

Pl	Name	Zeit														
D35 (Damen ab 35) (4)			3,5 km 125 Hm			16 P										
			1(31) 15(74)	2(37) 16(77)	3(41) Ziel	4(53)	5(54)	6(55)	7(56)	8(58)	9(59)	10(65)	11(66)	12(68)	13(48)	14(51)
1	Ivana Knaupova Braunschweiger MT	37:27	1:29 34:51 1:35	4:12 36:32 1:41	7:19 37:27 0:55	9:48 2:29	10:29 0:41 *32	12:08 1:39 *76	14:06 1:58	16:51 2:45	22:48 5:57	26:47 3:59	28:20 1:33	30:54 2:34	32:18 1:24	33:16 0:58
2	Claudia Weigert TV Jahn Wolfsburg	1:08:07	2:55 1:04:31 2:41	7:57 1:06:58 2:27	12:39 1:08:07 1:09	17:09 4:30	18:47 1:38	22:09 3:22	26:22 4:13	30:18 3:56	44:19 14:01	50:41 6:22	53:26 2:45	58:03 4:37	59:28 1:25	1:01:50 2:22
3	Dorothea Kirves TG 1860 Münden	1:15:28	2:22 1:11:19 2:49	5:58 1:14:20 3:01	10:38 1:15:28 1:08	15:11 4:33	16:21 1:10	19:44 3:23	24:17 4:33	29:27 5:10	44:42 15:15	55:36 10:54	59:14 3:38	1:04:18 5:04	1:05:55 1:37	1:08:30 2:35
AK	Renée Schwartz OSC Kassel	53:34	2:54 2:54 50:03 2:31	5:48 2:54 52:11 2:08	10:09 4:21 53:34 1:23	13:40 3:31	14:36 0:56	16:58 2:22	20:12 3:14	23:58 3:46	33:16 9:18	39:17 6:01	41:31 2:14	44:56 3:25	46:13 1:17	47:32 1:19
D45 (Damen ab 45) (17)			2,7 km 90 Hm			12 P										
			1(32)	2(37)	3(41)	4(53)	5(65)	6(66)	7(68)	8(69)	9(70)	10(71)	11(72)	12(76)	Ziel	
1	Anke von Gaza OLV Uslar	27:48	1:13	4:38	7:53	10:21	14:15	15:45	18:19	20:32	22:32	23:11	24:11	26:38	27:48	
2	Esther Stamer MTK Bad Harzburg	28:39	1:01	3:20	6:42	9:45	14:28	16:20	18:46	21:04	22:36	23:06	23:54	26:52	28:39	
3	Sonja Kunze OLV Uslar	33:31	1:34	9:08	13:05	16:06	20:10	21:42	24:31	26:53	28:57	29:37	30:37	32:18	33:31	
4	Michaela Bruns MTK Bad Harzburg	34:51	1:12	4:45	8:48	12:07	17:00	18:50	21:59	25:11	27:27	28:13	29:24	33:20	34:51	
5	Sandra Wöhrer TV Jahn Wolfsburg	35:12	1:17	3:52	7:41	10:51	15:46	17:44	25:11	28:03	30:06	30:50	31:58	33:58	35:12	
			5:59													
			*39													
6	Petra Schneider SV Hildesia Diekhof	36:28	1:46	5:10	9:35	13:09	18:25	20:36	24:10	27:17	29:35	30:22	31:45	34:38	36:28	
			1:46	3:24	4:25	3:34	5:16	2:11	3:34	3:07	2:18	0:47	1:23	2:53	1:50	
			35:50													
			*78													
7	Kerstin Wittke SV Hildesia Diekhof	36:55	2:22	5:21	9:54	14:16	19:13	21:35	25:29	28:27	30:55	31:38	32:48	34:58	36:55	
			2:22	2:59	4:33	4:22	4:57	2:22	3:54	2:58	2:28	0:43	1:10	2:10	1:57	
			36:00													
			*78													
8	Gritta Niemann TSV Worpsswede	37:44	2:34	6:05	10:38	13:35	18:22	20:41	24:03	27:09	30:14	33:11	34:01	36:25	37:44	
			2:34	3:31	4:33	2:57	4:47	2:19	3:22	3:06	3:05	2:57	0:50	2:24	1:19	
9	Katja Tiitinen OLV Uslar	38:16	1:32	5:57	10:22	14:14	20:17	22:39	27:08	30:30	33:13	33:57	35:02	36:59	38:16	
			1:32	4:25	4:25	3:52	6:03	2:22	4:29	3:22	2:43	0:44	1:05	1:57	1:17	
10	Tanja Buchholz MTK Bad Harzburg	40:35	1:40	5:45	10:30	14:53	21:14	23:43	27:35	30:52	33:46	34:45	36:03	38:38	40:35	
			1:40	4:05	4:45	4:23	6:21	2:29	3:52	3:17	2:54	0:59	1:18	2:35	1:57	
11	Sabine Nash Turn-Klubb zu Han	45:26	1:57	5:52	12:09	16:19	23:24	25:52	30:18	34:07	36:31	37:31	39:04	43:47	45:26	
			1:57	3:55	6:17	4:10	7:05	2:28	4:26	3:49	2:24	1:00	1:33	4:43	1:39	
12	Sylke Höfner OLV Uslar	1:01:20	2:54	9:50	16:59	22:25	32:20	35:40	42:13	46:52	50:54	52:24	54:37	58:33	1:01:20	
			2:54	6:56	7:09	5:26	9:55	3:20	6:33	4:39	4:02	1:30	2:13	3:56	2:47	
13	Kristine Schulze TV Jahn Wolfsburg	1:06:25	1:55	7:18	17:11	22:29	35:13	37:55	43:30	48:36	53:30	54:50	56:17	1:04:06	1:06:25	
			1:55	5:23	9:53	5:18	12:44	2:42	5:35	5:06	4:54	1:20	1:27	7:49	2:19	
	Evi Drese OLV Uslar	Aufg	----	----	----	----	----	----	----	----	----	----	----	----	----	----
AK	Anke Winnig SV IHW Alex 78 Berl	31:22	1:26	4:59	8:24	11:42	15:59	17:57	21:07	23:57	26:05	26:58	28:00	30:01	31:22	
			1:26	3:33	3:25	3:18	4:17	1:58	3:10	2:50	2:08	0:53	1:02	2:01	1:21	
AK	Inga Löser Ski-Club Helsa	31:44	1:05	3:56	7:43	10:29	15:20	17:09	20:33	23:04	24:59	25:40	26:44	30:15	31:44	
	Silke Napp TV Jahn Wolfsburg	N Ang														
D55 (Damen ab 55) (7)			2,0 km 70 Hm			11 P										
			1(31)	2(36)	3(41)	4(46)	5(66)	6(67)	7(68)	8(69)	9(74)	10(77)	11(78)	Ziel		
1	Ulrike Korff SC Achmer	23:54	1:48	4:00	8:02	10:48	13:15	14:44	16:28	19:12	21:11	23:00	23:26	23:54		
			1:48	2:12	4:02	2:46	2:27	1:29	1:44	2:44	1:59	1:49	0:26	0:28		
2	Liisa Rihko-Struck Braunschweiger MT	24:13	2:49	4:45	8:54	12:05	14:08	15:45	17:24	20:04	21:44	23:17	23:37	24:13		
			2:49	1:56	4:09	3:11	2:03	1:37	1:39	2:40	1:40	1:33	0:20	0:36		
3	Andrea Finkenstädt OLV Uslar	28:03	2:13	4:17	8:32	12:15	14:14	15:31	16:57	19:20	21:40	23:46	27:31	28:03		
			2:13	2:04	4:15	3:43	1:59	1:17	1:26	2:23	2:20	2:06	3:45	0:32		
4	Claudia Ducki-Höck MTK Bad Harzburg	30:21	3:07	5:54	9:53	15:06	17:24	19:25	21:19	24:38	27:49	29:27	29:47	30:21		
			3:07	2:47	3:59	5:13	2:18	2:01	1:54	3:19	3:11	1:38	0:20	0:34		
5	Stefanie Krebs Turn-Klubb zu Han	33:02	3:17	6:34	14:00	17:12	20:13	22:22	24:26	27:28	29:24	32:00	32:32	33:02		
			3:17	3:17	7:26	3:12	3:01	2:09	2:04	3:02	1:56	2:36	0:32	0:30		
6	Theresia Schulte SC Melle 03	41:59	5:20	9:28	15:39	18:35	21:22	24:04	27:03	31:50	34:46	37:15	41:08	41:59		
			5:20	4:08	6:11	2:56	2:47	2:42	2:59	4:47	2:56	2:29	3:53	0:51		
7	Anne Hanses TuS Bramsche	46:43	2:51	8:03	17:13	20:48	25:12	28:24	32:29	37:29	41:55	45:12	45:48	46:43		
			2:51	5:12	9:10	3:35	4:24	3:12	4:05	5:00	4:26	3:17	0:36	0:55		

Pl	Name	Zeit														
H55 (Herren ab 55) (19)			3,3 km 125 Hm			14 P			<i>(Forts.)</i>							
			1(32) Ziel	2(37)	3(41)	4(53)	5(54)	6(57)	7(59)	8(60)	9(64)	10(66)	11(67)	12(51)	13(74)	14(78)
11	Wilf Holloway Bovender SV	51:19	1:52 1:52 51:19 0:43	5:24 3:32	9:59 4:35	15:30 5:31	16:28 0:58	19:43 3:15	27:18 7:35	31:32 4:14	36:41 5:09	41:30 4:49	43:16 1:46	46:18 3:02	48:27 2:09	50:36 2:09
	Gerhard Kottschlag SV Hildesia Diekhof	Fehlst	2:01 2:01 1:14:15 1:13	7:45 5:44	18:05 10:20	34:36 16:31	36:25 1:49	43:58 7:33	----- -----	----- -----	53:55 9:57	57:14 3:19	1:03:10 5:56	1:07:30 4:20	1:13:02 5:32	
AK	Matias Mieth USV Jena	31:42	0:54 0:54 31:42 0:25	3:07 2:13	5:48 2:41	7:59 2:11	8:38 0:39	10:52 2:14	15:41 4:49	18:01 2:20	21:28 3:27	24:27 2:59	25:29 1:02	27:38 2:09	29:00 1:22	31:17 2:17
AK	Henry Jahn SV Bad Dübén	40:38	1:10 1:10 40:38 0:34	4:02 2:52	7:34 3:32	10:39 3:05	11:26 0:47	14:19 2:53	20:55 6:36	23:43 2:48	28:00 4:17	32:00 4:00	33:34 1:34	36:12 2:38	37:56 1:44	40:04 2:08
AK	Björn Hansen Lübecker Turnersch	40:43	1:01 1:01 40:43 0:34	3:55 2:54	7:22 3:27	9:42 2:20	10:19 0:37	16:44 6:25	23:09 6:25	25:40 2:31	29:25 3:45	32:40 3:15	34:03 1:23	36:31 2:28	38:19 1:48	40:09 1:50
AK	Peter Olschowski OLV Steinberg	46:00	1:23 1:23 46:00 0:30	5:27 4:04	9:01 3:34	11:54 2:53	12:57 1:03	16:00 3:03	23:59 7:59	27:41 3:42	32:12 4:31	36:12 4:00	37:49 1:37	40:26 2:37	42:44 2:18	45:30 2:46
AK	Rüdiger Reischuk Lübecker Turnersch	49:57	2:21 2:21 49:57 0:33	5:49 3:28	9:34 3:45	12:51 3:17	13:49 0:58	16:54 3:05	25:34 8:40	29:37 4:03	35:09 5:32	39:27 4:18	41:19 1:52	44:38 3:19	46:58 2:20	49:24 2:26
AK	Harald Friedl TuS Stewede	56:08	1:40 1:40 56:08 0:44	5:42 4:02	10:46 5:04	14:29 3:43	15:33 1:04	19:20 3:47	27:40 8:20	31:56 4:16	37:28 5:32	42:21 4:53	44:26 2:05	49:26 5:00	51:48 2:22	55:24 3:36
AK	Michael Kukis OSC Kassel	N Ang														
H65 (Herren ab 65) (11)			2,7 km 90 Hm			12 P										
			1(32)	2(37)	3(41)	4(53)	5(65)	6(66)	7(68)	8(69)	9(70)	10(71)	11(72)	12(76)	Ziel	
1	Udo Sobczak MTV Sörlau	27:39	1:06 1:06	3:30 2:24	6:32 3:02	9:16 2:44	13:00 3:44	14:30 1:30	17:03 2:33	19:12 2:09	23:18 4:06	23:51 0:33	24:40 0:49	26:42 2:02	27:39 0:57	
2	Hans Christian Stri SC Klecken	30:28	1:17 1:17	4:15 2:58	7:33 3:18	10:48 3:15	14:53 4:05	16:55 2:02	20:21 3:26	22:56 2:35	25:08 2:12	25:54 0:46	26:51 0:57	29:12 2:21	30:28 1:16	
3	Bernd Höfner OLV Uslar	32:13	1:35 1:35	5:57 4:22	9:27 3:30	12:43 3:16	16:20 3:37	18:00 1:40	21:41 3:41	24:14 2:33	27:00 2:46	27:54 0:54	28:53 0:59	30:56 2:03	32:13 1:17	
4	Alfred Newerla RSV Hannover	42:09	0:55 3:08 *36	3:38 5:30 *39	7:01 17:55 *67	10:02 20:13 *66	27:00	28:39 1:39	31:21 2:42	34:11 2:50	35:56 1:45	36:39 0:43	37:35 0:56	40:48 3:13	42:09 1:21	
5	Ferdinand Hanses TuS Bramsche	43:05	1:33 1:33	5:50 4:17	10:49 4:59	15:22 4:33	24:37 9:15	27:00 2:23	30:50 3:50	34:13 3:23	37:00 2:47	37:58 0:58	39:04 1:06	41:32 2:28	43:05 1:33	
6	Gerhard Niederland TSV Schloß Ricklin	1:01:57	1:23 1:23 59:33 *76	5:11 3:48	20:28 15:17	24:36 4:08	30:08 5:32	32:32 2:24	36:19 3:47	40:06 3:47	43:10 3:04	44:11 1:01	45:37 1:26	59:31 13:54	1:01:57 2:26	
7	Wolfgang Wöldecke SC Melle 03	1:08:31	1:50 1:50	6:49 4:59	16:11 9:22	24:12 8:01	30:28 6:16	33:14 2:46	39:23 6:09	44:33 5:10	49:21 4:48	51:01 1:40	52:48 1:47	1:05:44 12:56	1:08:31 2:47	
8	Johannes Müssen SuS Vehrte	2:04:52	3:51 3:51	18:03 14:12	31:40 13:37	52:20 20:40	1:12:44 20:24	1:19:06 6:22	1:29:22 10:16	1:38:40 9:18	1:45:33 6:53	1:48:42 3:09	1:52:58 4:16	1:59:46 6:48	2:04:52 5:06	
AK	Thomas Schoepf OSC Kassel	34:35	1:17 1:17	4:20 3:03	8:33 4:13	12:04 3:31	17:09 5:05	19:11 2:02	22:44 3:33	25:46 3:02	28:27 2:41	29:08 0:41	30:14 1:06	33:08 2:54	34:35 1:27	
AK	Lutz Tröße SV TU Ilmenau	44:58	5:40 5:40	9:45 4:05	12:53 3:08	16:22 3:29	31:02 14:40	32:45 1:43	35:38 2:53	38:08 2:30	40:03 1:55	41:07 1:04	42:05 0:58	43:51 1:46	44:58 1:07	
AK	Wolfgang Mertens ohne Verein	1:22:52	8:24 8:24	14:37 6:13	27:17 12:40	34:02 6:45	42:13 8:11	45:35 3:22	52:14 6:39	57:09 4:55	1:01:43 4:34	1:03:35 1:52	1:05:48 2:13	1:20:31 14:43	1:22:52 2:21	
H75 (Herren ab 75) (4)			1,6 km 60 Hm			9 P										
			1(33)	2(36)	3(43)	4(41)	5(51)	6(74)	7(72)	8(75)	9(76)	Ziel				
1	Günter Gohde Turn-Klubb zu Han	33:32	2:23 2:23	5:57 3:34	14:09 8:12	16:23 2:14	21:11 4:48	25:09 3:58	26:50 1:41	29:27 2:37	31:38 2:11	33:32 1:54				
2	Wolf Fehlig MTV Gittelde	50:24	3:04 3:04	16:53 13:49	27:46 10:53	29:18 1:32	33:22 4:04	37:59 4:37	41:23 3:24	43:06 1:43	48:20 5:14	50:24 2:04				
	Karlheinz Niescken SSV Langenhagen	Aufg	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----				
AK	Hans Güth OLV Potsdam	30:45	1:45 1:45	4:51 3:06	11:58 7:07	13:14 1:16	17:12 3:58	19:42 2:30	21:09 1:27	22:52 1:43	28:41 5:49	30:45 2:04		25:45 *78		

Pl	Name	Zeit														
Offen (Offen) (7)		1(34)	2(38)	2,0 km 3(39)	40 Hm 4(40)	13 P 5(42)	6(44)	7(45)	8(46)	9(47)	10(48)	11(50)	12(51)	13(52)	Ziel	
1	Markus Gelhaar	16:17	1:03	3:09	4:11	4:48	5:58	8:43	9:30	10:27	11:53	12:33	13:40	14:28	15:28	16:17
	MTV Seesen		1:03	2:06	1:02	0:37	1:10	2:45	0:47	0:57	1:26	0:40	1:07	0:48	1:00	0:49
2	Julia Stark	19:26	1:28	4:28	5:39	6:26	7:56	10:07	11:05	12:09	13:53	14:42	16:04	17:01	18:12	19:26
	MTV Seesen		1:28	3:00	1:11	0:47	1:30	2:11	0:58	1:04	1:44	0:49	1:22	0:57	1:11	1:14
3	Beate Dobra	24:06	1:37	7:19	8:39	9:20	11:11	15:22	16:24	17:27	19:06	19:51	21:09	22:02	23:06	24:06
	SV Bad Dübén		1:37	5:42	1:20	0:41	1:51	4:11	1:02	1:03	1:39	0:45	1:18	0:53	1:04	1:00
				12:29												
				*43												
4	Tanja Engelhardt	26:16	1:51	5:46	7:17	8:09	10:24	13:24	14:48	17:01	19:07	20:14	22:12	23:32	25:00	26:16
	MTV Seesen		1:51	3:55	1:31	0:52	2:15	3:00	1:24	2:13	2:06	1:07	1:58	1:20	1:28	1:16
5	Beata Olschowski	26:30	2:05	5:36	7:07	8:03	10:13	15:05	16:25	18:06	20:13	21:04	22:40	23:45	25:12	26:30
	OLV Steinberg		2:05	3:31	1:31	0:56	2:10	4:52	1:20	1:41	2:07	0:51	1:36	1:05	1:27	1:18
6	Günter Stark	27:02	2:07	5:44	7:11	8:11	10:16	14:15	15:50	17:17	19:27	20:38	22:17	23:38	25:22	27:02
	MTV Seesen		2:07	3:37	1:27	1:00	2:05	3:59	1:35	1:27	2:10	1:11	1:39	1:21	1:44	1:40
7	Albrecht Bergt	48:21	3:53	9:57	13:10	14:53	19:37	24:52	28:14	30:57	36:05	38:04	41:02	42:58	45:24	48:21
	TSV Fischerhude		3:53	6:04	3:13	1:43	4:44	5:15	3:22	2:43	5:08	1:59	2:58	1:56	2:26	2:57