

Pl	Name	Kat	Zeit														
<b>01</b>	<b>(17)</b>		<b>5,1 km 170 Hm</b>	<b>18 P</b>													
				1(36) 15(70)	2(41) 16(71)	3(51) 17(73)	4(68) 18(78)	5(64) Ziel	6(63)	7(62)	8(61)	9(59)	10(58)	11(56)	12(55)	13(54)	14(74)
<b>1</b>	<b>Matti Bruns</b> <b>MTK Bad Harzburg</b>	H21A	<b>37:28</b>	1:56 1:56 <b>34:42</b> <b>1:09</b>	4:23 <b>2:27</b> <b>35:06</b> <b>0:24</b>	6:07 <b>1:44</b> <b>35:49</b> <b>0:43</b>	7:48 1:41 <b>37:08</b> <b>1:19</b>	10:51 <b>3:03</b> <b>37:28</b> 0:20	11:35 <b>0:44</b>	12:28 <b>0:53</b>	14:57 <b>2:29</b>	19:11 4:14	24:24 5:13	26:15 1:51	27:29 <b>1:14</b>	28:49 <b>1:20</b>	33:33 <b>4:44</b>
<b>2</b>	<b>Aaron Wandelt</b> <b>MTV Seesen</b>	H21A	<b>39:47</b>	2:07 2:07 36:50 1:14	4:41 2:34 37:16 0:26	6:27 1:46 38:04 0:48	8:12 1:45 39:29 1:25	11:36 3:24 39:47 <b>0:18</b>	12:32 0:56	13:35 1:03	16:19 2:44	20:06 3:47	25:04 <b>4:58</b>	26:53 <b>1:49</b>	28:26 1:33	30:03 1:37	35:36 5:33
<b>3</b>	<b>Björn Frieling</b> <b>TuS Bergen</b>	H35	<b>43:33</b>	2:28 2:28 39:53 1:14	5:13 2:45 40:25 0:32	7:22 2:09 41:29 1:04	9:10 1:48 43:13 1:44	12:37 3:27 43:33 0:20	13:35 0:58	14:51 1:16	17:51 3:00	21:52 4:01	27:49 5:57	30:01 2:12	31:45 1:44	33:13 1:28	38:39 5:26
<b>4</b>	<b>Christoph Freudenf</b> <b>TSV Worpsswede</b>	H35	<b>44:14</b>	2:15 2:15 40:54 <b>1:09</b>	5:04 2:49 41:23 0:29	7:15 2:11 42:22 0:59	8:52 <b>1:37</b> 43:52 1:30	13:18 4:26 44:14 0:22	15:07 1:49	16:16 1:09	19:35 3:19	23:21 <b>3:46</b>	28:42 5:21	31:10 2:28	32:42 1:32	34:16 1:34	39:45 5:29
<b>5</b>	<b>Fabian Ulbrich</b> <b>OLV Uslar</b>	H21A	<b>46:55</b>	2:16 2:16 43:04 1:33	5:23 3:07 43:37 0:33	7:38 2:15 44:37 1:00	9:37 1:59 46:28 1:51	13:26 3:49 46:55 0:27	14:24 0:58	15:26 1:02	18:33 3:07	23:00 4:27	29:01 6:01	31:19 2:18	33:08 1:49	34:58 1:50	41:31 6:33
<b>6</b>	<b>Jan Schliebener</b> <b>OLV Uslar</b>	H21A	<b>47:57</b>	2:18 2:18 44:03 1:30	5:13 2:55 44:36 0:33	7:20 2:07 45:40 1:04	9:26 2:06 47:30 1:50	13:07 3:41 47:57 0:27	14:05 0:58	15:13 1:08	18:37 3:24	23:20 4:43	29:53 6:33	32:33 2:40	34:36 2:03	36:32 1:56	42:33 6:01
<b>7</b>	<b>Thorsten Weigert</b> <b>TV Jahn Wolfsburg</b>	H35	<b>49:41</b>	2:35 2:35 46:22 1:52	5:24 2:49 46:46 <b>0:24</b>	7:31 2:07 47:41 0:55	9:24 1:53 49:19 1:38	13:09 3:45 49:41 0:22	14:07 0:58	15:17 1:10	20:19 5:02	24:23 4:04	32:45 8:22	34:52 2:07	36:28 1:36	38:24 1:56	44:30 6:06
<b>8</b>	<b>Jens Struckmann</b> <b>Braunschweiger MT</b>	H35	<b>50:32</b>	2:41 2:41 46:48 1:19	5:48 3:07 47:14 0:26	7:58 2:10 48:15 1:01	10:03 2:05 49:56 1:41	14:06 4:03 50:32 0:36	16:15 2:09	17:52 1:37	21:41 3:49	26:41 5:00	33:31 6:50	35:42 2:11	37:21 1:39	39:06 1:45	45:29 6:23
<b>9</b>	<b>Malte Finkstätt</b> <b>OLV Uslar</b>	H21A	<b>53:47</b>	3:03 3:03 50:10 2:04	5:51 2:48 51:00 0:50	8:20 2:29 52:01 1:01	10:24 2:04 53:27 1:26	14:29 4:05 53:47 0:20	15:50 1:21	17:01 1:11	20:28 3:27	26:50 6:22	35:29 8:39	38:11 2:42	40:11 2:00	42:06 1:55	48:06 6:00
<b>10</b>	<b>Jan Knaup</b> <b>Braunschweiger MT</b>	H35	<b>58:55</b>	3:06 3:06 53:54 1:44	6:46 3:40 54:34 0:40	9:38 2:52 56:06 1:32	12:00 2:22 58:24 2:18	16:39 4:39 58:55 0:31	17:49 1:10	19:15 1:26	23:43 4:28	29:54 6:11	37:55 8:01	40:49 2:54	42:39 1:50	44:42 2:03	52:10 7:28
<b>11</b>	<b>Jens Wittke</b> <b>SV Hildesia Diekhof</b>	H35	<b>1:04:58</b>	5:36 5:36 59:54 1:33	8:36 3:00 1:00:49 0:55	10:41 2:05 1:01:47 0:58	12:37 1:56 1:04:34 2:47	25:06 12:29 1:04:58 0:24	26:11 1:05	27:20 1:09	30:45 3:25	35:31 4:46	43:13 7:42	45:47 2:34	49:36 3:49	51:29 1:53	58:21 6:52
<b>12</b>	<b>Alexey Kupriyanov</b> <b>Turn-Klubb zu Han</b>	H21A	<b>1:10:43</b>	3:25 3:25 1:05:48 2:04	7:03 3:38 1:06:34 0:46	9:56 2:53 1:07:33 0:59	12:06 2:10 1:10:20 2:47	24:05 11:59 1:10:43 0:23	25:24 1:19	26:48 1:24	30:29 3:41	35:31 5:02	42:40 7:09	46:53 4:13	52:58 6:05	54:36 1:38	1:03:44 9:08
<b>13</b>	<b>Hauke Scharfenber</b> <b>TuS Bergen</b>	H35	<b>1:23:21</b>	12:57 12:57 1:18:57 1:49	16:27 3:30 1:19:34 0:37	18:56 2:29 1:20:57 1:23	21:24 2:28 1:22:51 1:54	39:32 18:08 1:23:21 0:30	40:46 1:14	42:02 1:16	46:04 4:02	52:29 6:25	1:02:46 10:17	1:05:50 3:04	1:07:45 1:55	1:09:51 2:06	1:17:08 7:17
	<b>Till Finkstätt</b> <b>OLV Uslar</b>	H21A	<b>Aufg</b>	3:41 3:41 -----	7:31 3:50 -----	10:14 2:43 -----	12:58 2:44 -----	19:24 6:26 53:22 23:43	20:59 1:35	22:46 1:47	29:39 6:53	-----	-----	-----	-----	-----	-----
<b>AK</b>	<b>Markus Müller</b> <b>OSC Kassel</b>	H21A	<b>42:54</b>	1:53 1:53 39:38 1:17	4:34 2:41 40:07 0:29	6:59 2:25 41:00 0:53	8:41 1:42 42:29 1:29	11:59 3:18 42:54 0:25	12:51 0:52	14:53 2:02	17:53 3:00	22:30 4:37	27:50 5:20	29:52 2:02	31:31 1:39	33:04 1:33	38:21 5:17
<b>AK</b>	<b>Leon Kollenbach</b> <b>Ski-Club Helsa</b>	H21A	<b>49:55</b>	2:28 2:28 46:30 1:25	6:05 3:37 47:03 0:33	8:41 2:36 48:03 1:00	10:56 2:15 49:34 1:31	15:14 4:18 49:55 0:21	16:12 0:58	17:40 1:28	21:22 3:42	26:54 5:32	32:42 5:48	35:16 2:34	37:02 1:46	39:07 2:05	45:05 5:58
	<b>Jakob Eberwien</b> <b>OLV Uslar</b>	H21A	<b>N Ang</b>														
<b>02</b>	<b>(26)</b>		<b>4,4 km 150 Hm</b>	<b>17 P</b>													
				1(36) 15(71)	2(41) 16(73)	3(67) 17(78)	4(68) Ziel	5(64)	6(60)	7(59)	8(58)	9(56)	10(55)	11(54)	12(51)	13(74)	14(70)
<b>1</b>	<b>Till Buchberger</b> <b>MTV Seesen</b>	H18	<b>32:47</b>	1:50 1:50 <b>30:15</b> 0:27	4:22 <b>2:32</b> <b>31:12</b> 0:57	6:16 1:54 <b>32:26</b> 1:29	7:18 <b>1:02</b> <b>32:47</b> 0:21	10:19 <b>3:01</b>	12:32 <b>2:13</b>	14:25 1:53	19:44 <b>5:19</b>	21:30 <b>1:46</b>	22:39 <b>1:09</b>	23:56 <b>1:17</b>	27:42 <b>3:46</b>	28:48 <b>1:06</b>	29:48 <b>1:00</b>
<b>2</b>	<b>Eike Bruns</b> <b>MTK Bad Harzburg</b>	H45	<b>37:09</b>	2:14 2:14 34:16 0:30	5:01 2:47 35:11 <b>0:55</b>	6:56 1:55 36:45 1:34	8:13 1:17 37:09 0:24	11:46 3:33	14:20 2:34	15:40 1:20	21:42 6:02	23:57 2:15	25:20 1:23	26:56 1:36	31:19 4:23	32:33 1:14	33:46 1:13

Pl	Name	Kat	Zeit														
02 (26)			4,4 km	150 Hm	17 P	(Forts.)											
			1(36) 15(71)	2(41) 16(73)	3(67) 17(78)	4(68) Ziel	5(64)	6(60)	7(59)	8(58)	9(56)	10(55)	11(54)	12(51)	13(74)	14(70)	
3	Joachim Stamer MTK Bad Harzburg	H45	<b>38:39</b>	2:22 2:22 34:57 0:31	5:30 3:08 35:55 0:58	7:33 2:03 38:10 2:15	8:39 1:06 38:39 0:29	12:13 3:34	14:40 2:27	16:09 1:29	21:54 5:45	24:21 2:27	25:52 1:31	27:32 1:40	31:47 4:15	33:13 1:26	34:26 1:13
4	Thilo Bruns MTK Bad Harzburg	H45	<b>39:50</b>	2:16 2:16 36:15 0:34	5:20 3:04 37:25 1:10	7:34 2:14 39:17 1:52	8:51 1:17 39:50 0:33	12:36 3:45	15:04 2:28	16:23 1:19	22:42 6:19	25:00 2:18	26:28 1:28	28:13 1:45	33:02 4:49	34:25 1:23	35:41 1:16
5	Rolf Breckle Bovender SV	H45	<b>42:43</b>	2:43 2:43 39:08 0:36	6:28 3:45 40:22 1:14	9:10 2:42 42:08 1:46	10:23 1:13 42:43 0:35	14:47 4:24	17:53 3:06	19:07 1:14	25:29 6:22	27:47 2:18	29:18 1:31	31:06 1:48	35:56 4:50	37:17 1:21	38:32 1:15
6	Pasi Kankaanpää Bovender SV	H45	<b>44:18</b>	2:38 2:38 40:52 0:31	5:55 3:17 42:01 1:09	8:14 2:19 43:49 1:48	9:36 1:22 44:18 0:29	13:47 4:11	17:04 3:17	18:35 1:31	25:55 7:20	28:28 2:33	30:29 2:01	32:21 1:52	37:35 5:14	38:59 1:24	40:21 1:22
7	Lina Buchberger MTV Seesen	D19A	<b>46:04</b>	2:49 2:49 42:27 0:31	6:03 3:14 43:28 1:01	8:47 2:44 45:38 2:10	10:10 1:23 46:04 0:26	14:28 4:18	17:27 2:59	18:56 1:29	25:47 6:51	28:58 3:11	31:08 2:10	33:10 2:02	38:53 5:43	40:26 1:33	41:56 1:30
8	Jörg Kleinholz-Mew TuS Bothfeld 04	H45	<b>46:27</b>	2:12 2:12 43:31 0:25	6:19 4:07 44:30 0:59	8:04 1:45 45:59 1:29	9:22 1:18 46:27 0:28	14:46 5:24	18:18 3:32	19:54 1:36	27:37 7:43	31:39 4:02	34:40 3:01	36:17 1:37	40:33 4:16	41:51 1:18	43:06 1:15
9	Pia Buchholz MTK Bad Harzburg	D19A	<b>51:37</b>	3:43 3:43 47:33 0:35	7:26 3:43 48:42 1:09	10:09 2:43 51:06 2:24	12:15 2:06 51:37 0:31	17:35 5:20	20:55 3:20	23:17 2:22	30:44 7:27	33:24 2:40	35:50 2:26	37:52 2:02	43:19 5:27	45:05 1:46	46:58 1:53
10	Bennet Grote OLV Uslar	H18	<b>53:25</b>	2:36 2:36 49:37 0:38	6:32 3:56 51:08 1:31	9:26 2:54 53:05 1:57	10:59 1:33 53:25 0:20	16:13 5:14	19:44 3:31	22:11 2:27	31:09 8:58	34:08 2:59	36:46 2:38	38:52 2:06	45:01 6:09	47:11 2:10	48:59 1:48
11	Paulo Urzua Torres TV Jahn Wolfsburg	H45	<b>55:14</b>	4:19 4:19 51:12 0:37	7:33 3:14 52:28 1:16	9:58 2:25 54:41 2:13	11:18 1:20 55:14 0:33	17:47 6:29	21:42 3:55	23:39 1:57	34:20 10:41	37:16 2:56	39:29 2:13	41:36 2:07	47:06 5:30	48:37 1:31	50:35 1:58
12	Oliver Hillebrandt OLV Uslar	H45	<b>55:33</b>	2:44 2:44 51:12 0:50	6:13 3:29 52:50 1:38	8:51 2:38 55:06 2:16	10:19 1:28 55:33 0:27	14:48 4:29	20:48 6:00	22:55 2:07	31:23 8:28	34:43 3:20	37:00 2:17	39:39 2:39	46:31 6:52	48:11 1:40	50:22 2:11
13	Daniel Liebing Bovender SV	H45	<b>59:24</b>	3:49 3:49 54:23 1:48	8:25 4:36 55:58 1:35	11:04 2:39 58:51 2:53	13:06 2:02 59:24 0:33	18:16 5:10	22:28 4:12	24:38 2:10	34:14 9:36	38:30 4:16	41:00 2:30	43:11 2:11	48:34 5:23	50:39 2:05	52:35 1:56
14	Carolyn Bernsdorf MTV Seesen	D19A	<b>1:00:04</b>	2:53 2:53 56:24 0:32	6:30 3:37 57:38 1:14	9:10 2:40 59:43 2:05	10:31 1:21 1:00:04 0:21	16:09 5:38	19:35 3:26	21:27 1:52	36:56 15:29	41:10 4:14	43:15 2:05	45:16 2:01	52:33 7:17	54:15 1:42	55:52 1:37
15	Julius Wandelt MTV Seesen	H18	<b>1:05:41</b>	3:31 3:31 1:01:31 0:45	7:44 4:13 1:02:39 1:08	10:36 2:52 1:05:18 2:39	12:39 2:03 1:05:41 0:23	19:18 6:39	24:25 5:07	28:06 3:41	37:49 9:43	41:18 3:29	44:21 3:03	47:51 3:30	55:59 8:08	58:26 2:27	1:00:46 2:20
16	Lea Reppnow OLV Uslar	D19A	<b>1:05:59</b>	4:13 4:13 1:01:34 1:12	7:54 3:41 1:03:03 1:29	11:37 3:43 1:05:29 2:26	12:59 1:22 1:05:59 0:30	20:47 7:48	23:41 2:54	25:56 2:15	34:47 8:51	37:50 3:03	40:46 2:56	44:16 3:30	56:31 12:15	58:07 1:36	1:00:22 2:15
17	Sven Buchholz MTK Bad Harzburg	H45	<b>1:07:13</b>	4:09 4:09 1:01:48 0:52	8:29 4:20 1:03:29 1:41	11:15 2:46 1:06:45 3:16	13:18 2:03 1:07:13 0:28	18:29 5:11	22:52 4:23	25:08 2:16	39:54 14:46	43:55 4:01	46:40 2:45	49:32 2:52	56:34 7:02	58:49 2:15	1:00:56 2:07
18	Tinka Kankaanpää Bovender SV	D19A	<b>1:08:57</b>	3:32 3:32 1:05:04 0:51	7:11 3:39 1:06:22 1:18	10:21 3:10 1:08:28 2:06	11:47 1:26 1:08:57 0:29	17:46 5:59	21:24 3:38	24:01 2:37	46:20 22:19	49:20 3:00	51:36 2:16	54:00 2:24	1:00:16 6:16	1:02:13 1:57	1:04:13 2:00
19	Carlotta Haupt MTK Bad Harzburg	D19A	<b>1:14:14</b>	3:57 3:57 1:08:55 0:42	8:10 4:13 1:10:30 1:35	11:09 2:59 1:13:47 3:17	12:48 1:39 1:14:14 0:27	20:07 7:19	28:01 7:54	30:39 2:38	45:50 15:11	50:26 4:36	52:52 2:26	55:43 2:51	1:03:41 7:58	1:05:58 2:17	1:08:13 2:15
20	Gunnar Grote OLV Uslar	H45	<b>1:49:33</b>	6:46 6:46 1:35:43 1:08	14:25 7:39 1:38:31 2:48	18:31 4:06 1:48:25 9:54	23:23 4:52 1:49:33 1:08	36:17 12:54	42:39 6:22	46:45 4:06	1:00:40 13:55	1:05:13 4:33	1:09:39 4:26	1:13:18 3:39	1:26:36 13:18	1:30:41 4:05	1:34:35 3:54
	Marco Urzua Wöhre TV Jahn Wolfsburg	H18	<b>Fehlst</b>	3:10 3:10 44:35 0:39	6:30 3:20 ---- 3:04	8:59 2:29 47:39 3:04	10:21 1:22 47:58 0:19	14:49 4:28	18:39 3:50	20:22 1:43	26:55 6:33	29:47 2:52	32:14 2:27	34:19 2:05	40:49 6:30	42:33 1:44	43:56 1:23











Pl	Name	Kat	Zeit													
<b>09 (17)</b>			<b>2,0 km 40 Hm</b>			<b>13 P</b>			<i>(Forts.)</i>							
			1(34)	2(38)	3(39)	4(40)	5(42)	6(44)	7(45)	8(46)	9(47)	10(48)	11(50)	12(51)	13(52)	Ziel
	<b>Sania Stamer</b>	D12	<b>N Ang</b>													
	<b>SV Hildesia Diekhof</b>															
	<b>Marlin Fuhrmann</b>	H12	<b>N Ang</b>													
	<b>TSV Worpswede</b>															
<b>10 (10)</b>			<b>1,7 km 40 Hm</b>			<b>11 P</b>										
			1(34)	2(35)	3(38)	4(39)	5(40)	6(42)	7(47)	8(48)	9(49)	10(50)	11(52)	Ziel		
<b>1</b>	<b>Hanna Stark</b>	D/H10	<b>16:36</b>	1:49	<b>2:43</b>	<b>4:06</b>	<b>7:16</b>	<b>8:08</b>	<b>9:40</b>	<b>11:37</b>	<b>12:24</b>	<b>12:59</b>	<b>13:52</b>	<b>15:41</b>	<b>16:36</b>	
	<b>MTV Seesen</b>			1:49	<b>0:54</b>	<b>1:23</b>	3:10	<b>0:52</b>	1:32	<b>1:57</b>	<b>0:47</b>	0:35	0:53	1:49	<b>0:55</b>	
<b>2</b>	<b>Erik Bruns</b>	D/H10	<b>16:59</b>	<b>1:22</b>	4:39	6:09	7:29	8:24	9:50	12:06	13:07	13:39	14:24	15:54	16:59	
	<b>MTK Bad Harzburg</b>			<b>1:22</b>	3:17	1:30	1:20	0:55	<b>1:26</b>	2:16	1:01	<b>0:32</b>	<b>0:45</b>	1:30	1:05	
<b>3</b>	<b>Anna Knaup</b>	D/H-1	<b>22:30</b>	1:52	6:00	9:33	10:46	11:47	13:45	16:14	17:48	18:25	19:13	21:05	22:30	
	<b>Braunschweiger MT</b>			1:52	4:08	3:33	<b>1:13</b>	1:01	1:58	2:29	1:34	0:37	0:48	1:52	1:25	
<b>4</b>	<b>Tillmann Tröbe</b>	D/H-1	<b>25:28</b>	2:17	4:00	6:23	8:33	10:01	12:06	15:38	17:12	18:52	20:52	23:33	25:28	
	<b>TSG Königslutter</b>			2:17	1:43	2:23	2:10	1:28	2:05	3:32	1:34	1:40	2:00	2:41	1:55	
<b>5</b>	<b>Lea Engelhardt</b>	D/H10	<b>34:26</b>	1:52	4:19	6:35	9:08	10:08	12:01	26:22	28:42	29:30	30:42	33:00	34:26	
	<b>MTV Seesen</b>			1:52	2:27	2:16	2:33	1:00	1:53	14:21	2:20	0:48	1:12	2:18	1:26	
<b>6</b>	<b>Maisie Robertson</b>	D/H-1	<b>45:12</b>	3:54	9:35	13:38	16:38	18:16	23:35	29:03	32:18	34:46	36:40	41:40	45:12	
	<b>ohne Verein</b>			3:54	5:41	4:03	3:00	1:38	5:19	5:28	3:15	2:28	1:54	5:00	3:32	
<b>AK</b>	<b>Bela Winnig</b>	D/H10	<b>19:42</b>	2:01	4:34	6:26	8:08	9:42	12:09	14:26	15:27	16:12	17:03	18:28	19:42	
	<b>SV IHW Alex 78 Berl</b>			2:01	2:33	1:52	1:42	1:34	2:27	2:17	1:01	0:45	0:51	<b>1:25</b>	1:14	
<b>AK</b>	<b>Elin Gelhaar</b>	D/H10	<b>26:21</b>	3:22	5:49	8:30	10:02	11:04	13:28	19:46	21:00	21:58	22:57	24:49	26:21	
	<b>MTV Seesen</b>			3:22	2:27	2:41	1:32	1:02	2:24	6:18	1:14	0:58	0:59	1:52	1:32	
<b>AK</b>	<b>Robin von Gaza</b>	D/H10	<b>Aufg</b>	3:06	7:27	11:42	15:14	16:21	1:13:14	-----	-----	-----	-----	-----	1:37:20	58:17
	<b>OLV Uslar</b>			3:06	4:21	4:15	3:32	1:07	56:53					24:06	*47	
				1:04:25	1:09:28											
				*38	*39											
	<b>Talitha Fuhrmann</b>	D/H-1	<b>N Ang</b>													
	<b>TSV Worpswede</b>															