

Ergebnis – Landesranglistenfinale Lang

| D/H10 | (5 / 5) | Zeit | Rückstand | Zeit verloren |
|--------------------|------------------|--------------|--------------|---------------|
| 1. Hanna Stark | MTV Seesen | 14:44 | | 01:27 |
| | 1:45 (1:45) | 1:10 (2:55) | 0:51 (3:46) | 1:41 (5:27) |
| | 1:17 (9:45) | 1:13 (10:58) | 1:10 (12:08) | 0:37 (12:45) |
| 2. Espen Liebing | Bovender SV | 15:49 | +1:05 | 01:50 |
| | 1:57 (1:57) | 0:50 (2:47) | 1:13 (4:00) | 2:48 (6:48) |
| | 1:18 (11:04) | 1:21 (12:25) | 1:27 (13:52) | 0:36 (14:28) |
| 3. Erik Bruns | MTK Bad Harzburg | 21:37 | +6:53 | 07:20 |
| | 1:59 (1:59) | 7:46 (9:45) | 0:35 (10:20) | 1:38 (11:58) |
| | 1:36 (16:15) | 1:41 (17:56) | 1:36 (19:32) | 0:35 (20:07) |
| AK Robin von Gaza | OLV Uslar | 32:01 | +17:17 | 12:20 |
| | 1:53 (1:53) | 1:29 (3:22) | 0:57 (4:19) | 5:56 (10:15) |
| | 6:22 (19:42) | 5:14 (24:56) | 3:00 (27:56) | 0:42 (28:38) |
| Noah van der Zande | OLV Uslar | Nicht Ang. | | |
| | – (–) | – (–) | – (–) | – (–) |
| | – (–) | – (–) | – (–) | – (–) |

| D/H10b | (5 / 5) | Zeit | Rückstand | Zeit verloren |
|-------------------|-------------------------|--------------|--------------|---------------|
| 1. Anna Knaup | Braunschweiger MTV | 17:42 | | 01:46 |
| | 1:52 (1:52) | 1:47 (3:39) | 1:16 (4:55) | 1:50 (6:45) |
| | 1:42 (11:15) | 3:32 (14:47) | 1:17 (16:04) | 0:31 (16:35) |
| 2. Arved Bock | MTV Seesen | 21:36 | +3:54 | 04:56 |
| | 3:54 (3:54) | 1:23 (5:17) | 1:20 (6:37) | 1:40 (8:17) |
| | 1:26 (15:43) | 1:58 (17:41) | 1:36 (19:17) | 0:54 (20:11) |
| 3. Jesper Bruns | MTK Bad Harzburg | 23:21 | +5:39 | 03:19 |
| | 3:07 (3:07) | 1:39 (4:46) | 1:36 (6:22) | 3:08 (9:30) |
| | 1:59 (16:39) | 2:07 (18:46) | 1:51 (20:37) | 0:58 (21:35) |
| 4. Elisa Thiemann | Hochschulsport Hannover | 34:07 | +16:25 | 10:31 |
| | 3:13 (3:13) | 1:57 (5:10) | 1:55 (7:05) | 2:37 (9:42) |
| | 7:27 (22:17) | 2:14 (24:31) | 2:38 (27:09) | 1:15 (28:24) |
| Janne Bergmann | Bosch Betriebssport | Nicht Ang. | | |
| | – (–) | – (–) | – (–) | – (–) |
| | – (–) | – (–) | – (–) | – (–) |

| D12 | (6 / 6) | Zeit | Rückstand | Zeit verloren |
|------------------|------------------------|---------------|--------------|---------------|
| 1. Sania Stamer | SV Hildesia Diekholzen | 16:55 | | 01:05 |
| | 0:58 (0:58) | 1:50 (2:48) | 1:29 (4:17) | 3:21 (7:38) |
| | 1:29 (13:34) | 3:09 (16:43) | 0:12 (16:55) | 3:15 (10:53) |
| 2. Stine Bruns | MTK Bad Harzburg | 17:36 | +0:41 | 00:00 |
| | 1:11 (1:11) | 1:58 (3:09) | 1:44 (4:53) | 3:28 (8:21) |
| | 1:44 (14:29) | 2:55 (17:24) | 0:12 (17:36) | 2:46 (11:07) |
| 3. Romy Frank | SV Hildesia Diekholzen | 23:10 | +6:15 | 03:58 |
| | 2:06 (2:06) | 2:11 (4:17) | 3:32 (7:49) | 3:27 (11:16) |
| | 2:01 (19:26) | 3:29 (22:55) | 0:15 (23:10) | 4:35 (15:51) |
| 4. Lamis Mousa | OLV Uslar | 24:30 | +7:35 | 07:00 |
| | 1:16 (1:16) | 2:04 (3:20) | 1:52 (5:12) | 3:30 (8:42) |
| | 4:22 (21:49) | 2:32 (24:21) | 0:09 (24:30) | 2:51 (11:33) |
| 5. Ria Wittke | SV Hildesia Diekholzen | 32:34 | +15:39 | 12:31 |
| | 1:47 (1:47) | 13:20 (15:07) | 2:33 (17:40) | 3:35 (21:15) |
| | 1:50 (29:13) | 3:09 (32:22) | 0:12 (32:34) | 4:32 (25:47) |
| 6. Leonie Lochte | SV Hildesia Diekholzen | 35:23 | +18:28 | 04:41 |
| | 2:12 (2:12) | 3:19 (5:31) | 3:12 (8:43) | 5:34 (14:17) |
| | 3:38 (29:41) | 5:29 (35:10) | 0:13 (35:23) | 5:30 (19:47) |

| D14 | (8 / 8) | Zeit | Rückstand | Zeit verloren |
|-----------------|-------------------|--------------|--------------|---------------|
| 1. Anna Weigert | TV Jahn Wolfsburg | 40:12 | | 02:42 |
| | 2:52 (2:52) | 2:39 (5:31) | 1:23 (6:54) | 4:55 (11:49) |
| | 4:07 (25:32) | 3:14 (28:46) | 2:08 (30:54) | 2:05 (32:59) |
| | 0:10 (40:12) | | | 4:18 (37:17) |
| 2. Rut Stark | MTV Seesen | 40:18 | +0:06 | 00:28 |
| | 3:24 (3:24) | 2:29 (5:53) | 1:15 (7:08) | 3:49 (10:57) |
| | 3:56 (23:39) | 3:20 (26:59) | 2:22 (29:21) | 2:48 (32:09) |
| | 0:09 (40:18) | | | 5:00 (37:09) |
| 3. Jule Weigert | TV Jahn Wolfsburg | 42:14 | +2:02 | 02:10 |

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|-------------|---|---|--------------------------------|---------------------------------|----------------------------------|-----------------------------------|
| | 3:06 (3:06) 3:46 (24:29) 0:10 (42:14) | 2:16 (5:22) 3:32 (28:01) | 1:31 (6:53) 2:20 (30:21) | 4:01 (10:54) 3:09 (33:30) | 6:21 (17:15) 5:12 (38:42) | 3:28 (20:43) 3:22 (42:04) |
| 4. | Karla Breckle | Bovender SV | 46:21 | +6:09 | 01:22 | |
| | 3:48 (3:48) 4:14 (27:32) 0:10 (46:21) | 2:29 (6:17) 3:42 (31:14) | 2:10 (8:27) 2:37 (33:51) | 4:24 (12:51) 2:39 (36:30) | 5:59 (18:50) 6:07 (42:37) | 4:28 (23:18) 3:34 (46:11) |
| 5. | Jana Knaup | Braunschweiger MTV | 49:16 | +9:04 | 04:58 | |
| | 3:44 (3:44) 4:16 (30:39) 0:09 (49:16) | 2:14 (5:58) 3:43 (34:22) | 1:24 (7:22) 2:31 (36:53) | 5:20 (12:42) 2:29 (39:22) | 9:06 (21:48) 6:16 (45:38) | 4:35 (26:23) 3:29 (49:07) |
| 6. | Lucia Stolze | Bovender SV | 50:40 | +10:28 | 04:12 | |
| | 3:38 (3:38) 4:34 (31:31) 0:09 (50:40) | 2:37 (6:15) 4:03 (35:34) | 1:24 (7:39) 2:36 (38:10) | 4:43 (12:22) 2:44 (40:54) | 8:07 (20:29) 5:44 (46:38) | 6:28 (26:57) 3:53 (50:31) |
| 7. | Nele Rüberg | OLV Uslar | 56:58 | +16:46 | 05:58 | |
| | 6:11 (6:11) 4:59 (35:28) 0:12 (56:58) | 3:11 (9:22) 5:06 (40:34) | 1:25 (10:47) 2:51 (43:25) | 5:01 (15:48) 3:04 (46:29) | 7:18 (23:06) 6:08 (52:37) | 7:23 (30:29) 4:09 (56:46) |
| AK | Leonie und Rachel Flint | ohne | 1:53:56 | +73:44 | 17:47 | |
| | 10:09 (10:09) 7:34 (1:08:18) 0:48 (1:53:56) | 5:35 (15:44) 14:26 (1:22:44) | 3:36 (19:20) 5:25 (1:28:09) | 12:46 (32:06) 5:54 (1:34:03) | 12:07 (44:13) 11:09 (1:45:12) | 16:31 (1:00:44) 7:56 (1:53:08) |
| D16 | | (1 / 1) | Zeit | RückstandZeit verloren | | |
| 1. | Maren Strauß | SV Hildesia Diekholzen | 51:04 | | 00:00 | |
| | 4:02 (4:02) 2:16 (32:15) | 1:43 (5:45) 8:01 (40:16) | 2:34 (8:19) 4:46 (45:02) | 1:28 (9:47) 1:13 (46:15) | 6:46 (16:33) 4:36 (50:51) | 13:26 (29:59) 0:13 (51:04) |
| D18 | | (5 / 5) | Zeit | RückstandZeit verloren | | |
| 1. | Anna Castilho Marcao | SV Hildesia Diekholzen | 56:05 | | 01:15 | |
| | 3:01 (3:01) 4:53 (29:01) 3:29 (55:56) | 1:20 (4:21) 6:10 (35:11) 0:09 (56:05) | 2:20 (6:41) 6:11 (41:22) | 1:23 (8:04) 6:28 (47:50) | 5:20 (13:24) 3:39 (51:29) | 10:44 (24:08) 0:58 (52:27) |
| 2. | Carolin Bernsdorf | MTV Seesen | 1:03:37 | +7:32 | 02:23 | |
| | 3:55 (3:55) 5:53 (35:25) 3:48 (1:03:28) | 1:37 (5:32) 5:20 (40:45) 0:09 (1:03:37) | 2:24 (7:56) 6:55 (47:40) | 2:52 (10:48) 7:18 (54:58) | 5:58 (16:46) 3:45 (58:43) | 12:46 (29:32) 0:57 (59:40) |
| 3. | Tinka Kankaanpää | Bovender SV | 1:04:11 | +8:06 | 05:36 | |
| | 4:39 (4:39) 6:47 (34:37) 3:14 (1:03:59) | 1:25 (6:04) 6:20 (40:57) 0:12 (1:04:11) | 2:48 (8:52) 6:40 (47:37) | 1:19 (10:11) 8:43 (56:20) | 6:40 (16:51) 3:18 (59:38) | 10:59 (27:50) 1:07 (1:00:45) |
| 4. | Carlotta Haupt | MTK Bad Harzburg | 1:04:14 | +8:09 | 04:59 | |
| | 3:34 (3:34) 5:36 (34:55) 3:21 (1:04:06) | 1:46 (5:20) 4:48 (39:43) 0:08 (1:04:14) | 4:17 (9:37) 9:04 (48:47) | 1:28 (11:05) 7:29 (56:16) | 5:38 (16:43) 3:40 (59:56) | 12:36 (29:19) 0:49 (1:00:45) |
| 5. | Lena-Maria Klose | MTV Seesen | 1:07:40 | +11:35 | 03:55 | |
| | 4:15 (4:15) 7:12 (37:06) 3:25 (1:07:29) | 1:51 (6:06) 5:43 (42:49) 0:11 (1:07:40) | 2:32 (8:38) 9:02 (51:51) | 1:44 (10:22) 7:31 (59:22) | 6:08 (16:30) 3:44 (1:03:06) | 13:24 (29:54) 0:58 (1:04:04) |
| D19K | | (6 / 6) | Zeit | RückstandZeit verloren | | |
| 1. | Ann-Charlotte Spangenberg | TG 1860 Münden | 30:37 | | 00:58 | |
| | 2:13 (2:13) 2:50 (22:31) | 1:37 (3:50) 3:31 (26:02) | 2:44 (6:34) 0:56 (26:58) | 1:39 (8:13) 3:29 (30:27) | 4:21 (12:34) 0:10 (30:37) | 7:07 (19:41) |
| 2. | Vivien Michel | OLV Uslar | 34:31 | +3:54 | 02:53 | |
| | 3:48 (3:48) 4:47 (26:28) | 2:05 (5:53) 3:34 (30:02) | 2:37 (8:30) 1:05 (31:07) | 1:18 (9:48) 3:10 (34:17) | 3:40 (13:28) 0:14 (34:31) | 8:13 (21:41) |
| 3. | Claudia Weigert | TV Jahn Wolfsburg | 41:44 | +11:07 | 02:31 | |
| | 4:30 (4:30) 3:47 (31:52) | 2:21 (6:51) 4:37 (36:29) | 3:03 (9:54) 1:10 (37:39) | 2:09 (12:03) 3:50 (41:29) | 6:21 (18:24) 0:15 (41:44) | 9:41 (28:05) |
| 4. | Jordan Sophie Meisel | OLV Uslar | 42:21 | +11:44 | 03:20 | |
| | 3:23 (3:23) 4:40 (32:41) | 2:19 (5:42) 4:19 (37:00) | 3:13 (8:55) 1:09 (38:09) | 1:49 (10:44) 3:58 (42:07) | 4:55 (15:39) 0:14 (42:21) | 12:22 (28:01) |
| 5. | Sabine Nash | Turn-Klubb zu Hannover | 46:57 | +16:20 | 03:16 | |
| | 4:41 (4:41) 5:55 (35:29) | 2:34 (7:15) 4:45 (40:14) | 3:05 (10:20) 1:32 (41:46) | 1:42 (12:02) 4:59 (46:45) | 6:38 (18:40) 0:12 (46:57) | 10:54 (29:34) |
| 6. | Saskia Ernst-Liebing | Bovender SV | 50:56 | +20:19 | 07:38 | |
| | 3:47 (3:47) 6:25 (40:55) | 3:34 (7:21) 4:25 (45:20) | 3:03 (10:24) 1:13 (46:33) | 2:21 (12:45) 4:09 (50:42) | 5:56 (18:41) 0:14 (50:56) | 15:49 (34:30) |

| D19L | | (4 / 4) | | Zeit | RückstandZeit verloren | |
|-------------|------------------------|------------------------|----------------|-------------|-------------------------------|----------------|
| 1. | Katharina Linke | MTV Seesen | | 1:10:35 | 08:41 | |
| | 7:04 (7:04) | 1:41 (8:45) | 3:25 (12:10) | | 1:27 (13:37) | 3:54 (17:31) |
| | 1:32 (27:34) | 2:54 (30:28) | 1:53 (32:21) | | 3:26 (35:47) | 4:42 (40:29) |
| | 3:27 (46:00) | 3:03 (49:03) | 7:55 (56:58) | | 4:49 (1:01:47) | 2:10 (1:03:57) |
| | 1:00 (1:07:42) | 2:44 (1:10:26) | 0:09 (1:10:35) | | | 2:45 (1:06:42) |
| 2. | Uta Hillebrand | Turn-Klubb zu Hannover | | 1:10:54 | +0:19 | 03:41 |
| | 2:25 (2:25) | 2:11 (4:36) | 2:09 (6:45) | | 1:15 (8:00) | 5:52 (13:52) |
| | 1:23 (25:37) | 3:48 (29:25) | 2:24 (31:49) | | 4:43 (36:32) | 5:31 (42:03) |
| | 3:11 (48:04) | 2:23 (50:27) | 5:29 (55:56) | | 5:53 (1:01:49) | 1:53 (1:03:42) |
| | 1:01 (1:07:40) | 3:07 (1:10:47) | 0:07 (1:10:54) | | | 2:57 (1:06:39) |
| 3. | Pia Buchholz | MTK Bad Harzburg | | 1:13:15 | +2:40 | 04:47 |
| | 2:59 (2:59) | 1:50 (4:49) | 2:32 (7:21) | | 1:07 (8:28) | 5:12 (13:40) |
| | 1:57 (26:57) | 3:08 (30:05) | 2:10 (32:15) | | 4:59 (37:14) | 5:31 (42:45) |
| | 4:52 (50:12) | 2:21 (52:33) | 5:36 (58:09) | | 5:51 (1:04:00) | 1:49 (1:05:49) |
| | 0:55 (1:09:41) | 3:22 (1:13:03) | 0:12 (1:13:15) | | | 2:57 (1:08:46) |
| | Birte Friedrichs | MTV Seesen | | Nicht Ang. | | |
| | - (-) | - (-) | - (-) | | - (-) | - (-) |
| | - (-) | - (-) | - (-) | | - (-) | - (-) |
| | - (-) | - (-) | - (-) | | - (-) | - (-) |
| | - (-) | - (-) | - (-) | | - (-) | - (-) |
| D35 | | (3 / 3) | | Zeit | RückstandZeit verloren | |
| 1. | Ivana Knaupova | Braunschweiger MTV | | 50:53 | 00:00 | |
| | 2:59 (2:59) | 1:57 (4:56) | 2:21 (7:17) | | 1:14 (8:31) | 4:38 (13:09) |
| | 5:20 (28:34) | 4:27 (33:01) | 4:55 (37:56) | | 5:24 (43:20) | 3:06 (46:26) |
| | 3:20 (50:42) | 0:11 (50:53) | | | | 0:56 (47:22) |
| 2. | Sandra Wöhrer | TV Jahn Wolfsburg | | 1:05:53 | +15:00 | 02:57 |
| | 3:40 (3:40) | 1:39 (5:19) | 2:51 (8:10) | | 1:15 (9:25) | 6:32 (15:57) |
| | 6:15 (35:15) | 6:51 (42:06) | 6:43 (48:49) | | 7:32 (56:21) | 4:08 (1:00:29) |
| | 3:58 (1:05:40) | 0:13 (1:05:53) | | | | 1:13 (1:01:42) |
| 3. | Dorothea Kirves | TG 1860 Münden | | 1:23:57 | +33:04 | 05:56 |
| | 5:47 (5:47) | 2:32 (8:19) | 2:51 (11:10) | | 1:37 (12:47) | 7:33 (20:20) |
| | 7:10 (45:30) | 7:34 (53:04) | 8:48 (1:01:52) | | 9:43 (1:11:35) | 5:15 (1:16:50) |
| | 5:15 (1:23:39) | 0:18 (1:23:57) | | | | 1:34 (1:18:24) |
| D45 | | (7 / 7) | | Zeit | RückstandZeit verloren | |
| 1. | Anke von Gaza | OLV Uslar | | 39:17 | 00:00 | |
| | 3:15 (3:15) | 1:31 (4:46) | 2:06 (6:52) | | 1:22 (8:14) | 5:08 (13:22) |
| | 1:22 (24:32) | 6:32 (31:04) | 3:25 (34:29) | | 0:57 (35:26) | 3:37 (39:03) |
| 2. | Sonja Kunze | OLV Uslar | | 45:59 | +6:42 | 00:46 |
| | 4:25 (4:25) | 1:50 (6:15) | 2:40 (8:55) | | 1:35 (10:30) | 5:18 (15:48) |
| | 1:27 (29:06) | 8:03 (37:09) | 3:42 (40:51) | | 1:02 (41:53) | 3:54 (45:47) |
| 3. | Katja Tiitinen | OLV Uslar | | 51:55 | +12:38 | 07:05 |
| | 10:32 (10:32) | 1:38 (12:10) | 2:46 (14:56) | | 1:37 (16:33) | 5:19 (21:52) |
| | 1:38 (35:11) | 8:03 (43:14) | 3:32 (46:46) | | 1:02 (47:48) | 3:51 (51:39) |
| 4. | Tanja Buchholz | MTK Bad Harzburg | | 57:53 | +18:36 | 02:42 |
| | 4:28 (4:28) | 2:38 (7:06) | 2:58 (10:04) | | 1:47 (11:51) | 7:21 (19:12) |
| | 2:34 (35:56) | 9:33 (45:29) | 5:23 (50:52) | | 1:41 (52:33) | 5:05 (57:38) |
| 5. | Katja Eckel | OLV Uslar | | 1:10:25 | +31:08 | 10:36 |
| | 10:04 (10:04) | 1:41 (11:45) | 3:28 (15:13) | | 1:38 (16:51) | 6:34 (23:25) |
| | 1:48 (43:02) | 14:23 (57:25) | 5:41 (1:03:06) | | 1:24 (1:04:30) | 5:42 (1:10:12) |
| 6. | Iris Hensseler | MTV Seesen | | 1:10:43 | +31:26 | 18:50 |
| | 7:21 (7:21) | 1:42 (9:03) | 2:37 (11:40) | | 1:38 (13:18) | 11:23 (24:41) |
| | 1:38 (53:32) | 7:03 (1:00:35) | 3:55 (1:04:30) | | 1:23 (1:05:53) | 4:33 (1:10:26) |
| 7. | Sylke Höfner | OLV Uslar | | 1:27:14 | +47:57 | 06:10 |
| | 10:18 (10:18) | 2:47 (13:05) | 3:49 (16:54) | | 2:38 (19:32) | 11:19 (30:51) |
| | 2:39 (55:23) | 14:37 (1:10:00) | 7:47 (1:17:47) | | 2:19 (1:20:06) | 6:44 (1:26:50) |
| | | | | | | 0:24 (1:27:14) |
| D55 | | (4 / 4) | | Zeit | RückstandZeit verloren | |
| 1. | Liisa Rihko-Struckmann | Braunschweiger MTV | | 33:37 | 00:20 | |
| | 2:47 (2:47) | 2:30 (5:17) | 2:36 (7:53) | | 1:28 (9:21) | 4:19 (13:40) |
| | 2:51 (24:59) | 3:40 (28:39) | 1:04 (29:43) | | 3:43 (33:26) | 0:11 (33:37) |
| 2. | Heidrun Finke | OLV Uslar | | 34:11 | +0:34 | 01:28 |
| | 3:12 (3:12) | 2:20 (5:32) | 2:16 (7:48) | | 2:11 (9:59) | 4:28 (14:27) |
| | 3:17 (25:48) | 3:42 (29:30) | 1:00 (30:30) | | 3:27 (33:57) | 0:14 (34:11) |
| 3. | Ulrike Friedrichs | MTV Seesen | | 44:04 | +10:27 | 02:11 |
| | 3:41 (3:41) | 2:55 (6:36) | 3:09 (9:45) | | 1:58 (11:43) | 5:19 (17:02) |
| | 3:17 (32:05) | 4:43 (36:48) | 1:20 (38:08) | | 5:33 (43:41) | 0:23 (44:04) |

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|------------|------------------------------|------------------------|----------------|-------------------------------|-------|----------------|----------------|
| 4. | Ulrike Korff | SC Achmer | 45:00 | +11:23 | 05:09 | | |
| | 3:28 (3:28) | 2:08 (5:36) | 3:06 (8:42) | 1:26 (10:08) | | 9:24 (19:32) | 10:04 (29:36) |
| | 3:47 (33:23) | 4:38 (38:01) | 1:14 (39:15) | 5:32 (44:47) | | 0:13 (45:00) | |
| D65 | | (4 / 4) | Zeit | RückstandZeit verloren | | | |
| 1. | Birgitt Michel | TV Jahn Wolfsburg | 35:02 | | 02:22 | | |
| | 4:46 (4:46) | 2:02 (6:48) | 2:56 (9:44) | 1:47 (11:31) | | 6:54 (18:25) | 4:57 (23:22) |
| | 3:54 (27:16) | 3:02 (30:18) | 3:00 (33:18) | 1:28 (34:46) | | 0:16 (35:02) | |
| 2. | Antje Sobczak | MTV Soltau | 38:52 | +3:50 | 04:32 | | |
| | 5:18 (5:18) | 2:28 (7:46) | 5:11 (12:57) | 1:49 (14:46) | | 5:25 (20:11) | 4:05 (24:16) |
| | 5:28 (29:44) | 3:18 (33:02) | 2:40 (35:42) | 2:57 (38:39) | | 0:13 (38:52) | |
| 3. | Ingrid Müssen | SuS Vehrte | 42:45 | +7:43 | 06:26 | | |
| | 5:05 (5:05) | 2:20 (7:25) | 4:01 (11:26) | 2:05 (13:31) | | 9:31 (23:02) | 3:50 (26:52) |
| | 4:11 (31:03) | 3:48 (34:51) | 5:14 (40:05) | 2:24 (42:29) | | 0:16 (42:45) | |
| | Irmela Bergt | TSV Fischerhude | Nicht Ang. | | | | |
| | - (-) | - (-) | - (-) | - (-) | | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | | - (-) | |
| H12 | | (5 / 5) | Zeit | RückstandZeit verloren | | | |
| 1. | Constantin Jacob Freudenfeld | TSV Worpswede | 13:05 | | 00:42 | | |
| | 0:58 (0:58) | 1:41 (2:39) | 1:34 (4:13) | 2:47 (7:00) | | 1:42 (8:42) | 0:59 (9:41) |
| | 1:00 (10:41) | 2:15 (12:56) | 0:09 (13:05) | | | | |
| 2. | Finn Ostendorff | TSV Worpswede | 16:31 | +3:26 | 01:49 | | |
| | 1:03 (1:03) | 1:44 (2:47) | 2:11 (4:58) | 2:46 (7:44) | | 2:47 (10:31) | 1:12 (11:43) |
| | 1:14 (12:57) | 3:23 (16:20) | 0:11 (16:31) | | | | |
| 3. | Miguel Castilho Marcao | SV Hildesia Diekholzen | 16:45 | +3:40 | 01:16 | | |
| | 1:11 (1:11) | 1:58 (3:09) | 1:28 (4:37) | 3:42 (8:19) | | 2:28 (10:47) | 1:10 (11:57) |
| | 2:06 (14:03) | 2:32 (16:35) | 0:10 (16:45) | | | | |
| 4. | Hlib Zvonarov | MTV Seesen | 16:53 | +3:48 | 03:08 | | |
| | 1:03 (1:03) | 1:22 (2:25) | 1:12 (3:37) | 2:49 (6:26) | | 3:01 (9:27) | 2:53 (12:20) |
| | 1:29 (13:49) | 2:51 (16:40) | 0:13 (16:53) | | | | |
| 5. | Leif Liebing | Bovender SV | 20:37 | +7:32 | 03:38 | | |
| | 1:46 (1:46) | 2:17 (4:03) | 2:47 (6:50) | 3:20 (10:10) | | 4:44 (14:54) | 1:08 (16:02) |
| | 1:16 (17:18) | 3:09 (20:27) | 0:10 (20:37) | | | | |
| H14 | | (7 / 7) | Zeit | RückstandZeit verloren | | | |
| 1. | Erik Urzua Wöhrer | TV Jahn Wolfsburg | 40:26 | | 01:27 | | |
| | 3:17 (3:17) | 2:18 (5:35) | 0:56 (6:31) | 4:09 (10:40) | | 5:07 (15:47) | 5:44 (21:31) |
| | 3:23 (24:54) | 3:15 (28:09) | 2:02 (30:11) | 2:29 (32:40) | | 4:45 (37:25) | 2:52 (40:17) |
| | 0:09 (40:26) | | | | | | |
| 2. | Hannes Möhring | TV Jahn Wolfsburg | 45:04 | +4:38 | 03:04 | | |
| | 3:18 (3:18) | 2:31 (5:49) | 1:28 (7:17) | 3:52 (11:09) | | 5:57 (17:06) | 4:15 (21:21) |
| | 5:02 (26:23) | 3:17 (29:40) | 2:31 (32:11) | 2:22 (34:33) | | 7:26 (41:59) | 2:57 (44:56) |
| | 0:08 (45:04) | | | | | | |
| 3. | Johannes Eckel | OLV Uslar | 50:26 | +10:00 | 06:27 | | |
| | 3:23 (3:23) | 2:23 (5:46) | 3:08 (8:54) | 4:01 (12:55) | | 6:07 (19:02) | 6:58 (26:00) |
| | 6:28 (32:28) | 3:35 (36:03) | 2:27 (38:30) | 2:03 (40:33) | | 6:28 (47:01) | 3:16 (50:17) |
| | 0:09 (50:26) | | | | | | |
| 4. | Felix Salau | MTV Seesen | 55:56 | +15:30 | 07:50 | | |
| | 5:46 (5:46) | 2:31 (8:17) | 1:40 (9:57) | 4:03 (14:00) | | 6:37 (20:37) | 8:22 (28:59) |
| | 5:03 (34:02) | 4:02 (38:04) | 4:46 (42:50) | 4:03 (46:53) | | 5:06 (51:59) | 3:50 (55:49) |
| | 0:07 (55:56) | | | | | | |
| 5. | Johannes Gurtmann | TG 1860 Münden | 1:00:47 | +20:21 | 10:15 | | |
| | 10:21 (10:21) | 3:18 (13:39) | 1:17 (14:56) | 4:11 (19:07) | | 6:00 (25:07) | 6:56 (32:03) |
| | 6:32 (38:35) | 6:11 (44:46) | 3:04 (47:50) | 2:51 (50:41) | | 6:21 (57:02) | 3:37 (1:00:39) |
| | 0:08 (1:00:47) | | | | | | |
| 6. | Maik Schweizer | MTV Seesen | 1:11:14 | +30:48 | 11:56 | | |
| | 11:18 (11:18) | 3:16 (14:34) | 2:11 (16:45) | 5:28 (22:13) | | 9:48 (32:01) | 9:08 (41:09) |
| | 5:35 (46:44) | 4:46 (51:30) | 5:24 (56:54) | 3:07 (1:00:01) | | 6:57 (1:06:58) | 4:03 (1:11:01) |
| | 0:13 (1:11:14) | | | | | | |
| 7. | Brandon Nash | Turn-Klubb zu Hannover | 1:17:47 | +37:21 | 21:28 | | |
| | 6:56 (6:56) | 2:53 (9:49) | 1:31 (11:20) | 5:25 (16:45) | | 25:38 (42:23) | 5:33 (47:56) |
| | 5:36 (53:32) | 5:08 (58:40) | 3:25 (1:02:05) | 5:01 (1:07:06) | | 6:22 (1:13:28) | 4:05 (1:17:33) |
| | 0:14 (1:17:47) | | | | | | |
| H16 | | (3 / 3) | Zeit | RückstandZeit verloren | | | |
| 1. | Jonas Knaup | Braunschweiger MTV | 48:28 | | 00:34 | | |
| | 2:40 (2:40) | 1:19 (3:59) | 1:48 (5:47) | 1:03 (6:50) | | 4:21 (11:11) | 9:21 (20:32) |
| | 5:19 (25:51) | 3:57 (29:48) | 6:25 (36:13) | 4:37 (40:50) | | 2:47 (43:37) | 1:23 (45:00) |
| | 3:20 (48:20) | 0:08 (48:28) | | | | | |

| | | | | | | | |
|----|--------------------|-------------------|--------------|--------------|--------------|---------------|--|
| 2. | Aaron Niazi | TSV Worpsswede | 54:06 | +5:38 | 05:41 | | |
| | 2:54 (2:54) | 1:13 (4:07) | 6:26 (10:33) | 1:09 (11:42) | 4:09 (15:51) | 10:16 (26:07) | |
| | 5:12 (31:19) | 3:50 (35:09) | 5:53 (41:02) | 5:19 (46:21) | 3:13 (49:34) | 0:48 (50:22) | |
| | 3:37 (53:59) | 0:07 (54:06) | | | | | |
| | Marco Urzua Wöhrer | TV Jahn Wolfsburg | Fehlst. | | | | |
| | 3:03 (3:03) | 2:00 (5:03) | 3:37 (8:40) | 1:14 (9:54) | 5:56 (15:50) | 15:10 (31:00) | |
| | 6:02 (37:02) | 6:36 (43:38) | – (–) | – (–) | – (–) | – (–) | |
| | – (1:01:47) | 0:40 (1:02:27) | | | | | |

H18 (2 / 2) Zeit RückstandZeit verloren

| | | | | | | | |
|----|----------------|------------------|----------------|----------------|----------------|----------------|--|
| 1. | Jussi Bruns | MTK Bad Harzburg | 1:08:17 | | 01:46 | | |
| | 1:39 (1:39) | 1:46 (3:25) | 1:30 (4:55) | 0:56 (5:51) | 3:52 (9:43) | 11:08 (20:51) | |
| | 1:19 (22:10) | 3:18 (25:28) | 2:05 (27:33) | 4:28 (32:01) | 5:24 (37:25) | 2:20 (39:45) | |
| | 3:29 (43:14) | 2:31 (45:45) | 5:03 (50:48) | 7:26 (58:14) | 2:06 (1:00:20) | 2:59 (1:03:19) | |
| | 1:06 (1:04:25) | 3:39 (1:08:04) | 0:13 (1:08:17) | | | | |
| 2. | Theo Hensseler | MTV Seesen | 1:12:20 | +4:03 | 06:53 | | |
| | 2:09 (2:09) | 1:19 (3:28) | 1:55 (5:23) | 0:57 (6:20) | 4:49 (11:09) | 11:03 (22:12) | |
| | 3:17 (25:29) | 2:39 (28:08) | 2:01 (30:09) | 5:06 (35:15) | 5:07 (40:22) | 2:11 (42:33) | |
| | 3:11 (45:44) | 1:55 (47:39) | 9:23 (57:02) | 5:31 (1:02:33) | 2:27 (1:05:00) | 3:03 (1:08:03) | |
| | 0:45 (1:08:48) | 3:20 (1:12:08) | 0:12 (1:12:20) | | | | |

H19K (6 / 6) Zeit RückstandZeit verloren

| | | | | | | | |
|----|-------------------|------------------------|--------------|--------------|--------------|---------------|--|
| 1. | Jakob Eberwien | OLV UsLAR | 44:38 | | 02:56 | | |
| | 3:24 (3:24) | 1:45 (5:09) | 1:58 (7:07) | 1:13 (8:20) | 4:17 (12:37) | 9:33 (22:10) | |
| | 1:15 (23:25) | 7:41 (31:06) | 3:00 (34:06) | 2:20 (36:26) | 2:00 (38:26) | 2:41 (41:07) | |
| | 3:20 (44:27) | 0:11 (44:38) | | | | | |
| 2. | Alexey Kupriyanov | Turn-Klubb zu Hannover | 49:24 | +4:46 | 03:35 | | |
| | 2:31 (2:31) | 1:42 (4:13) | 2:01 (6:14) | 1:16 (7:30) | 5:02 (12:32) | 11:30 (24:02) | |
| | 2:40 (26:42) | 6:54 (33:36) | 5:08 (38:44) | 2:21 (41:05) | 2:44 (43:49) | 1:49 (45:38) | |
| | 3:36 (49:14) | 0:10 (49:24) | | | | | |
| 3. | Robert Nuske | Turn-Klubb zu Hannover | 49:34 | +4:56 | 02:08 | | |
| | 2:45 (2:45) | 2:40 (5:25) | 2:40 (8:05) | 1:23 (9:28) | 5:39 (15:07) | 10:44 (25:51) | |
| | 1:44 (27:35) | 6:47 (34:22) | 3:50 (38:12) | 2:49 (41:01) | 2:30 (43:31) | 1:55 (45:26) | |
| | 3:57 (49:23) | 0:11 (49:34) | | | | | |
| 4. | Daniel Liebing | Bovender SV | 52:30 | +7:52 | 01:33 | | |
| | 3:08 (3:08) | 1:52 (5:00) | 2:18 (7:18) | 1:17 (8:35) | 5:10 (13:45) | 13:12 (26:57) | |
| | 2:05 (29:02) | 7:56 (36:58) | 3:52 (40:50) | 2:43 (43:33) | 2:31 (46:04) | 2:02 (48:06) | |
| | 4:10 (52:16) | 0:14 (52:30) | | | | | |
| 5. | Luis Moreton | Turn-Klubb zu Hannover | 1:00:26 | +15:48 | 04:16 | | |
| | 2:55 (2:55) | 2:09 (5:04) | 2:34 (7:38) | 1:20 (8:58) | 7:09 (16:07) | 15:58 (32:05) | |
| | 1:32 (33:37) | 8:17 (41:54) | 4:50 (46:44) | 3:12 (49:56) | 2:45 (52:41) | 2:42 (55:23) | |
| | 4:48 (1:00:11) | 0:15 (1:00:26) | | | | | |
| | Jannik Richter | Turn-Klubb zu Hannover | Nicht Ang. | | | | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| | – (–) | – (–) | | | | | |

H19L (4 / 4) Zeit RückstandZeit verloren

| | | | | | | | |
|----|----------------|------------------|----------------|----------------|----------------|----------------|--|
| 1. | Matti Bruns | MTK Bad Harzburg | 1:02:33 | | 00:46 | | |
| | 2:12 (2:12) | 1:08 (3:20) | 1:26 (4:46) | 0:41 (5:27) | 3:54 (9:21) | 5:40 (15:01) | |
| | 1:46 (16:47) | 2:17 (19:04) | 4:18 (23:22) | 3:24 (26:46) | 1:44 (28:30) | 2:03 (30:33) | |
| | 2:46 (33:19) | 4:32 (37:51) | 2:56 (40:47) | 3:47 (44:34) | 1:39 (46:13) | 2:00 (48:13) | |
| | 1:36 (49:49) | 2:01 (51:50) | 3:57 (55:47) | 1:05 (56:52) | 2:06 (58:58) | 0:58 (59:56) | |
| | 2:28 (1:02:24) | 0:09 (1:02:33) | | | | | |
| 2. | Tom Buchholz | MTK Bad Harzburg | 1:13:42 | +11:09 | 06:22 | | |
| | 1:43 (1:43) | 2:03 (3:46) | 1:36 (5:22) | 0:52 (6:14) | 4:12 (10:26) | 5:30 (15:56) | |
| | 1:45 (17:41) | 2:31 (20:12) | 3:31 (23:43) | 3:36 (27:19) | 1:55 (29:14) | 2:40 (31:54) | |
| | 2:45 (34:39) | 6:45 (41:24) | 3:15 (44:39) | 4:31 (49:10) | 1:58 (51:08) | 2:22 (53:30) | |
| | 1:37 (55:07) | 6:01 (1:01:08) | 4:40 (1:05:48) | 1:25 (1:07:13) | 2:28 (1:09:41) | 0:48 (1:10:29) | |
| | 3:03 (1:13:32) | 0:10 (1:13:42) | | | | | |
| 3. | Aaron Wandelt | MTV Seesen | 1:14:28 | +11:55 | 04:49 | | |
| | 1:40 (1:40) | 1:20 (3:00) | 1:37 (4:37) | 0:52 (5:29) | 3:47 (9:16) | 6:10 (15:26) | |
| | 2:00 (17:26) | 2:51 (20:17) | 4:49 (25:06) | 4:01 (29:07) | 1:55 (31:02) | 2:53 (33:55) | |
| | 3:01 (36:56) | 4:56 (41:52) | 3:29 (45:21) | 4:23 (49:44) | 1:41 (51:25) | 2:50 (54:15) | |
| | 1:33 (55:48) | 6:16 (1:02:04) | 4:23 (1:06:27) | 1:27 (1:07:54) | 2:26 (1:10:20) | 0:59 (1:11:19) | |
| | 3:00 (1:14:19) | 0:09 (1:14:28) | | | | | |
| 4. | Fabian Ulbrich | OLV UsLAR | 1:19:10 | +16:37 | 00:46 | | |
| | 1:55 (1:55) | 1:26 (3:21) | 2:08 (5:29) | 1:04 (6:33) | 4:32 (11:05) | 7:09 (18:14) | |
| | 2:19 (20:33) | 2:32 (23:05) | 4:19 (27:24) | 4:31 (31:55) | 2:03 (33:58) | 2:38 (36:36) | |
| | 3:09 (39:45) | 5:41 (45:26) | 4:00 (49:26) | 5:18 (54:44) | 2:06 (56:50) | 2:38 (59:28) | |

| | | | | | | | | | |
|----|--------------------|----------------|------------------|----------------|----------------|-------|----------------|--|----------------|
| AK | Frank Thiermann | 3:58 (1:08:09) | 04:16 (1:08:25) | 1:11:23 | +16:15 | 03:38 | | | |
| | | 2:11 (2:11) | 1:57 (4:08) | 2:22 (6:30) | 1:21 (7:51) | | 4:56 (12:47) | | 12:15 (25:02) |
| | | 1:06 (26:08) | 3:03 (29:11) | 2:27 (31:38) | 4:39 (36:17) | | 6:04 (42:21) | | 3:22 (45:43) |
| | | 3:31 (49:14) | 2:22 (51:36) | 3:18 (54:54) | 5:34 (1:00:28) | | 1:48 (1:02:16) | | 4:04 (1:06:20) |
| | | 1:09 (1:07:29) | 3:41 (1:11:10) | 0:13 (1:11:23) | | | | | |
| 7. | Oliver Hillebrandt | | OLV Uslar | 1:11:30 | +16:22 | 02:01 | | | |
| | | 2:36 (2:36) | 1:42 (4:18) | 2:09 (6:27) | 1:11 (7:38) | | 5:24 (13:02) | | 10:36 (23:38) |
| | | 1:25 (25:03) | 2:57 (28:00) | 2:28 (30:28) | 4:24 (34:52) | | 5:58 (40:50) | | 2:29 (43:19) |
| | | 2:52 (46:11) | 4:18 (50:29) | 4:36 (55:05) | 6:31 (1:01:36) | | 2:03 (1:03:39) | | 3:10 (1:06:49) |
| | | 0:56 (1:07:45) | 3:33 (1:11:18) | 0:12 (1:11:30) | | | | | |
| 8. | Sven Buchholz | | MTK Bad Harzburg | 1:17:30 | +22:22 | 02:07 | | | |
| | | 3:00 (3:00) | 1:55 (4:55) | 2:18 (7:13) | 1:14 (8:27) | | 5:49 (14:16) | | 12:19 (26:35) |
| | | 1:45 (28:20) | 3:17 (31:37) | 2:05 (33:42) | 4:51 (38:33) | | 6:16 (44:49) | | 2:31 (47:20) |
| | | 4:05 (51:25) | 2:45 (54:10) | 5:50 (1:00:00) | 6:23 (1:06:23) | | 2:08 (1:08:31) | | 3:42 (1:12:13) |
| | | 1:05 (1:13:18) | 3:59 (1:17:17) | 0:13 (1:17:30) | | | | | |
| 9. | Gunnar Grote | | OLV Uslar | 1:18:56 | +23:48 | 05:31 | | | |
| | | 2:50 (2:50) | 1:51 (4:41) | 2:06 (6:47) | 1:14 (8:01) | | 5:19 (13:20) | | 11:57 (25:17) |
| | | 1:39 (26:56) | 3:13 (30:09) | 2:45 (32:54) | 4:36 (37:30) | | 5:22 (42:52) | | 2:34 (45:26) |
| | | 5:52 (51:18) | 2:18 (53:36) | 4:42 (58:18) | 9:12 (1:07:30) | | 2:07 (1:09:37) | | 3:52 (1:13:29) |
| | | 1:13 (1:14:42) | 3:56 (1:18:38) | 0:18 (1:18:56) | | | | | |
| | Olaf Hey | | MTK Bad Harzburg | Aufg. | | | | | |
| | | 10:22 (10:22) | 13:02 (23:24) | 4:39 (28:03) | 2:09 (30:12) | | 14:53 (45:05) | | - (-) |
| | | - (-) | - (-) | - (-) | - (-) | | - (-) | | - (-) |
| | | - (-) | - (-) | - (-) | - (-) | | - (-) | | - (-) |
| | | - (-) | - (-) | - (-) | - (-) | | - (-) | | - (-) |
| | Rolf Breckle | | Bovender SV | Nicht Ang. | | | | | |
| | | - (-) | - (-) | - (-) | - (-) | | - (-) | | - (-) |
| | | - (-) | - (-) | - (-) | - (-) | | - (-) | | - (-) |
| | | - (-) | - (-) | - (-) | - (-) | | - (-) | | - (-) |
| | | - (-) | - (-) | - (-) | - (-) | | - (-) | | - (-) |

| H55 | (5 / 5) | Zeit | Rückstand | Zeit verloren |
|-----|---------------------|------------------|--------------|---------------|
| 1. | Horst von Gaza | OLV Uslar | 38:24 | 00:00 |
| | | 2:15 (2:15) | 1:36 (3:51) | 1:56 (5:47) |
| | | 1:19 (21:35) | 5:00 (26:35) | 2:51 (29:26) |
| | | 3:03 (38:14) | 0:10 (38:24) | |
| 2. | Henning Bruns | MTK Bad Harzburg | 40:28 | +2:04 00:25 |
| | | 2:53 (2:53) | 1:30 (4:23) | 2:00 (6:23) |
| | | 1:05 (23:01) | 5:15 (28:16) | 3:02 (31:18) |
| | | 3:08 (40:18) | 0:10 (40:28) | |
| 3. | Michael Schwien | SC Klecken | 46:37 | +8:13 01:12 |
| | | 2:48 (2:48) | 1:42 (4:30) | 2:24 (6:54) |
| | | 1:22 (25:46) | 6:31 (32:17) | 3:34 (35:51) |
| | | 3:22 (46:26) | 0:11 (46:37) | |
| 4. | Stephan Schliebener | OLV Uslar | 50:19 | +11:55 00:54 |
| | | 2:38 (2:38) | 1:59 (4:37) | 2:41 (7:18) |
| | | 1:27 (28:12) | 6:38 (34:50) | 4:07 (38:57) |
| | | 3:49 (50:06) | 0:13 (50:19) | |
| 5. | Bernd Hasselhop-Lex | SSV Langenhagen | 59:15 | +20:51 10:52 |
| | | 9:21 (9:21) | 2:10 (11:31) | 2:19 (13:50) |
| | | 1:07 (32:55) | 8:02 (40:57) | 3:26 (44:23) |
| | | 3:59 (59:02) | 0:13 (59:15) | |

| H65 | (10 / 10) | Zeit | Rückstand | Zeit verloren |
|-----|------------------|--------------|--------------|---------------|
| 1. | Udo Sobczak | MTV Soltau | 36:59 | 00:00 |
| | | 3:07 (3:07) | 1:15 (4:22) | 2:12 (6:34) |
| | | 1:15 (23:38) | 5:48 (29:26) | 3:16 (32:42) |
| 2. | Bernd Höfner | OLV Uslar | 42:44 | +5:45 01:02 |
| | | 3:10 (3:10) | 1:42 (4:52) | 2:15 (7:07) |
| | | 1:20 (26:14) | 7:00 (33:14) | 3:53 (37:07) |
| 3. | Erhard Jübermann | SC Klecken | 46:38 | +9:39 03:02 |
| | | 3:40 (3:40) | 1:44 (5:24) | 2:39 (8:03) |
| | | 1:57 (30:54) | 6:23 (37:17) | 4:00 (41:17) |
| 4. | Alfred Newerla | RSV Hannover | 50:08 | +13:09 03:23 |
| | | 4:03 (4:03) | 1:31 (5:34) | 2:37 (8:11) |
| | | 1:34 (32:58) | 6:59 (39:57) | 4:11 (44:08) |
| 5. | Siegfried May | RSV Hannover | 50:37 | +13:38 02:38 |
| | | 3:57 (3:57) | 1:54 (5:51) | 3:35 (9:26) |
| | | 1:24 (32:51) | 7:52 (40:43) | 4:18 (45:01) |

| | | | | | | | |
|----|--|---|------------------------------|-------|--|----------------------------------|-------------------------------|
| 6. | Detlev Friedrichs 5:57 (5:57) 1:37 (35:26) | MTV Seesen 1:59 (7:56) 8:29 (43:55) | 3:07 (11:03) 4:17 (48:12) | 54:38 | +17:39 04:17 1:38 (12:41) 1:44 (49:56) | 8:01 (20:42) 4:29 (54:25) | 13:07 (33:49) 0:13 (54:38) |
| 7. | Ferdinand Hanses | TuS Bramsche | | 56:37 | +19:38 03:33 | | |
| | 6:01 (6:01) 1:53 (35:55) | 2:03 (8:04) 10:05 (46:00) | 2:38 (10:42) 5:00 (51:00) | | 1:36 (12:18) 1:14 (52:14) | 7:26 (19:44) 4:12 (56:26) | 14:18 (34:02) 0:11 (56:37) |
| 8. | Gerhard Niederland | TSV Schloß Ricklingen | | 58:25 | +21:26 03:25 | | |
| | 6:10 (6:10) 2:27 (37:54) Johannes Müssen | 1:47 (7:57) 8:20 (46:14) SuS Vehrte | 3:16 (11:13) 5:05 (51:19) | | 1:46 (12:59) 1:21 (52:40) | 6:55 (19:54) 5:25 (58:05) | 15:33 (35:27) 0:20 (58:25) |
| | 10:04 (10:04) - (-) Rainer Pieper | 5:22 (15:26) - (-) SSV Langenhagen | 18:45 (34:11) - (1:12:18) | | 3:58 (38:09) 3:15 (1:15:33) | 16:48 (54:57) 11:37 (1:27:10) | - (-) - (-) |
| | - (-) - (-) | - (-) - (-) | - (-) - (-) | | - (-) - (-) | - (-) - (-) | - (-) - (-) |

H75

(2 / 2)

Zeit

RückstandZeit verloren

| | | | | | | | |
|----|---|---|-----------------------------|-------|------------------------------|------------------------------|----------------|
| 1. | Karlheinz Niescken | SSV Langenhagen | | 35:35 | | 00:00 | |
| | 5:07 (5:07) 3:31 (22:50) Günter Gohde | 1:38 (6:45) 2:50 (25:40) Turn-Klubb zu Hannover | 2:48 (9:33) 8:50 (34:30) | | 1:18 (10:51) 0:50 (35:20) | 4:55 (15:46) 0:15 (35:35) | 3:33 (19:19) |
| | - (-) - (-) | - (-) - (-) | - (-) - (-) | | - (-) - (-) | - (-) - (-) | - (-) - (-) |

Offen

(3 / 3)

Zeit

RückstandZeit verloren

| | | | | | | | |
|----|-----------------------------|-----------------------------|-----------------------------|-------|-------------|--------------|--------------|
| 1. | Flavia Wiehler | Bielefelder TG | | 16:21 | | 00:00 | |
| | 1:32 (1:32) 1:22 (13:04) | 1:54 (3:26) 3:02 (16:06) | 1:49 (5:15) 0:15 (16:21) | | 2:57 (8:12) | 2:29 (10:41) | 1:01 (11:42) |
| 2. | Julia Stark | MTV Seesen | | 16:34 | +0:13 00:19 | | |
| | 1:19 (1:19) 1:31 (13:33) | 2:03 (3:22) 2:49 (16:22) | 1:46 (5:08) 0:12 (16:34) | | 3:20 (8:28) | 2:22 (10:50) | 1:12 (12:02) |
| 3. | Günter Stark | MTV Seesen | | 20:59 | +4:38 01:34 | | |
| | 1:31 (1:31) 1:46 (16:03) | 2:01 (3:32) 4:29 (20:32) | 2:29 (6:01) 0:27 (20:59) | | 3:50 (9:51) | 2:50 (12:41) | 1:36 (14:17) |