

Pl	tnr	Name	Zeit	2,1 km 55 Hm							7 P									
D10 (Damen bis 10) (3)				1(124)	2(123)	3(122)	4(121)	5(120)	6(119)	7(118)	Ziel									
1	36	Oksana Guskova OLG Siegerland	32:17	2:13	8:28	13:59	18:23	23:01	27:28	32:07	32:17									
				2:13	6:15	5:31	4:24	4:38	4:27	4:39	0:10									
2	38	Christa Franke Ohne Verein	40:43	11:06	16:48	21:44	26:37	31:42	35:40	39:58	40:43									
				11:06	5:42	4:56	4:53	5:05	3:58	4:18	0:45									
3	37	Lola Caspari OL Team Lippe	41:24	3:55	10:49	19:59	24:54	29:39	33:44	41:12	41:24									
				3:55	6:54	9:10	4:55	4:45	4:05	7:28	0:12									
D12 (WK805) (4)				1(131)	2(125)	3(126)	4(123)	5(114)	6(121)	7(119)	8(118)	Ziel								
1	98	Annkathrin Knoll Bielefelder TG	27:13	3:39	11:55	14:39	16:17	19:33	21:47	24:58	27:02	27:13								
				3:39	8:16	2:44	1:38	3:16	2:14	3:11	2:04	0:11								
2	96	Natalia Guskova OLG Siegerland	57:57	8:35	24:22	29:47	33:05	39:36	45:12	54:07	57:35	57:57								
				8:35	15:47	5:25	3:18	6:31	5:36	8:55	3:28	0:22								
3	97	Maria Abramova TV Büschergrund	1:33:21	20:08	29:27	39:50	42:40	1:15:47	1:20:36	1:29:24	1:33:08	1:33:21								
				20:08	9:19	10:23	2:50	33:07	4:49	8:48	3:44	0:13								
	95	Darja Abramova TV Büschergrund	N Ang																	
D14 (Damen bis 14) (4)				1(131)	2(113)	3(125)	4(126)	5(123)	6(133)	7(121)	8(119)	9(118)	Ziel							
1	57	Emma Caspari OL Team Lippe	27:57	4:13	7:34	10:46	13:39	15:15	18:47	22:45	25:50	27:51	27:57							
				4:13	3:21	3:12	2:53	1:36	3:32	3:58	3:05	2:01	0:06							
2	56	Lisa Harms WOLF Haltern	29:04	3:37	7:46	11:21	14:33	16:21	19:05	23:16	26:52	28:53	29:04							
				3:37	4:09	3:35	3:12	1:48	2:44	4:11	3:36	2:01	0:11							
3	60	Chiara Pfromm WOLF Haltern	35:21	4:26	7:50	12:38	16:30	18:43	21:38	26:56	32:25	35:09	35:21							
				4:26	3:24	4:48	3:52	2:13	2:55	5:18	5:29	2:44	0:12							
4	58	Karlotta Röhring WOLF Haltern	42:17	4:13	9:03	17:11	21:30	24:02	27:40	33:50	39:15	42:08	42:17							
				4:13	4:50	8:08	4:19	2:32	3:38	6:10	5:25	2:53	0:09							
D19L (WK808) (6)				1(131)	2(113)	3(132)	4(129)	5(139)	6(103)	7(107)	8(108)	9(109)	10(110)	11(134)	12(112)	13(127)	14(140)			
				15(116)	16(117)	17(118)	Ziel													
1	35	Ines Grunau DJK Adler 07 Bottro	1:13:12	3:51	7:38	14:30	20:29	25:40	28:55	32:07	36:36	39:02	21:54	48:00	55:09	59:35	1:03:26			
				3:51	3:47	6:52	5:59	5:11	3:15	3:12	4:29	2:26	26:06	7:09	4:26	3:51				
				1:07:42	1:10:43	1:12:57	1:13:12													
				4:16	3:01	2:14	0:15													
2	34	Kaatje Fantini TuS Lübbecke	1:17:35	3:50	6:20	12:47	17:02	22:50	26:04	29:13	32:41	35:16	26:06	51:51	59:20	1:03:42	1:06:38			
				3:50	2:30	6:27	4:15	5:48	3:14	3:09	3:28	2:35	25:45	7:29	4:22	2:56				
				1:11:09	1:14:30	1:17:18	1:17:35													
				4:31	3:21	2:48	0:17													
3	33	Erika Ni OLV Steinberg	1:19:24	4:11	6:57	14:12	17:28	22:05	25:09	28:47	32:11	35:01	23:11	49:14	58:42	1:03:40	1:06:53			
				4:11	2:46	7:15	3:16	4:37	3:04	3:38	3:24	2:50	26:03	9:28	4:58	3:13				
				1:11:08	1:16:20	1:19:10	1:19:24													
				4:15	5:12	2:50	0:14													
4	31	Sabeth Kosch OLV Steinberg	1:20:41	3:45	6:55	16:06	21:07	27:40	31:06	35:04	39:28	43:09	26:37	53:52	1:00:08	1:04:42	1:07:43			
				3:45	3:10	9:11	5:01	6:33	3:26	3:58	4:24	3:41	27:15	6:16	4:34	3:01				
				1:12:20	1:17:12	1:20:29	1:20:41													
				4:37	4:52	3:17	0:12													
5	32	Julia Gierlach WOLF Haltern	1:21:39	4:05	7:21	15:10	20:11	25:08	28:39	32:28	37:12	40:21	23:45	50:59	58:58	1:04:33	1:08:17			
				4:05	3:16	7:49	5:01	4:57	3:31	3:49	4:44	3:09	27:14	7:59	5:35	3:44				
				1:13:55	1:17:58	1:21:20	1:21:39													
				5:38	4:03	3:22	0:19													
6	29	Rahel Kosch OLV Steinberg	1:40:33	5:18	9:30	21:02	27:08	33:34	37:50	42:19	47:19	51:09	37:06	1:04:09	1:13:31	1:20:42	1:26:54			
				5:18	4:12	11:32	6:06	6:26	4:16	4:29	5:00	3:50	27:03	9:22	7:11	6:12				
				1:32:56	1:36:49	1:40:11	1:40:33													
				6:02	3:53	3:22	0:22													
D35 (Damen ab 35) (4)				1(131)	2(113)	3(101)	4(102)	5(139)	6(103)	7(136)	8(127)	9(140)	10(116)	11(130)	12(118)	Ziel				
1	12	Caroline Hoffmann Ski-Club Helsa	53:33	3:54	6:01	15:18	19:18	26:31	29:11	33:52	40:37	43:28	47:54	49:05	53:15	53:33				
				3:54	2:07	9:17	4:00	7:13	2:40	4:41	6:45	2:51	4:26	1:11	4:10	0:18				
2	128	Sabine Stötzel OLG Siegerland	55:54	3:21	6:49	14:12	17:52	26:48	29:31	34:06	42:13	45:08	50:06	51:27	55:44	55:54				
				3:21	3:28	7:23	3:40	8:56	2:43	4:35	8:07	2:55	4:58	1:21	4:17	0:10				
3	13	Undine Henneberg OL Team Lippe	1:05:50	5:31	8:49	16:51	23:08	30:25	34:07	40:19	50:29	54:21	59:40	1:01:21	1:05:42	1:05:50				
				5:31	3:18	8:02	6:17	7:17	3:42	6:12	10:10	3:52	5:19	1:41	4:21	0:08				
4	11	Pia Caspari OL Team Lippe	1:24:43	4:19	17:23	26:43	33:08	42:29	47:34	55:57	1:07:29	1:11:49	1:17:52	1:19:45	1:24:34	1:24:43				
				4:19	13:04	9:20	6:25	9:21	5:05	8:23	11:32	4:20	6:03	1:53	4:49	0:09				
D45 (Damen ab 45) (7)				1(138)	2(102)	3(139)	4(103)	5(137)	6(136)	7(127)	8(114)	9(115)	10(135)	11(117)	12(118)	Ziel				
1	91	Caroline Knoll Bielefelder TG	56:30	4:28	11:31	16:47	20:21	22:16	29:03	35:50	40:13	42:27	46:23	53:22	56:17	56:30				
				4:28	7:03	5:16	3:34	1:55	6:47	6:47	4:23	2:14	3:56	6:59	2:55	0:13				
2	92	Iris Kosch OLV Steinberg	1:06:19	5:14	11:49	17:35	20:49	25:48	36:28	44:41	49:41	51:25	55:06	1:01:56	1:05:58	1:06:19				
				5:14	6:35	5:46	3:14	4:59	10:40	8:13	5:00	1:44	3:41	6:50	4:02	0:21				
3	90	Nadezda Zakharova OLG Siegerland	1:10:24	4:38	13:44	19:59	28:57	31:18	38:01	46:27	52:09	54:32	57:49	1:06:38	1:10:03	1:10:24				
				4:38	9:06	6:15	8:58	2:21	6:43	8:26	5:42	2:23	3:17	8:49	3:25	0:21				

Pl	tnr	Name	Zeit	7,1 km 210 Hm				17 P										
				1(128)	2(101)	3(129)	4(103)	5(104)	6(106)	7(107)	8(108)	9(109)	10(111)	11(112)	12(127)	13(114)	14(115)	
				15(116)	16(117)	17(118)	Ziel											
H18 (WK803) (4)																		
1	4	Erik Lindemann Bielefelder TG	1:13:57	2:43	10:55	16:29	21:51	27:47	33:08	37:28	40:44	44:39	49:00	54:38	58:55	1:03:13	1:05:05	
				2:43	8:12	5:34	5:22	5:56	5:21	4:20	3:16	3:55	4:21	5:38	4:17	4:18	1:52	
				1:07:44	1:11:04	1:13:51	1:13:57											
				2:39	3:20	2:47	0:06											
2	2	Finn-Christian Witt Skiclub Bonn	1:18:44	2:52	10:43	15:41	20:51	27:36	32:23	37:44	41:54	44:33	49:38	55:10	59:56	1:04:26	1:06:02	
				2:52	7:51	4:58	5:10	6:45	4:47	5:21	4:10	2:39	5:05	5:32	4:46	4:30	1:36	
				1:10:17	1:15:51	1:18:32	1:18:44											
				4:15	5:34	2:41	0:12											
	1	Jan Marvin Christ OLG Siegerland	N Ang															
	3	Frederik Gebbeken OLG Siegerland	N Ang															
H19L (Herren ab 19 lang) (2)																		
				8,1 km 230 Hm				20 P										
				1(100)	2(101)	3(102)	4(103)	5(104)	6(105)	7(106)	8(107)	9(108)	10(109)	11(110)	12(111)	13(112)	14(113)	
				15(114)	16(115)	17(116)	18(130)	19(117)	20(118)	Ziel								
1	121	Sebastian Grunau DJK Adler 07 Bottro	1:31:18	8:30	12:02	16:34	22:28	29:30	34:47	37:04	41:33	45:35	47:50	30:55	56:39	1:02:16	1:12:41	
				8:30	3:32	4:32	5:54	7:02	5:17	2:17	4:29	4:02	2:15	25:44	5:37	10:25		
				1:20:14	1:22:23	1:25:19	1:26:56	1:28:45	1:31:05	1:31:18								
				7:33	2:09	2:56	1:37	1:49	2:20	0:13								
	120	Markus Müller OSC Kassel	Fehlst	6:04	8:19	11:32	15:10	19:46	23:28	25:10	28:14	31:54	----	20:11	44:14	46:30	52:45	
				6:04	2:15	3:13	3:38	4:36	3:42	1:42	3:04	3:40		24:03	2:16	6:15		
				57:14	58:22	1:00:31	1:01:26	1:02:35	1:05:08	1:05:20								
				4:29	1:08	2:09	0:55	1:09	2:33	0:12								
H35 (WK803) (5)																		
				7,1 km 210 Hm				17 P										
				1(128)	2(101)	3(129)	4(103)	5(104)	6(106)	7(107)	8(108)	9(109)	10(111)	11(112)	12(127)	13(114)	14(115)	
				15(116)	16(117)	17(118)	Ziel											
1	52	Thies Knoll Bielefelder TG	54:57	2:12	7:07	10:56	14:54	19:20	23:02	26:17	30:15	32:23	36:53	39:17	42:44	46:09	47:28	
				2:12	4:55	3:49	3:58	4:26	3:42	3:15	3:58	2:08	4:30	2:24	3:27	3:25	1:19	
				50:23	52:25	54:49	54:57											
				2:55	2:02	2:24	0:08											
2	53	Sebastian Schmetzk DJK Adler 07 Bottro	1:06:44	2:28	10:15	15:04	19:42	25:04	29:14	33:44	37:14	40:04	44:50	47:53	51:57	56:48	58:29	
				2:28	7:47	4:49	4:38	5:22	4:10	4:30	3:30	2:50	4:46	3:03	4:04	4:51	1:41	
				1:01:20	1:04:15	1:06:33	1:06:44											
				2:51	2:55	2:18	0:11											
3	49	Götz Hofmann OLG Siegerland	1:11:23	2:17	9:24	13:49	19:17	25:15	30:00	33:48	37:05	39:51	44:46	50:40	55:11	59:00	1:00:37	
				2:17	7:07	4:25	5:28	5:58	4:45	3:48	3:17	2:46	4:55	5:54	4:31	3:49	1:37	
				1:03:44	1:08:22	1:11:07	1:11:23											
				3:07	4:38	2:45	0:16											
4	50	Baptiste Chatre Skiclub Bonn	1:26:07	3:21	9:42	15:59	21:40	28:24	31:43	34:43	37:19	39:20	54:29	59:04	1:02:40	1:06:50	1:08:39	
				3:21	6:21	6:17	5:41	6:44	3:19	3:00	2:36	2:01	15:09	4:35	3:36	4:10	1:49	
				1:19:02	1:23:52	1:25:52	1:26:07											
				10:23	4:50	2:00	0:15											
	54	Alexander Wetter OLG Siegerland	Aufg	17:00	29:11	35:05	45:48	58:10	1:05:21	1:12:31	1:19:07	1:26:07	1:35:45	1:44:44	1:51:20	----	----	
				17:00	12:11	5:54	10:43	12:22	7:11	7:10	6:36	7:00	9:38	8:59	6:36			
				-----	-----	-----												
H45 (WK804) (14)																		
				6,4 km 185 Hm				17 P										
				1(131)	2(113)	3(132)	4(129)	5(139)	6(103)	7(107)	8(108)	9(109)	10(110)	11(134)	12(112)	13(127)	14(140)	
				15(116)	16(117)	17(118)	Ziel											
1	70	Vadim Ni OLV Steinberg	56:19	2:49	4:44	9:46	12:21	16:25	19:48	22:26	25:33	27:47	10:02	36:00	40:45	44:51	47:53	
				2:49	1:55	5:02	2:35	4:04	3:23	2:38	3:07	2:14		25:58	4:45	4:06	3:02	
				51:17	53:47	56:12	56:19											
				3:24	2:30	2:25	0:07											
2	80	Ralf Wittber Skiclub Bonn	58:18	2:53	4:55	11:06	13:36	18:31	21:20	24:20	27:55	30:17	0:00	38:13	42:09	46:09	49:06	
				2:53	2:02	6:11	2:30	4:55	2:49	3:00	3:35	2:22		7:56	3:56	4:00	2:57	
				53:03	55:42	58:03	58:18											
				3:57	2:39	2:21	0:15											
3	73	Christian Harms WOLF Haltern	1:00:50	3:01	5:29	11:08	13:48	17:51	22:11	25:50	29:01	31:25	0:00	39:33	44:41	48:41	51:13	
				3:01	2:28	5:39	2:40	4:03	4:20	3:39	3:11	2:24		8:08	5:08	4:00	2:32	
				55:31	58:24	1:00:41	1:00:50											
				4:18	2:53	2:17	0:09											
4	68	Tobias Wolf OLG Siegerland	1:01:19	2:39	4:41	9:41	12:33	19:24	21:46	25:07	28:15	30:48	14:59	40:21	45:24	49:25	51:52	
				2:39	2:02	5:00	2:52	6:51	2:22	3:21	3:08	2:33		25:22	5:03	4:01	2:27	
				55:48	58:25	1:01:08	1:01:19											
				3:56	2:37	2:43	0:11											
5	76	Wolfgang Fuchs OLG Siegerland	1:03:25	3:10	5:22	10:37	13:43	17:25	20:12	23:25	27:01	29:12	0:00	40:17	44:48	49:17	52:07	
				3:10	2:12	5:15	3:06	3:42	2:47	3:13	3:36	2:11		11:05	4:31	4:29	2:50	
				57:12	1:00:47	1:03:08	1:03:25											
				5:05	3:35	2:21	0:17											
6	81	Jens Stöwhaas OLG Siegerland	1:03:42	2:41	7:13	11:42	23:25	27:30	29:44	32:23	35:28	37:33	11:55:49	44:05	47:28	51:55	54:39	
				2:41	4:32	4:29	11:43	4:05	2:14	2:39	3:05	2:05	11:18:16		3:23	4:27	2:44	
				58:27	1:01:04	1:03:26	1:03:42											
				3:48	2:37	2:22	0:16											

Pl	tnr	Name	Zeit															
H45 (WK804) (14)				6,4 km 185 Hm			17 P		<i>(Forts.)</i>									
				1(131) 15(116)	2(113) 16(117)	3(132) 17(118)	4(129) Ziel	5(139)	6(103)	7(107)	8(108)	9(109)	10(110)	11(134)	12(112)	13(127)	14(140)	
7	74	Christian Kosch OLV Steinberg	1:04:26	2:50 2:50 58:47 4:22	4:54 2:04 1:01:36 2:49	11:00 6:06 1:04:10 2:34	13:37 2:37 1:04:26 0:16	17:25 3:48	20:48 3:23	25:42 4:54	29:20 3:38	31:49 2:29	0.00	42:42 10:53	47:10 4:28	51:27 4:17	54:25 2:58	
8	75	Steffen Lange DJK Adler 07 Bottro	1:06:43	3:16 3:16 1:00:29 4:35	5:58 2:42 1:03:46 3:17	11:41 5:43 1:06:26 2:40	14:48 3:07 1:06:43 0:17	22:30 7:42	25:19 2:49	28:39 3:20	32:29 3:50	35:02 2:33	1:01	44:06 43:05	48:42 4:36	53:01 4:19	55:54 2:53	
9	69	Thomas Hilker Bielefelder TG	1:09:49	3:23 3:23 1:04:28 3:42	6:38 3:15 1:07:18 2:50	12:53 6:15 1:09:38 2:20	16:07 3:14 1:09:49 0:11	22:16 6:09	24:49 2:33	30:17 5:28	34:02 3:45	36:31 2:29	18:24	47:10 28:46	52:29 5:19	57:01 4:32	1:00:46 3:45	
10	79	Thomas Hohberg ASG Teutoburger W	1:20:12	5:45 5:45 1:13:50 4:51	8:11 2:26 1:17:20 3:30	15:38 7:27 1:19:58 2:38	19:02 3:24 1:20:12 0:14	25:18 6:16	28:56 3:38	33:20 4:24	37:21 4:01	40:39 3:18	1:45	51:52 50:07	59:06 7:14	1:04:14 5:08	1:08:59 4:45	
11	82	Christoph Käsbach Ohne Verein	1:26:45	6:04 6:04 1:20:05 7:58	9:50 3:46 1:23:39 3:34	20:10 10:20 1:26:34 2:55	23:29 3:19 1:26:45 0:11	29:53 6:24	33:05 3:12	36:55 3:50	41:58 5:03	44:42 2:44	4:48	57:28 52:40	1:03:28 6:00	1:09:06 5:38	1:12:07 3:01	
12	78	Sascha Kukulka Skiclub Bonn	1:40:20	6:41 6:41 1:32:21 4:55	11:39 4:58 1:37:30 5:09	30:42 19:03 1:40:05 2:35	35:27 4:45 1:40:20 0:15	42:04 6:37	45:26 3:22	48:52 3:26	54:13 5:21	56:31 2:18	16:47	1:09:39 52:52	1:18:17 8:38	1:23:48 5:31	1:27:26 3:38	
13	72	Jens Grabowski Team Grabowski	1:53:42	7:37 7:37 1:47:16 4:46	12:11 4:34 1:50:52 3:36	19:59 7:48 1:53:33 2:41	25:51 5:52 1:53:42 0:09	34:11 8:20	44:01 9:50 1:41:05 *133	50:31 6:30	57:02 6:31	1:00:40 3:38	21:41	1:18:34 56:53	1:31:59 13:25	1:37:58 5:59	1:42:30 4:32	
	71	Rainer Stephan DJK Adler 07 Bottro	Fehlst	4:24 4:24 1:30:45 5:39	7:47 3:23 1:35:11 4:26	16:28 8:41 1:38:08 2:57	21:10 4:42 1:38:26 0:18	27:10 6:00	31:52 4:42	38:17 6:25	45:39 7:22	49:41 4:02	----	1:04:47 15:06	1:14:44 9:57	1:21:00 6:16	1:25:06 4:06	
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1	105	Michael Kukis OSC Kassel	55:23	2:28 2:28 55:23 0:15	4:42 2:14 5:53	10:35 5:53	16:54 6:19	21:54 5:00	25:03 3:09	29:20 4:17	34:48 5:28	36:02 1:14	41:55 5:53	46:18 4:23	49:24 3:06	51:20 1:56	55:08 3:48	
2	103	Thomas Reinitz TSC Eintracht Dort	1:03:01	2:31 2:31 1:03:01 0:16	4:28 1:57 7:16	11:44 7:16 4:18	16:02 4:18	21:26 5:24	26:26 5:00	30:07 3:41	35:27 5:20	37:12 1:45	48:57 11:45	53:37 4:40	57:07 3:30	59:24 2:17	1:02:45 3:21	
3	106	Dieter Wehrhöfer-B Bielefelder TG	1:03:57	2:37 2:37 1:03:57 0:15	6:12 3:35 6:01	12:13 6:01 4:49	17:02 4:49	22:46 5:44	26:28 3:42	30:28 4:00	37:26 6:58	39:02 1:36	48:12 9:10	52:23 4:11	57:35 5:12	59:44 2:09	1:03:42 3:58	
4	107	Michael Zwicke DJK Adler 07 Bottro	1:06:31	3:00 3:00 1:06:31 0:15	5:57 2:57 7:05	13:02 7:05 4:49	17:51 4:49	23:33 5:42	27:24 3:51	33:06 5:42	39:26 6:20	40:54 1:28	49:51 8:57	55:26 5:35	59:43 4:17	1:02:04 2:21	1:06:16 4:12	
5	108	Klaus Prunsche TuS Lübbecke	1:09:26	2:53 2:53 1:09:26 0:16	5:08 2:15 6:26	11:34 6:26 7:50	19:24 7:50	27:22 7:58	31:18 3:56	35:13 3:55	41:32 6:19	43:56 2:24	51:42 7:46	57:06 5:24	1:01:42 4:36	1:04:22 2:40	1:09:10 4:48	
6	101	Peter Gierlach WOLF Haltern	1:17:24	7:20 7:20 1:17:24 0:19	10:34 3:14 7:21	17:55 7:21 6:28	24:23 6:28	30:23 6:00	34:57 4:34	40:58 6:01	48:08 7:10	50:09 2:01	58:53 8:44	1:05:28 6:35	1:09:53 4:25	1:12:29 2:36	1:17:05 4:36	
7	100	Hans-Joachim Glow TSC Eintracht Dort	1:21:54	3:21 3:21 1:21:54 0:28	6:19 2:58 7:17	13:36 7:17 5:23	18:59 5:23	25:08 6:09	30:22 5:14	34:48 4:26	52:46 17:58	54:30 1:44	1:03:30 9:00	1:09:01 5:31	1:13:27 4:26	1:16:09 2:42	1:21:26 5:17	
8	102	Joachim Menn OLG Siegerland	1:40:05	4:44 4:44 1:40:05 0:41	9:22 4:38 9:12	18:34 9:12 6:52	25:26 6:52	35:25 9:59	42:00 6:35	48:01 6:01	1:01:24 13:23	1:04:15 2:51	1:16:47 12:32	1:23:55 7:08	1:29:00 5:05	1:33:03 4:03	1:39:24 6:21	
9	109	Henning Käppele OLG Siegerland	1:44:19	3:19 3:19 1:44:19 0:29	12:29 9:10 8:10	20:39 8:10 16:26	37:05 16:26	46:35 9:30	51:34 4:59	57:06 5:32	1:04:59 7:53	1:07:26 2:27	1:20:06 12:40	1:28:08 8:02	1:34:11 6:03	1:37:47 3:36	1:43:50 6:03	

