

Pl	tnr	Name	Kat	Zeit														
Bahn 2 (7)				5,0 km 200 Hm	25 P	<i>(Forts.)</i>												
					1(31) 15(53)	2(32) 16(54)	3(33) 17(55)	4(34) 18(56)	5(38) 19(62)	6(39) 20(68)	7(44) 21(69)	8(46) 22(72)	9(49) 23(73)	10(77) 24(74)	11(50) 25(100)	12(51) Ziel	13(52)	14(78)
					7:36	3:08	2:39	1:33	2:24	3:10	0:49	1:52	2:24	3:03	0:58	0:20		
Bahn 3 (25)				4,7 km 190 Hm	23 P													
					1(31) 15(54)	2(32) 16(55)	3(40) 17(56)	4(38) 18(65)	5(39) 19(69)	6(64) 20(72)	7(44) 21(73)	8(46) 22(74)	9(49) 23(100)	10(77) Ziel	11(51)	12(52)	13(78)	14(53)
1	73	Tom Buchholz MTK Bad Harzburg	H18	45:02	1:41 31:31 2:23	2:29 32:49 1:18	4:38 33:47 0:58	5:19 36:25 2:38	6:08 38:32 2:07	7:34 39:31 0:59	9:37 42:42 3:11	11:17 44:11 1:29	13:22 44:45 0:34	15:40 45:02 0:17	22:07 6:27	23:04 0:57	24:49 1:45	29:08 4:19
2	133	Gerrit Rode TSV Worpswede	H45	45:20	1:07 32:58 2:28	1:46 34:47 1:49	3:40 35:31 0:44	4:29 39:08 3:37	5:21 40:53 1:45	6:59 41:39 0:46	8:57 43:24 1:45	10:17 44:39 1:15	12:36 45:05 0:26	14:59 45:20 0:15	22:07 7:08	22:52 0:45	24:53 2:01	30:30 5:37
3	125	Rolf Breckle Bovender SV	H45	45:26	0:57 32:14 2:33	1:39 33:46 1:32	4:12 34:35 0:49	5:02 38:15 3:40	5:51 40:00 1:45	7:29 40:47 0:47	9:34 42:51 2:04	10:37 44:38 1:47	12:37 45:07 0:29	15:28 45:26 0:19	22:18 6:50	23:03 0:45	25:08 2:05	29:41 4:33
4	136	Joachim Stamer MTK Bad Harzburg	H45	45:29	1:06 31:19 1:06	2:07 32:46 1:01	4:19 33:50 2:12	5:10 37:41 0:51	6:00 39:29 0:50	7:40 40:25 1:40	9:37 42:50 1:57	10:38 44:34 1:01	12:56 45:11 2:18	15:15 45:29 2:19	21:25 6:10	22:15 0:50	24:15 2:00	28:18 4:03
5	137	Jens Struckmann Braunschweiger MT	H45	48:31	1:06 34:55 3:27	2:00 36:56 2:01	4:49 37:44 0:48	5:39 40:42 2:58	6:47 41:58 1:16	8:42 43:11 1:13	10:50 45:23 2:12	12:02 47:31 2:08	14:40 48:12 0:41	17:25 48:31 0:19	23:28 6:03	24:20 0:52	26:12 1:52	31:28 5:16
6	75	Jan Klose MTV Seesen	H18	49:45	1:39 34:41 2:48	2:38 36:13 1:32	4:31 36:56 0:43	5:19 39:52 2:56	6:17 42:43 2:51	8:49 44:08 1:25	10:52 46:45 2:37	12:45 49:01 2:16	15:05 49:32 0:31	17:26 49:45 0:13	22:41 5:15	23:37 0:56	26:10 2:33	31:53 5:43
7	77	Aaron Wandelt MTV Seesen	H18	51:25	1:00 37:03 2:59	1:43 38:47 1:44	3:42 39:43 0:56	4:37 43:21 3:38	7:07 45:08 1:47	8:48 46:12 1:04	10:57 48:33 2:21	12:16 50:38 2:05	15:40 51:09 0:31	18:26 51:25 0:16	24:51 6:25	25:46 0:55	28:39 2:53	34:04 5:25
8	130	Jörg Kleinholz-Mew TuS Bothfeld 04	H45	51:32	1:20 37:52 2:55	2:19 40:39 2:47	4:22 41:21 0:42	5:50 44:47 3:26	6:57 46:46 1:59	9:47 47:43 0:57	12:36 49:28 1:45	14:17 50:48 1:20	17:33 51:18 0:30	20:37 51:32 0:14	28:11 7:34	29:02 0:51	30:56 1:54	34:57 4:01
9	6	Meike Hennseler MTV Seesen	D19L	53:08	1:05 38:28 3:06	2:19 39:49 1:21	4:43 40:49 1:00	5:42 45:52 5:03	6:49 47:33 1:41	8:49 48:32 0:59	11:30 50:37 2:00	12:52 52:20 1:22	15:48 52:50 2:56	18:42 53:08 2:54	26:28 7:46	27:22 0:54	29:37 2:15	35:22 5:45
10	3	Marie Hofmeister MTK Bad Harzburg	D19L	54:16	1:19 40:29 2:56	2:22 42:07 1:38	4:51 43:10 1:03	6:44 46:48 3:38	7:46 48:39 1:51	10:08 49:42 1:03	12:24 51:15 1:33	13:42 53:20 2:05	17:02 53:55 0:35	19:51 54:16 0:21	27:35 7:44	28:33 0:58	30:58 2:25	37:33 6:35
11	5	Esther Stamer MTK Bad Harzburg	D19L	55:40	1:19 40:44 2:57	2:16 42:13 1:29	5:35 43:06 0:53	6:28 47:58 4:52	7:41 49:33 1:35	9:56 50:34 1:01	12:21 52:43 2:09	13:42 54:44 2:01	16:37 55:19 0:35	20:00 55:40 0:21	28:46 8:46	29:37 0:51	32:03 2:26	37:47 5:44
12	2	Nina Döllgast MTV Seesen	D19L	56:03	1:10 37:02 3:07	2:03 38:38 1:36	4:26 39:40 1:02	5:28 45:44 6:04	6:35 49:06 3:22	8:38 50:10 1:04	11:01 52:59 2:49	12:21 54:59 2:00	14:54 55:42 0:43	18:33 56:03 0:21	25:17 6:44	26:25 1:08	28:40 2:15	33:55 5:15
13	132	Dirk Strauß SV Hildesia Diekhol	H45	58:36	1:47 43:35 2:46	2:44 45:37 2:02	5:21 46:33 0:56	6:10 49:46 3:13	7:12 51:54 2:08	13:43 53:15 1:21	15:58 55:33 2:18	17:25 57:42 2:09	20:19 58:20 0:38	23:12 58:36 0:16	31:17 8:05	32:10 0:53	34:43 2:33	40:49 6:06
14	129	Oliver Hillebrandt OLV Uslar	H45	1:02:22	1:09 3:17 3:17	1:55 4:29 1:40	4:21 47:35 1:06	5:22 52:40 5:05	6:38 55:32 2:52	9:22 56:31 0:59	12:52 59:13 2:42	14:31 1:01:23 2:10	17:43 1:02:00 0:37	21:02 1:02:22 0:22	30:23 9:21	31:32 1:09	34:32 3:00	41:32 7:00
15	7	Pia Buchholz MTK Bad Harzburg	D19L	1:04:11	1:26 3:00 43:40	2:32 4:12 45:52	5:09 5:08 47:00	6:13 5:53 50:53	7:35 2:10 53:03	9:42 3:26 56:29	12:19 3:54 1:00:23	13:59 2:19 1:02:42	17:21 1:02 1:03:44	20:31 1:02 1:04:11	30:13 9:42	31:55 1:42	34:12 2:17	40:40 6:28
16	127	Gunnar Grote OLV Uslar	H45	1:05:59	1:30 45:58 2:57	2:31 48:32 2:34	4:57 49:21 0:49	5:56 54:37 5:16	7:57 56:36 1:59	10:56 1:02:06 5:30	14:03 1:03:15 3:07	16:12 1:05:00 2:09	19:21 1:05:39 3:09	22:27 1:05:59 3:06	32:13 9:46	33:26 1:13	35:51 2:25	43:01 7:10
17	74	Sebastian Heil OLV Uslar	H18	1:11:23	1:42 55:34 2:53	4:31 58:37 3:03	6:58 59:28 0:51	8:37 1:02:53 3:25	10:16 1:05:09 2:16	12:49 1:06:15 1:06	16:26 1:07:53 1:38	18:28 1:10:17 2:24	25:45 1:11:03 0:46	31:33 1:11:23 0:20	39:37 8:04	40:36 0:59	42:43 2:07	52:41 9:58
18	139	Thomas Görtelmeye MTK Bad Harzburg	H45	1:28:44	1:53 1:07:02 5:20	3:25 1:09:26 2:24	8:17 1:10:50 1:24	10:04 1:16:29 5:39	11:47 1:19:50 3:21	15:11 1:21:54 2:04	19:42 1:24:12 2:18	22:15 1:27:19 3:07	27:31 1:28:15 0:56	34:55 1:28:44 0:29	45:26 10:31	47:11 1:45	50:36 3:25	1:01:42 11:06

Pl	tnr	Name	Kat	Zeit														
Bahn 6 (28)				2,7 km 100 Hm	14 P													
					1(31) Ziel	2(37)	3(41)	4(64)	5(44)	6(46)	7(56)	8(60)	9(68)	10(69)	11(72)	12(73)	13(74)	14(100)
1	119	Anke von Gaza OLV Uslar	D45	29:07	1:17 1:17 29:07 0:20	2:18 1:01	5:54 3:36	8:25 2:31	11:04 2:39	12:29 1:25	16:57 4:28	20:37 3:40	23:08 2:31	23:47 0:39	24:59 1:12	26:13 1:14	28:11 1:58	28:47 0:36
2	117	Evi Drese OLV Uslar	D45	33:12	1:11 1:11 33:12 0:23	2:12 1:01	5:09 2:57	8:08 2:59	11:12 3:04	12:43 1:31	16:55 4:12	20:40 3:45	27:09 6:29	27:49 0:40	29:02 1:13	30:19 1:17	32:20 2:01	32:49 0:29
3	166	Reinhard In der Str Osnabrücker TB	H65	35:13	1:22 1:22 35:13 0:20	2:15 0:53	5:08 2:53	8:28 3:20	11:21 2:53	12:51 1:30	19:00 6:09	23:14 4:14	25:42 2:28	26:32 0:50	27:48 1:16	31:42 3:54	34:12 2:30	34:53 0:41
4	59	Anna Castilho Marc SV Hildesia Diekhof	D16	35:28	1:08 1:08 35:28 0:18	1:54 0:46	4:32 2:38	7:08 2:36	10:55 3:47	12:28 1:33	16:27 3:59	22:37 6:10	24:44 2:07	25:15 0:31	27:22 2:07	32:30 5:08	34:29 1:59	35:10 0:41
5	62	Lilly Hintz MTV Seesen	D16	35:32	1:23 1:23 35:32 0:18	2:38 1:15	6:02 3:24	9:34 3:32	12:18 2:44	14:17 1:59	19:03 4:46	23:32 4:29	26:02 2:30	26:43 0:41	28:21 1:38	31:20 2:59	34:17 2:57	35:14 0:57
6	174	Rainer Pieper SSV Langenhagen	H65	38:14	1:16 1:16 38:14 0:18	2:12 0:56	5:42 3:30	8:56 3:14	12:29 3:33	14:28 1:59	20:12 5:44	24:01 3:49	26:51 2:50	27:51 1:00	29:29 1:38	33:53 4:24	36:55 3:02	37:56 1:01
7	60	Carolin Bernsdorf MTV Seesen	D16	39:30	2:23 2:23 39:30 0:18	4:46 2:23	10:00 5:14	13:23 3:23	16:20 2:57	18:07 1:47	22:43 4:36	27:31 4:48	29:57 2:26	30:39 0:42	32:19 1:40	35:18 2:59	38:10 2:52	39:12 1:02
8	114	Petra Schneider SV Hildesia Diekhof	D45	39:33	1:35 1:35 39:33 0:23	3:54 2:19	7:48 3:54	11:41 3:53	14:47 3:06	17:12 2:25	22:24 5:12	26:47 4:23	30:33 3:46	31:43 1:10	33:24 1:41	35:47 2:23	38:34 2:47	39:10 0:36
9	171	Ferdinand Hanses TuS Bramsche	H65	40:02	1:36 1:36 40:02 0:23	2:46 1:10	6:22 3:36 29:41 *67	9:34 3:12	12:52 3:18	14:24 1:32	20:30 6:06	27:14 6:44	30:08 2:54	31:00 0:52	33:01 2:01	35:50 2:49	38:50 3:00	39:39 0:49
10	173	Bernd Höfner OLV Uslar	H65	40:12	1:57 1:57 40:12 0:22	3:57 2:00	6:39 2:42	9:17 2:38	12:41 3:24	14:08 1:27	21:22 7:14	24:53 3:31	31:17 6:24	31:56 0:39	33:13 1:17	36:40 3:27	38:58 2:18	39:50 0:52
11	167	Siegfried May RSV Hannover	H65	40:31	1:34 1:34 40:31 0:21	2:44 1:10	6:04 3:20	9:14 3:10	15:11 5:57	18:02 2:51	22:35 4:33	26:45 4:10	29:38 2:53	30:39 1:01	32:06 1:27	36:03 3:57	39:25 3:22	40:10 0:45
12	122	Michaela Bruns MTK Bad Harzburg	D45	43:37	3:35 3:35 43:37 0:25	4:37 1:02	7:47 3:10	11:18 3:31	14:49 3:31	16:25 1:36	23:44 7:19	28:06 4:22	30:46 2:40	31:33 0:47	32:54 1:21	40:05 7:11	42:14 2:09	43:12 0:58
13	118	Silke Napp Braunschweiger MT	D45	44:01	2:20 2:20 44:01 0:25	3:28 1:08	8:01 4:33	11:59 3:58	15:17 3:18	17:18 2:01	23:58 6:40	28:23 4:25	32:01 3:38	33:11 1:10	37:01 3:50	39:14 2:13	42:35 3:21	43:36 1:01
14	121	Andrea Finkenstädt OLV Uslar	D45	45:31	1:55 1:55 45:31 0:25	3:37 1:42	9:41 6:04	12:59 3:18	16:48 3:49	18:19 1:31	25:46 7:27	30:03 4:17	32:40 2:37	33:29 0:49	34:57 1:28	42:00 7:03	44:07 2:07	45:06 0:59
15	164	Erhard Jübermann SC Klecken	H65	46:10	1:16 1:16 46:10 0:23	2:05 0:49	5:24 3:19	10:30 5:06	15:31 5:01	17:16 1:45	21:24 4:08	24:58 3:34	32:21 7:23	33:07 0:46	37:28 4:21	40:09 2:41	45:09 5:00	45:47 0:38
16	172	Alfred Newerla RSV Hannover	H65	47:59	1:58 1:58 47:59 0:28	2:48 0:50	16:21 13:33	19:36 3:15	22:07 2:31	23:43 1:36	28:42 4:59	33:58 5:16	39:40 5:42	40:29 0:49	41:41 1:12	44:13 2:32	46:51 2:38	47:31 0:40
17	169	Gerhard Niederland TSV Schloss Ricklin	H65	48:18	5:08 5:08 48:18 0:23	6:33 1:25	9:43 3:10	12:52 3:09	22:53 10:01	24:40 1:47	29:39 4:59	33:34 3:55	38:07 4:33	38:55 0:48	40:10 1:15	43:59 3:49	46:52 2:53	47:55 1:03
18	116	Regine Klander-Str SV Hildesia Diekhof	D45	48:23	2:29 2:29 48:23 0:34	4:32 2:03	9:13 4:41	13:22 4:09	17:19 3:57	19:27 2:08	26:07 6:40	31:24 5:17	36:42 5:18	37:36 0:54	40:50 3:14	43:22 2:32	46:49 3:27	47:49 1:00
19	163	Wilhelm Holz OLV Uslar	H65	49:24	2:50 2:50 49:24 0:33	7:09 4:19	11:10 4:01	15:00 3:50	18:55 3:55	20:56 2:01	26:47 5:51	32:18 5:31	35:18 3:00	36:11 0:53	39:42 3:31	43:58 4:16	47:52 3:54	48:51 0:59
20	168	Karlheinz Niescken SSV Langenhagen	H65	55:28	9:22 9:22 55:28 0:24	10:23 1:01	24:24 14:01	28:00 3:36	30:27 2:27	31:46 1:19	36:45 4:59	41:28 4:43	49:05 7:37	49:45 0:40	51:18 1:33	52:38 1:20	54:31 1:53	55:04 0:33

Pl	tnr	Name	Kat	Zeit														
Bahn 6 (28)					2,7 km 100 Hm			14 P			<i>(Forts.)</i>							
					1(31) Ziel	2(37)	3(41)	4(64)	5(44)	6(46)	7(56)	8(60)	9(68)	10(69)	11(72)	12(73)	13(74)	14(100)
21	61	Julia Stell TG 1860 Münden	D16	56:35	2:50 2:50 56:35 0:21	4:17 1:27	7:53 3:36	11:43 3:50	15:27 3:44	17:39 2:12	29:11 11:32	34:03 4:52	45:50 11:47	48:07 2:17	50:12 2:05	52:54 2:42	55:28 2:34	56:14 0:46
22	120	Tanja Buchholz MTK Bad Harzburg	D45	1:05:35	1:49 1:49 1:05:35 0:25	3:00 1:11	6:37 3:37	19:24 12:47	23:10 3:46	33:37 10:27	40:09 6:32	45:25 5:16	49:31 4:06	50:40 1:09	53:56 3:16	59:56 6:00	1:04:06 4:10	1:05:10 1:04
23	123	Ulrike Breckle Bovender SV	D45	1:09:26	4:57 4:57 1:09:26 0:26	6:10 1:13	11:52 5:42	20:54 9:02	25:41 4:47	35:10 9:29	44:48 9:38	51:08 6:20	55:19 4:11	56:32 1:13	1:02:43 6:11	1:05:03 2:20	1:07:58 2:55	1:09:00 1:02
24	165	Johannes Müssen SuS Vehrte	H65	1:30:52	3:12 3:12 1:30:52 0:45	5:18 2:06	13:00 7:42	21:16 8:16	27:16 6:00	31:20 4:04	43:11 11:51	52:55 9:44	1:05:18 12:23	1:07:26 2:08	1:11:07 3:41	1:20:44 9:37	1:27:37 6:53	1:30:07 2:30
AK	112	Gabriella Zambo Luxembourg Orient	D45	35:10	1:40 1:40 35:10 0:19	2:58 1:18	7:50 4:52	11:12 3:22	13:58 2:46	15:44 1:46	22:23 6:39	26:23 4:00	28:37 2:14	29:13 0:36	30:28 1:15	32:00 1:32	34:10 2:10	34:51 0:41
AK	115	Brigitte Dersch-Koll Ski-Club Helsa	D45	50:56	2:09 2:09 50:56 0:39	3:33 1:24	8:22 4:49	12:52 4:30	17:20 4:28	20:02 2:42	27:56 7:54	33:47 5:51	38:10 4:23	39:28 1:18	42:32 3:04	45:35 3:03	48:51 3:16	50:17 1:26
AK	170	Wolf Fehlig MTV Gittelde	H65	56:45	2:27 2:27 56:45 0:28	10:37 8:10	13:59 3:22	17:34 3:35	22:04 4:30	24:09 2:05	33:34 9:25	38:07 4:33	45:17 7:10	46:06 0:49	47:35 1:29	52:32 4:57	55:17 2:45	56:17 1:00
	124	Sabine Nash Turn-Klubb zu Han	D45	N Ang														
Bahn 7 (15)					2,3 km 100 Hm			13 P										
					1(31)	2(36)	3(33)	4(40)	5(38)	6(39)	7(64)	8(62)	9(60)	10(67)	11(68)	12(76)	13(100)	Ziel
1	144	Heidrun Finke OLV Uslar	D55	25:41	1:24 1:24	4:34 3:10	5:39 1:05	7:13 1:34	8:18 1:05	9:27 1:09	11:41 2:14	14:42 3:01	17:18 2:36	19:49 2:31	20:56 1:07	23:57 3:01	25:18 1:21	25:41 0:23
2	147	Liisa Rihko-Struck Braunschweiger MT	D55	30:47	1:40 1:40	4:48 3:08	6:16 1:28	8:36 2:20	9:53 1:17	11:22 1:29	14:00 2:38	19:46 5:46	22:37 2:51	25:09 2:32	25:37 0:28	28:52 3:15	30:22 1:30	30:47 0:25
3	145	Ulrike Korff SC Achmer	D55	31:58	1:52 1:52	6:21 4:29	7:53 1:32	9:57 2:04	11:15 1:18	12:45 1:30	15:17 2:32	18:53 3:36	22:49 3:56	26:35 3:46	27:01 0:26	30:13 3:12	31:37 1:24	31:58 0:21
4	146	Claudia Ducki-Höck MTK Bad Harzburg	D55	33:09	1:49 1:49	5:02 3:13	6:28 1:26	8:55 2:27	12:18 3:23	13:42 1:24	16:19 2:37	19:45 3:26	24:01 4:16	27:17 3:16	27:44 0:27	31:11 3:27	32:43 1:32	33:09 0:26
5	142	Barbara Dresel SC Klecken	D55	36:40	1:46 1:46	5:16 3:30	8:13 2:57	10:42 2:29	12:14 1:32	13:57 1:43	17:13 3:16	21:46 4:33	25:04 3:18	27:58 2:54	28:39 0:41	33:54 5:15	36:03 2:09	36:40 0:37
6	80	Katja Eckel OLV Uslar	D19K	38:33	3:06 3:06	6:23 3:17	8:13 1:50	11:12 2:59	12:18 1:06	14:09 1:51	21:05 6:56	25:19 4:14	28:30 3:11	31:18 2:48	31:51 0:33	36:38 4:47	38:12 1:34	38:33 0:21
7	79	Anna-Lena Engelma TSV Worpsswede	D19K	39:06	1:31 1:31	5:04 3:33	11:22 6:18	13:05 1:43	14:09 1:04	15:48 1:39	22:47 6:59	27:03 4:16	30:20 3:17	33:16 2:56	33:46 0:30	37:28 3:42	38:47 1:19	39:06 0:19
8	84	Kristine Schulze TV Jahn Wolfsburg	D19K	1:04:58	6:54 6:54	14:21 7:27	19:08 4:47	21:45 2:37	23:46 2:01	26:12 2:26	31:10 4:58	36:02 4:52	42:23 6:21	46:57 4:34	48:09 1:12	1:02:08 13:59	1:04:27 2:19	1:04:58 0:31
9	143	Anne Hanses TuS Bramsche	D55	1:06:58	6:51 6:51 14:44 *33	18:18 11:27	22:28 4:10	25:28 3:00	27:45 2:17	30:09 2:24	36:22 6:13	41:49 5:27	51:24 9:35	54:53 3:29	55:56 1:03	1:03:42 7:46	1:06:25 2:43	1:06:58 0:33
10	82	Belinda Koziol TV Jahn Wolfsburg	D19K	1:07:32	2:41 2:41	15:02 12:21	22:35 7:33	25:21 2:46	27:13 1:52	30:02 2:49	34:58 4:56	39:36 4:38	46:09 6:33	50:35 4:26	51:56 1:21	1:05:32 13:36	1:07:09 1:37	1:07:32 0:23
	85	Jordan Sophie Meis OLV Uslar	D19K	Aufg	1:44 1:44	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
AK	81	Melanie Günther Kölner OL-Team	D19K	33:11	1:53 1:53	5:24 3:31	6:59 1:35	8:40 1:41	9:56 1:16	11:22 1:26	13:48 2:26	17:30 3:42	20:21 2:51	27:26 7:05	27:49 0:23	31:29 3:40	32:50 1:21	33:11 0:21
	141	Ursula Mücke RSV Hannover	D55	N Ang														
AK	86	Kimberly Erlebach BSV Halle-Ammend	D19K	N Ang														
	83	Lea Reppnow OLV Uslar	D19K	N Ang														
Bahn 8 (10)					1,7 km 65 Hm			10 P										
					1(31)	2(38)	3(39)	4(44)	5(62)	6(67)	7(68)	8(69)	9(76)	10(100)	Ziel			
1	161	Irmela Bergt TSV Fischerhude	D65	25:52	2:14 2:14	4:50 2:36	7:14 2:24	10:54 3:40	14:53 3:59	17:41 2:48	18:30 0:49	19:42 1:12	23:55 4:13	25:28 1:33	25:52 0:24			
2	179	Günter Gohde Turn-Klubb zu Han	H75	28:53	3:25 3:25	5:27 2:02	7:17 1:50	10:12 2:55	18:09 7:57	20:37 2:28	21:20 0:43	22:16 0:56	26:48 4:32	28:28 1:40	28:53 0:25			
3	162	Birgitt Michel TV Jahn Wolfsburg	D65	29:05	2:10 2:10	4:21 2:11	6:22 2:01	10:55 4:33	15:21 4:26	17:36 2:15	18:17 0:41	19:48 1:31	26:03 6:15	28:18 2:15	29:05 0:47			
4	159	Ingrid Müssen SuS Vehrte	D65	31:53	1:51 1:51	9:26 7:35	11:33 2:07	14:48 3:15	19:02 4:14	23:25 4:23	24:07 0:42	25:20 1:13	29:52 4:32	31:30 1:38	31:53 0:23			

Pl	tnr	Name	Kat	Zeit													
Bahn 12 (12)					1,3 km 30 Hm	6 P	<i>(Forts.)</i>										
					1(31)	2(42)	3(71)	4(70)	5(75)	6(100)	Ziel						
4	21	Espen Liebing Bovender SV	D/H10	21:06	2:55 2:55	8:13 5:18	10:42 14:24	13:38 2:56	17:10 3:32	20:31 3:21	21:06 0:35						
5	27	Leonie Lochte SV Hildesia Diekhof	D/H10	23:13	5:20 5:20	12:27 7:07	14:24 1:57	16:47 2:23	20:08 3:21	22:45 2:37	23:13 0:28						
6	26	Romy Frank SV Hildesia Diekhof	D/H10	27:13	9:19 9:19	16:35 7:16	18:26 1:51	20:30 2:04	24:12 3:42	26:47 2:35	27:13 0:26						
7	24	Miguel Castilho Mar SV Hildesia Diekhof	D/H10	28:44	6:00 6:00	20:04 14:04	22:20 2:16	24:03 1:43	27:04 3:01	28:18 1:14	28:44 0:26						
8	25	August-Friedrich Re SV Fortuna Schmöll	D/H10	28:53	11:23 11:23	18:50 7:27	20:34 1:44	23:03 2:29	26:02 2:59	28:28 2:26	28:53 0:25						
9	31	Ria Wittke SV Hildesia Diekhof	D/H10	31:22	6:11 6:11	12:22 6:11	21:18 8:56	24:50 3:32	28:27 3:37	30:34 2:07	31:22 0:48						
10	30	Marie-Lou Koziol TV Jahn Wolfsburg	D/H10	33:27	10:37 10:37	21:01 10:24	23:19 2:18	26:53 3:34	30:24 3:31	32:50 2:26	33:27 0:37						
11	22	Elisa Thiemann Hochschulsport Ha	D/H10	33:36	5:36 5:36	17:28 11:52	20:16 2:48	23:55 3:39	28:32 4:37	32:51 4:19	33:36 0:45						
AK	28	Robin von Gaza OLV Uslar	D/H10	1:45:29	53:29 53:29	1:24:58 31:29	1:28:46 3:48	1:31:32 2:46	1:34:57 3:25	1:44:17 9:20	1:45:29 1:12						
Bahn 13 (5)					2,8 km 80 Hm	12 P											
					1(31)	2(42)	3(43)	4(45)	5(48)	6(54)	7(57)	8(63)	9(61)	10(70)	11(75)	12(100)	Ziel
1	186	Gerrit Niemann OLV Steinberg	Offen	30:53	2:04 2:04	6:36 4:32	7:58 1:22	9:08 1:10	11:42 2:34	15:19 3:37	18:25 3:06	21:06 2:41	24:31 3:25	27:03 2:32	29:01 1:58	30:28 1:27	30:53 0:25
2	184	Daniel Liebing Bovender SV	Offen	38:31	3:37 3:37	6:14 2:37	9:59 3:45	10:53 0:54	15:06 4:13	19:30 4:24	21:45 2:15	24:27 2:42	27:27 3:00	34:59 7:32	37:02 2:03	38:11 1:09	38:31 0:20
3	188	Iris Hennisler MTV Seesen	Offen	47:52	3:08 3:08	6:43 3:35	8:29 1:46	9:37 1:08	15:01 5:24	18:28 3:27	21:09 2:41	23:59 2:50	40:25 16:26	43:28 3:03	46:04 2:36	47:28 1:24	47:52 0:24
4	187	Cora Ellermann ESV Lok Magdebur	Offen	50:47	2:22 2:22	7:05 4:43	14:30 7:25	15:51 1:21	19:22 3:31	24:09 4:47	28:31 4:22	35:24 6:53	41:43 6:19	44:54 3:11	48:08 3:14	50:25 2:17	50:47 0:22
5	185	Karen Ellermann ESV Lok Magdebur	Offen	54:50	6:38 6:38	11:15 4:37	18:40 7:25	19:58 1:18	23:29 3:31	28:12 4:43	32:34 4:22	39:31 6:57	45:49 6:18	49:04 3:15	52:06 3:02	54:28 2:22	54:50 0:22