

Pl	Name	Zeit	2,0 km 30 Hm		11 P								Ziel	
			1(31)	2(32)	3(33)	4(34)	5(35)	6(36)	7(37)	8(38)	9(39)	10(40)	11(41)	
1	Konrad Stamer	10:27	0:51	1:48	3:15	4:22	4:54	5:17	6:05	8:38	9:14	9:44	10:24	10:27
	Preetzer TSV		0:51	0:57	1:27	1:07	0:32	0:23	0:48	2:33	0:36	0:30	0:40	0:03
2	Theo Hennseler	10:51	0:44	1:37	3:11	4:17	4:49	5:13	6:08	8:49	9:28	10:01	10:47	10:51
	MTV Seesen		0:44	0:53	1:34	1:06	0:32	0:24	0:55	2:41	0:39	0:33	0:46	0:04
3	Martin Hennseler	11:18	0:48	1:45	3:20	4:39	5:18	5:39	6:32	9:11	9:48	10:18	11:04	11:18
	MTV Seesen		0:48	0:57	1:35	1:19	0:39	0:21	0:53	2:39	0:37	0:30	0:46	0:14
4	Nilas Stamer	11:49	0:43	1:43	3:26	4:39	5:13	5:38	6:41	9:51	10:26	10:59	11:46	11:49
	MTK Bad Harzburg		0:43	1:00	1:43	1:13	0:34	0:25	1:03	3:10	0:35	0:33	0:47	0:03
5	Arne Strauß	12:14	0:46	1:47	3:36	5:03	5:41	6:07	7:01	10:05	10:45	11:20	12:08	12:14
	SV Hildesia Diekholze		0:46	1:01	1:49	1:27	0:38	0:26	0:54	3:04	0:40	0:35	0:48	0:06
6	Nils Stamer	12:39	0:57	2:07	3:58	5:20	5:55	6:19	7:12	10:13	10:56	11:35	12:31	12:39
	MTK Bad Harzburg		0:57	1:10	1:51	1:22	0:35	0:24	0:53	3:01	0:43	0:39	0:56	0:08
7	Aaron Wandelt	12:41	0:44	1:46	3:30	4:45	5:21	5:45	6:45	10:33	11:11	11:47	12:34	12:41
	MTV Seesen		0:44	1:02	1:44	1:15	0:36	0:24	1:00	3:48	0:38	0:36	0:47	0:07
8	Dirk Strauß	12:42	0:54	1:58	3:59	5:18	5:53	6:21	7:27	10:23	11:04	11:43	12:33	12:42
	SV Hildesia Diekholze		0:54	1:04	2:01	1:19	0:35	0:28	1:06	2:56	0:41	0:39	0:50	0:09
9	Marcel Trzewik	13:12	1:36	2:39	4:29	5:45	6:19	6:51	7:41	10:43	11:24	12:03	12:58	13:12
	SV Hildesia Diekholze		1:36	1:03	1:50	1:16	0:34	0:32	0:50	3:02	0:41	0:39	0:55	0:14
10	Gunnar Grote	13:37	1:06	2:12	4:00	5:30	6:09	6:35	7:41	11:02	11:46	12:32	13:27	13:37
	OLV Uslar		1:06	1:06	1:48	1:30	0:39	0:26	1:06	3:21	0:44	0:46	0:55	0:10
11	Uta Hillebrand	13:38	0:58	2:07	3:55	5:22	5:57	6:22	7:25	11:15	11:56	12:34	13:24	13:38
	TK Hannover		0:58	1:09	1:48	1:27	0:35	0:25	1:03	3:50	0:41	0:38	0:50	0:14
12	Bennet Grote	13:41	0:45	1:50	3:45	5:02	5:40	6:05	7:12	11:18	12:00	12:43	13:34	13:41
	OLV Uslar		0:45	1:05	1:55	1:17	0:38	0:25	1:07	4:06	0:42	0:43	0:51	0:07
13	Marco Urzua Wöhler	13:43	1:00	2:21	4:14	5:33	6:14	6:40	7:42	11:40	12:14	12:50	13:37	13:43
	TV Jahn Wolfsburg		1:00	1:21	1:53	1:19	0:41	0:26	1:02	3:58	0:34	0:36	0:47	0:06
14	Lion Bernsdorf	14:17	0:49	1:54	3:32	4:53	5:32	6:01	7:04	11:30	12:17	13:00	13:59	14:17
	MTV Seesen		0:49	1:05	1:38	1:21	0:39	0:29	1:03	4:26	0:47	0:43	0:59	0:18
15	Esther Stamer	14:19	0:54	2:11	4:20	5:43	6:23	6:52	8:00	11:49	12:32	13:13	14:12	14:19
	MTK Bad Harzburg		0:54	1:17	2:09	1:23	0:40	0:29	1:08	3:49	0:43	0:41	0:59	0:07
16	Jan Klose	14:22	1:00	1:57	3:33	4:45	5:18	5:43	6:39	12:19	12:55	13:31	14:18	14:22
	MTV Seesen		1:00	0:57	1:36	1:12	0:33	0:25	0:56	5:40	0:36	0:36	0:47	0:04
17	Garvin Behling	14:47	1:03	2:34	4:19	5:48	6:31	6:58	8:01	11:21	12:13	12:54	13:47	14:47
	TK Hannover		1:03	1:31	1:45	1:29	0:43	0:27	1:03	3:20	0:52	0:41	0:53	1:00
18	Markus Artmann	14:51	1:13	2:19	4:15	5:41	6:23	6:52	7:59	12:20	13:05	13:44	14:38	14:51
	Hildesheim		1:13	1:06	1:56	1:26	0:42	0:29	1:07	4:21	0:45	0:39	0:54	0:13
19	Sonja Kunze	15:18	1:03	2:23	4:36	6:11	6:56	7:26	8:36	12:28	13:20	14:07	15:08	15:18
	OLV Uslar		1:03	1:20	2:13	1:35	0:45	0:30	1:10	3:52	0:52	0:47	1:01	0:10
19	Carolin Bernsdorf	15:18	0:54	2:15	4:18	5:50	6:33	6:57	8:06	12:33	13:20	14:04	15:02	15:18
	MTV Seesen		0:54	1:21	2:03	1:32	0:43	0:24	1:09	4:27	0:47	0:44	0:58	0:16
21	Jannis Gerling	15:19	1:07	2:27	4:29	6:11	7:03	7:34	8:41	12:24	13:14	14:01	15:06	15:19
	TG Münden		1:07	1:20	2:02	1:42	0:52	0:31	1:07	3:43	0:50	0:47	1:05	0:13
22	Heidrun Finke	15:52	1:03	2:18	4:33	5:59	6:43	7:14	8:27	13:14	14:01	14:47	15:44	15:52
	OLV Uslar		1:03	1:15	2:15	1:26	0:44	0:31	1:13	4:47	0:47	0:46	0:57	0:08
23	Maren Strauß	16:19	0:57	2:10	4:33	6:16	7:02	7:31	8:45	13:14	14:00	14:45	15:59	16:19
	SV Hildesia Diekholze		0:57	1:13	2:23	1:43	0:46	0:29	1:14	4:29	0:46	0:45	1:14	0:20
24	Jannik Richter	16:42	1:30	2:31	4:35	6:25	7:15	7:46	8:55	13:43	14:25	15:09	16:25	16:42
	TK Hannover		1:30	1:01	2:04	1:50	0:50	0:31	1:09	4:48	0:42	0:44	1:16	0:17
25	Marlen Steinhoff	16:44	1:01	2:21	5:12	6:57	7:43	8:30	10:01	13:53	14:44	15:25	16:34	16:44
	MTK Bad Harzburg		1:01	1:20	2:51	1:45	0:46	0:47	1:31	3:52	0:51	0:41	1:09	0:10
26	Lilly Hintz	16:49	0:50	2:15	4:24	5:56	6:40	7:15	8:37	13:42	14:35	15:29	16:27	16:49
	MTV Seesen		0:50	1:25	2:09	1:32	0:44	0:35	1:22	5:05	0:53	0:54	0:58	0:22
27	Julia Stell	17:37	0:51	2:22	4:35	6:10	7:25	7:54	9:30	14:44	15:38	16:22	17:28	17:37
	TG Münden		0:51	1:31	2:13	1:35	1:15	0:29	1:36	5:14	0:54	0:44	1:06	0:09
28	Bernd Höfner	17:51	0:59	2:23	4:38	6:36	7:31	8:00	9:07	14:32	15:28	16:21	17:38	17:51
	OLV Uslar		0:59	1:24	2:15	1:58	0:55	0:29	1:07	5:25	0:56	0:53	1:17	0:13
29	Kai-Anke Hornbruch	18:46	1:01	2:34	5:34	7:27	8:20	8:56	10:37	15:27	16:26	17:19	18:28	18:46
	TK Hannover		1:01	1:33	3:00	1:53	0:53	0:36	1:41	4:50	0:59	0:53	1:09	0:18
30	Regine Klander-Strau	19:34	1:14	2:51	5:27	7:31	8:27	9:08	10:26	16:01	16:57	17:52	19:14	19:34
	SV Hildesia Diekholze		1:14	1:37	2:36	2:04	0:56	0:41	1:18	5:35	0:56	0:55	1:22	0:20
31	Manu Raster	19:50	2:24	3:39	7:54	9:42	10:40	11:13	12:12	16:07	17:05	18:31	19:38	19:50
	Hochschulsport Hann		2:24	1:15	4:15	1:48	0:58	0:33	0:59	3:55	0:58	1:26	1:07	0:12
32	Fiona Nash	20:20	1:09	3:05	6:10	8:17	9:25	10:03	11:32	16:45	17:59	19:01	20:08	20:20
	TK Hannover		1:09	1:56	3:05	2:07	1:08	0:38	1:29	5:13	1:14	1:02	1:07	0:12
33	Kerstin Wittke	22:19	3:37	5:17	8:07	10:05	11:13	11:53	13:26	18:49	19:49	20:42	21:58	22:19
	SV Hildesia Diekholze		3:37	1:40	2:50	1:58	1:08	0:40	1:33	5:23	1:00	0:53	1:16	0:21
34	Werner Klawun	23:50	1:24	3:10	6:21	8:17	9:22	10:07	12:11	19:19	20:29	21:39	23:26	23:50
	Dresden		1:24	1:46	3:11	1:56	1:05	0:45	2:04	7:08	1:10	1:10	1:47	0:24
35	Sabine Nash	25:21	1:20	3:07	6:07	8:17	9:29	10:09	14:50	20:23	21:41	22:50	25:00	25:21
	TK Hannover		1:20	1:47	3:00	2:10	1:12	0:40	4:41	5:33	1:18	1:09	2:10	0:21
36	Sylke Höfner	26:40	1:17	3:36	7:27	10:25	11:43	12:30	14:37	21:37	23:11	24:32	26:13	26:40
	OLV Uslar		1:17	2:19	3:51	2:58	1:18	0:47	2:07	7:00	1:34	1:21	1:41	0:27
37	Brandon Nash	26:53	1:23	3:16	6:38	9:30	10:25	11:08	12:41	20:15	22:14	23:17	26:38	26:53
	TK Hannover		1:23	1:53	3:22	2:52	0:55	0:43	1:33	7:34	1:59	1:03	3:21	0:15
38	Gerhard Kottschlag	29:47	1:30	3:49	7:52	11:03	12:25	13:24	15:31	24:33	26:03	27:29	29:22	29:47
	SV Hildesia Diekholze		1:30	2:19	4:03	3:11	1:22	0:59	2:07	9:02	1:30	1:26	1:53	0:25
	Peter Artmann	Fehlst	1:00	2:01	3:54	5:25	6:11	6:40	7:38	12:05	12:53	13:34	----	14:19
	Hildesheim		1:00	1:01	1:53	1:31	0:46	0:29	0:58	4:27	0:48	0:41		0:45