

## Ergebnis – Landesranglistenlauf Mittel Diekholzen

<b>D12</b>		<b>(4 / 4)</b>		<b>Zeit</b>	<b>Rückstand</b>		
1.	Rut Stark	MTV Seesen		11:12			
	1:05 (1:05)	1:05 (2:10)	1:10 (3:20)		1:09 (4:29)	2:58 (7:27)	1:48 (9:15)
	1:32 (10:47)	0:25 (11:12)					
2.	Jana Knaup	Braunschweiger MTV		11:24	+0:12		
	1:13 (1:13)	1:39 (2:52)	1:00 (3:52)		1:32 (5:24)	2:12 (7:36)	1:50 (9:26)
	1:36 (11:02)	0:22 (11:24)					
3.	Jette Körber	OLV Uslar		13:47	+2:35		
	1:35 (1:35)	3:01 (4:36)	1:10 (5:46)		1:23 (7:09)	2:03 (9:12)	2:10 (11:22)
	1:53 (13:15)	0:32 (13:47)					
	Lamis Mousa	OLV Uslar		Nicht Ang.			
	– (–)	– (–)	– (–)		– (–)	– (–)	– (–)
	– (–)	– (–)					
<b>H14</b>		<b>(5 / 5)</b>		<b>Zeit</b>	<b>Rückstand</b>		
1.	Jonas Knaup	Braunschweiger MTV		37:53			
	2:10 (2:10)	2:28 (4:38)	1:11 (5:49)		4:59 (10:48)	1:51 (12:39)	6:16 (18:55)
	2:45 (21:40)	3:47 (25:27)	3:03 (28:30)		4:35 (33:05)	3:20 (36:25)	1:09 (37:34)
	0:19 (37:53)						
2.	Aaron Niazi	TSV Worpswede		39:57	+2:04		
	2:11 (2:11)	2:13 (4:24)	1:14 (5:38)		5:24 (11:02)	4:17 (15:19)	2:39 (17:58)
	2:16 (20:14)	3:14 (23:28)	4:21 (27:49)		5:31 (33:20)	3:52 (37:12)	2:20 (39:32)
	0:25 (39:57)						
3.	Sven-Guido Schulze	TV Jahn Wolfsburg		51:03	+13:10		
	2:44 (2:44)	4:57 (7:41)	1:22 (9:03)		5:16 (14:19)	2:08 (16:27)	7:45 (24:12)
	2:56 (27:08)	3:56 (31:04)	5:18 (36:22)		6:33 (42:55)	5:44 (48:39)	1:55 (50:34)
	0:29 (51:03)						
4.	Felix Salau	MTV Seesen		1:08:55	+31:02		
	3:21 (3:21)	3:54 (7:15)	4:07 (11:22)		19:23 (30:45)	3:16 (34:01)	4:20 (38:21)
	3:07 (41:28)	4:02 (45:30)	9:52 (55:22)		5:41 (1:01:03)	5:14 (1:06:17)	1:54 (1:08:11)
	0:44 (1:08:55)						
5.	Brandon Nash	Turn-Klubb zu Hannover		1:50:20	+72:27		
	4:08 (4:08)	5:00 (9:08)	11:52 (21:00)		22:05 (43:05)	5:37 (48:42)	6:33 (55:15)
	6:30 (1:01:45)	9:18 (1:11:03)	17:11 (1:28:14)		8:25 (1:36:39)	8:58 (1:45:37)	3:53 (1:49:30)
	0:50 (1:50:20)						
<b>D14</b>		<b>(6 / 6)</b>		<b>Zeit</b>	<b>Rückstand</b>		
1.	Anna Weigert	TV Jahn Wolfsburg		37:56			
	2:26 (2:26)	2:44 (5:10)	1:13 (6:23)		5:27 (11:50)	1:56 (13:46)	2:59 (16:45)
	3:14 (19:59)	3:24 (23:23)	3:29 (26:52)		5:03 (31:55)	4:10 (36:05)	1:26 (37:31)
	0:25 (37:56)						
2.	Jule Weigert	TV Jahn Wolfsburg		41:21	+3:25		
	2:18 (2:18)	5:00 (7:18)	1:20 (8:38)		5:07 (13:45)	2:01 (15:46)	4:08 (19:54)
	2:43 (22:37)	3:22 (25:59)	4:15 (30:14)		4:59 (35:13)	4:15 (39:28)	1:29 (40:57)
	0:24 (41:21)						
3.	Maren Strauß	SV Hildesia Diekholzen		43:42	+5:46		
	2:22 (2:22)	2:48 (5:10)	1:24 (6:34)		5:06 (11:40)	2:25 (14:05)	3:33 (17:38)
	3:30 (21:08)	4:34 (25:42)	4:29 (30:11)		5:43 (35:54)	5:31 (41:25)	1:54 (43:19)
	0:23 (43:42)						
4.	Karla Breckle	Bovender SV		54:06	+16:10		
	2:37 (2:37)	4:35 (7:12)	1:37 (8:49)		7:49 (16:38)	2:44 (19:22)	3:57 (23:19)
	2:35 (25:54)	4:23 (30:17)	8:00 (38:17)		9:06 (47:23)	5:05 (52:28)	1:18 (53:46)
	0:20 (54:06)						
5.	Lucia Stolze	Bovender SV		57:06	+19:10		
	2:48 (2:48)	3:09 (5:57)	1:27 (7:24)		14:06 (21:30)	2:47 (24:17)	4:02 (28:19)
	3:10 (31:29)	4:53 (36:22)	5:31 (41:53)		6:16 (48:09)	5:30 (53:39)	3:03 (56:42)
	0:24 (57:06)						
AK	Sophie Kuhn	Turn-Klubb zu Hannover		Nicht Ang.			
	– (–)	– (–)	– (–)		– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)		– (–)	– (–)	– (–)
	– (–)						
<b>H12</b>		<b>(5 / 5)</b>		<b>Zeit</b>	<b>Rückstand</b>		
1.	Erik Urzua Wöhrer	TV Jahn Wolfsburg		8:30			
	1:08 (1:08)	1:01 (2:09)	1:00 (3:09)		1:07 (4:16)	1:02 (5:18)	1:41 (6:59)
	1:09 (8:08)	0:22 (8:30)					
2.	Johannes Eckel	OLV Uslar		10:08	+1:38		
	1:22 (1:22)	1:38 (3:00)	0:53 (3:53)		1:11 (5:04)	1:14 (6:18)	1:33 (7:51)
	1:12 (9:03)	1:05 (10:08)					
3.	Ole Siebrecht	OLV Uslar		13:40	+5:10		
	1:49 (1:49)	1:30 (3:19)	1:09 (4:28)		2:39 (7:07)	1:28 (8:35)	2:13 (10:48)
	2:15 (13:03)	0:37 (13:40)					
4.	Leif Liebing	Bovender SV		20:00	+11:30		
	1:53 (1:53)	1:21 (3:14)	1:35 (4:49)		1:32 (6:21)	7:00 (13:21)	3:12 (16:33)
	2:50 (19:23)	0:37 (20:00)					

5.	Finn Schips	OLV Uslar	23:42	+15:12		
	1:39 (1:39)	9:24 (11:03)	1:10 (12:13)	1:59 (14:12)	1:31 (15:43)	5:54 (21:37)
	1:43 (23:20)	0:22 (23:42)				
<b>D16</b>		<b>(5 / 5)</b>	<b>Zeit</b>	<b>Rückstand</b>		
1.	Lilly Hintz	MTV Seesen	44:09			
	2:46 (2:46)	1:04 (3:50)	2:18 (6:08)	1:32 (7:40)	0:34 (8:14)	1:45 (9:59)
	4:41 (14:40)	1:38 (16:18)	3:11 (19:29)	9:08 (28:37)	1:35 (30:12)	1:54 (32:06)
	1:15 (33:21)	4:10 (37:31)	2:38 (40:09)	2:37 (42:46)	0:57 (43:43)	0:26 (44:09)
2.	Julia Stell	TG 1860 Münden	52:16	+8:07		
	7:44 (7:44)	1:58 (9:42)	2:52 (12:34)	1:34 (14:08)	0:44 (14:52)	3:17 (18:09)
	5:52 (24:01)	2:10 (26:11)	3:52 (30:03)	4:40 (34:43)	3:21 (38:04)	1:41 (39:45)
	1:09 (40:54)	4:46 (45:40)	2:52 (48:32)	2:29 (51:01)	0:50 (51:51)	0:25 (52:16)
3.	Lena-Maria Klose	MTV Seesen	1:00:10	+16:01		
	3:59 (3:59)	3:06 (7:05)	4:56 (12:01)	2:38 (14:39)	0:31 (15:10)	3:23 (18:33)
	7:29 (26:02)	2:04 (28:06)	6:05 (34:11)	10:27 (44:38)	1:39 (46:17)	1:53 (48:10)
	1:14 (49:24)	4:25 (53:49)	2:21 (56:10)	2:27 (58:37)	1:08 (59:45)	0:25 (1:00:10)
4.	Fiona Nash	Turn-Klubb zu Hannover	1:03:59	+19:50		
	5:25 (5:25)	1:46 (7:11)	5:04 (12:15)	2:42 (14:57)	0:45 (15:42)	2:43 (18:25)
	7:16 (25:41)	2:56 (28:37)	4:19 (32:56)	4:45 (37:41)	3:41 (41:22)	3:34 (44:56)
	2:09 (47:05)	6:25 (53:30)	5:30 (59:00)	2:20 (1:01:20)	1:51 (1:03:11)	0:48 (1:03:59)
AK	Anna Castilho Marcao	SV Hildesia Diekholzen	(36:19)			
	2:34 (2:34)	0:59 (3:33)	2:26 (5:59)	1:04 (7:03)	0:30 (7:33)	1:42 (9:15)
	6:17 (15:32)	1:29 (17:01)	3:14 (20:15)	3:04 (23:19)	1:29 (24:48)	2:07 (26:55)
	1:46 (28:41)	2:08 (30:49)	2:16 (33:05)	1:48 (34:53)	0:58 (35:51)	0:28 (36:19)
<b>H16</b>		<b>(7 / 7)</b>	<b>Zeit</b>	<b>Rückstand</b>		
1.	Jussi Bruns	MTK Bad Harzburg	34:08			
	2:34 (2:34)	0:49 (3:23)	1:44 (5:07)	0:52 (5:59)	2:42 (8:41)	2:30 (11:11)
	3:01 (14:12)	1:34 (15:46)	2:44 (18:30)	1:22 (19:52)	1:43 (21:35)	1:34 (23:09)
	1:10 (24:19)	2:24 (26:43)	1:24 (28:07)	3:37 (31:44)	1:49 (33:33)	0:35 (34:08)
2.	Bennet Grote	OLV Uslar	35:59	+1:51		
	3:12 (3:12)	0:55 (4:07)	1:46 (5:53)	0:56 (6:49)	2:49 (9:38)	2:30 (12:08)
	2:36 (14:44)	2:04 (16:48)	2:39 (19:27)	1:26 (20:53)	1:20 (22:13)	1:50 (24:03)
	2:13 (26:16)	2:26 (28:42)	1:08 (29:50)	3:51 (33:41)	1:38 (35:19)	0:40 (35:59)
3.	Marco Urzua Wöhrer	TV Jahn Wolfsburg	42:10	+8:02		
	4:36 (4:36)	2:11 (6:47)	2:36 (9:23)	1:05 (10:28)	3:10 (13:38)	2:44 (16:22)
	2:49 (19:11)	1:34 (20:45)	3:07 (23:52)	1:56 (25:48)	1:37 (27:25)	2:01 (29:26)
	1:04 (30:30)	2:52 (33:22)	2:12 (35:34)	3:43 (39:17)	2:03 (41:20)	0:50 (42:10)
4.	Julius Wandelt	MTV Seesen	43:40	+9:32		
	3:28 (3:28)	1:12 (4:40)	3:42 (8:22)	1:11 (9:33)	4:26 (13:59)	2:59 (16:58)
	3:45 (20:43)	1:20 (22:03)	3:28 (25:31)	1:29 (27:00)	1:30 (28:30)	2:04 (30:34)
	1:19 (31:53)	2:41 (34:34)	1:22 (35:56)	4:52 (40:48)	1:58 (42:46)	0:54 (43:40)
5.	Thore Napp	TV Jahn Wolfsburg	48:33	+14:25		
	6:05 (6:05)	1:17 (7:22)	2:06 (9:28)	1:46 (11:14)	3:39 (14:53)	4:07 (19:00)
	2:47 (21:47)	3:15 (25:02)	2:59 (28:01)	2:00 (30:01)	1:54 (31:55)	2:49 (34:44)
	1:12 (35:56)	2:57 (38:53)	1:27 (40:20)	4:44 (45:04)	2:11 (47:15)	1:18 (48:33)
	Jannis Gerling	TG 1860 Münden	Nicht Ang.			
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	Till Buchberger	MTV Seesen	Nicht Ang.			
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
<b>D18</b>		<b>(2 / 2)</b>	<b>Zeit</b>	<b>Rückstand</b>		
1.	Lina Buchberger	MTV Seesen	42:11			
	3:07 (3:07)	1:04 (4:11)	1:52 (6:03)	1:24 (7:27)	3:47 (11:14)	3:17 (14:31)
	3:28 (17:59)	1:49 (19:48)	3:47 (23:35)	2:16 (25:51)	1:43 (27:34)	2:05 (29:39)
	1:22 (31:01)	3:09 (34:10)	1:29 (35:39)	4:04 (39:43)	1:46 (41:29)	0:42 (42:11)
2.	Carolin Bernsdorf	MTV Seesen	55:20	+13:09		
	4:28 (4:28)	6:45 (11:13)	2:09 (13:22)	1:18 (14:40)	7:38 (22:18)	3:41 (25:59)
	3:19 (29:18)	2:35 (31:53)	2:57 (34:50)	2:29 (37:19)	1:52 (39:11)	2:36 (41:47)
	1:21 (43:08)	2:51 (45:59)	1:10 (47:09)	4:49 (51:58)	2:26 (54:24)	0:56 (55:20)
<b>H18</b>		<b>(5 / 5)</b>	<b>Zeit</b>	<b>Rückstand</b>		
1.	Tom Buchholz	MTK Bad Harzburg	40:31			
	1:58 (1:58)	1:00 (2:58)	1:27 (4:25)	1:08 (5:33)	0:21 (5:54)	0:57 (6:51)
	1:50 (8:41)	2:05 (10:46)	2:40 (13:26)	2:04 (15:30)	1:46 (17:16)	2:17 (19:33)
	1:27 (21:00)	1:59 (22:59)	1:21 (24:20)	2:04 (26:24)	1:48 (28:12)	0:39 (28:51)
	1:00 (29:51)	3:09 (33:00)	1:00 (34:00)	0:50 (34:50)	1:27 (36:17)	1:46 (38:03)
	1:12 (39:15)	0:56 (40:11)	0:20 (40:31)			
2.	Jan Klose	MTV Seesen	42:41	+2:10		
	2:44 (2:44)	1:12 (3:56)	1:37 (5:33)	0:58 (6:31)	0:25 (6:56)	1:05 (8:01)
	2:36 (10:37)	2:07 (12:44)	1:44 (14:28)	1:29 (15:57)	1:57 (17:54)	2:41 (20:35)
	1:30 (22:05)	2:20 (24:25)	1:42 (26:07)	1:46 (27:53)	2:09 (30:02)	0:37 (30:39)
	1:07 (31:46)	3:01 (34:47)	1:06 (35:53)	0:45 (36:38)	1:38 (38:16)	2:04 (40:20)
	1:16 (41:36)	0:47 (42:23)	0:18 (42:41)			

3.	Aaron Wandelt	MTV Seesen	47:12	+6:41		
	1:41 (1:41)	1:06 (2:47)	1:47 (4:34)	0:53 (5:27)	0:26 (5:53)	1:09 (7:02)
	2:06 (9:08)	3:08 (12:16)	2:00 (14:16)	1:38 (15:54)	1:49 (17:43)	3:01 (20:44)
	1:40 (22:24)	1:59 (24:23)	2:28 (26:51)	1:51 (28:42)	3:27 (32:09)	0:48 (32:57)
	1:11 (34:08)	3:47 (37:55)	1:29 (39:24)	1:14 (40:38)	1:44 (42:22)	2:04 (44:26)
	1:29 (45:55)	0:57 (46:52)	0:20 (47:12)			
4.	Theo Henseler	MTV Seesen	50:03	+9:32		
	1:21 (1:21)	1:16 (2:37)	1:39 (4:16)	1:11 (5:27)	0:27 (5:54)	1:05 (6:59)
	2:21 (9:20)	2:04 (11:24)	2:10 (13:34)	1:38 (15:12)	2:31 (17:43)	2:37 (20:20)
	1:33 (21:53)	3:14 (25:07)	1:35 (26:42)	2:45 (29:27)	2:37 (32:04)	0:44 (32:48)
	1:35 (34:23)	4:53 (39:16)	2:04 (41:20)	1:18 (42:38)	1:45 (44:23)	2:40 (47:03)
	1:50 (48:53)	0:44 (49:37)	0:26 (50:03)			
5.	Lion Bernsdorf	MTV Seesen	1:01:23	+20:52		
	3:27 (3:27)	1:05 (4:32)	2:26 (6:58)	2:12 (9:10)	0:34 (9:44)	1:22 (11:06)
	2:45 (13:51)	2:44 (16:35)	2:27 (19:02)	1:58 (21:00)	3:26 (24:26)	3:02 (27:28)
	2:20 (29:48)	4:00 (33:48)	1:37 (35:25)	2:30 (37:55)	3:36 (41:31)	0:49 (42:20)
	1:29 (43:49)	4:58 (48:47)	2:15 (51:02)	1:27 (52:29)	2:06 (54:35)	2:55 (57:30)
	2:13 (59:43)	1:18 (1:01:01)	0:22 (1:01:23)			

D35	(7 / 7)		Zeit	Rückstand		
1.	Ivana Knaupova	Braunschweiger MTV	51:17			
	3:02 (3:02)	1:45 (4:47)	1:27 (6:14)	1:17 (7:31)	2:17 (9:48)	2:16 (12:04)
	5:27 (17:31)	2:50 (20:21)	2:51 (23:12)	3:05 (26:17)	1:45 (28:02)	2:23 (30:25)
	2:36 (33:01)	3:27 (36:28)	2:28 (38:56)	1:11 (40:07)	5:24 (45:31)	2:41 (48:12)
	1:41 (49:53)	0:52 (50:45)	0:32 (51:17)			
2.	Claudia Ann Sychla	MTK Bad Harzburg	54:12	+2:55		
	3:36 (3:36)	1:59 (5:35)	0:45 (6:20)	1:29 (7:49)	2:30 (10:19)	2:54 (13:13)
	2:47 (16:00)	3:10 (19:10)	6:09 (25:19)	3:27 (28:46)	1:41 (30:27)	2:20 (32:47)
	2:52 (35:39)	3:34 (39:13)	3:12 (42:25)	1:17 (43:42)	3:44 (47:26)	3:11 (50:37)
	1:57 (52:34)	1:10 (53:44)	0:28 (54:12)			
3.	Alexandra Nuske	Turn-Klubb zu Hannover	1:02:24	+11:07		
	4:16 (4:16)	1:58 (6:14)	0:51 (7:05)	1:21 (8:26)	2:17 (10:43)	3:35 (14:18)
	8:32 (22:50)	3:10 (26:00)	5:57 (31:57)	4:34 (36:31)	2:11 (38:42)	2:36 (41:18)
	3:04 (44:22)	3:49 (48:11)	3:20 (51:31)	1:36 (53:07)	2:45 (55:52)	2:43 (58:35)
	2:14 (1:00:49)	1:02 (1:01:51)	0:33 (1:02:24)			
4.	Claudia Weigert	TV Jahn Wolfsburg	1:13:21	+22:04		
	4:52 (4:52)	2:22 (7:14)	1:22 (8:36)	2:22 (10:58)	3:03 (14:01)	3:30 (17:31)
	4:21 (21:52)	4:22 (26:14)	4:06 (30:20)	5:01 (35:21)	2:51 (38:12)	6:43 (44:55)
	3:57 (48:52)	4:46 (53:38)	4:54 (58:32)	1:39 (1:00:11)	4:38 (1:04:49)	3:18 (1:08:07)
	2:24 (1:10:31)	2:13 (1:12:44)	0:37 (1:13:21)			
5.	Dorothea Kirves	TG 1860 Münden	1:16:35	+25:18		
	5:16 (5:16)	1:55 (7:11)	1:00 (8:11)	2:07 (10:18)	3:00 (13:18)	3:39 (16:57)
	6:28 (23:25)	3:47 (27:12)	4:15 (31:27)	6:13 (37:40)	3:26 (41:06)	3:48 (44:54)
	4:50 (49:44)	5:14 (54:58)	4:54 (59:52)	1:56 (1:01:48)	4:41 (1:06:29)	4:29 (1:10:58)
	3:14 (1:14:12)	1:33 (1:15:45)	0:50 (1:16:35)			
6.	Myrea Gerling	TG 1860 Münden	1:49:24	+58:07		
	6:29 (6:29)	4:12 (10:41)	1:39 (12:20)	2:13 (14:33)	4:28 (19:01)	9:54 (28:55)
	7:44 (36:39)	6:36 (43:15)	10:16 (53:31)	8:00 (1:01:31)	3:06 (1:04:37)	5:20 (1:09:57)
	5:37 (1:15:34)	7:38 (1:23:12)	6:53 (1:30:05)	2:06 (1:32:11)	6:16 (1:38:27)	5:28 (1:43:55)
	2:38 (1:46:33)	2:16 (1:48:49)	0:35 (1:49:24)			
AK	Nicole Frank	SV Hildesia Diekholzen	(1:42:42)	+51:25		
	5:47 (5:47)	2:32 (8:19)	1:11 (9:30)	1:39 (11:09)	2:59 (14:08)	4:09 (18:17)
	5:03 (23:20)	5:08 (28:28)	12:59 (41:27)	8:32 (49:59)	3:42 (53:41)	3:58 (57:39)
	6:03 (1:03:42)	6:11 (1:09:53)	4:39 (1:14:32)	3:55 (1:18:27)	6:05 (1:24:32)	5:40 (1:30:12)
	4:27 (1:34:39)	7:04 (1:41:43)	0:59 (1:42:42)			

H35	(5 / 5)		Zeit	Rückstand		
1.	Björn Frieling	TuS Bergen	51:17			
	2:40 (2:40)	2:44 (5:24)	1:20 (6:44)	0:27 (7:11)	1:29 (8:40)	0:44 (9:24)
	1:56 (11:20)	2:51 (14:11)	1:06 (15:17)	1:01 (16:18)	1:31 (17:49)	1:03 (18:52)
	2:12 (21:04)	2:46 (23:50)	2:09 (25:59)	1:32 (27:31)	0:59 (28:30)	1:24 (29:54)
	3:03 (32:57)	2:01 (34:58)	0:42 (35:40)	1:21 (37:01)	1:25 (38:26)	0:55 (39:21)
	3:18 (42:39)	1:14 (43:53)	1:12 (45:05)	1:52 (46:57)	1:42 (48:39)	1:34 (50:13)
	0:44 (50:57)	0:20 (51:17)				
2.	Lars Pieper	SSV Langenhagen	58:27	+7:10		
	2:09 (2:09)	2:22 (4:31)	1:16 (5:47)	0:39 (6:26)	1:23 (7:49)	0:54 (8:43)
	2:19 (11:02)	2:35 (13:37)	1:33 (15:10)	1:08 (16:18)	1:48 (18:06)	1:46 (19:52)
	2:41 (22:33)	4:15 (26:48)	2:16 (29:04)	1:42 (30:46)	1:21 (32:07)	2:02 (34:09)
	3:03 (37:12)	2:20 (39:32)	0:54 (40:26)	1:27 (41:53)	0:53 (42:46)	1:11 (43:57)
	4:05 (48:02)	1:17 (49:19)	1:20 (50:39)	2:25 (53:04)	2:21 (55:25)	1:46 (57:11)
	1:00 (58:11)	0:16 (58:27)				
3.	Jan Knaup	Braunschweiger MTV	1:03:02	+11:45		
	2:28 (2:28)	3:09 (5:37)	1:24 (7:01)	0:28 (7:29)	1:09 (8:38)	0:59 (9:37)
	2:28 (12:05)	2:51 (14:56)	1:31 (16:27)	1:16 (17:43)	1:46 (19:29)	3:07 (22:36)
	3:19 (25:55)	2:26 (28:21)	2:16 (30:37)	1:25 (32:02)	1:29 (33:31)	2:25 (35:56)
	3:11 (39:07)	2:23 (41:30)	1:05 (42:35)	1:55 (44:30)	1:00 (45:30)	1:33 (47:03)
	4:38 (51:41)	1:53 (53:34)	1:12 (54:46)	2:52 (57:38)	2:43 (1:00:21)	1:33 (1:01:54)
	0:44 (1:02:38)	0:24 (1:03:02)				
AK	Safwat Ibrahim	Bosch Betriebssport	(2:54:25)	+123:08		

24:32 (24:32)	5:32 (30:04)	1:37 (31:41)	0:48 (32:29)	8:26 (40:55)	1:37 (42:32)
3:58 (46:30)	5:26 (51:56)	2:32 (54:28)	3:01 (57:29)	8:22 (1:05:51)	3:13 (1:09:04)
4:13 (1:13:17)	3:30 (1:16:47)	13:50 (1:30:37)	5:17 (1:35:54)	1:17 (1:37:11)	3:52 (1:41:03)
5:06 (1:46:09)	4:31 (1:50:40)	1:31 (1:52:11)	4:42 (1:56:53)	1:35 (1:58:28)	3:43 (2:02:11)
15:30 (2:17:41)	7:49 (2:25:30)	2:13 (2:27:43)	12:42 (2:40:25)	5:37 (2:46:02)	3:42 (2:49:44)
- (-)	- (2:54:25)				
<b>Thorsten Weigert</b>	<b>TV Jahn Wolfsburg</b>	<b>Fehlst.</b>			
2:24 (2:24)	3:23 (5:47)	1:09 (6:56)	0:32 (7:28)	1:08 (8:36)	0:41 (9:17)
2:03 (11:20)	4:27 (15:47)	1:09 (16:56)	1:10 (18:06)	1:23 (19:29)	1:22 (20:51)
2:52 (23:43)	2:02 (25:45)	2:10 (27:55)	1:26 (29:21)	1:02 (30:23)	1:47 (32:10)
1:58 (34:08)	2:10 (36:18)	0:41 (36:59)	2:24 (39:23)	1:08 (40:31)	1:04 (41:35)
3:43 (45:18)	1:18 (46:36)	1:12 (47:48)	2:49 (50:37)	2:04 (52:41)	1:35 (54:16)
- (-)	- (55:03)				
<b>D45</b>	<b>(16 / 16)</b>	<b>Zeit</b>	<b>Rückstand</b>		
<b>1. Anke von Gaza</b>	<b>OLV Uslar</b>	<b>35:00</b>			
3:42 (3:42)	1:14 (4:56)	2:20 (7:16)	1:27 (8:43)	0:32 (9:15)	1:22 (10:37)
4:17 (14:54)	1:16 (16:10)	2:49 (18:59)	2:51 (21:50)	2:03 (23:53)	1:56 (25:49)
1:09 (26:58)	2:37 (29:35)	2:03 (31:38)	2:02 (33:40)	0:49 (34:29)	0:31 (35:00)
<b>2. Andrea Finkenstädt</b>	<b>OLV Uslar</b>	<b>41:58</b>	<b>+6:58</b>		
4:35 (4:35)	1:05 (5:40)	3:51 (9:31)	3:57 (13:28)	0:46 (14:14)	1:18 (15:32)
4:26 (19:58)	1:20 (21:18)	2:48 (24:06)	3:25 (27:31)	2:04 (29:35)	1:39 (31:14)
1:24 (32:38)	2:50 (35:28)	2:58 (38:26)	1:55 (40:21)	1:01 (41:22)	0:36 (41:58)
<b>3. Sandra Wöhler</b>	<b>TV Jahn Wolfsburg</b>	<b>42:49</b>	<b>+7:49</b>		
3:09 (3:09)	1:22 (4:31)	3:27 (7:58)	1:34 (9:32)	0:55 (10:27)	1:53 (12:20)
5:40 (18:00)	1:53 (19:53)	3:17 (23:10)	4:06 (27:16)	1:48 (29:04)	2:11 (31:15)
1:24 (32:39)	2:50 (35:29)	3:37 (39:06)	1:54 (41:00)	1:13 (42:13)	0:36 (42:49)
<b>4. Irene Buchberger</b>	<b>MTV Seesen</b>	<b>45:36</b>	<b>+10:36</b>		
2:53 (2:53)	1:26 (4:19)	2:48 (7:07)	1:58 (9:05)	0:41 (9:46)	4:29 (14:15)
6:11 (20:26)	2:01 (22:27)	2:54 (25:21)	3:14 (28:35)	2:09 (30:44)	2:06 (32:50)
1:34 (34:24)	3:09 (37:33)	3:12 (40:45)	2:44 (43:29)	1:34 (45:03)	0:33 (45:36)
<b>5. Evi Drese</b>	<b>OLV Uslar</b>	<b>46:38</b>	<b>+11:38</b>		
3:11 (3:11)	1:22 (4:33)	2:56 (7:29)	1:26 (8:55)	0:48 (9:43)	1:28 (11:11)
4:25 (15:36)	4:10 (19:46)	3:10 (22:56)	3:19 (26:15)	1:50 (28:05)	2:18 (30:23)
1:13 (31:36)	2:55 (34:31)	6:00 (40:31)	4:33 (45:04)	0:58 (46:02)	0:36 (46:38)
<b>6. Tanja Buchholz</b>	<b>MTK Bad Harzburg</b>	<b>49:03</b>	<b>+14:03</b>		
3:49 (3:49)	1:35 (5:24)	3:20 (8:44)	2:00 (10:44)	0:46 (11:30)	2:11 (13:41)
5:53 (19:34)	2:01 (21:35)	3:47 (25:22)	3:58 (29:20)	2:35 (31:55)	2:17 (34:12)
2:17 (36:29)	4:20 (40:49)	3:25 (44:14)	2:33 (46:47)	1:36 (48:23)	0:40 (49:03)
<b>7. Silke Napp</b>	<b>TV Jahn Wolfsburg</b>	<b>53:08</b>	<b>+18:08</b>		
3:39 (3:39)	1:21 (5:00)	3:14 (8:14)	1:43 (9:57)	1:04 (11:01)	6:20 (17:21)
6:14 (23:35)	1:34 (25:09)	3:40 (28:49)	5:15 (34:04)	2:20 (36:24)	2:22 (38:46)
1:53 (40:39)	3:23 (44:02)	4:22 (48:24)	2:35 (50:59)	1:25 (52:24)	0:44 (53:08)
<b>8. Sonja Kunze</b>	<b>OLV Uslar</b>	<b>55:28</b>	<b>+20:28</b>		
3:32 (3:32)	1:35 (5:07)	6:55 (12:02)	4:24 (16:26)	0:31 (16:57)	2:15 (19:12)
5:18 (24:30)	3:38 (28:08)	4:54 (33:02)	3:26 (36:28)	3:12 (39:40)	2:07 (41:47)
2:30 (44:17)	3:28 (47:45)	3:09 (50:54)	2:46 (53:40)	1:18 (54:58)	0:30 (55:28)
<b>9. Ulrike Breckle</b>	<b>Bovender SV</b>	<b>56:39</b>	<b>+21:39</b>		
5:56 (5:56)	2:30 (8:26)	3:21 (11:47)	3:01 (14:48)	0:35 (15:23)	3:57 (19:20)
6:35 (25:55)	2:21 (28:16)	3:46 (32:02)	3:36 (35:38)	4:28 (40:06)	2:21 (42:27)
1:39 (44:06)	2:53 (46:59)	3:03 (50:02)	3:38 (53:40)	2:19 (55:59)	0:40 (56:39)
<b>10. Katja Eckel</b>	<b>OLV Uslar</b>	<b>1:01:28</b>	<b>+26:28</b>		
7:27 (7:27)	3:23 (10:50)	4:39 (15:29)	2:51 (18:20)	0:31 (18:51)	6:01 (24:52)
5:51 (30:43)	3:28 (34:11)	4:56 (39:07)	3:28 (42:35)	3:01 (45:36)	2:08 (47:44)
2:34 (50:18)	3:30 (53:48)	3:01 (56:49)	2:52 (59:41)	1:13 (1:00:54)	0:34 (1:01:28)
<b>11. Stefanie Krebs</b>	<b>Turn-Klubb zu Hannover</b>	<b>1:10:29</b>	<b>+35:29</b>		
3:59 (3:59)	5:08 (9:07)	3:15 (12:22)	1:26 (13:48)	0:51 (14:39)	2:54 (17:33)
6:22 (23:55)	2:32 (26:27)	3:13 (29:40)	10:08 (39:48)	2:42 (42:30)	2:51 (45:21)
2:00 (47:21)	10:55 (58:16)	4:28 (1:02:44)	3:29 (1:06:13)	3:48 (1:10:01)	0:28 (1:10:29)
<b>12. Kristine Schulze</b>	<b>TV Jahn Wolfsburg</b>	<b>1:15:38</b>	<b>+40:38</b>		
7:15 (7:15)	5:38 (12:53)	4:09 (17:02)	2:59 (20:01)	1:44 (21:45)	5:07 (26:52)
9:26 (36:18)	2:40 (38:58)	4:31 (43:29)	4:44 (48:13)	3:54 (52:07)	3:01 (55:08)
3:22 (58:30)	4:07 (1:02:37)	4:46 (1:07:23)	3:24 (1:10:47)	3:57 (1:14:44)	0:54 (1:15:38)
<b>13. Sabine Nash</b>	<b>Turn-Klubb zu Hannover</b>	<b>1:30:13</b>	<b>+55:13</b>		
9:12 (9:12)	2:06 (11:18)	5:19 (16:37)	2:13 (18:50)	0:49 (19:39)	18:27 (38:06)
6:55 (45:01)	2:15 (47:16)	4:57 (52:13)	7:00 (59:13)	3:16 (1:02:29)	3:33 (1:06:02)
2:38 (1:08:40)	8:19 (1:16:59)	6:29 (1:23:28)	3:46 (1:27:14)	1:56 (1:29:10)	1:03 (1:30:13)
<b>AK Iris Hennseler</b>	<b>MTV Seesen</b>	<b>(1:00:09)</b>	<b>+25:09</b>		
7:29 (7:29)	3:25 (10:54)	4:10 (15:04)	2:35 (17:39)	0:25 (18:04)	2:42 (20:46)
4:57 (25:43)	3:50 (29:33)	3:05 (32:38)	3:05 (35:43)	7:04 (42:47)	2:09 (44:56)
1:29 (46:25)	4:06 (50:31)	2:31 (53:02)	3:02 (56:04)	3:25 (59:29)	0:40 (1:00:09)
<b>Katja Tiitinen</b>	<b>OLV Uslar</b>	<b>Fehlst.</b>			
10:54 (10:54)	1:46 (12:40)	6:42 (19:22)	1:50 (21:12)	0:56 (22:08)	2:40 (24:48)
7:59 (32:47)	3:18 (36:05)	4:27 (40:32)	8:24 (48:56)	2:19 (51:15)	- (-)
- (58:56)	3:10 (1:02:06)	4:13 (1:06:19)	4:01 (1:10:20)	4:39 (1:14:59)	0:58 (1:15:57)
<b>Melanie Schips</b>	<b>OLV Uslar</b>	<b>Fehlst.</b>			
4:05 (4:05)	1:45 (5:50)	3:02 (8:52)	1:48 (10:40)	0:51 (11:31)	2:37 (14:08)
6:40 (20:48)	2:07 (22:55)	4:06 (27:01)	4:09 (31:10)	2:48 (33:58)	3:23 (37:21)
- (-)	- (54:48)	3:51 (58:39)	3:01 (1:01:40)	1:26 (1:03:06)	1:12 (1:04:18)

<b>H45</b>		<b>(14 / 14)</b>		<b>Zeit</b>	<b>Rückstand</b>		
1.	Rolf Breckle	Bovender SV		33:50			
	2:05 (2:05)	1:19 (3:24)	0:25 (3:49)		0:39 (4:28)	1:26 (5:54)	1:56 (7:50)
	1:47 (9:37)	1:56 (11:33)	2:19 (13:52)		2:29 (16:21)	1:15 (17:36)	1:34 (19:10)
	2:07 (21:17)	2:40 (23:57)	2:09 (26:06)		0:48 (26:54)	2:48 (29:42)	1:57 (31:39)
	1:24 (33:03)	0:29 (33:32)	0:18 (33:50)				
2.	Christoph Freudenfeld	TSV Worpswede		39:04	+5:14		
	2:55 (2:55)	1:11 (4:06)	0:29 (4:35)		1:33 (6:08)	3:12 (9:20)	1:54 (11:14)
	1:58 (13:12)	2:12 (15:24)	3:10 (18:34)		2:58 (21:32)	1:21 (22:53)	2:01 (24:54)
	2:04 (26:58)	2:49 (29:47)	2:16 (32:03)		0:55 (32:58)	1:31 (34:29)	2:15 (36:44)
	1:22 (38:06)	0:39 (38:45)	0:19 (39:04)				
3.	Thilo Bruns	MTK Bad Harzburg		41:12	+7:22		
	2:52 (2:52)	1:21 (4:13)	0:33 (4:46)		0:53 (5:39)	1:36 (7:15)	2:14 (9:29)
	2:52 (12:21)	2:12 (14:33)	3:04 (17:37)		3:15 (20:52)	1:40 (22:32)	2:13 (24:45)
	2:12 (26:57)	2:55 (29:52)	2:01 (31:53)		0:59 (32:52)	1:57 (34:49)	3:21 (38:10)
	1:40 (39:50)	0:50 (40:40)	0:32 (41:12)				
4.	Martin Hensseler	MTV Seesen		43:52	+10:02		
	2:50 (2:50)	1:08 (3:58)	0:35 (4:33)		1:08 (5:41)	1:45 (7:26)	2:26 (9:52)
	2:03 (11:55)	2:06 (14:01)	2:22 (16:23)		3:01 (19:24)	2:35 (21:59)	2:42 (24:41)
	2:32 (27:13)	3:12 (30:25)	2:11 (32:36)		1:11 (33:47)	4:17 (38:04)	2:18 (40:22)
	1:56 (42:18)	1:03 (43:21)	0:31 (43:52)				
5.	Frank Leppla	Braunschweiger MTV		48:04	+14:14		
	3:56 (3:56)	1:59 (5:55)	0:33 (6:28)		1:19 (7:47)	5:07 (12:54)	2:49 (15:43)
	3:25 (19:08)	2:22 (21:30)	2:22 (23:52)		2:41 (26:33)	1:48 (28:21)	1:46 (30:07)
	2:23 (32:30)	3:01 (35:31)	2:24 (37:55)		1:00 (38:55)	2:41 (41:36)	2:40 (44:16)
	1:58 (46:14)	1:27 (47:41)	0:23 (48:04)				
6.	Jörg Kleinholz-Mewes	TuS Bothfeld 04		50:10	+16:20		
	2:58 (2:58)	1:28 (4:26)	0:42 (5:08)		1:00 (6:08)	1:31 (7:39)	2:06 (9:45)
	2:27 (12:12)	5:39 (17:51)	3:49 (21:40)		2:28 (24:08)	1:51 (25:59)	3:25 (29:24)
	2:00 (31:24)	3:44 (35:08)	2:10 (37:18)		0:52 (38:10)	2:00 (40:10)	3:08 (43:18)
	4:47 (48:05)	1:32 (49:37)	0:33 (50:10)				
7.	Paulo Urzua Torres	TV Jahn Wolfsburg		50:59	+17:09		
	4:33 (4:33)	3:39 (8:12)	0:30 (8:42)		1:09 (9:51)	1:50 (11:41)	2:47 (14:28)
	2:44 (17:12)	2:27 (19:39)	2:46 (22:25)		3:08 (25:33)	1:42 (27:15)	2:02 (29:17)
	2:32 (31:49)	4:49 (36:38)	3:07 (39:45)		1:12 (40:57)	2:48 (43:45)	2:21 (46:06)
	2:12 (48:18)	2:14 (50:32)	0:27 (50:59)				
8.	Sven Buchholz	MTK Bad Harzburg		53:48	+19:58		
	4:00 (4:00)	2:19 (6:19)	0:45 (7:04)		2:48 (9:52)	2:14 (12:06)	2:59 (15:05)
	2:48 (17:53)	3:35 (21:28)	3:08 (24:36)		5:10 (29:46)	2:01 (31:47)	2:12 (33:59)
	2:33 (36:32)	4:09 (40:41)	3:16 (43:57)		1:10 (45:07)	2:43 (47:50)	2:23 (50:13)
	2:11 (52:24)	0:57 (53:21)	0:27 (53:48)				
9.	Gunnar Grote	OLV Uslar		56:19	+22:29		
	3:38 (3:38)	1:26 (5:04)	0:43 (5:47)		1:10 (6:57)	2:09 (9:06)	2:14 (11:20)
	3:15 (14:35)	2:37 (17:12)	7:52 (25:04)		3:03 (28:07)	3:04 (31:11)	3:37 (34:48)
	2:19 (37:07)	5:05 (42:12)	2:59 (45:11)		1:27 (46:38)	4:31 (51:09)	2:12 (53:21)
	1:36 (54:57)	0:51 (55:48)	0:31 (56:19)				
10.	Christoph Napp	TV Jahn Wolfsburg		1:04:18	+30:28		
	5:03 (5:03)	2:05 (7:08)	0:48 (7:56)		2:36 (10:32)	2:33 (13:05)	3:38 (16:43)
	3:33 (20:16)	3:50 (24:06)	3:43 (27:49)		7:02 (34:51)	2:07 (36:58)	2:30 (39:28)
	3:39 (43:07)	4:26 (47:33)	4:43 (52:16)		1:20 (53:36)	2:26 (56:02)	3:50 (59:52)
	2:19 (1:02:11)	1:10 (1:03:21)	0:57 (1:04:18)				
11.	Andreas Meisel	OLV Uslar		1:30:28	+56:38		
	5:05 (5:05)	2:06 (7:11)	0:56 (8:07)		1:22 (9:29)	8:17 (17:46)	8:58 (26:44)
	3:46 (30:30)	4:25 (34:55)	5:56 (40:51)		5:13 (46:04)	7:26 (53:30)	2:48 (56:18)
	4:06 (1:00:24)	8:09 (1:08:33)	4:56 (1:13:29)		2:37 (1:16:06)	3:08 (1:19:14)	7:24 (1:26:38)
	2:23 (1:29:01)	1:01 (1:30:02)	0:26 (1:30:28)				
AK	Luis Moreton	Turn-Klubb zu Hannover		(1:03:43)	+29:53		
	4:30 (4:30)	1:58 (6:28)	0:41 (7:09)		1:32 (8:41)	3:50 (12:31)	2:43 (15:14)
	4:02 (19:16)	3:42 (22:58)	4:09 (27:07)		6:14 (33:21)	2:26 (35:47)	3:28 (39:15)
	3:40 (42:55)	4:26 (47:21)	3:54 (51:15)		1:38 (52:53)	3:00 (55:53)	3:44 (59:37)
	2:19 (1:01:56)	1:04 (1:03:00)	0:43 (1:03:43)				
	Frank Thiemann	Hochschulsport Hannover		Nicht Ang.			
	– (–)	– (–)	– (–)		– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)		– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)		– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)		– (–)	– (–)	– (–)
	Olaf Handtrack	SV Munster		Nicht Ang.			
	– (–)	– (–)	– (–)		– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)		– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)		– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)		– (–)	– (–)	– (–)

<b>D55</b>		<b>(8 / 8)</b>		<b>Zeit</b>	<b>Rückstand</b>		
1.	Heidrun Finke	OLV Uslar		35:18			
	2:24 (2:24)	1:54 (4:18)	2:47 (7:05)		2:05 (9:10)	3:05 (12:15)	1:26 (13:41)
	3:00 (16:41)	3:28 (20:09)	3:22 (23:31)		1:58 (25:29)	2:58 (28:27)	2:45 (31:12)
	2:33 (33:45)	1:02 (34:47)	0:31 (35:18)				
2.	Liisa Rinho-Struckmann	Braunschweiger MTV		35:48	+0:30		

	3:32 (3:32)	1:48 (5:20)	2:44 (8:04)	1:44 (9:48)	1:05 (10:53)	2:04 (12:57)
	3:07 (16:04)	3:20 (19:24)	3:01 (22:25)	1:47 (24:12)	3:56 (28:08)	3:12 (31:20)
	2:17 (33:37)	1:34 (35:11)	0:37 (35:48)			
3.	Ulrike Korff	SC Achmer	37:43	+2:25		
	2:18 (2:18)	2:08 (4:26)	3:23 (7:49)	1:42 (9:31)	0:44 (10:15)	1:31 (11:46)
	5:21 (17:07)	3:22 (20:29)	3:18 (23:47)	1:44 (25:31)	3:37 (29:08)	2:43 (31:51)
	3:45 (35:36)	1:31 (37:07)	0:36 (37:43)			
4.	Claudia Ducki-Höckner	MTK Bad Harzburg	39:29	+4:11		
	4:54 (4:54)	2:12 (7:06)	2:56 (10:02)	2:06 (12:08)	0:38 (12:46)	3:28 (16:14)
	3:54 (20:08)	3:12 (23:20)	4:01 (27:21)	1:38 (28:59)	3:41 (32:40)	2:52 (35:32)
	2:03 (37:35)	1:23 (38:58)	0:31 (39:29)			
5.	Barbara Dresel	SC Klecken	45:10	+9:52		
	2:49 (2:49)	3:17 (6:06)	3:42 (9:48)	1:33 (11:21)	0:53 (12:14)	5:00 (17:14)
	3:56 (21:10)	4:34 (25:44)	4:05 (29:49)	2:05 (31:54)	3:40 (35:34)	3:22 (38:56)
	2:59 (41:55)	2:18 (44:13)	0:57 (45:10)			
6.	Ulrike Wöldecke	SC Melle 03	48:38	+13:20		
	4:49 (4:49)	2:17 (7:06)	3:42 (10:48)	1:47 (12:35)	0:56 (13:31)	2:19 (15:50)
	4:11 (20:01)	4:04 (24:05)	5:20 (29:25)	2:22 (31:47)	4:00 (35:47)	5:15 (41:02)
	4:11 (45:13)	2:21 (47:34)	1:04 (48:38)			
7.	Esther Knoblauch	MTK Bad Harzburg	51:48	+16:30		
	2:51 (2:51)	1:50 (4:41)	3:28 (8:09)	1:52 (10:01)	0:55 (10:56)	2:22 (13:18)
	13:46 (27:04)	4:28 (31:32)	4:10 (35:42)	2:09 (37:51)	3:38 (41:29)	4:35 (46:04)
	3:19 (49:23)	1:39 (51:02)	0:46 (51:48)			
8.	Anne Hanses	TuS Bramsche	1:09:43	+34:25		
	4:41 (4:41)	2:01 (6:42)	5:08 (11:50)	2:59 (14:49)	0:51 (15:40)	2:43 (18:23)
	8:46 (27:09)	9:03 (36:12)	5:58 (42:10)	4:57 (47:07)	8:40 (55:47)	6:41 (1:02:28)
	4:44 (1:07:12)	1:41 (1:08:53)	0:50 (1:09:43)			

H55		(11 / 11)	Zeit	Rückstand		
1.	Henning Bruns	MTK Bad Harzburg	36:07			
	3:07 (3:07)	2:26 (5:33)	1:47 (7:20)	1:09 (8:29)	2:37 (11:06)	2:41 (13:47)
	2:22 (16:09)	1:35 (17:44)	2:46 (20:30)	1:25 (21:55)	1:19 (23:14)	1:55 (25:09)
	1:01 (26:10)	2:38 (28:48)	1:11 (29:59)	3:48 (33:47)	1:41 (35:28)	0:39 (36:07)
2.	Horst von Gaza	OLV Uslar	37:04	+0:57		
	5:07 (5:07)	2:38 (7:45)	1:31 (9:16)	1:05 (10:21)	2:32 (12:53)	2:20 (15:13)
	2:13 (17:26)	1:37 (19:03)	2:47 (21:50)	1:29 (23:19)	1:22 (24:41)	1:45 (26:26)
	1:03 (27:29)	2:10 (29:39)	1:18 (30:57)	3:24 (34:21)	1:58 (36:19)	0:45 (37:04)
3.	Michael Schwien	SC Klecken	40:46	+4:39		
	3:15 (3:15)	4:25 (7:40)	1:51 (9:31)	1:07 (10:38)	2:30 (13:08)	2:33 (15:41)
	2:31 (18:12)	2:42 (20:54)	3:24 (24:18)	2:04 (26:22)	1:21 (27:43)	1:50 (29:33)
	1:18 (30:51)	2:27 (33:18)	1:34 (34:52)	3:40 (38:32)	1:35 (40:07)	0:39 (40:46)
4.	Stephan Schliebener	OLV Uslar	40:53	+4:46		
	3:25 (3:25)	2:09 (5:34)	2:04 (7:38)	1:24 (9:02)	3:10 (12:12)	3:14 (15:26)
	2:51 (18:17)	1:45 (20:02)	2:55 (22:57)	1:38 (24:35)	1:36 (26:11)	2:16 (28:27)
	1:09 (29:36)	2:57 (32:33)	1:14 (33:47)	4:36 (38:23)	1:47 (40:10)	0:43 (40:53)
5.	Christian Buchberger	MTV Seesen	41:46	+5:39		
	3:43 (3:43)	3:48 (7:31)	2:50 (10:21)	1:31 (11:52)	3:17 (15:09)	2:57 (18:06)
	2:34 (20:40)	1:47 (22:27)	2:55 (25:22)	1:50 (27:12)	1:43 (28:55)	2:05 (31:00)
	1:16 (32:16)	2:26 (34:42)	1:17 (35:59)	3:15 (39:14)	1:45 (40:59)	0:47 (41:46)
6.	Michael Kukis	OSC Kassel	45:49	+9:42		
	4:05 (4:05)	2:22 (6:27)	1:50 (8:17)	1:19 (9:36)	2:48 (12:24)	2:29 (14:53)
	2:30 (17:23)	6:38 (24:01)	4:43 (28:44)	1:27 (30:11)	2:53 (33:04)	1:50 (34:54)
	0:51 (35:45)	2:08 (37:53)	1:43 (39:36)	3:30 (43:06)	1:42 (44:48)	1:01 (45:49)
7.	Franz-Josef Dirkes	SV Eintracht Neuenkirchen	47:38	+11:31		
	4:48 (4:48)	1:13 (6:01)	4:15 (10:16)	1:25 (11:41)	3:24 (15:05)	3:23 (18:28)
	3:20 (21:48)	2:11 (23:59)	3:18 (27:17)	1:51 (29:08)	1:36 (30:44)	2:25 (33:09)
	1:34 (34:43)	3:32 (38:15)	1:28 (39:43)	5:04 (44:47)	2:02 (46:49)	0:49 (47:38)
8.	Uwe Dresel	SC Klecken	50:04	+13:57		
	4:09 (4:09)	4:41 (8:50)	3:02 (11:52)	1:31 (13:23)	3:40 (17:03)	3:24 (20:27)
	3:21 (23:48)	1:52 (25:40)	3:02 (28:42)	2:24 (31:06)	2:29 (33:35)	2:26 (36:01)
	1:32 (37:33)	3:41 (41:14)	1:50 (43:04)	4:10 (47:14)	1:56 (49:10)	0:54 (50:04)
9.	Wilf Holloway		55:55	+19:48		
	6:10 (6:10)	5:39 (11:49)	2:31 (14:20)	1:40 (16:00)	3:58 (19:58)	3:36 (23:34)
	3:28 (27:02)	2:55 (29:57)	3:24 (33:21)	1:54 (35:15)	1:55 (37:10)	2:44 (39:54)
	1:17 (41:11)	3:11 (44:22)	2:04 (46:26)	5:09 (51:35)	2:27 (54:02)	1:53 (55:55)
10.	Christian Wittenbecher	Turn-Klubb zu Hannover	56:13	+20:06		
	5:42 (5:42)	3:10 (8:52)	2:32 (11:24)	1:37 (13:01)	4:34 (17:35)	3:45 (21:20)
	8:25 (29:45)	1:48 (31:33)	4:55 (36:28)	1:49 (38:17)	1:25 (39:42)	2:18 (42:00)
	1:21 (43:21)	3:24 (46:45)	1:35 (48:20)	4:25 (52:45)	2:30 (55:15)	0:58 (56:13)
11.	Werner Kornetzki	SC Melle 03	1:22:52	+46:45		
	6:43 (6:43)	12:54 (19:37)	5:04 (24:41)	2:08 (26:49)	6:25 (33:14)	6:37 (39:51)
	3:59 (43:50)	2:31 (46:21)	7:21 (53:42)	3:42 (57:24)	2:35 (59:59)	3:17 (1:03:16)
	2:12 (1:05:28)	4:33 (1:10:01)	2:03 (1:12:04)	6:08 (1:18:12)	3:10 (1:21:22)	1:30 (1:22:52)

D65		(4 / 4)	Zeit	Rückstand		
1.	Ingrid Müssen	SuS Vehrte	36:39			
	3:56 (3:56)	3:31 (7:27)	1:40 (9:07)	1:01 (10:08)	2:01 (12:09)	5:23 (17:32)
	3:17 (20:49)	4:02 (24:51)	2:17 (27:08)	4:58 (32:06)	3:23 (35:29)	1:10 (36:39)

2.	Irmela Bergt	TSV Fischerhude	37:34	+0:55		
	3:18 (3:18)	4:26 (7:44)	1:56 (9:40)	0:51 (10:31)	2:15 (12:46)	6:16 (19:02)
	3:18 (22:20)	2:31 (24:51)	2:17 (27:08)	5:38 (32:46)	3:31 (36:17)	1:17 (37:34)
3.	Birgitt Michel	TV Jahn Wolfsburg	41:09	+4:30		
	3:56 (3:56)	3:38 (7:34)	1:47 (9:21)	0:54 (10:15)	10:01 (20:16)	4:56 (25:12)
	2:34 (27:46)	2:40 (30:26)	2:21 (32:47)	3:59 (36:46)	2:45 (39:31)	1:38 (41:09)
4.	Antje Sobczak	MTV Soltau	43:19	+6:40		
	3:34 (3:34)	7:12 (10:46)	3:10 (13:56)	1:52 (15:48)	2:32 (18:20)	4:51 (23:11)
	3:40 (26:51)	5:39 (32:30)	2:54 (35:24)	3:46 (39:10)	3:02 (42:12)	1:07 (43:19)

**H65 (13 / 13) Zeit Rückstand**

1.	Udo Sobczak	MTV Soltau	26:56			
	2:38 (2:38)	1:27 (4:05)	2:09 (6:14)	1:26 (7:40)	0:29 (8:09)	1:28 (9:37)
	2:23 (12:00)	2:53 (14:53)	2:21 (17:14)	1:20 (18:34)	2:17 (20:51)	2:22 (23:13)
	2:15 (25:28)	0:56 (26:24)	0:32 (26:56)			
2.	Karl-Heinz Seefeld	OLV Uslar	39:17	+12:21		
	2:30 (2:30)	1:59 (4:29)	2:47 (7:16)	2:05 (9:21)	0:56 (10:17)	2:56 (13:13)
	3:56 (17:09)	4:02 (21:11)	3:47 (24:58)	2:16 (27:14)	3:30 (30:44)	3:31 (34:15)
	2:37 (36:52)	1:31 (38:23)	0:54 (39:17)			
3.	Bernd Höfner	OLV Uslar	39:35	+12:39		
	2:29 (2:29)	2:34 (5:03)	6:27 (11:30)	1:07 (12:37)	0:37 (13:14)	4:57 (18:11)
	2:57 (21:08)	3:58 (25:06)	2:30 (27:36)	1:31 (29:07)	2:32 (31:39)	2:29 (34:08)
	1:51 (35:59)	3:11 (39:10)	0:25 (39:35)			
4.	Siegfried May	RSV Hannover	41:21	+14:25		
	4:51 (4:51)	2:30 (7:21)	6:18 (13:39)	1:20 (14:59)	0:47 (15:46)	2:13 (17:59)
	3:30 (21:29)	3:46 (25:15)	3:13 (28:28)	2:22 (30:50)	3:18 (34:08)	2:50 (36:58)
	2:16 (39:14)	1:18 (40:32)	0:49 (41:21)			
5.	Erhard Jübermann	SC Klecken	42:25	+15:29		
	5:56 (5:56)	1:19 (7:15)	2:57 (10:12)	1:34 (11:46)	0:54 (12:40)	1:31 (14:11)
	3:23 (17:34)	2:44 (20:18)	2:49 (23:07)	9:32 (32:39)	2:56 (35:35)	2:25 (38:00)
	2:50 (40:50)	1:09 (41:59)	0:26 (42:25)			
6.	Rainer Pieper	SSV Langenhagen	43:32	+16:36		
	3:52 (3:52)	1:34 (5:26)	10:16 (15:42)	1:34 (17:16)	0:53 (18:09)	1:46 (19:55)
	3:25 (23:20)	5:04 (28:24)	3:03 (31:27)	1:27 (32:54)	3:23 (36:17)	2:38 (38:55)
	2:47 (41:42)	1:19 (43:01)	0:31 (43:32)			
7.	Ferdinand Hanses	TuS Bramsche	46:07	+19:11		
	3:19 (3:19)	3:41 (7:00)	2:33 (9:33)	2:01 (11:34)	0:44 (12:18)	1:52 (14:10)
	6:59 (21:09)	3:20 (24:29)	3:15 (27:44)	2:41 (30:25)	3:46 (34:11)	7:00 (41:11)
	2:24 (43:35)	2:04 (45:39)	0:28 (46:07)			
8.	Gerhard Niederland	TSV Schloß Ricklingen	46:30	+19:34		
	2:44 (2:44)	2:50 (5:34)	3:09 (8:43)	1:55 (10:38)	1:09 (11:47)	2:20 (14:07)
	9:39 (23:46)	3:20 (27:06)	3:28 (30:34)	1:43 (32:17)	3:09 (35:26)	4:19 (39:45)
	3:29 (43:14)	2:41 (45:55)	0:35 (46:30)			
9.	Wolfgang Wöldecke	SC Melle 03	50:35	+23:39		
	3:56 (3:56)	2:49 (6:45)	4:02 (10:47)	2:06 (12:53)	1:09 (14:02)	3:03 (17:05)
	5:19 (22:24)	6:25 (28:49)	5:46 (34:35)	3:03 (37:38)	3:57 (41:35)	3:45 (45:20)
	2:47 (48:07)	1:31 (49:38)	0:57 (50:35)			
AK	Helmut Conrad	USV TU Dresden	(33:17)	+6:21		
	3:30 (3:30)	1:45 (5:15)	2:52 (8:07)	1:28 (9:35)	0:45 (10:20)	2:06 (12:26)
	3:03 (15:29)	3:10 (18:39)	2:50 (21:29)	1:26 (22:55)	3:42 (26:37)	2:21 (28:58)
	2:32 (31:30)	1:14 (32:44)	0:33 (33:17)			
	Johannes Müssen	SuS Vehrte	Fehlst.			
	6:53 (6:53)	9:37 (16:30)	– (–)	– (–)	– (–)	– (24:23)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (42:24)			
	Reinhard In der Stroth	Osnabrücker TB	Fehlst.			
	1:55 (1:55)	1:17 (3:12)	2:21 (5:33)	1:17 (6:50)	– (–)	– (8:47)
	2:37 (11:24)	2:44 (14:08)	2:34 (16:42)	1:27 (18:09)	2:37 (20:46)	2:15 (23:01)
	2:05 (25:06)	0:54 (26:00)	0:27 (26:27)			
	Wilhelm Holz	OLV Uslar	Nicht Ang.			
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)			

**H75 (2 / 2) Zeit Rückstand**

1.	Günter Gohde	Turn-Klubb zu Hannover	37:40			
	3:20 (3:20)	6:36 (9:56)	2:05 (12:01)	0:58 (12:59)	2:19 (15:18)	3:47 (19:05)
	3:01 (22:06)	2:33 (24:39)	4:21 (29:00)	3:55 (32:55)	3:24 (36:19)	1:21 (37:40)
2.	Albrecht Bergt	TSV Fischerhude	1:20:18	+42:38		
	5:54 (5:54)	7:18 (13:12)	3:32 (16:44)	2:55 (19:39)	4:05 (23:44)	7:53 (31:37)
	7:17 (38:54)	4:55 (43:49)	15:41 (59:30)	8:19 (1:07:49)	10:11 (1:18:00)	2:18 (1:20:18)

**D19K (5 / 5) Zeit Rückstand**

1.	Lea Reppnow	OLV Uslar	38:37			
	2:32 (2:32)	4:37 (7:09)	3:24 (10:33)	1:30 (12:03)	0:36 (12:39)	2:26 (15:05)
	3:10 (18:15)	3:51 (22:06)	3:03 (25:09)	2:46 (27:55)	2:44 (30:39)	3:50 (34:29)
	2:32 (37:01)	1:08 (38:09)	0:28 (38:37)			
2.	Jordan Sophie Meisel	OLV Uslar	42:25	+3:48		

2:45 (2:45)	2:26 (5:11)	3:22 (8:33)	1:25 (9:58)	1:03 (11:01)	2:34 (13:35)
4:14 (17:49)	3:50 (21:39)	4:22 (26:01)	3:28 (29:29)	5:56 (35:25)	2:29 (37:54)
2:28 (40:22)	1:22 (41:44)	0:41 (42:25)			
<b>3. Kiana Meisel</b>	<b>OLV Uslar</b>	<b>46:17</b>	<b>+7:40</b>		
2:21 (2:21)	2:01 (4:22)	3:01 (7:23)	3:10 (10:33)	0:42 (11:15)	2:51 (14:06)
3:31 (17:37)	6:41 (24:18)	4:22 (28:40)	1:43 (30:23)	8:56 (39:19)	2:45 (42:04)
2:23 (44:27)	1:05 (45:32)	0:45 (46:17)			
<b>4. Karola Schmidt</b>	<b>TG 1860 Münden</b>	<b>47:40</b>	<b>+9:03</b>		
3:00 (3:00)	2:22 (5:22)	3:10 (8:32)	1:46 (10:18)	0:47 (11:05)	2:51 (13:56)
6:11 (20:07)	4:23 (24:30)	5:38 (30:08)	1:55 (32:03)	7:05 (39:08)	3:37 (42:45)
2:21 (45:06)	1:44 (46:50)	0:50 (47:40)			
<b>5. Saskia Ernst-Liebing</b>	<b>Bovender SV</b>	<b>58:46</b>	<b>+20:09</b>		
3:22 (3:22)	4:17 (7:39)	4:37 (12:16)	2:12 (14:28)	2:15 (16:43)	3:15 (19:58)
11:36 (31:34)	5:39 (37:13)	4:34 (41:47)	2:56 (44:43)	3:51 (48:34)	3:59 (52:33)
3:57 (56:30)	1:45 (58:15)	0:31 (58:46)			

<b>H19K</b>	<b>( 8 / 8 )</b>	<b>Zeit</b>	<b>Rückstand</b>		
<b>1. Felix Drese</b>	<b>OLV Uslar</b>	<b>31:58</b>			
1:52 (1:52)	0:55 (2:47)	2:25 (5:12)	1:26 (6:38)	0:36 (7:14)	1:10 (8:24)
3:55 (12:19)	1:10 (13:29)	2:25 (15:54)	3:56 (19:50)	1:50 (21:40)	1:15 (22:55)
1:03 (23:58)	2:09 (26:07)	2:43 (28:50)	1:54 (30:44)	0:45 (31:29)	0:29 (31:58)
<b>2. Garvin Behling</b>	<b>Turn-Klubb zu Hannover</b>	<b>38:24</b>	<b>+6:26</b>		
3:55 (3:55)	2:01 (5:56)	4:22 (10:18)	0:55 (11:13)	0:27 (11:40)	1:52 (13:32)
4:55 (18:27)	1:29 (19:56)	2:16 (22:12)	2:20 (24:32)	1:32 (26:04)	2:17 (28:21)
1:42 (30:03)	2:28 (32:31)	2:12 (34:43)	1:42 (36:25)	1:33 (37:58)	0:26 (38:24)
<b>3. Robert Nuske</b>	<b>Turn-Klubb zu Hannover</b>	<b>53:10</b>	<b>+21:12</b>		
3:11 (3:11)	1:41 (4:52)	3:11 (8:03)	2:46 (10:49)	0:40 (11:29)	4:44 (16:13)
7:46 (23:59)	1:59 (25:58)	3:26 (29:24)	4:10 (33:34)	2:13 (35:47)	2:47 (38:34)
1:25 (39:59)	3:28 (43:27)	4:23 (47:50)	2:56 (50:46)	1:44 (52:30)	0:40 (53:10)
<b>4. Jakob Eberwien</b>	<b>OLV Uslar</b>	<b>53:25</b>	<b>+21:27</b>		
12:52 (12:52)	1:06 (13:58)	2:28 (16:26)	1:15 (17:41)	0:37 (18:18)	1:25 (19:43)
9:22 (29:05)	1:54 (30:59)	2:36 (33:35)	3:04 (36:39)	2:51 (39:30)	1:47 (41:17)
2:08 (43:25)	2:55 (46:20)	2:15 (48:35)	2:29 (51:04)	1:44 (52:48)	0:37 (53:25)
<b>5. Benjamin Frye</b>	<b>Turn-Klubb zu Hannover</b>	<b>1:03:15</b>	<b>+31:17</b>		
3:30 (3:30)	4:39 (8:09)	2:04 (10:13)	3:05 (13:18)	0:23 (13:41)	1:48 (15:29)
18:30 (33:59)	1:56 (35:55)	3:02 (38:57)	3:06 (42:03)	5:08 (47:11)	2:07 (49:18)
2:05 (51:23)	3:57 (55:20)	2:29 (57:49)	3:30 (1:01:19)	1:10 (1:02:29)	0:46 (1:03:15)
<b>6. Aaron Koch</b>		<b>1:09:23</b>	<b>+37:25</b>		
8:42 (8:42)	1:36 (10:18)	10:16 (20:34)	1:55 (22:29)	0:47 (23:16)	3:09 (26:25)
8:47 (35:12)	3:18 (38:30)	3:12 (41:42)	3:32 (45:14)	2:58 (48:12)	2:37 (50:49)
2:52 (53:41)	3:28 (57:09)	6:17 (1:03:26)	2:41 (1:06:07)	2:40 (1:08:47)	0:36 (1:09:23)
<b>AK Daniel Röderer</b>	<b>MTV Braunschweig</b>	<b>(50:55)</b>	<b>+18:57</b>		
2:06 (2:06)	7:22 (9:28)	2:05 (11:33)	1:01 (12:34)	0:48 (13:22)	4:24 (17:46)
7:14 (25:00)	1:22 (26:22)	2:49 (29:11)	3:18 (32:29)	1:43 (34:12)	4:45 (38:57)
2:01 (40:58)	3:41 (44:39)	3:01 (47:40)	2:03 (49:43)	0:47 (50:30)	0:25 (50:55)
<b>AK Martin Wilderink</b>	<b>MTV Braunschweig</b>	<b>(1:24:09)</b>	<b>+52:11</b>		
10:35 (10:35)	6:43 (17:18)	2:58 (20:16)	2:56 (23:12)	0:36 (23:48)	2:27 (26:15)
10:00 (36:15)	2:28 (38:43)	3:13 (41:56)	3:34 (45:30)	13:12 (58:42)	8:33 (1:07:15)
1:49 (1:09:04)	4:23 (1:13:27)	3:16 (1:16:43)	4:14 (1:20:57)	2:15 (1:23:12)	0:57 (1:24:09)

<b>Offen</b>	<b>( 7 / 7 )</b>	<b>Zeit</b>	<b>Rückstand</b>		
<b>1. Klaus Gretschel</b>		<b>47:40</b>			
3:23 (3:23)	3:20 (6:43)	1:24 (8:07)	8:16 (16:23)	2:24 (18:47)	3:59 (22:46)
3:23 (26:09)	3:50 (29:59)	3:51 (33:50)	5:36 (39:26)	5:59 (45:25)	1:43 (47:08)
0:32 (47:40)					
<b>2. Finn Mattis Schwanstecher</b>		<b>50:54</b>	<b>+3:14</b>		
4:34 (4:34)	2:56 (7:30)	1:16 (8:46)	8:21 (17:07)	3:31 (20:38)	2:44 (23:22)
4:19 (27:41)	3:28 (31:09)	5:14 (36:23)	5:09 (41:32)	6:50 (48:22)	1:48 (50:10)
0:44 (50:54)					
<b>3. Ben Novack</b>		<b>1:20:44</b>	<b>+33:04</b>		
10:02 (10:02)	4:04 (14:06)	1:53 (15:59)	15:50 (31:49)	3:28 (35:17)	4:38 (39:55)
4:54 (44:49)	6:05 (50:54)	8:08 (59:02)	11:59 (1:11:01)	6:27 (1:17:28)	2:10 (1:19:38)
1:06 (1:20:44)					
<b>4. Ivonne Novack</b>		<b>1:20:46</b>	<b>+33:06</b>		
10:07 (10:07)	4:07 (14:14)	1:57 (16:11)	15:46 (31:57)	3:22 (35:19)	4:35 (39:54)
5:01 (44:55)	5:48 (50:43)	8:27 (59:10)	11:53 (1:11:03)	6:26 (1:17:29)	2:22 (1:19:51)
0:55 (1:20:46)					
<b>5. nedde ellen</b>	<b>SV Hildesia Diekholzen</b>	<b>1:21:54</b>	<b>+34:14</b>		
7:18 (7:18)	6:58 (14:16)	2:10 (16:26)	14:14 (30:40)	3:16 (33:56)	4:13 (38:09)
4:31 (42:40)	4:57 (47:37)	7:39 (55:16)	10:39 (1:05:55)	5:32 (1:11:27)	9:51 (1:21:18)
0:36 (1:21:54)					
<b>Günter Stark</b>	<b>MTV Seesen</b>	<b>Fehlst.</b>			
5:25 (5:25)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (19:07)					
<b>Maik Schweizer &amp; Julian Foth</b>	<b>MTV Seesen</b>	<b>Fehlst.</b>			
3:44 (3:44)	6:12 (9:56)	3:48 (13:44)	14:18 (28:02)	6:07 (34:09)	15:28 (49:37)
6:20 (55:57)	9:18 (1:05:15)	– (–)	– (1:39:23)	11:00 (1:50:23)	5:48 (1:56:11)
0:42 (1:56:53)					



<b>D/H 10 B</b>		<b>(8 / 8)</b>		<b>Zeit</b>	<b>Rückstand</b>		
1.	Hanna Stark	MTV Seesen		11:25			
	1:52 (1:52)	0:43 (2:35)	1:37 (4:12)		2:15 (6:27)	1:49 (8:16)	0:49 (9:05)
	0:55 (10:00)	0:50 (10:50)	0:35 (11:25)				
2.	Lina Röderer	Braunschweiger MTV		15:39	+4:14		
	2:46 (2:46)	0:42 (3:28)	1:47 (5:15)		1:32 (6:47)	2:56 (9:43)	1:08 (10:51)
	2:43 (13:34)	0:56 (14:30)	1:09 (15:39)				
3.	Beke Wilderink	Braunschweiger MTV		15:40	+4:15		
	2:46 (2:46)	0:39 (3:25)	1:47 (5:12)		1:33 (6:45)	3:00 (9:45)	1:10 (10:55)
	2:40 (13:35)	0:53 (14:28)	1:12 (15:40)				
4.	Ella Röderer	Braunschweiger MTV		15:47	+4:22		
	2:45 (2:45)	0:44 (3:29)	1:46 (5:15)		1:31 (6:46)	2:59 (9:45)	1:14 (10:59)
	2:37 (13:36)	0:58 (14:34)	1:13 (15:47)				
5.	Anna Knaup	Braunschweiger MTV		23:44	+12:19		
	3:09 (3:09)	1:29 (4:38)	2:06 (6:44)		5:25 (12:09)	3:49 (15:58)	3:01 (18:59)
	2:54 (21:53)	1:01 (22:54)	0:50 (23:44)				
6.	Greta Dettmer	SV Hildesia Diekholzen		25:18	+13:53		
	3:17 (3:17)	1:52 (5:09)	4:27 (9:36)		2:39 (12:15)	5:12 (17:27)	2:09 (19:36)
	2:23 (21:59)	1:51 (23:50)	1:28 (25:18)				
7.	Carlotta Dettmer	SV Hildesia Diekholzen		25:39	+14:14		
	3:17 (3:17)	1:53 (5:10)	4:27 (9:37)		2:43 (12:20)	5:08 (17:28)	2:07 (19:35)
	2:24 (21:59)	1:52 (23:51)	1:48 (25:39)				
	Elisa Thiemann	Hochschulsport Hannover		Nicht Ang.			
	- (-)	- (-)	- (-)		- (-)	- (-)	- (-)
	- (-)	- (-)	- (-)				

<b>D/H10</b>		<b>(10 / 10)</b>		<b>Zeit</b>	<b>Rückstand</b>		
1.	Miguel Castilho Marcao	SV Hildesia Diekholzen		10:17			
	1:33 (1:33)	0:38 (2:11)	0:59 (3:10)		1:08 (4:18)	1:47 (6:05)	0:55 (7:00)
	1:04 (8:04)	0:56 (9:00)	1:17 (10:17)				
2.	Katharina Lorenz	SV Hildesia Diekholzen		11:29	+1:12		
	3:55 (3:55)	0:49 (4:44)	1:15 (5:59)		1:07 (7:06)	1:29 (8:35)	0:46 (9:21)
	0:48 (10:09)	0:34 (10:43)	0:46 (11:29)				
3.	Sania Stamer	SV Hildesia Diekholzen		11:32	+1:15		
	2:06 (2:06)	0:45 (2:51)	1:12 (4:03)		1:25 (5:28)	1:30 (6:58)	0:54 (7:52)
	1:01 (8:53)	0:35 (9:28)	2:04 (11:32)				
4.	Ria Wittke	SV Hildesia Diekholzen		11:55	+1:38		
	1:49 (1:49)	0:43 (2:32)	1:29 (4:01)		1:44 (5:45)	2:40 (8:25)	1:18 (9:43)
	0:54 (10:37)	0:48 (11:25)	0:30 (11:55)				
5.	Romy Frank	SV Hildesia Diekholzen		14:20	+4:03		
	2:29 (2:29)	0:44 (3:13)	2:05 (5:18)		2:58 (8:16)	1:52 (10:08)	0:54 (11:02)
	1:05 (12:07)	0:58 (13:05)	1:15 (14:20)				
6.	Constantin Freudenfeld	TSV Worpswede		15:09	+4:52		
	1:24 (1:24)	1:53 (3:17)	6:22 (9:39)		1:28 (11:07)	1:34 (12:41)	0:51 (13:32)
	0:51 (14:23)	0:24 (14:47)	0:22 (15:09)				
7.	Stine Bruns	MTK Bad Harzburg		15:50	+5:33		
	2:24 (2:24)	1:04 (3:28)	1:34 (5:02)		2:41 (7:43)	2:52 (10:35)	1:29 (12:04)
	1:30 (13:34)	1:12 (14:46)	1:04 (15:50)				
8.	Konstantin Lorenz	SV Hildesia Diekholzen		35:40	+25:23		
	4:05 (4:05)	0:59 (5:04)	13:10 (18:14)		2:58 (21:12)	4:25 (25:37)	1:22 (26:59)
	1:53 (28:52)	1:56 (30:48)	4:52 (35:40)				
AK	Robin von Gaza	OLV Uslar		(43:15)	+32:58		
	1:40 (1:40)	0:40 (2:20)	11:20 (13:40)		1:38 (15:18)	11:23 (26:41)	1:16 (27:57)
	1:03 (29:00)	11:57 (40:57)	2:18 (43:15)				
	Leonie Lochte	SV Hildesia Diekholzen		Nicht Ang.			
	- (-)	- (-)	- (-)		- (-)	- (-)	- (-)
	- (-)	- (-)	- (-)				

<b>D19</b>		<b>(8 / 8)</b>		<b>Zeit</b>	<b>Rückstand</b>		
1.	Birte Friedrichs	MTV Seesen		41:35			
	1:25 (1:25)	0:56 (2:21)	1:40 (4:01)		0:54 (4:55)	0:31 (5:26)	1:04 (6:30)
	2:07 (8:37)	2:03 (10:40)	2:01 (12:41)		1:40 (14:21)	1:56 (16:17)	2:52 (19:09)
	1:32 (20:41)	1:42 (22:23)	1:31 (23:54)		1:52 (25:46)	1:07 (26:53)	0:39 (27:32)
	1:03 (28:35)	3:12 (31:47)	1:24 (33:11)		0:49 (34:00)	3:14 (37:14)	1:54 (39:08)
	1:30 (40:38)	0:37 (41:15)	0:20 (41:35)				
2.	Ann-Charlotte Spangenberg	TG 1860 Münden		46:41	+5:06		
	2:15 (2:15)	2:34 (4:49)	1:41 (6:30)		1:05 (7:35)	0:38 (8:13)	1:04 (9:17)
	2:31 (11:48)	2:14 (14:02)	2:05 (16:07)		1:41 (17:48)	2:09 (19:57)	3:02 (22:59)
	1:41 (24:40)	2:22 (27:02)	1:48 (28:50)		2:21 (31:11)	1:11 (32:22)	0:50 (33:12)
	1:12 (34:24)	3:45 (38:09)	1:16 (39:25)		0:51 (40:16)	1:46 (42:02)	2:01 (44:03)
	1:33 (45:36)	0:44 (46:20)	0:21 (46:41)				
3.	Marie Hofmeister	MTK Bad Harzburg		48:18	+6:43		
	2:11 (2:11)	1:03 (3:14)	2:22 (5:36)		0:56 (6:32)	0:29 (7:01)	1:09 (8:10)
	2:28 (10:38)	2:13 (12:51)	2:10 (15:01)		1:35 (16:36)	2:07 (18:43)	2:44 (21:27)
	1:27 (22:54)	1:43 (24:37)	5:49 (30:26)		1:58 (32:24)	1:06 (33:30)	0:47 (34:17)
	1:21 (35:38)	3:52 (39:30)	1:13 (40:43)		1:01 (41:44)	1:34 (43:18)	2:08 (45:26)
	1:26 (46:52)	0:57 (47:49)	0:29 (48:18)				

4.	<b>Pia Buchholz</b>	<b>MTK Bad Harzburg</b>	<b>53:20</b>	<b>+11:45</b>		
	2:01 (2:01)	1:13 (3:14)	2:13 (5:27)	1:32 (6:59)	0:33 (7:32)	1:22 (8:54)
	2:20 (11:14)	2:36 (13:50)	2:43 (16:33)	2:18 (18:51)	2:17 (21:08)	3:12 (24:20)
	1:46 (26:06)	2:09 (28:15)	1:31 (29:46)	2:28 (32:14)	2:19 (34:33)	1:05 (35:38)
	1:13 (36:51)	4:32 (41:23)	1:47 (43:10)	1:03 (44:13)	2:44 (46:57)	2:27 (49:24)
	1:48 (51:12)	1:35 (52:47)	0:33 (53:20)			
5.	<b>Jenny Seib</b>	<b>Turn-Klubb zu Hannover</b>	<b>54:45</b>	<b>+13:10</b>		
	1:56 (1:56)	1:12 (3:08)	1:54 (5:02)	1:58 (7:00)	0:27 (7:27)	1:33 (9:00)
	2:24 (11:24)	2:38 (14:02)	2:23 (16:25)	6:04 (22:29)	2:04 (24:33)	3:47 (28:20)
	1:40 (30:00)	2:32 (32:32)	1:49 (34:21)	2:21 (36:42)	1:33 (38:15)	0:59 (39:14)
	1:24 (40:38)	3:50 (44:28)	1:51 (46:19)	0:58 (47:17)	2:22 (49:39)	2:14 (51:53)
	1:38 (53:31)	0:50 (54:21)	0:24 (54:45)			
6.	<b>Svenja Pabst</b>	<b>OLV Uslar</b>	<b>54:47</b>	<b>+13:12</b>		
	1:47 (1:47)	1:19 (3:06)	2:06 (5:12)	1:27 (6:39)	0:37 (7:16)	1:22 (8:38)
	2:28 (11:06)	2:55 (14:01)	2:39 (16:40)	2:35 (19:15)	2:22 (21:37)	3:35 (25:12)
	1:59 (27:11)	2:22 (29:33)	2:22 (31:55)	2:34 (34:29)	1:25 (35:54)	1:03 (36:57)
	1:22 (38:19)	4:30 (42:49)	2:08 (44:57)	1:13 (46:10)	1:58 (48:08)	2:57 (51:05)
	2:06 (53:11)	0:55 (54:06)	0:41 (54:47)			
7.	<b>Meike Hensseler</b>	<b>MTV Seesen</b>	<b>1:00:23</b>	<b>+18:48</b>		
	3:54 (3:54)	1:05 (4:59)	2:10 (7:09)	1:09 (8:18)	0:52 (9:10)	1:26 (10:36)
	5:01 (15:37)	3:01 (18:38)	2:14 (20:52)	2:06 (22:58)	2:22 (25:20)	3:09 (28:29)
	1:47 (30:16)	2:23 (32:39)	5:58 (38:37)	3:03 (41:40)	1:46 (43:26)	0:48 (44:14)
	1:28 (45:42)	4:11 (49:53)	1:33 (51:26)	1:21 (52:47)	2:26 (55:13)	2:06 (57:19)
	1:44 (59:03)	0:47 (59:50)	0:33 (1:00:23)			
8.	<b>Marlen Steinhoff</b>	<b>MTK Bad Harzburg</b>	<b>1:05:55</b>	<b>+24:20</b>		
	2:14 (2:14)	1:17 (3:31)	2:33 (6:04)	2:10 (8:14)	0:25 (8:39)	1:20 (9:59)
	3:32 (13:31)	3:05 (16:36)	2:52 (19:28)	2:10 (21:38)	3:27 (25:05)	3:46 (28:51)
	2:11 (31:02)	3:47 (34:49)	4:05 (38:54)	2:37 (41:31)	1:38 (43:09)	0:54 (44:03)
	1:22 (45:25)	5:24 (50:49)	1:46 (52:35)	4:08 (56:43)	2:52 (59:35)	3:03 (1:02:38)
	1:53 (1:04:31)	0:58 (1:05:29)	0:26 (1:05:55)			
<b>H19</b>		<b>(13 / 13)</b>	<b>Zeit</b>	<b>Rückstand</b>		
1.	<b>Ole Hensseler</b>	<b>MTV Seesen</b>	<b>41:32</b>			
	1:40 (1:40)	2:09 (3:49)	0:47 (4:36)	0:24 (5:00)	1:58 (6:58)	0:32 (7:30)
	1:43 (9:13)	1:58 (11:11)	1:09 (12:20)	0:42 (13:02)	1:22 (14:24)	1:04 (15:28)
	1:52 (17:20)	1:44 (19:04)	1:47 (20:51)	0:58 (21:49)	0:56 (22:45)	1:07 (23:52)
	2:28 (26:20)	1:52 (28:12)	0:36 (28:48)	1:19 (30:07)	0:45 (30:52)	0:53 (31:45)
	2:52 (34:37)	0:58 (35:35)	0:49 (36:24)	1:37 (38:01)	1:20 (39:21)	1:16 (40:37)
	0:35 (41:12)	0:20 (41:32)				
2.	<b>Matti Bruns</b>	<b>MTK Bad Harzburg</b>	<b>43:30</b>	<b>+1:58</b>		
	1:36 (1:36)	1:41 (3:17)	0:46 (4:03)	0:20 (4:23)	0:56 (5:19)	0:30 (5:49)
	1:47 (7:36)	1:34 (9:10)	1:02 (10:12)	0:52 (11:04)	1:17 (12:21)	1:29 (13:50)
	3:48 (17:38)	1:37 (19:15)	1:33 (20:48)	1:02 (21:50)	2:08 (23:58)	0:56 (24:54)
	2:09 (27:03)	1:45 (28:48)	0:49 (29:37)	1:30 (31:07)	0:32 (31:39)	1:12 (32:51)
	2:42 (35:33)	1:04 (36:37)	1:19 (37:56)	1:40 (39:36)	1:38 (41:14)	1:08 (42:22)
	0:51 (43:13)	0:17 (43:30)				
3.	<b>Kilian Lilje</b>	<b>TSV Worpswede</b>	<b>46:58</b>	<b>+5:26</b>		
	2:15 (2:15)	2:14 (4:29)	1:00 (5:29)	0:38 (6:07)	0:58 (7:05)	0:34 (7:39)
	1:58 (9:37)	2:12 (11:49)	1:06 (12:55)	1:10 (14:05)	1:31 (15:36)	1:05 (16:41)
	2:10 (18:51)	1:55 (20:46)	1:55 (22:41)	0:59 (23:40)	1:07 (24:47)	1:35 (26:22)
	3:42 (30:04)	2:10 (32:14)	0:44 (32:58)	1:09 (34:07)	0:43 (34:50)	0:58 (35:48)
	3:42 (39:30)	1:14 (40:44)	0:45 (41:29)	1:37 (43:06)	1:32 (44:38)	1:19 (45:57)
	0:43 (46:40)	0:18 (46:58)				
4.	<b>Sergei Roskop</b>	<b>Braunschweiger MTV</b>	<b>49:39</b>	<b>+8:07</b>		
	2:38 (2:38)	2:28 (5:06)	1:18 (6:24)	0:25 (6:49)	1:03 (7:52)	0:46 (8:38)
	1:57 (10:35)	2:50 (13:25)	1:18 (14:43)	0:56 (15:39)	1:26 (17:05)	1:03 (18:08)
	2:17 (20:25)	2:03 (22:28)	3:23 (25:51)	1:15 (27:06)	1:03 (28:09)	1:40 (29:49)
	2:02 (31:51)	1:46 (33:37)	0:45 (34:22)	1:42 (36:04)	0:42 (36:46)	1:00 (37:46)
	3:08 (40:54)	1:19 (42:13)	1:01 (43:14)	1:47 (45:01)	1:44 (46:45)	2:06 (48:51)
	0:31 (49:22)	0:17 (49:39)				
5.	<b>Max Sonneborn</b>	<b>TSV Worpswede</b>	<b>52:59</b>	<b>+11:27</b>		
	1:58 (1:58)	2:30 (4:28)	0:50 (5:18)	0:28 (5:46)	1:12 (6:58)	0:44 (7:42)
	2:09 (9:51)	2:14 (12:05)	1:16 (13:21)	0:44 (14:05)	1:50 (15:55)	1:58 (17:53)
	2:07 (20:00)	2:47 (22:47)	2:19 (25:06)	1:48 (26:54)	1:11 (28:05)	2:16 (30:21)
	2:17 (32:38)	1:55 (34:33)	1:14 (35:47)	1:33 (37:20)	0:47 (38:07)	1:12 (39:19)
	3:38 (42:57)	1:15 (44:12)	1:34 (45:46)	2:05 (47:51)	2:11 (50:02)	1:35 (51:37)
	– (–)	– (52:59)				
6.	<b>Fabian Ulbrich</b>	<b>OLV Uslar</b>	<b>57:01</b>	<b>+15:29</b>		
	2:17 (2:17)	2:53 (5:10)	1:21 (6:31)	0:29 (7:00)	1:30 (8:30)	0:38 (9:08)
	2:40 (11:48)	2:36 (14:24)	1:27 (15:51)	1:08 (16:59)	1:45 (18:44)	1:41 (20:25)
	2:39 (23:04)	2:18 (25:22)	2:12 (27:34)	1:14 (28:48)	1:21 (30:09)	1:46 (31:55)
	3:09 (35:04)	2:23 (37:27)	1:01 (38:28)	1:38 (40:06)	0:52 (40:58)	1:19 (42:17)
	4:11 (46:28)	1:34 (48:02)	1:04 (49:06)	2:21 (51:27)	2:14 (53:41)	1:54 (55:35)
	1:01 (56:36)	0:25 (57:01)				
7.	<b>Jens Struckmann</b>	<b>Braunschweiger MTV</b>	<b>58:29</b>	<b>+16:57</b>		
	3:25 (3:25)	2:36 (6:01)	1:04 (7:05)	0:30 (7:35)	1:15 (8:50)	1:35 (10:25)
	4:17 (14:42)	2:18 (17:00)	1:14 (18:14)	0:59 (19:13)	1:29 (20:42)	1:11 (21:53)
	2:42 (24:35)	2:01 (26:36)	2:47 (29:23)	1:37 (31:00)	1:07 (32:07)	1:56 (34:03)
	3:37 (37:40)	1:59 (39:39)	1:08 (40:47)	2:42 (43:29)	0:45 (44:14)	1:09 (45:23)
	3:46 (49:09)	1:19 (50:28)	0:53 (51:21)	1:47 (53:08)	1:56 (55:04)	1:23 (56:27)
	1:35 (58:02)	0:27 (58:29)				

8.	Till Finkenstädt	OLV Uslar	58:49	+17:17		
	4:32 (4:32)	2:28 (7:00)	1:05 (8:05)	0:35 (8:40)	1:07 (9:47)	0:50 (10:37)
	2:26 (13:03)	2:34 (15:37)	1:31 (17:08)	0:59 (18:07)	1:36 (19:43)	2:00 (21:43)
	2:58 (24:41)	2:27 (27:08)	2:13 (29:21)	1:20 (30:41)	1:19 (32:00)	1:49 (33:49)
	2:39 (36:28)	2:15 (38:43)	0:56 (39:39)	1:39 (41:18)	0:58 (42:16)	1:25 (43:41)
	3:58 (47:39)	1:40 (49:19)	1:07 (50:26)	2:21 (52:47)	2:33 (55:20)	2:14 (57:34)
	0:50 (58:24)	0:25 (58:49)				
9.	Hauke Scharfenberg	TuS Bergen	1:05:30	+23:58		
	3:22 (3:22)	3:53 (7:15)	1:38 (8:53)	0:47 (9:40)	1:12 (10:52)	1:00 (11:52)
	2:37 (14:29)	2:43 (17:12)	1:43 (18:55)	1:02 (19:57)	1:49 (21:46)	1:38 (23:24)
	3:38 (27:02)	2:26 (29:28)	2:51 (32:19)	1:34 (33:53)	1:26 (35:19)	3:19 (38:38)
	3:12 (41:50)	2:37 (44:27)	1:06 (45:33)	1:56 (47:29)	1:07 (48:36)	1:15 (49:51)
	3:44 (53:35)	2:02 (55:37)	1:01 (56:38)	2:38 (59:16)	3:09 (1:02:25)	1:46 (1:04:11)
	0:49 (1:05:00)	0:30 (1:05:30)				
10.	Malte Finkenstädt	OLV Uslar	1:07:40	+26:08		
	2:22 (2:22)	2:46 (5:08)	1:12 (6:20)	0:34 (6:54)	1:12 (8:06)	1:00 (9:06)
	2:18 (11:24)	2:19 (13:43)	1:38 (15:21)	1:04 (16:25)	2:06 (18:31)	1:42 (20:13)
	2:52 (23:05)	2:25 (25:30)	2:47 (28:17)	1:15 (29:32)	1:25 (30:57)	2:22 (33:19)
	6:15 (39:34)	2:11 (41:45)	0:51 (42:36)	3:31 (46:07)	0:58 (47:05)	1:11 (48:16)
	7:04 (55:20)	1:26 (56:46)	2:49 (59:35)	2:23 (1:01:58)	2:16 (1:04:14)	1:55 (1:06:09)
	1:10 (1:07:19)	0:21 (1:07:40)				
11.	Pär Persson Mattsson	Bovender SV	1:16:29	+34:57		
	2:14 (2:14)	3:22 (5:36)	1:00 (6:36)	0:31 (7:07)	1:17 (8:24)	0:51 (9:15)
	2:24 (11:39)	13:26 (25:05)	1:33 (26:38)	1:21 (27:59)	2:11 (30:10)	1:31 (31:41)
	3:17 (34:58)	2:57 (37:55)	4:06 (42:01)	1:43 (43:44)	1:24 (45:08)	2:11 (47:19)
	3:14 (50:33)	3:20 (53:53)	1:01 (54:54)	2:15 (57:09)	0:59 (58:08)	1:15 (59:23)
	4:43 (1:04:06)	2:07 (1:06:13)	1:01 (1:07:14)	2:46 (1:10:00)	2:16 (1:12:16)	3:02 (1:15:18)
	0:49 (1:16:07)	0:22 (1:16:29)				
AK	Markus Müller	OSC Kassel	(42:44)	+1:12		
	2:42 (2:42)	1:56 (4:38)	0:44 (5:22)	0:47 (6:09)	1:05 (7:14)	0:38 (7:52)
	1:50 (9:42)	1:58 (11:40)	1:00 (12:40)	0:42 (13:22)	1:20 (14:42)	0:56 (15:38)
	1:59 (17:37)	1:47 (19:24)	1:42 (21:06)	1:03 (22:09)	0:53 (23:02)	1:27 (24:29)
	2:41 (27:10)	1:32 (28:42)	0:37 (29:19)	1:14 (30:33)	0:47 (31:20)	0:51 (32:11)
	2:59 (35:10)	0:56 (36:06)	0:44 (36:50)	1:33 (38:23)	2:01 (40:24)	1:15 (41:39)
	9:31:24 (10:13:03)	– (42:44)				
AK	Veit Slodowski	USV Jena	(39:47)			
	1:21 (1:21)	1:50 (3:11)	1:04 (4:15)	0:22 (4:37)	0:53 (5:30)	0:31 (6:01)
	1:33 (7:34)	2:01 (9:35)	1:06 (10:41)	0:42 (11:23)	1:29 (12:52)	0:59 (13:51)
	1:48 (15:39)	1:46 (17:25)	1:38 (19:03)	1:01 (20:04)	0:58 (21:02)	1:06 (22:08)
	1:58 (24:06)	1:31 (25:37)	0:41 (26:18)	0:58 (27:16)	0:42 (27:58)	0:52 (28:50)
	3:09 (31:59)	1:11 (33:10)	0:49 (33:59)	1:45 (35:44)	1:40 (37:24)	1:23 (38:47)
	0:40 (39:27)	0:20 (39:47)				