4,7 km 170 Hm</b>		<b>11 P</b>										
			1(71)	2(47)	3(70)	4(42)	5(61)	6(44)	7(59)	8(50)	9(64)	10(63)	11(100)	Ziel	
1		<b>Horst von Gaza</b>	<b>43:37</b>	1:54	5:18	8:40	15:07	18:18	19:50	23:26	33:32	<b>36:34</b>	<b>41:11</b>	<b>43:11</b>	<b>43:37</b>
		<b>OLV Uslar</b>		1:54	3:24	3:22	<b>6:27</b>	<b>3:11</b>	1:32	3:36	10:06	<b>3:02</b>	4:37	2:00	<b>0:26</b>
2		<b>Henning Bruns</b>	<b>47:20</b>	1:43	<b>5:01</b>	<b>8:00</b>	<b>14:44</b>	<b>18:10</b>	<b>19:36</b>	<b>23:05</b>	<b>32:19</b>	38:58	44:49	46:45	47:20
		<b>MTK Bad Harzburg</b>		1:43	<b>3:18</b>	<b>2:59</b>	6:44	3:26	<b>1:26</b>	<b>3:29</b>	<b>9:14</b>	6:39	5:51	1:56	0:35
3		<b>Sergej Sonnenberg</b>	<b>48:37</b>	1:54	6:18	9:56	16:40	21:04	22:55	26:40	37:38	42:30	46:11	48:02	48:37
		<b>Osnabrücker TB</b>		1:54	4:24	3:38	6:44	4:24	1:51	3:45	10:58	4:52	<b>3:41</b>	<b>1:51</b>	0:35
4		<b>Stephan Schliebene</b>	<b>52:47</b>	<b>1:41</b>	5:45	9:30	18:26	22:32	24:10	28:41	41:36	45:22	49:47	52:10	52:47
		<b>OLV Uslar</b>		<b>1:41</b>	4:04	3:45	8:56	4:06	1:38	4:31	12:55	3:46	4:25	2:23	0:37
5		<b>Michael Schwien</b>	<b>56:39</b>	2:13	5:53	12:26	21:44	26:45	28:16	32:15	45:36	49:19	53:54	56:08	56:39
		<b>SC Klecken</b>		2:13	3:40	6:33	9:18	5:01	1:31	3:59	13:21	3:43	4:35	2:14	0:31
6		<b>Werner Drese</b>	<b>59:21</b>	2:05	5:38	9:33	21:06	26:17	28:25	32:42	47:18	50:52	56:15	58:35	59:21
		<b>OLV Uslar</b>		2:05	3:33	3:55	11:33	5:11	2:08	4:17	14:36	3:34	5:23	2:20	0:46
7		<b>Dieter Wehrhöfer-B</b>	<b>1:03:25</b>	2:12	6:27	11:57	24:56	30:01	31:27	36:27	49:43	55:34	1:00:36	1:02:50	1:03:25
		<b>Bielefelder TG</b>		2:12	4:15	5:30	12:59	5:05	<b>1:26</b>	5:00	13:16	5:51	5:02	2:14	0:35
8		<b>Thomas Binsch</b>	<b>1:05:57</b>	6:27	10:52	16:28	25:10	29:30	31:31	36:10	52:30	58:14	1:03:08	1:05:21	1:05:57
		<b>OLG Südheide</b>		6:27	4:25	5:36	8:42	4:20	2:01	4:39	16:20	5:44	4:54	2:13	0:36
9		<b>Uwe Dresel</b>	<b>1:10:03</b>	2:17	6:31	11:37	21:14	25:44	27:31	31:36	47:42	53:47	1:06:51	1:09:25	1:10:03
		<b>SC Klecken</b>		2:17	4:14	5:06	9:37	4:30	1:47	4:05	16:06	6:05	13:04	2:34	0:38
10		<b>Wolfgang Wöldecke</b>	<b>1:42:23</b>	3:24	9:17	16:14	30:30	42:30	44:34	50:37	1:13:20	1:24:38	1:38:09	1:41:27	1:42:23
		<b>SC Melle 03</b>		3:24	5:53	6:57	14:16	12:00	2:04	6:03	22:43	11:18	13:31	3:18	0:56
11		<b>Uwe Bokemüller</b>	<b>2:05:12</b>	4:37	14:25	21:53	42:36	50:53	54:17	1:03:54	1:34:19	1:50:02	1:59:27	2:04:12	2:05:12
		<b>Old + New</b>		4:37	9:48	7:28	20:43	8:17	3:24	9:37	30:25	15:43	9:25	4:45	1:00
AK		<b>Thorsten Schmidt</b>	<b>Fehlst</b>	9:40	15:38	25:56	44:27	50:01	51:27	58:46	1:26:29	-----	1:55:00	1:59:10	1:59:53
		<b>ESV Lok Magdebur</b>		9:40	5:58	10:18	18:31	5:34	<b>1:26</b>	7:19	27:43		28:31	4:10	0:43
<b>D65 (3)</b>			<b>2,5 km 70 Hm</b>		<b>7 P</b>										
			1(41)	2(47)	3(69)	4(67)	5(58)	6(63)	7(100)	Ziel					
1		<b>Birgitt Michel</b>	<b>45:12</b>	2:40	<b>12:22</b>	<b>15:40</b>	<b>30:38</b>	<b>36:10</b>	<b>40:33</b>	<b>44:10</b>	<b>45:12</b>				
		<b>TV Jahn Wolfsburg</b>		2:40	<b>9:42</b>	3:18	14:58	5:32	4:23	3:37	1:02				
2		<b>Irmela Bergt</b>	<b>47:12</b>	<b>2:27</b>	23:05	26:15	35:31	39:59	43:31	46:33	47:12				
		<b>TSV Fischerhude</b>		<b>2:27</b>	20:38	3:10	<b>9:16</b>	<b>4:28</b>	<b>3:32</b>	<b>3:02</b>	<b>0:39</b>				
3		<b>Ingrid Müssen</b>	<b>50:18</b>	7:10	18:13	21:18	35:35	40:49	46:23	49:36	50:18				
		<b>SUS Vehrte</b>		7:10	11:03	<b>3:05</b>	14:17	5:14	5:34	3:13	0:42				

Pl	tnr	Name	Zeit										
<b>H65 (11)</b>			<b>3,5 km 70 Hm</b>			<b>9 P</b>							
			1(60)	2(47)	3(69)	4(50)	5(64)	6(58)	7(53)	8(63)	9(100)	Ziel	
1		<b>Reinhard In der Str</b>	<b>36:05</b>	<b>1:19</b>	<b>6:42</b>	<b>8:40</b>	<b>20:58</b>	<b>24:16</b>	<b>30:13</b>	<b>32:15</b>	<b>33:36</b>	<b>35:32</b>	<b>36:05</b>
		<b>Osnabrücker TB</b>		<b>1:19</b>	<b>5:23</b>	1:58	<b>12:18</b>	<b>3:18</b>	5:57	2:02	1:21	<b>1:56</b>	<b>0:33</b>
2		<b>Lutz Tröße</b>	<b>42:33</b>	1:44	8:33	10:25	29:10	32:33	37:33	38:53	39:59	41:59	42:33
		<b>SV TU Ilmenau</b>		1:44	6:49	<b>1:52</b>	18:45	3:23	<b>5:00</b>	<b>1:20</b>	<b>1:06</b>	2:00	0:34
3		<b>Detlev Friedrichs</b>	<b>46:02</b>	1:38	7:52	13:32	28:01	34:31	40:10	41:49	43:03	45:23	46:02
		<b>MTV Seesen</b>		1:38	6:14	5:40	14:29	6:30	5:39	1:39	1:14	2:20	0:39
4		<b>Siegfried May</b>	<b>46:28</b>	1:59	9:24	12:33	29:01	33:16	39:55	41:30	42:52	45:47	46:28
		<b>RSV Hannover</b>		1:59	7:25	3:09	16:28	4:15	6:39	1:35	1:22	2:55	0:41
5		<b>Heinz Friedrich Pap</b>	<b>49:59</b>	2:13	11:45	14:07	32:04	37:39	43:51	45:25	46:50	49:22	49:59
		<b>OL Team Lippe</b>		2:13	9:32	2:22	17:57	5:35	6:12	1:34	1:25	2:32	0:37
6		<b>Ferdinand Hanses</b>	<b>52:11</b>	2:23	11:00	13:29	34:03	39:27	46:03	47:39	48:53	51:30	52:11
		<b>TuS Bramsche</b>		2:23	8:37	2:29	20:34	5:24	6:36	1:36	1:14	2:37	0:41
7		<b>Gerhard Niederland</b>	<b>57:05</b>	2:22	20:59	23:52	39:30	43:54	50:53	52:24	53:31	56:24	57:05
		<b>TSV Schloss Ricklin</b>		2:22	18:37	2:53	15:38	4:24	6:59	1:31	1:07	2:53	0:41
8		<b>Karlheinz Niescken</b>	<b>1:06:25</b>	2:53	8:59	13:27	45:44	51:42	1:00:27	1:02:02	1:03:16	1:05:49	1:06:25
		<b>SSV Langenhagen</b>		2:53	6:06	4:28	32:17	5:58	8:45	1:35	1:14	2:33	0:36
9		<b>Johannes Müssen</b>	<b>1:35:39</b>	4:13	16:53	22:33	1:03:02	1:09:37	1:23:41	1:26:30	1:28:37	1:34:14	1:35:39
		<b>SUS Vehrte</b>		4:13	12:40	5:40	40:29	6:35	14:04	2:49	2:07	5:37	1:25
		<b>Alfred Newerla</b>	<b>Fehlst</b>	3:55	14:54	18:27	-----	51:44	58:20	59:41	1:00:49	1:03:06	1:03:54
		<b>RSV Hannover</b>		3:55	10:59	3:33		33:17	6:36	1:21	1:08	2:17	0:48
		<b>Hans Güth</b>	<b>Fehlst</b>	10:06	21:13	25:40	47:20	53:28	1:00:54	-----	1:06:30	1:09:34	1:10:21
		<b>ESV Lok Dessau</b>		10:06	11:07	4:27	21:40	6:08	7:26		5:36	3:04	0:47
<b>H75 (1)</b>			<b>2,5 km 70 Hm</b>			<b>7 P</b>							
			1(41)	2(47)	3(69)	4(67)	5(58)	6(63)	7(100)	Ziel			
1		<b>Albrecht Bergt</b>	<b>1:36:52</b>	<b>4:57</b>	<b>23:28</b>	<b>30:34</b>	<b>1:05:45</b>	<b>1:15:44</b>	<b>1:24:14</b>	<b>1:35:29</b>	<b>1:36:52</b>		
		<b>TSV Fischerhude</b>		<b>4:57</b>	<b>18:31</b>	<b>7:06</b>	<b>35:11</b>	<b>9:59</b>	<b>8:30</b>	<b>11:15</b>	<b>1:23</b>		
<b>Offen (5)</b>			<b>1,9 km 55 Hm</b>			<b>8 P</b>							
			1(37)	2(38)	3(32)	4(34)	5(39)	6(40)	7(36)	8(100)	Ziel		
1		<b>Iris Hensseler</b>	<b>21:17</b>	<b>3:38</b>	<b>6:27</b>	<b>8:55</b>	<b>12:45</b>	<b>15:12</b>	<b>17:04</b>	<b>18:57</b>	<b>20:36</b>	<b>21:17</b>	
		<b>MTV Seesen</b>		<b>3:38</b>	<b>2:49</b>	2:28	<b>3:50</b>	<b>2:27</b>	<b>1:52</b>	<b>1:53</b>	<b>1:39</b>	0:41	
2		<b>Christian/Steffi Witt</b>	<b>26:35</b>	5:08	9:01	10:50	15:34	18:01	20:20	23:52	25:55	26:35	
		<b>Turn-Klubb zu Han</b>		5:08	3:53	<b>1:49</b>	4:44	<b>2:27</b>	2:19	3:32	2:03	<b>0:40</b>	
3		<b>Günter Stark</b>	<b>38:04</b>	9:45	12:49	15:22	21:09	24:19	31:05	34:53	37:09	38:04	
		<b>MTV Seesen</b>		9:45	3:04	2:33	5:47	3:10	6:46	3:48	2:16	0:55	
4		<b>Belinda, Marie und</b>	<b>44:35</b>	5:39	10:53	14:04	20:46	24:20	36:57	41:26	43:49	44:35	
		<b>TV Jahn Wolfsburg</b>		5:39	5:14	3:11	6:42	3:34	12:37	4:29	2:23	0:46	
5		<b>Robin von Gaza</b>	<b>1:13:00</b>	14:10	21:33	25:49	34:27	37:59	52:59	1:07:17	1:11:18	1:13:00	1:11:39
		<b>OLV Usiar</b>		14:10	7:23	4:16	8:38	3:32	15:00	14:18	4:01	1:42	*100