

Pl	tnr	Name	Zeit																												
H10 (Herren bis 10) (1)				2,1 km 80 Hm 9 P																											
				1(118)	2(119)	3(120)	4(121)	5(122)	6(123)	7(70)	8(72)	9(100)	Ziel																		
1	21	Timofey Guskov OLG Siegerland	47:34	3:17	9:55	15:44	20:11	24:36	30:18	35:37	43:13	45:44	47:34	3:17	6:38	5:49	4:27	4:25	5:42	5:19	7:36	2:31	1:50								
D12 (Damen bis 12) (2)				2,5 km 95 Hm 11 P																											
				1(126)	2(127)	3(118)	4(119)	5(120)	6(121)	7(122)	8(123)	9(70)	10(72)	11(100)	Ziel																
1	23	Oksana Guskova OLG Siegerland	30:43	2:16	4:25	6:23	10:10	12:42	14:50	17:00	19:21	22:19	26:24	29:32	30:43	2:16	2:09	1:58	3:47	2:32	2:08	2:10	2:21	2:58	4:05	3:08	1:11				
2	24	Zina Hauge -OhneVerein-	54:26	2:34	5:27	8:36	20:40	34:48	37:01	39:44	42:15	45:28	48:44	52:30	54:26	2:34	2:53	3:09	12:04	14:08	2:13	2:43	2:31	3:13	3:16	3:46	1:56				
H14 (Herren bis 14) (3)				3,3 km 115 Hm 10 P																											
				1(137)	2(111)	3(131)	4(136)	5(113)	6(138)	7(120)	8(139)	9(71)	10(100)	Ziel																	
1	28	Malte Lindemann Bielefelder TG	51:41	6:56	11:13	19:36	26:45	28:47	32:30	36:06	41:12	49:13	50:16	51:41	6:56	4:17	8:23	7:09	2:02	3:43	3:36	5:06	8:01	1:03	1:25						
2	29	Tamino Hölzer OL Team Lippe	56:34	11:14	16:35	24:39	29:09	30:59	34:58	39:38	45:21	54:00	55:06	56:34	11:14	5:21	8:04	4:30	1:50	3:59	4:40	5:43	8:39	1:06	1:28						
	27	Lauri Henrich OLG Siegerland	N Ang																												
D14 (Damen bis 14) (3)				3,3 km 110 Hm 11 P																											
				1(126)	2(127)	3(131)	4(125)	5(119)	6(120)	7(122)	8(123)	9(70)	10(72)	11(100)	Ziel																
1	31	Natalia Guskova OLG Siegerland	37:47	1:41	4:29	12:58	16:35	21:12	23:16	26:36	28:50	31:21	34:20	36:20	37:47	1:41	2:48	8:29	3:37	4:37	2:04	3:20	2:14	2:31	2:59	2:00	1:27				
2	33	Nora Winnekes DJK Adler 07 Bottro	49:22	2:13	5:18	13:52	22:52	28:27	31:40	35:58	38:22	42:11	44:52	47:39	49:22	2:13	3:05	8:34	9:00	5:35	3:13	4:18	2:24	3:49	2:41	2:47	1:43				
	30	Kira Stölting OL Team Lippe	N Ang																												
D10 (Damen bis 10) (2)				2,1 km 80 Hm 9 P																											
				1(118)	2(119)	3(120)	4(121)	5(122)	6(123)	7(70)	8(72)	9(100)	Ziel																		
1	35	Lola Caspari OL Team Lippe	30:27	3:49	7:17	9:42	12:00	15:04	18:18	21:15	25:54	29:00	30:27	3:49	3:28	2:25	2:18	3:04	3:14	2:57	4:39	3:06	3:06	3:06	1:27						
2	34	Delania Hölzer OL Team Lippe	34:32	1:44	11:16	13:39	15:56	19:06	22:14	25:24	30:09	32:56	34:32	1:44	9:32	2:23	2:17	3:10	3:08	3:10	4:45	2:47	1:36								
H12 (Herren bis 12) (3)				2,5 km 95 Hm 11 P																											
				1(126)	2(127)	3(118)	4(119)	5(120)	6(121)	7(122)	8(123)	9(70)	10(72)	11(100)	Ziel																
1	39	Sönke Wiebelitz -OhneVerein-	34:26	3:19	5:02	6:32	10:15	14:45	17:02	19:36	22:17	25:29	28:40	32:27	34:26	3:19	1:43	1:30	3:43	4:30	2:17	2:34	2:41	3:12	3:11	3:47	1:59				
2	40	Matthias Harms WOLF Haltern	35:23	2:12	7:28	10:22	14:54	17:40	19:37	22:05	24:23	28:02	31:08	33:45	35:23	2:12	5:16	2:54	4:32	2:46	1:57	2:28	2:18	3:39	3:06	2:37	1:38				
3	37	Lenni Henrich OLG Siegerland	52:04	3:32	8:02	11:57	18:05	23:59	27:44	31:59	35:35	40:47	45:41	49:46	52:04	3:32	4:30	3:55	6:08	5:54	3:45	4:15	3:36	5:12	4:54	4:05	2:18				
D16 (Damen bis 16) (2)				4,3 km 185 Hm 13 P																											
				1(130)	2(110)	3(114)	4(125)	5(105)	6(112)	7(117)	8(140)	9(137)	10(128)	11(134)	12(71)	13(100)	Ziel														
1	41	Lisa Harms WOLF Haltern	56:55	3:04	5:44	8:41	13:53	18:10	22:52	36:13	36:56	41:59	44:32	49:58	54:47	55:45	56:55	3:04	2:40	2:57	5:12	4:17	4:42	13:21	0:43	5:03	2:33	5:26	4:49	0:58	1:10
2	42	Chiara Pfromm WOLF Haltern	1:12:14	4:17	9:19	13:50	19:59	24:13	31:30	47:33	48:31	54:04	57:08	1:03:52	1:09:43	1:10:45	1:12:14	4:17	5:02	4:31	6:09	4:14	7:17	16:03	0:58	5:33	3:04	6:44	5:51	1:02	1:29
H16 (Herren bis 16) (2)				5,0 km 275 Hm 15 P																											
				1(124)	2(133)	3(115)	4(116)	5(129)	6(117)	7(112)	8(105)	9(136)	10(138)	11(114)	12(135)	13(134)	14(71)	Ziel													
1	43	Arvid Wittiber Skiclub Bonn	54:37	1:32	5:59	9:35	13:01	14:55	18:14	28:43	31:26	34:46	37:54	39:19	45:32	49:16	53:02	1:32	4:27	3:36	3:26	1:54	3:19	10:29	2:43	3:20	3:08	1:25	6:13	3:44	3:46
	45	Ole-Johan Wittiber Skiclub Bonn	N Ang	53:41	54:37	0:39	0:56																								
D35 (Damen ab 35) (2)				4,9 km 200 Hm 13 P																											
				1(106)	2(110)	3(138)	4(125)	5(112)	6(117)	7(103)	8(129)	9(137)	10(135)	11(134)	12(71)	13(100)	Ziel														
1	49	Sabine Stötzel OLG Siegerland	51:18	3:47	6:46	9:35	13:43	19:07	26:26	28:59	31:38	38:35	42:15	45:29	49:23	50:12	51:18	3:47	2:59	2:49	4:08	5:24	7:19	2:33	2:39	6:57	3:40	3:14	3:54	0:49	1:06
2	48	Maren Pussak Kölner OL-Team	1:27:39	4:46	9:21	13:13	19:26	30:00	50:35	54:51	58:19	1:09:48	1:15:30	1:20:02	1:25:06	1:26:18	1:27:39	4:46	4:35	3:52	6:13	10:34	20:35	4:16	3:28	11:29	5:42	4:32	5:04	1:12	1:21

Pl	tnr	Name	Zeit															
H35 (Herren ab 35) (5)				6,7 km 375 Hm 15 P														
				1(128)	2(107)	3(103)	4(104)	5(108)	6(109)	7(101)	8(102)	9(129)	10(117)	11(111)	12(112)	13(105)	14(110)	
				15(100)	Ziel													
1	53	Jens Stöwhaas OLG Siegerland	1:09:44	1:17 1:17	4:33 3:16	6:05 1:32	19:58 13:53	23:33 3:35	25:40 2:07	28:21 2:41	41:45 13:24	43:59 2:14	50:02 6:03	54:05 4:03	58:28 4:23	1:00:50 2:22	1:02:52 2:02	
				1:08:44 5:52	1:09:44 1:00													
2	55	Sebastian Schmetzk DJK Adler 07 Bottro	1:15:15	2:48 2:48	6:16 3:28	8:05 1:49	20:56 12:51	25:23 4:27	27:28 2:05	29:53 2:25	44:56 15:03	47:44 2:48	51:26 3:42	56:40 5:14	1:02:10 5:30	1:04:48 2:38	1:07:50 3:02	
				1:14:11 6:21	1:15:15 1:04													
3	54	Thomas Reinitz TSC Eintracht Dort	1:22:36	1:34 1:34	7:02 5:28	10:40 3:38	23:44 13:04	27:26 3:42	29:10 1:44	32:16 3:06	51:17 19:01	53:48 2:31	57:22 3:34	1:02:22 5:00	1:07:48 5:26	1:10:28 2:40	1:13:44 3:16	
				1:21:26 7:42	1:22:36 1:10													
4	52	Johannes Müller Skiclub Bonn	1:31:18	1:16 1:16	5:33 4:17	7:47 2:14	23:00 15:13	27:12 4:12	30:51 3:39	33:52 3:01	52:30 18:38	55:06 2:36	1:01:46 6:40	1:06:48 5:02	1:16:17 9:29	1:18:47 2:30	1:22:02 3:15	
				1:30:15 8:13	1:31:18 1:03													
5	51	Andreas Bathe OLG Siegerland	2:21:35	4:50 4:50	11:03 6:13	13:12 2:09	41:25 28:13	47:12 5:47	52:05 4:53	56:40 4:35	1:20:56 24:16	1:24:20 3:24	1:29:49 5:29	1:44:12 14:23	1:51:57 7:45	1:56:16 4:19	2:09:10 12:54	
				2:20:16 11:06	2:21:35 1:19													
D45 (Damen ab 45) (5)				4,3 km 185 Hm 13 P														
				1(130)	2(110)	3(114)	4(125)	5(105)	6(112)	7(117)	8(140)	9(137)	10(128)	11(134)	12(71)	13(100)	Ziel	
1	56	Kirsten Kolbe TuS Lübbecke	58:41	3:19 3:19	6:14 2:55	10:01 3:47	16:45 6:44	21:27 4:42	24:27 3:00	36:50 12:23	37:36 0:46	43:02 5:26	46:07 3:05	51:28 5:21	56:20 4:52	57:20 1:00	58:41 1:21	
				15:10 *136														
2	59	Nadezda Zakharova OLG Siegerland	1:01:02	3:57 3:57	7:41 3:44	12:13 4:32	17:53 5:40	22:55 5:02	26:46 3:51	38:33 11:47	39:23 0:50	43:54 4:31	46:47 2:53	53:06 6:19	58:21 5:15	59:31 1:10	1:01:02 1:31	
3	61	Almut Kammholz Kölner OL-Team	1:03:58	3:42 3:42	6:50 3:08	10:37 3:47	15:27 4:50	19:27 4:00	29:25 9:58	41:41 12:16	45:30 3:49	49:05 3:35	51:35 2:30	57:02 5:27	1:01:53 4:51	1:02:46 0:53	1:03:58 1:12	
4	58	Claudia Kleist TSC Eintracht Dort	1:05:20	3:40 3:40	6:37 2:57	11:58 5:21	23:11 11:13	27:38 4:27	31:04 3:26	43:47 12:43	45:08 1:21	49:57 4:49	52:20 2:23	58:25 6:05	1:03:14 4:49	1:04:03 0:49	1:05:20 1:17	
5	60	Martina Harms WOLF Haltern	1:15:41	5:53 5:53	10:11 4:18	14:32 4:21	20:08 5:36	26:08 6:00	33:33 7:25	47:06 13:33	48:21 1:15	53:10 4:49	59:42 6:32	1:06:31 6:49	1:12:36 6:05	1:14:18 1:42	1:15:41 1:23	
H45 (Herren ab 45) (12)				6,1 km 335 Hm 12 P														
				1(106)	2(117)	3(129)	4(104)	5(108)	6(109)	7(101)	8(102)	9(128)	10(130)	11(110)	12(100)	Ziel		
1	66	Marc Schnell Hansa Simmerath	1:02:57	2:40 2:40	5:53 3:13	8:24 2:31	22:03 13:39	25:15 3:12	27:00 1:45	29:51 2:51	43:17 13:26	50:03 6:46	52:15 2:12	55:05 2:50	1:01:55 6:50	1:02:57 1:02		
2	71	Ralf Wittiber Skiclub Bonn	1:03:19	2:20 2:20	6:01 3:41	8:50 2:49	20:20 11:30	23:52 3:32	25:57 2:05	28:39 2:42	43:34 14:55	50:21 6:47	53:24 3:03	55:33 2:09	1:02:13 6:40	1:03:19 1:06		
3	73	Christian Harms WOLF Haltern	1:04:18	2:31 2:31	5:51 3:20	8:16 2:25	23:02 14:46	27:27 4:25	30:04 2:37	33:06 3:02	46:07 13:01	52:52 6:45	55:07 2:15	57:15 2:08	1:03:20 6:05	1:04:18 0:58		
4	74	Volker Caspari OL Team Lippe	1:05:37	2:34 2:34	6:11 3:37	8:26 2:15	21:16 12:50	24:47 3:31	26:21 1:34	29:08 2:47	43:52 14:44	50:07 6:15	52:31 2:24	58:02 5:31	1:04:33 6:31	1:05:37 1:04		
5	70	Thomas Hilker Bielefelder TG	1:07:14	2:36 2:36	6:24 3:48	9:49 3:25	24:46 14:57	28:46 4:00	30:33 1:47	33:16 2:43	47:40 14:24	54:49 7:09	57:39 2:50	59:48 2:09	1:06:19 6:31	1:07:14 0:55		
6	63	Andreas Maltig DJK Adler 07 Bottro	1:07:55	2:15 2:15	5:20 3:05	8:27 3:07	21:13 12:46	26:38 5:25	29:06 2:28	31:38 2:32	46:34 14:56	54:32 7:58	57:03 2:31	59:13 2:10	1:06:53 7:40	1:07:55 1:02		
7	67	Michael Margolin Kölner OL-Team	1:16:52	2:49 2:49	7:00 4:11	10:20 3:20	24:31 14:11	31:08 6:37	33:01 1:53	36:24 3:23	53:46 17:22	1:01:26 7:40	1:04:30 3:04	1:07:16 2:46	1:15:51 8:35	1:16:52 1:01		
8	64	Richard Karski OLG Siegerland	1:32:59	8:44 8:44	12:53 4:09	15:53 3:00	30:41 14:48	42:54 12:13	44:48 1:54	48:03 3:15	1:09:24 21:21	1:18:37 9:13	1:21:28 2:51	1:23:38 2:10	1:31:31 7:53	1:32:59 1:28		
9	69	Peter Winnekes DJK Adler 07 Bottro	1:35:03	3:45 3:45	10:55 7:10	19:21 8:26	36:09 16:48	41:59 5:50	46:15 4:16	50:05 3:50	1:04:40 14:35	1:14:18 9:38	1:18:38 4:20	1:25:57 7:19	1:33:51 7:54	1:35:03 1:12		
10	65	Jan Bouwman Kölner OL-Team	1:54:25	4:15 4:15	11:45 7:30	15:54 4:09	38:25 22:31	45:48 7:23	50:13 4:25	54:08 3:55	1:20:40 26:32	1:32:45 12:05	1:37:25 4:40	1:41:49 4:24	1:52:37 10:48	1:54:25 1:48		
	72	Olaf Stöltig OL Team Lippe	N Ang															
	68	Peter Depta OLG Siegerland	N Ang															
D55 (Damen ab 55) (4)				4,0 km 140 Hm 10 P														
				1(128)	2(129)	3(140)	4(130)	5(105)	6(136)	7(114)	8(110)	9(71)	10(100)	Ziel				
1	80	Ulrike Setzer-Britwu OLG Siegerland	49:20	2:33 2:33	9:42 7:09	17:35 7:53	24:06 6:31	27:52 3:46	30:54 3:02	35:06 4:12	38:14 3:08	46:58 8:44	48:00 1:02	49:20 1:20				
2	81	Barbara Glowka TSC Eintracht Dort	1:03:46	2:42 2:42	12:59 10:17	18:04 5:05	28:27 10:23	35:03 6:36	40:16 5:13	45:38 5:22	49:45 4:07	1:00:55 11:10	1:02:08 1:13	1:03:46 1:38				
3	78	Alexandra Wanner OLG Siegerland	1:27:37	2:20 2:20	13:35 11:15	21:31 7:56	46:58 25:27	52:34 5:36	1:01:35 9:01	1:06:33 4:58	1:11:45 5:12	1:24:22 12:37	1:25:34 1:12	1:27:37 2:03				
4	79	Maria Gierlach WOLF Haltern	1:49:49	3:51 3:51	19:22 15:31	31:38 12:16	48:52 17:14	59:36 10:44	1:09:23 9:47	1:21:14 11:51	1:28:40 7:26	1:32:45 17:40	1:37:25 4:40	1:41:49 2:05				

Pl	tnr	Name	Zeit	5,0 km 275 Hm		15 P											
				1(124)	2(133)	3(115)	4(116)	5(129)	6(117)	7(112)	8(105)	9(136)	10(138)	11(114)	12(135)	13(134)	14(71)
				15(100)	Ziel												
H55 (Herren ab 55) (14)																	
1	83	Nikolaj Wanner OLG Siegerland	51:10	1:35 1:35 49:59	4:21 2:46 51:10	7:18 2:57	10:57 3:39	13:28 2:31	17:50 4:22	25:33 7:43	27:57 2:24	30:22 2:25	34:50 4:28	35:51 1:01	41:34 5:43	45:17 3:43	49:10 3:53
2	82	Steffen Lange DJK Adler 07 Bottro	52:22	1:33 0:49 51:15	4:07 1:11 52:22	8:46 3:06	12:10 3:24	14:23 2:13	17:53 3:30	27:36 9:43	30:48 3:12	33:08 2:20	35:50 2:42	37:50 2:00	43:25 5:35	46:55 3:30	50:33 3:38
3	85	Dieter Wehrhöfer-B Bielefelder TG	1:03:09	1:38 1:01:48	5:25 1:03:09	9:48 4:23	13:33 3:45	16:19 2:46	20:06 3:47	32:34 12:28	37:19 4:45	40:48 3:29	43:36 2:48	45:07 1:31	51:42 6:35	56:18 4:36	1:00:46 4:28
4	93	Peter Gierlach WOLF Haltern	1:04:22	2:22 0:55 1:03:02	6:09 1:20 1:04:22	11:11 5:02	15:37 4:26	18:25 2:48	23:22 4:57	34:05 10:43	37:29 3:24	40:35 3:06	43:21 2:46	46:25 3:04	53:28 7:03	57:34 4:06	1:02:07 4:33
5	84	Michael Zwicke DJK Adler 07 Bottro	1:04:49	1:59 1:59 1:03:33	6:03 4:04 1:04:49	11:06 5:03	15:05 3:59	18:05 3:00	22:24 4:19	33:42 11:18	36:39 2:57	41:16 4:37	44:08 2:52	45:46 1:38	53:20 7:34	57:49 4:29	1:02:39 4:50
6	90	Volker Moll OLG Siegerland	1:05:20	2:19 2:19 1:03:52	6:21 4:02 1:05:20	10:39 4:18	17:28 6:49	20:10 2:42	24:24 4:14	35:07 10:43	38:10 3:03	41:15 3:05	44:35 3:20	47:06 2:31	53:35 6:29	57:53 4:18	1:02:54 5:01
7	88	Klaus Prunsche TuS Lübbecke	1:07:52	0:58 1:56 1:06:32	1:28 6:15 1:07:52	13:50 5:39	18:01 4:11	20:52 2:51	25:43 4:51	35:59 10:16	39:54 3:55	42:40 2:46	45:59 3:19	50:16 4:17	57:24 7:08	1:01:14 3:50	1:05:38 4:24
8	89	Hans-Joachim Glow TSC Eintracht Dort	1:09:02	0:54 2:05 1:07:25	1:20 8:28 1:09:02	13:45 5:17	17:52 4:07	21:07 3:15	26:14 5:07	37:20 11:06	40:24 3:04	44:17 3:53	47:55 3:38	51:03 3:08	57:45 6:42	1:02:04 4:19	1:06:33 4:29
9	91	Harald Friedl -OhneVerein-	1:10:00	0:52 3:43 1:08:34	1:37 8:13 1:10:00	13:34 5:21	18:25 4:51	22:00 3:35	27:07 5:07	37:30 10:23	40:23 2:53	43:34 3:11	47:04 3:30	49:00 1:56	58:16 9:16	1:02:34 4:18	1:07:26 4:52
10	44	Werner Klawun Sachsen Marathon	1:18:52	1:08 2:57 1:16:02	1:26 7:26 1:18:52	12:14 4:48	16:45 4:31	19:27 2:42	23:42 4:15	36:49 13:07	39:54 3:05	43:54 4:00	46:51 2:57	47:59 1:08	54:47 6:48	1:06:07 11:20	1:14:52 8:45
11	94	Joachim Menn OLG Siegerland	1:26:42	1:10 5:17 1:24:45	1:26 11:51 1:26:42	17:50 5:59	23:30 5:40	27:16 3:46	32:56 5:40	46:11 13:15	50:05 3:54	54:43 4:38	58:56 4:13	1:01:01 2:05	1:10:59 9:58	1:16:54 5:55	1:23:37 6:43
12	86	Thomas Cieslewicz TSC Eintracht Dort	1:40:15	1:16 2:31 1:38:36	1:39 8:39 1:40:15	16:00 7:21	21:57 5:57	27:34 5:37	34:42 7:08	50:13 15:31	55:06 4:53	59:54 4:48	1:04:07 4:13	1:07:21 3:14	1:21:51 14:30	1:29:23 7:32	1:37:20 7:57
13	92	Henning Käppele OLG Siegerland	1:42:08	1:24 2:22 1:39:47	2:21 9:30 1:42:08	15:32 6:02	21:11 5:39	25:36 4:25	32:28 6:52	54:38 22:10	58:35 3:57	1:03:33 4:58	1:07:52 4:19	1:13:08 5:16	1:25:14 12:06	1:31:51 6:37	1:38:23 6:32
14	87	Frank Sperber WOLF Haltern	1:42:14	1:40:19 1:19	1:42:14 1:55	17:30 6:54	24:23 6:53	28:38 4:15	34:48 6:10	56:17 21:29	1:00:52 4:35	1:06:02 5:10	1:11:29 5:27	1:14:13 2:44	1:25:34 11:21	1:32:43 7:09	1:39:00 6:17
D65 (Damen ab 65) (3)																	
				3,1 km 120 Hm		9 P											
				1(137)	2(130)	3(131)	4(136)	5(113)	6(114)	7(135)	8(71)	9(100)	Ziel				
1	99	Renate Willmann -OhneVerein-	1:02:24	4:44 4:44	19:01 14:17	28:43 9:42	35:13 6:30	37:42 2:29	42:36 4:54	53:03 10:27	1:00:04 7:01	1:00:56 0:52	1:02:24 1:28				
2	98	Hildegard Rehorst TSC Eintracht Dort	1:06:43	13:33 13:33	22:13 8:40	29:26 7:13	39:09 9:43	42:12 3:03	46:37 4:25	57:04 10:27	1:04:06 7:02	1:05:08 1:02	1:06:43 1:35				
3	96	Sabine Bohl Ski-Club Unna	1:23:54	7:14 7:14	19:53 12:39	30:14 10:21	38:16 8:02	43:37 5:21	51:04 7:27	1:05:52 14:48	1:18:33 12:41	1:20:27 1:54	1:23:54 3:27				
H65 (Herren ab 65) (4)																	
				4,0 km 140 Hm		10 P											
				1(128)	2(129)	3(140)	4(130)	5(105)	6(136)	7(114)	8(110)	9(71)	10(100)	Ziel			
1	101	Heinz Friedrich Pap OL Team Lippe	51:40	1:50 1:50	9:27 7:37	14:58 5:31	25:33 10:35	29:11 3:38	32:49 3:38	37:14 4:25	40:44 3:30	49:20 8:36	50:19 0:59	51:40 1:21			
2	104	Dieter Kleist TSC Eintracht Dort	56:47	1:43 1:43	8:40 6:57	13:33 4:53	23:33 10:00	28:30 4:57	36:56 8:26	40:46 3:50	44:23 3:37	54:13 9:50	55:20 1:07	56:47 1:27			
3	102	Walter Gieseler OLG Siegerland	58:20	2:20 2:20	10:27 8:07	15:39 5:12	25:09 9:30	29:36 4:27	34:47 5:11	40:17 5:30	44:05 3:48	55:35 11:30	56:47 1:12	58:20 1:33			
4	103	Theo Bucker WOLF Haltern	1:20:08	10:43 10:43	21:46 11:03	29:46 8:00	40:39 10:53	44:50 4:11	50:16 5:26	56:42 6:26	1:04:55 8:13	1:17:26 12:31	1:18:24 0:58	1:20:08 1:44	13:04 *126		

Pl	tnr	Name	Zeit														
D75 (Damen ab 75) (1)				3,1 km 120 Hm			9 P										
				1(137)	2(130)	3(131)	4(136)	5(113)	6(114)	7(135)	8(71)	9(100)	Ziel				
1	106	Uta Breckle Bielefelder TG	1:04:23	6:47	16:47	25:01	30:33	33:44	40:02	52:16	1:01:10	1:02:24	1:04:23				
				6:47	10:00	8:14	5:32	3:11	6:18	12:14	8:54	1:14	1:59				
H75 (Herren ab 75) (4)				3,1 km 120 Hm			9 P										
				1(137)	2(130)	3(131)	4(136)	5(113)	6(114)	7(135)	8(71)	9(100)	Ziel				
1	110	Gerrit Krause TSC Eintracht Dort	40:13	3:52	8:20	12:59	16:34	18:19	24:09	30:57	37:39	38:38	40:13				
				3:52	4:28	4:39	3:35	1:45	5:50	6:48	6:42	0:59	1:35				
2	111	Siegmar Breckle Bielefelder TG	52:05	5:01	10:59	18:31	21:58	27:18	31:47	42:10	49:38	50:32	52:05				
				5:01	5:58	7:32	3:27	5:20	4:29	10:23	7:28	0:54	1:33				
3	108	Karl Keddy TSC Eintracht Dort	54:36	5:19	13:08	20:48	27:03	30:01	34:34	44:56	52:06	52:59	54:36				
				5:19	7:49	7:40	6:15	2:58	4:33	10:22	7:10	0:53	1:37				
4	109	Edmund Keil Bielefelder TG	1:00:23	5:58	16:12	22:30	29:03	35:38	39:44	50:35	57:36	58:42	1:00:23				
				5:58	10:14	6:18	6:33	6:35	4:06	10:51	7:01	1:06	1:41				
DirML (Direktbahn, mittellang & leicht)				3,3 km 110 Hm			11 P										
				1(126)	2(127)	3(131)	4(125)	5(119)	6(120)	7(122)	8(123)	9(70)	10(72)	11(100)	Ziel		
1	112	Mira Brodowski TuS Lübbecke	1:15:14	4:55	10:54	23:22	32:25	42:10	48:10	54:12	58:24	1:03:17	1:08:13	1:11:48	1:15:14		
				4:55	5:59	12:28	9:03	9:45	6:00	6:02	4:12	4:53	4:56	3:35	3:26		
D17k (Damen bis 17 kurz) (2)				3,3 km 115 Hm			10 P										
				1(137)	2(111)	3(131)	4(136)	5(113)	6(138)	7(120)	8(139)	9(71)	10(100)	Ziel			
1	116	Pia Caspari OL Team Lippe	42:33	4:21	9:24	15:07	18:14	20:20	22:52	27:45	32:19	40:19	41:16	42:33			
				4:21	5:03	5:43	3:07	2:06	2:32	4:53	4:34	8:00	0:57	1:17			
2	114	Denise Hölzer OL Team Lippe	58:08	12:45	17:27	22:08	28:59	30:53	39:03	42:30	48:56	55:55	57:08	58:08			
				12:45	4:42	4:41	6:51	1:54	8:10	3:27	6:26	6:59	1:13	1:00			
H17k (Herren bis 17 kurz) (5)				4,9 km 200 Hm			13 P										
				1(106)	2(110)	3(138)	4(125)	5(112)	6(117)	7(103)	8(129)	9(137)	10(135)	11(134)	12(71)	13(100)	Ziel
1	119	Thomas Hölzer OL Team Lippe	55:44	2:09	4:50	7:47	12:41	20:12	29:57	32:02	33:40	42:32	46:38	50:02	53:48	54:32	55:44
				2:09	2:41	2:57	4:54	7:31	9:45	2:05	1:38	8:52	4:06	3:24	3:46	0:44	1:12
2	117	Tobias Gödde DJK Adler 07 Bottro	59:52	2:52	5:52	9:22	15:04	20:44	30:17	33:12	35:46	46:53	50:28	53:36	57:55	58:45	59:52
				2:52	3:00	3:30	5:42	5:40	9:33	2:55	2:34	11:07	3:35	3:08	4:19	0:50	1:07
3	120	Malte Schmidt Bielefelder TG	1:08:26	7:02	16:01	19:25	23:43	32:31	43:19	45:50	48:04	54:26	58:16	1:02:03	1:06:31	1:07:23	1:08:26
				7:02	8:59	3:24	4:18	8:48	10:48	2:31	2:14	6:22	3:50	3:47	4:28	0:52	1:03
4	121	Kay Tausendfreund WOLF Haltern	1:09:16	8:12	12:15	15:41	20:08	27:01	40:18	42:55	44:47	53:02	57:13	1:01:48	1:06:45	1:07:57	1:09:16
				8:12	4:03	3:26	4:27	6:53	13:17	2:37	1:52	8:15	4:11	4:35	4:57	1:12	1:19
5	122	Lukas Bersuck Bielefelder TG	1:22:04	9:31	13:38	18:48	23:37	31:56	47:10	50:13	53:18	1:04:48	1:09:23	1:15:24	1:19:45	1:20:53	1:22:04
				9:31	4:07	5:10	4:49	8:19	15:14	3:03	3:05	11:30	4:35	6:01	4:21	1:08	1:11
H19L (Herren ab 19 lang) (4)				8,2 km 440 Hm			17 P										
				1(106)	2(107)	3(103)	4(104)	5(108)	6(109)	7(101)	8(102)	9(115)	10(116)	11(117)	12(111)	13(112)	14(113)
				15(114)	16(110)	17(100)	Ziel										
1	124	Roman Schulte-Zur DJK Adler 07 Bottro	1:02:51	1:45	4:45	5:58	16:20	19:44	20:58	24:21	33:57	36:27	39:14	42:36	45:56	49:52	53:38
				1:45	3:00	1:13	10:22	3:24	1:14	3:23	9:36	2:30	2:47	3:22	3:20	3:56	3:46
				55:26	57:11	1:01:59	1:02:51										
				1:48	1:45	4:48	0:52										
2	125	Carlo Hahn OLG Siegerland	1:33:51	2:23	6:36	8:16	21:49	25:41	27:32	30:46	46:44	50:09	54:08	58:57	1:08:24	1:14:18	1:19:32
				2:23	4:13	1:40	13:33	3:52	1:51	3:14	15:58	3:25	3:59	4:49	9:27	5:54	5:14
				1:23:57	1:26:18	1:32:55	1:33:51										
				4:25	2:21	6:37	0:56										
3	126	Finn-Christian Witt Skiclub Bonn	1:37:40	2:19	6:41	8:54	27:16	31:27	34:16	37:05	51:31	55:15	59:11	1:03:43	1:10:16	1:16:01	1:22:31
				2:19	4:22	2:13	18:22	4:11	2:49	2:49	14:26	3:44	3:56	4:32	6:33	5:45	6:30
				1:25:49	1:29:00	1:36:43	1:37:40										
				3:18	3:11	7:43	0:57										
127	Christoph Prunsch TuS Lübbecke	N Ang															
D19L (Damen ab 19 lang) (4)				6,1 km 335 Hm			12 P										
				1(106)	2(117)	3(129)	4(104)	5(108)	6(109)	7(101)	8(102)	9(128)	10(130)	11(110)	12(100)	Ziel	
1	129	Julia Gierlach WOLF Haltern	1:17:23	3:01	7:15	10:23	25:47	30:16	32:31	35:41	52:38	1:01:19	1:04:15	1:07:28	1:16:20	1:17:23	
				3:01	4:14	3:08	15:24	4:29	2:15	3:10	16:57	8:41	2:56	3:13	8:52	1:03	
2	128	Inga Hollmann Bielefelder TG	1:22:27	3:39	8:50	12:48	29:13	33:42	36:16	39:49	56:06	1:06:01	1:09:16	1:11:57	1:21:21	1:22:27	
				3:39	5:11	3:58	16:25	4:29	2:34	3:33	16:17	9:55	3:15	2:41	9:24	1:06	
3	131	Anna Gierlach WOLF Haltern	1:29:04	3:26	7:46	11:12	28:26	33:14	36:40	40:12	1:02:12	1:11:24	1:14:54	1:18:55	1:27:50	1:29:04	
				3:26	4:20	3:26	17:14	4:48	3:26	3:32	22:00	9:12	3:30	4:01	8:55	1:14	
4	130	Lea Stölting OL Team Lippe	1:30:11	3:46	9:11	12:24	31:43	36:39	40:10	43:26	1:09:08	1:16:38	1:18:57	1:23:20	1:29:21	1:30:11	
				3:46	5:25	3:13	19:19	4:56	3:31	3:16	25:42	7:30	2:19	4:23	6:01	0:50	