| Pl | tnr | Name | Zeit | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Damen 10** | **(4)** | | | | **1,9 km** | **65 Hm** | **7 P** | | | | | | | | | |
| | | | | 1(62) | 2(63) | 3(67) | 4(65) | 5(66) | 6(45) | 7(100) | Ziel | | | | | |
| **1** | **1** | **Marie Niemann** | **16:11,00** | **3:36,00** | **5:17,00** | **6:33,00** | **8:49,00** | **12:01,00** | **13:32,00** | **15:21,00** | **16:11,00** | | | | | |
| | | **OLV Steinberg** | | ***3:36,00*** | ***1:41,00*** | ***1:16,00*** | ***2:16,00*** | ***3:12,00*** | 1:31,00 | 1:49,00 | 0:50,00 | | | | | |
| **2** | **7** | **Merle Niemann** | **17:41,00** | 4:00,00 | 6:15,00 | 7:40,00 | 10:25,00 | 13:54,00 | 15:24,00 | 16:57,00 | 17:41,00 | | | | | |
| | | **OLV Steinberg** | | 4:00,00 | 2:15,00 | 1:25,00 | 2:45,00 | 3:29,00 | ***1:30,00*** | ***1:33,00*** | ***0:44,00*** | | | | | |
| **3** | **5** | **Katja Horst** | **20:44,00** | 4:22,00 | 6:39,00 | 8:20,00 | 11:50,00 | 16:24,00 | 18:01,00 | 19:55,00 | 20:44,00 | | | | | |
| | | **SC Königstein** | | 4:22,00 | 2:17,00 | 1:41,00 | 3:30,00 | 4:34,00 | 1:37,00 | 1:54,00 | 0:49,00 | | | | | |
| | **2** | **Ulla Horst** | **N Ang** | | | | | | | | | | | | | |
| | | **SC Königstein** | | | | | | | | | | | | | | |
| **Damen 12** | **(2)** | | | | **2,2 km** | **50 Hm** | **9 P** | | | | | | | | | |
| | | | | 1(55) | 2(62) | 3(44) | 4(65) | 5(41) | 6(66) | 7(45) | 8(60) | 9(100) | Ziel | | | |
| **1** | **11** | **Louisa Kollenbach** | **20:44,00** | 5:59,00 | 7:34,00 | 8:43,00 | 13:00,00 | **15:40,00** | **16:52,00** | **17:59,00** | **19:11,00** | **20:04,00** | **20:44,00** | | | |
| | | **Ski-Club Helsa** | | 5:59,00 | ***1:35,00*** | ***1:09,00*** | 4:17,00 | ***2:40,00*** | 1:12,00 | ***1:07,00*** | ***1:12,00*** | ***0:53,00*** | 0:40,00 | | | |
| **AK** | **9** | **Anne Kästner** | **22:46,00** | **4:00,00** | **7:18,00** | **8:36,00** | **12:19,00** | 16:34,00 | 17:25,00 | 18:51,00 | 21:09,00 | 22:08,00 | 22:46,00 | | | |
| | | **TV Oberbexbach** | | ***4:00,00*** | 3:18,00 | 1:18,00 | ***3:43,00*** | 4:15,00 | ***0:51,00*** | 1:26,00 | 2:18,00 | 0:59,00 | ***0:38,00*** | | | |
| **Damen 14** | **(4)** | | | | **3,0 km** | **80 Hm** | **10 P** | | | | | | | | | |
| | | | | 1(61) | 2(55) | 3(44) | 4(58) | 5(46) | 6(50) | 7(59) | 8(66) | 9(60) | 10(100) | Ziel | | |
| **1** | **13** | **Anna Blaschke** | **34:44,00** | **2:42,00** | **4:19,00** | 9:31,00 | **18:15,00** | **22:51,00** | **26:10,00** | **28:00,00** | **31:26,00** | **33:16,00** | **34:11,00** | **34:44,00** | | |
| | | **OSC Kassel** | | ***2:42,00*** | 1:37,00 | 5:12,00 | ***8:44,00*** | ***4:36,00*** | 3:19,00 | ***1:50,00*** | ***3:26,00*** | ***1:50,00*** | ***0:55,00*** | ***0:33,00*** | | |
| **2** | **16** | **Jana Kunkelmann** | **51:19,00** | 4:18,00 | 5:42,00 | **7:44,00** | 31:24,00 | 36:03,00 | 39:27,00 | 41:33,00 | 45:38,00 | 49:35,00 | 50:35,00 | 51:19,00 | | |
| | | **TSG Bad König** | | 4:18,00 | ***1:24,00*** | ***2:02,00*** | 23:40,00 | 4:39,00 | 3:24,00 | 2:06,00 | 4:05,00 | 3:57,00 | 1:00,00 | 0:44,00 | | |
| **AK** | **15** | **Lisa Kästner** | **37:09,00** | 4:17,00 | 6:02,00 | 8:27,00 | 18:34,00 | 23:43,00 | 26:52,00 | 29:24,00 | 33:15,00 | 35:25,00 | 36:26,00 | 37:09,00 | | |
| | | **TV Oberbexbach** | | 4:17,00 | 1:45,00 | 2:25,00 | 10:07,00 | 5:09,00 | ***3:09,00*** | 2:32,00 | 3:51,00 | 2:10,00 | 1:01,00 | 0:43,00 | | |
| | **14** | **Jasmin Bechtelt** | **N Ang** | | | | | | | | | | | | | |
| | | **OSC Kassel** | | | | | | | | | | | | | | |
| **Damen 19** | **(10)** | | | | **7,1 km** | **260 Hm** | **18 P** | | | | | | | | | |
| | | | | 1(43) | 2(41) | 3(37) | 4(38) | 5(56) | 6(39) | 7(40) | 8(34) | 9(52) | 10(46) | 11(47) | 12(48) | 13(49) |
| | | | | 15(58) | 16(53) | 17(45) | 18(100) | Ziel | | | | | | | | |
| **1** | **27** | **Sabine Rothaug** | **59:56,00** | **1:43,00** | **5:42,00** | 12:25,00 | 15:44,00 | 17:10,00 | 18:55,00 | **22:34,00** | **25:30,00** | **34:41,00** | **40:49,00** | **43:11,00** | **44:37,00** | **50:54,00** |
| | | **OSC Kassel** | | ***1:43,00*** | ***3:59,00*** | 6:43,00 | ***3:19,00*** | 1:26,00 | ***1:45,00*** | 3:39,00 | 2:56,00 | ***9:11,00*** | ***6:08,00*** | 2:22,00 | ***1:26,00*** | 6:17,00 |
| | | | | **56:38,00** | **58:09,00** | **58:35,00** | **59:23,00** | **59:56,00** | | | | | | | | |
| | | | | ***2:53,00*** | ***1:31,00*** | ***0:26,00*** | ***0:48,00*** | ***0:33,00*** | | | | | | | | |
| **2** | **26** | **Brit Horst** | **:08:04,00** | 2:04,00 | 7:30,00 | 13:07,00 | 17:02,00 | 18:31,00 | 20:26,00 | 22:52,00 | 26:10,00 | 37:00,00 | 44:54,00 | 48:16,00 | 50:06,00 | 56:10,00 |
| | | **SC Königstein** | | 2:04,00 | 5:26,00 | 5:37,00 | 3:55,00 | 1:29,00 | 1:55,00 | ***2:26,00*** | 3:18,00 | 10:50,00 | 7:54,00 | 3:22,00 | 1:50,00 | 6:04,00 |
| | | | | 03:33,00 | 05:29,00 | 06:01,00 | 07:19,00 | 08:04,00 | | | | | | | | |
| | | | | 3:34,00 | 1:56,00 | 0:32,00 | 1:18,00 | 0:45,00 | | | | | | | | |
| **3** | **31** | **Paula Mühlstein** | **:13:49,00** | 2:15,00 | 7:53,00 | 14:05,00 | 19:15,00 | 20:56,00 | 23:18,00 | 26:11,00 | 29:28,00 | 41:35,00 | 48:30,00 | 53:47,00 | 55:53,00 | :02:58,00 |
| | | **OSC Kassel** | | 2:15,00 | 5:38,00 | 6:12,00 | 5:10,00 | 1:41,00 | 2:22,00 | 2:53,00 | 3:17,00 | 12:07,00 | 6:55,00 | 5:17,00 | 2:06,00 | 7:05,00 |
| | | | | 09:52,00 | 11:35,00 | 12:13,00 | 13:10,00 | 13:49,00 | | | | | | | | |
| | | | | 3:31,00 | 1:43,00 | 0:38,00 | 0:57,00 | 0:39,00 | | | | | | | | |
| **4** | **22** | **Kirsten Muche** | **:26:03,00** | 2:29,00 | 8:32,00 | 15:39,00 | 20:24,00 | 23:07,00 | 26:07,00 | 29:24,00 | 33:42,00 | 48:05,00 | 57:52,00 | :00:45,00 | :03:34,00 | :12:09,00 |
| | | **OSC Kassel** | | 2:29,00 | 6:03,00 | 7:07,00 | 4:45,00 | 2:43,00 | 3:00,00 | 3:17,00 | 4:18,00 | 14:23,00 | 9:47,00 | 2:53,00 | 2:49,00 | 8:35,00 |
| | | | | 20:34,00 | 22:53,00 | 23:28,00 | 25:03,00 | 26:03,00 | | | | | | | | |
| | | | | 4:20,00 | 2:19,00 | 0:35,00 | 1:35,00 | 1:00,00 | | | | | | | | |
| **5** | **21** | **Birgit Körschgen** | **:27:29,00** | 3:22,00 | 9:07,00 | 16:44,00 | 21:25,00 | 22:57,00 | 25:11,00 | 30:08,00 | 34:16,00 | 49:05,00 | 58:11,00 | :01:30,00 | :04:20,00 | :13:09,00 |
| | | **Skizunft Wiesbaden** | | 3:22,00 | 5:45,00 | 7:37,00 | 4:41,00 | 1:32,00 | 2:14,00 | 4:57,00 | 4:08,00 | 14:49,00 | 9:06,00 | 3:19,00 | 2:50,00 | 8:49,00 |
| | | | | 23:00,00 | 25:01,00 | 25:40,00 | 26:49,00 | 27:29,00 | | | | | | | | |
| | | | | 4:53,00 | 2:01,00 | 0:39,00 | 1:09,00 | 0:40,00 | | | | | | | | |
| **6** | **29** | **Carla Mühlstein** | **:27:50,00** | 2:20,00 | 8:17,00 | 17:08,00 | 21:14,00 | 23:07,00 | 25:42,00 | 29:10,00 | 33:33,00 | 47:30,00 | 56:29,00 | 59:49,00 | :02:03,00 | :09:45,00 |
| | | **OSC Kassel** | | 2:20,00 | 5:57,00 | 8:51,00 | 4:06,00 | 1:53,00 | 2:35,00 | 3:28,00 | 4:23,00 | 13:57,00 | 8:59,00 | 3:20,00 | 2:14,00 | 7:42,00 |
| | | | | 22:21,00 | 24:44,00 | 25:25,00 | 26:59,00 | 27:50,00 | | | | | | | | |
| | | | | 7:24,00 | 2:23,00 | 0:41,00 | 1:34,00 | 0:51,00 | | | | | | | | |
| **7** | **17** | **Maren Guthier** | **:32:13,00** | 2:23,00 | 6:52,00 | 13:51,00 | 28:15,00 | 29:29,00 | 31:56,00 | 36:48,00 | 40:36,00 | 53:29,00 | 01:18,00 | :10:44,00 | :12:28,00 | :19:44,00 |
| | | **TSG Bad König** | | 2:23,00 | 4:29,00 | 6:59,00 | 14:24,00 | ***1:14,00*** | 2:27,00 | 4:52,00 | 3:48,00 | 12:53,00 | 7:49,00 | 9:26,00 | 1:44,00 | 7:16,00 |
| | | | | 28:21,00 | 30:00,00 | 30:44,00 | 31:37,00 | 32:13,00 | | | | | | | | |
| | | | | 3:45,00 | 1:39,00 | 0:44,00 | 0:53,00 | 0:36,00 | | | | | | | | |
| **AK** | **23** | **Fiona Kirk** | **:06:05,00** | 1:50,00 | 5:50,00 | **11:13,00** | **15:21,00** | **16:36,00** | **18:31,00** | 22:54,00 | 25:36,00 | 35:39,00 | 42:38,00 | 44:30,00 | 46:58,00 | 52:31,00 |
| | | **Ohne Verein** | | 1:50,00 | 4:00,00 | ***5:23,00*** | 4:08,00 | 1:15,00 | 1:55,00 | 4:23,00 | ***2:42,00*** | 10:03,00 | 6:59,00 | ***1:52,00*** | 2:28,00 | ***5:33,00*** |
| | | | | 02:15,00 | 04:00,00 | 04:30,00 | 05:26,00 | 06:05,00 | | | | | | | | |
| | | | | 3:05,00 | 1:45,00 | 0:30,00 | 0:56,00 | 0:39,00 | | | | | | | | |
| **AK** | **30** | **Nina Döllgast** | **:18:46,00** | 2:14,00 | 8:39,00 | 17:11,00 | 21:07,00 | 22:36,00 | 25:03,00 | 28:11,00 | 32:22,00 | 44:58,00 | 53:27,00 | 56:12,00 | 58:32,00 | :05:38,00 |
| | | **MTK Bad Harzburg** | | 2:14,00 | 6:25,00 | 8:32,00 | 3:56,00 | 1:29,00 | 2:27,00 | 3:08,00 | 4:11,00 | 12:36,00 | 8:29,00 | 2:45,00 | 2:20,00 | 7:06,00 |
| | | | | 13:38,00 | 16:03,00 | 16:41,00 | 18:00,00 | 18:46,00 | | | | | | | | |
| | | | | 3:58,00 | 2:25,00 | 0:38,00 | 1:19,00 | 0:46,00 | | | | | | | | |
| **AK** | **28** | **Sandra Eidmann** | **N Ang** | | | | | | | | | | | | | |
| | | **OL Team Lippe** | | | | | | | | | | | | | | |

| Pl | tnr | Name | Zeit | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Damen 45 (6)** | | | | | **5,0 km** | **145 Hm** | **16 P** | | | | | | | | | |
| | | | | 1(42) | 2(61) | 3(43) | 4(37) | 5(38) | 6(56) | 7(57) | 8(41) | 9(46) | 10(33) | 11(49) | 12(50) | 13(54) |
| | | | | 15(60) | 16(100) | Ziel | | | | | | | | | | |
| **1** | **39** | **Katharina Knobloc** | **:06:47,00** | 9:16,00 | 10:42,00 | 17:41,00 | 30:58,00 | 39:50,00 | 45:00,00 | 59:21,00 | 14:15,00 | 25:43,00 | 29:18,00 | :34:38,00 | :49:21,00 | :55:05,00 |
| | | **OLV Steinberg** | | 9:16,00 | 1:26,00 | 6:59,00 | 13:17,00 | 8:52,00 | 5:10,00 | 14:21,00 | 14:54,00 | 11:28,00 | 3:35,00 | 5:20,00 | 14:43,00 | 5:44,00 |
| | | | | 03:07,00 | 05:05,00 | 06:47,00 | | | | | | | | | | |
| | | | | 3:08,00 | 1:58,00 | 1:42,00 | | | | | | | | | | |
| **AK** | **40** | **Andrea Finkenstädt** | **:11:45,00** | **2:36,00** | **3:39,00** | **7:39,00** | 16:14,00 | **20:46,00** | **22:35,00** | 31:09,00 | **41:20,00** | **48:27,00** | **51:43,00** | **54:41,00** | **59:18,00** | **:04:20,00** |
| | | **OLV Uslar** | | ***2:36,00*** | 1:03,00 | 4:00,00 | 8:35,00 | ***4:32,00*** | ***1:49,00*** | 8:34,00 | ***10:11,00*** | 7:07,00 | 3:16,00 | ***2:58,00*** | 4:37,00 | 5:02,00 |
| | | | | **09:39,00** | **10:53,00** | **11:45,00** | | | | | | | | | | |
| | | | | 2:28,00 | ***1:14,00*** | ***0:52,00*** | | | | | | | | | | |
| **AK** | **34** | **Liisa Rihko-Struck** | **:13:32,00** | 3:08,00 | 4:24,00 | 8:11,00 | **15:54,00** | 20:58,00 | 23:33,00 | **30:32,00** | 41:21,00 | 49:23,00 | 52:10,00 | 56:24,00 | :00:19,00 | :06:30,00 |
| | | **Braunschweiger MT** | | 3:08,00 | 1:16,00 | ***3:47,00*** | ***7:43,00*** | 5:04,00 | 2:35,00 | ***6:59,00*** | 10:49,00 | 8:02,00 | ***2:47,00*** | 4:14,00 | ***3:55,00*** | 6:11,00 |
| | | | | 11:14,00 | 12:34,00 | 13:32,00 | | *2:03,00* | | | | | | | | |
| | | | | ***1:26,00*** | 1:20,00 | 0:58,00 | | **31* | | | | | | | | |
| **AK** | **32** | **Janna Mehrtens** | **:45:53,00** | 3:51,00 | 6:44,00 | 11:48,00 | 24:31,00 | 31:56,00 | 45:19,00 | 56:21,00 | 08:41,00 | 15:47,00 | 19:54,00 | :23:59,00 | :33:18,00 | :38:14,00 |
| | | **ESV Lok Berlin-Sch** | | 3:51,00 | 2:53,00 | 5:04,00 | 12:43,00 | 7:25,00 | 13:23,00 | 11:02,00 | 12:20,00 | ***7:06,00*** | 4:07,00 | 4:05,00 | 9:19,00 | ***4:56,00*** |
| | | | | 43:34,00 | 44:58,00 | 45:53,00 | | | | | | | | | | |
| | | | | 1:35,00 | 1:24,00 | 0:55,00 | | | | | | | | | | |
| **AK** | **38** | **Sylke Höfner** | **:17:14,00** | 5:23,00 | 7:45,00 | 14:00,00 | 31:16,00 | 47:09,00 | 55:03,00 | 07:58,00 | 24:32,00 | 35:24,00 | 44:44,00 | :51:07,00 | :58:53,00 | :07:06,00 |
| | | **OLV Uslar** | | 5:23,00 | 2:22,00 | 6:15,00 | 17:16,00 | 15:53,00 | 7:54,00 | 12:55,00 | 16:34,00 | 10:52,00 | 9:20,00 | 6:23,00 | 7:46,00 | 8:13,00 |
| | | | | 14:26,00 | 16:14,00 | 17:14,00 | | | | | | | | | | |
| | | | | 3:19,00 | 1:48,00 | 1:00,00 | | | | | | | | | | |
| **AK** | **35** | **Bärbel Kloos** | **:26:15,00** | 6:49,00 | 7:41,00 | 12:37,00 | 31:26,00 | 38:57,00 | 43:09,00 | 05:14,00 | 27:43,00 | 42:20,00 | 53:48,00 | :59:49,00 | :08:06,00 | :15:39,00 |
| | | **TV Oberbexbach** | | 6:49,00 | ***0:52,00*** | 4:56,00 | 18:49,00 | 7:31,00 | 4:12,00 | 22:05,00 | 22:29,00 | 14:37,00 | 11:28,00 | 6:01,00 | 8:17,00 | 7:33,00 |
| | | | | 23:30,00 | 25:08,00 | 26:15,00 | | | | | | | | | | |
| | | | | 3:20,00 | 1:38,00 | 1:07,00 | | | | | | | | | | |

| | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Damen 55 (6)** | | | | | **3,9 km** | **120 Hm** | **14 P** | | | | | | | | | |
| | | | | 1(52) | 2(44) | 3(57) | 4(61) | 5(41) | 6(46) | 7(33) | 8(49) | 9(50) | 10(54) | 11(66) | 12(45) | 13(60) |
| | | | | Ziel | | | | | | | | | | | | |
| **1** | **49** | **Petra Speh-Rothaug** | **:10:02,00** | 7:22,00 | 10:59,00 | 14:46,00 | 16:20,00 | 32:39,00 | 40:30,00 | **43:35,00** | **47:30,00** | 54:41,00 | 00:05,00 | **:03:17,00** | **:04:54,00** | **:07:46,00** |
| | | **OSC Kassel** | | 7:22,00 | 3:37,00 | 3:47,00 | 1:34,00 | 16:19,00 | ***7:51,00*** | 3:05,00 | ***3:55,00*** | 7:11,00 | 5:24,00 | 3:12,00 | ***1:37,00*** | 2:52,00 |
| | | | | **10:02,00** | | | | | | | | | | | | |
| | | | | ***0:53,00*** | | | | | | | | | | | | |
| **2** | **42** | **Elfi Coppik** | **:13:25,00** | 6:02,00 | 10:51,00 | 16:31,00 | 18:04,00 | 32:14,00 | 40:20,00 | 44:19,00 | 52:47,00 | 59:31,00 | 04:36,00 | :07:35,00 | :09:24,00 | :11:10,00 |
| | | **OLV Steinberg** | | 6:02,00 | 4:49,00 | 5:40,00 | 1:33,00 | 14:10,00 | 8:06,00 | 3:59,00 | 8:28,00 | 6:44,00 | ***5:05,00*** | 2:59,00 | 1:49,00 | ***1:46,00*** |
| | | | | 13:25,00 | | | | | | | | | | | | |
| | | | | 0:57,00 | | | | | | | | | | | | |
| **3** | **46** | **Monika Müller** | **:19:07,00** | **5:35,00** | 23:57,00 | 27:15,00 | 29:08,00 | 40:44,00 | 49:35,00 | 52:38,00 | 56:36,00 | 03:37,00 | 09:02,00 | :12:15,00 | :13:56,00 | :16:45,00 |
| | | **OSC Kassel** | | ***5:35,00*** | 18:22,00 | ***3:18,00*** | 1:53,00 | ***11:36,00*** | 8:51,00 | ***3:03,00*** | 3:58,00 | 7:01,00 | 5:25,00 | 3:13,00 | 1:41,00 | 2:49,00 |
| | | | | 19:07,00 | | | | | | | | | | | | |
| | | | | 1:01,00 | | | | | | | | | | | | |
| **4** | **45** | **Gerda Müller** | **:23:04,00** | 7:51,00 | 11:56,00 | 16:11,00 | 18:12,00 | 33:58,00 | 45:04,00 | 48:43,00 | 55:42,00 | 03:58,00 | 10:55,00 | :15:41,00 | :18:00,00 | :20:15,00 |
| | | **SV Mörlenbach** | | 7:51,00 | 4:05,00 | 4:15,00 | 2:01,00 | 15:46,00 | 11:06,00 | 3:39,00 | 6:59,00 | 8:16,00 | 6:57,00 | 4:46,00 | 2:19,00 | 2:15,00 |
| | | | | 23:04,00 | | | | | | | | | | | | |
| | | | | 1:13,00 | | | | | | | | | | | | |
| **AK** | **47** | **Gerhard Horn** | **:12:34,00** | 7:01,00 | **10:13,00** | **14:22,00** | **15:52,00** | **29:34,00** | **38:32,00** | 43:42,00 | 48:12,00 | **53:38,00** | **59:32,00** | :03:31,00 | :07:14,00 | :10:08,00 |
| | | **TGV Horn** | | 7:01,00 | ***3:12,00*** | 4:09,00 | ***1:30,00*** | 13:42,00 | 8:58,00 | 5:10,00 | 4:30,00 | ***5:26,00*** | 5:54,00 | 3:59,00 | 3:43,00 | 2:54,00 |
| | | | | 12:34,00 | | | | | | | | | | | | |
| | | | | 1:05,00 | | | | | | | | | | | | |
| **AK** | **44** | **Beatrix Haenelt** | **:21:01,00** | **5:35,00** | 12:38,00 | 18:08,00 | 21:14,00 | 37:47,00 | 46:46,00 | 50:41,00 | 58:03,00 | 04:04,00 | 09:24,00 | :12:20,00 | :16:10,00 | :18:44,00 |
| | | **SV IHW Alex 78 Berl** | | ***5:35,00*** | 7:03,00 | 5:30,00 | 3:06,00 | 16:33,00 | 8:59,00 | 3:55,00 | 7:22,00 | 6:01,00 | 5:20,00 | ***2:56,00*** | 3:50,00 | 2:34,00 |
| | | | | 21:01,00 | | | | | | | | | | | | |
| | | | | 1:00,00 | | | | | | | | | | | | |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **Herren 10 (4)** | | | | | **1,9 km** | **65 Hm** | **7 P** | | | | |
| | | | | 1(62) | 2(63) | 3(67) | 4(65) | 5(66) | 6(45) | 7(100) | Ziel |
| **1** | **50** | **Johannes Schaldac** | **23:01,00** | **3:35,00** | **5:24,00** | **11:35,00** | **14:02,00** | **18:32,00** | **20:20,00** | **22:17,00** | **23:01,00** |
| | | **Ski-Club Helsa** | | ***3:35,00*** | ***1:49,00*** | 6:11,00 | ***2:27,00*** | 4:30,00 | ***1:48,00*** | 1:57,00 | ***0:44,00*** |
| **2** | **54** | **Johan Gertenbach** | **31:22,00** | 14:19,00 | 17:23,00 | 18:44,00 | 21:39,00 | 26:10,00 | 28:56,00 | 30:27,00 | 31:22,00 |
| | | **Ski-Club Helsa** | | 14:19,00 | 3:04,00 | 1:21,00 | 2:55,00 | 4:31,00 | 2:46,00 | ***1:31,00*** | 0:55,00 |
| **3** | **51** | **Robin Glanz** | **37:23,00** | 20:21,00 | 23:26,00 | 24:46,00 | 27:40,00 | 32:09,00 | 34:53,00 | 36:28,00 | 37:23,00 |
| | | **OLV Steinberg** | | 20:21,00 | 3:05,00 | ***1:20,00*** | 2:54,00 | ***4:29,00*** | 2:44,00 | 1:35,00 | 0:55,00 |
| **AK** | **53** | **Robin von Gaza** | **Fehlst** | 20:38,00 | 24:34,00 | 53:54,00 | ----- | ----- | ----- | ----- | 38:52,00 |
| | | **OLV Uslar** | | 20:38,00 | 3:56,00 | 29:20,00 | | | | | 44:58,00 |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Herren 12 (6)** | | | | | **2,2 km** | **50 Hm** | **9 P** | | | | | |
| | | | | 1(55) | 2(62) | 3(44) | 4(65) | 5(41) | 6(66) | 7(45) | 8(60) | 9(100) | Ziel |
| **1** | **58** | **Matti Niemann** | **20:40,00** | **3:39,00** | **5:15,00** | **7:12,00** | **11:23,00** | **14:38,00** | **15:56,00** | **17:20,00** | **19:04,00** | **20:01,00** | **20:40,00** |
| | | **OLV Steinberg** | | ***3:39,00*** | ***1:36,00*** | 1:57,00 | ***4:11,00*** | ***3:15,00*** | 1:18,00 | ***1:24,00*** | 1:44,00 | 0:57,00 | 0:39,00 |
| **2** | **60** | **Paul Neumann** | **42:03,00** | 5:13,00 | 8:57,00 | 21:59,00 | 26:37,00 | 33:56,00 | 37:10,00 | 39:01,00 | 40:30,00 | 41:29,00 | 42:03,00 |
| | | **TG Traisa** | | 5:13,00 | 3:44,00 | 13:02,00 | 4:38,00 | 7:19,00 | 3:14,00 | 1:51,00 | 1:29,00 | 0:59,00 | ***0:34,00*** |
| **3** | **61** | **Leon Grotstück** | **55:17,00** | 10:41,00 | 17:23,00 | 19:20,00 | 26:02,00 | 43:13,00 | 45:33,00 | 49:23,00 | 52:32,00 | 54:23,00 | 55:17,00 |
| | | **Ski-Club Helsa** | | 10:41,00 | 6:42,00 | 1:57,00 | 6:42,00 | 17:11,00 | 2:20,00 | 3:50,00 | 3:09,00 | 1:51,00 | 0:54,00 |
| **4** | **56** | **Till Höhre** | **57:01,00** | 6:38,00 | 10:29,00 | 11:41,00 | 21:53,00 | 49:19,00 | 50:03,00 | 52:57,00 | 55:26,00 | 56:19,00 | 57:01,00 |
| | | **Ski-Club Helsa** | | 6:38,00 | 3:51,00 | ***1:12,00*** | 10:12,00 | 27:26,00 | ***0:44,00*** | 2:54,00 | 2:29,00 | ***0:53,00*** | 0:42,00 |

| Pl | tnr | Name | Zeit | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| ***Herren 12 (6)*** | | | | | ***2,2 km*** | ***50 Hm*** | ***9 P*** | | *(Forts.)* | | | | | | | |
| | | | | 1(55) | 2(62) | 3(44) | 4(65) | 5(41) | 6(66) | 7(45) | 8(60) | 9(100) | Ziel | | | |
| **AK** | **64** | **Thorge Haun** | **30:05,00** | 6:51,00 | 9:08,00 | 12:33,00 | 16:52,00 | 24:42,00 | 25:28,00 | 27:07,00 | 28:28,00 | 29:30,00 | 30:05,00 | | | |
| | | **TG 1860 Münden** | | 6:51,00 | 2:17,00 | 3:25,00 | 4:19,00 | 7:50,00 | 0:46,00 | 1:39,00 | ***1:21,00*** | 1:02,00 | 0:35,00 | | | |
| **AK** | **59** | **Jannis Gerling** | **Fehlst** | 5:57,00 | 11:06,00 | 15:23,00 | 22:29,00 | 31:22,00 | 33:23,00 | 36:32,00 | 39:30,00 | ----- | 40:54,00 | | | |
| | | **TG 1860 Münden** | | 5:57,00 | 5:09,00 | 4:17,00 | 7:06,00 | 8:53,00 | 2:01,00 | 3:09,00 | 2:58,00 | | 1:24,00 | | | |
| **Herren 14 (6)** | | | | | **3,0 km** | **80 Hm** | **10 P** | | | | | | | | | |
| | | | | 1(61) | 2(55) | 3(44) | 4(58) | 5(46) | 6(50) | 7(59) | 8(66) | 9(60) | 10(100) | Ziel | | |
| **1** | **69** | **Cedric Kögler** | **29:57,00** | 4:26,00 | 5:42,00 | 7:36,00 | **15:46,00** | **18:48,00** | **21:17,00** | **23:13,00** | **26:43,00** | **28:32,00** | **29:22,00** | **29:57,00** | | |
| | | **OSC Kassel** | | 4:26,00 | 1:16,00 | ***1:54,00*** | ***8:10,00*** | ***3:02,00*** | ***2:29,00*** | 1:56,00 | 3:30,00 | ***1:49,00*** | 0:50,00 | ***0:35,00*** | | |
| **2** | **71** | **Emanuel Betz** | **35:16,00** | **3:19,00** | **4:43,00** | **6:42,00** | 18:08,00 | 22:11,00 | 26:20,00 | 28:57,00 | 31:52,00 | 33:57,00 | 34:41,00 | 35:16,00 | | |
| | | **OLV Steinberg** | | ***3:19,00*** | 1:24,00 | 1:59,00 | 11:26,00 | 4:03,00 | 4:09,00 | 2:37,00 | 2:55,00 | 2:05,00 | ***0:44,00*** | ***0:35,00*** | | |
| **3** | **66** | **Frederik Glanz** | **42:20,00** | 3:30,00 | 6:19,00 | 9:32,00 | 19:33,00 | 26:12,00 | 32:26,00 | 34:37,00 | 38:38,00 | 40:42,00 | 41:39,00 | 42:20,00 | | |
| | | **OLV Steinberg** | | 3:30,00 | 2:49,00 | 3:13,00 | 10:01,00 | 6:39,00 | 6:14,00 | 2:11,00 | 4:01,00 | 2:04,00 | 0:57,00 | 0:41,00 | | |
| **4** | **68** | **Benno Raupach** | **44:25,00** | 3:36,00 | 4:50,00 | 7:01,00 | 15:57,00 | 33:48,00 | 36:50,00 | 38:34,00 | 40:56,00 | 42:56,00 | 43:46,00 | 44:25,00 | | |
| | | **OLV Steinberg** | | 3:36,00 | ***1:14,00*** | 2:11,00 | 8:56,00 | 17:51,00 | 3:02,00 | ***1:44,00*** | ***2:22,00*** | 2:00,00 | 0:50,00 | 0:39,00 | | |
| **5** | **67** | **Nils Blaschke** | **49:34,00** | 5:39,00 | 7:56,00 | 10:51,00 | 23:46,00 | 30:25,00 | 35:04,00 | 40:42,00 | 45:24,00 | 47:42,00 | 48:43,00 | 49:34,00 | | |
| | | **OSC Kassel** | | 5:39,00 | 2:17,00 | 2:55,00 | 12:55,00 | 6:39,00 | 4:39,00 | 5:38,00 | 4:42,00 | 2:18,00 | 1:01,00 | 0:51,00 | | |
| **6** | **3** | **Mark Ziegenhorn** | **58:17,00** | 4:23,00 | 6:43,00 | 9:32,00 | 25:20,00 | 30:38,00 | 44:04,00 | 47:34,00 | 52:45,00 | 56:30,00 | 57:42,00 | 58:17,00 | | |
| | | **OSC Kassel** | | 4:23,00 | 2:20,00 | 2:49,00 | 15:48,00 | 5:18,00 | 13:26,00 | 3:30,00 | 5:11,00 | 3:45,00 | 1:12,00 | ***0:35,00*** | | |
| **Herren 18 (5)** | | | | | **5,5 km** | **170 Hm** | **16 P** | | | | | | | | | |
| | | | | 1(51) | 2(52) | 3(37) | 4(38) | 5(56) | 6(57) | 7(58) | 8(46) | 9(47) | 10(48) | 11(49) | 12(50) | 13(54) |
| | | | | 15(45) | 16(100) | Ziel | | | | | | | | | | |
| **1** | **76** | **Valentin Kollenbac** | **:10:53,00** | **3:11,00** | **7:25,00** | 12:33,00 | **16:55,00** | **18:46,00** | 27:20,00 | 37:18,00 | 40:59,00 | **43:51,00** | **46:13,00** | 54:46,00 | :00:16,00 | :05:49,00 |
| | | **Ski-Club Helsa** | | ***3:11,00*** | 4:14,00 | 5:08,00 | 4:22,00 | 1:51,00 | 8:34,00 | 9:58,00 | 3:41,00 | 2:52,00 | 2:22,00 | 8:33,00 | 5:30,00 | 5:33,00 |
| | | | | 09:09,00 | 10:19,00 | 10:53,00 | | | | | | | | | | |
| | | | | ***0:33,00*** | 1:10,00 | 0:34,00 | | | | | | | | | | |
| **AK** | **136** | **Till Finkenstädt** | **Aufg** | 4:37,00 | 9:03,00 | 13:56,00 | 17:57,00 | 19:40,00 | **26:11,00** | ----- | ----- | ----- | ----- | ----- | ----- | ----- |
| | | **OLV Uslar** | | 4:37,00 | 4:26,00 | 4:53,00 | 4:01,00 | 1:43,00 | 6:31,00 | | | | | | | |
| | | | | ----- | 41:35,00 | 42:33,00 | | | | | | | | | | |
| | | | | | 15:24,00 | 0:58,00 | | | | | | | | | | |
| **AK** | **72** | **Jacob Britz** | **:03:44,00** | 8:42,00 | 11:56,00 | 16:01,00 | 19:50,00 | 21:35,00 | 26:42,00 | **35:24,00** | **38:38,00** | 45:53,00 | 47:28,00 | **52:54,00** | **56:36,00** | **59:58,00** |
| | | **TV Oberbexbach** | | 8:42,00 | ***3:14,00*** | 4:05,00 | ***3:49,00*** | 1:45,00 | ***5:07,00*** | ***8:42,00*** | ***3:14,00*** | 7:15,00 | ***1:35,00*** | ***5:26,00*** | 3:42,00 | ***3:22,00*** |
| | | | | **02:23,00** | **03:11,00** | **03:44,00** | | | | | | | | | | |
| | | | | 0:36,00 | ***0:48,00*** | ***0:33,00*** | | | | | | | | | | |
| **AK** | **131** | **Malte Finkenstädt** | **:10:33,00** | 4:03,00 | 8:41,00 | **11:54,00** | 24:06,00 | 25:23,00 | 30:43,00 | 40:52,00 | 46:51,00 | 49:34,00 | 51:51,00 | 59:06,00 | :02:08,00 | :05:44,00 |
| | | **OLV Uslar** | | 4:03,00 | 4:38,00 | ***3:13,00*** | 12:12,00 | ***1:17,00*** | 5:20,00 | 10:09,00 | 5:59,00 | ***2:43,00*** | 2:17,00 | 7:15,00 | ***3:02,00*** | 3:36,00 |
| | | | | 08:40,00 | 09:49,00 | 10:33,00 | | | | | | | | | | |
| | | | | 0:37,00 | 1:09,00 | 0:44,00 | | | | | | | | | | |
| **AK** | **75** | **Lukas Bersuck** | **:31:43,00** | 5:06,00 | 11:22,00 | 17:44,00 | 23:28,00 | 25:45,00 | 33:46,00 | 48:41,00 | 56:41,00 | 00:08,00 | 02:49,00 | :13:03,00 | :20:46,00 | :25:18,00 |
| | | **Bielefelder TG** | | 5:06,00 | 6:16,00 | 6:22,00 | 5:44,00 | 2:17,00 | 8:01,00 | 14:55,00 | 8:00,00 | 3:27,00 | 2:41,00 | 10:14,00 | 7:43,00 | 4:32,00 |
| | | | | 29:43,00 | 31:05,00 | 31:43,00 | | | | | | | | | | |
| | | | | 0:47,00 | 1:22,00 | 0:38,00 | | | | | | | | | | |
| **Herren 19 (17)** | | | | | **10,2 km** | **335 Hm** | **24 P** | | | | | | | | | |
| | | | | 1(31) | 2(32) | 3(34) | 4(35) | 5(36) | 6(37) | 7(38) | 8(56) | 9(39) | 10(40) | 11(52) | 12(43) | 13(64) |
| | | | | 15(41) | 16(46) | 17(47) | 18(48) | 19(49) | 20(50) | 21(54) | 22(45) | 23(60) | 24(100) | Ziel | | |
| **1** | **77** | **Ingo Horst** | **:12:57,00** | 1:04,00 | **3:51,00** | 7:10,00 | **18:43,00** | **22:35,00** | **25:29,00** | **28:10,00** | 29:56,00 | **31:29,00** | **33:21,00** | **41:22,00** | **42:42,00** | **45:36,00** |
| | | **SC Königstein** | | 1:04,00 | ***2:47,00*** | 3:19,00 | 11:33,00 | 3:52,00 | 2:54,00 | ***2:41,00*** | 1:46,00 | 1:33,00 | 1:52,00 | 8:01,00 | 1:20,00 | 2:54,00 |
| | | | | **53:08,00** | **56:45,00** | **58:29,00** | **59:47,00** | **04:30,00** | **06:59,00** | **09:16,00** | **10:47,00** | **11:38,00** | **12:17,00** | **:12:57,00** | | |
| | | | | 6:15,00 | 3:37,00 | 1:44,00 | ***1:18,00*** | 4:43,00 | 2:29,00 | ***2:17,00*** | 1:31,00 | 0:51,00 | 0:39,00 | 0:40,00 | | |
| **2** | **80** | **Cedric Guthier** | **:14:48,00** | 1:18,00 | 4:20,00 | 9:46,00 | 20:48,00 | 25:09,00 | 28:00,00 | 30:48,00 | 31:55,00 | 33:21,00 | 35:04,00 | 43:51,00 | 45:10,00 | 47:50,00 |
| | | **TSG Bad König** | | 1:18,00 | 3:02,00 | 5:26,00 | ***11:02,00*** | 4:21,00 | 2:51,00 | 2:48,00 | 1:07,00 | ***1:26,00*** | ***1:43,00*** | 8:47,00 | 1:19,00 | 2:40,00 |
| | | | | 54:38,00 | 57:18,00 | 58:54,00 | 00:23,00 | 04:51,00 | 08:27,00 | 11:24,00 | 12:51,00 | 13:44,00 | 14:21,00 | :14:48,00 | | *:13:11,00* |
| | | | | ***5:36,00*** | ***2:40,00*** | ***1:36,00*** | 1:29,00 | ***4:28,00*** | 3:36,00 | 2:57,00 | ***1:27,00*** | 0:53,00 | ***0:37,00*** | ***0:27,00*** | | **53* |
| **3** | **85** | **Michael Thierolf** | **:16:43,00** | 1:08,00 | 4:30,00 | 7:40,00 | 20:18,00 | 24:13,00 | 26:59,00 | 29:42,00 | 30:50,00 | 32:20,00 | 34:19,00 | 42:44,00 | 43:51,00 | 46:27,00 |
| | | **TSG Bad König** | | 1:08,00 | 3:22,00 | 3:10,00 | 12:38,00 | 3:55,00 | ***2:46,00*** | 2:43,00 | 1:08,00 | 1:30,00 | 1:59,00 | 8:25,00 | ***1:07,00*** | 2:36,00 |
| | | | | 54:02,00 | 57:20,00 | 59:06,00 | 00:37,00 | 05:46,00 | 10:23,00 | 12:48,00 | 14:23,00 | 15:23,00 | 16:08,00 | :16:43,00 | | |
| | | | | 6:09,00 | 3:18,00 | 1:46,00 | 1:31,00 | 5:09,00 | 4:37,00 | 2:25,00 | 1:35,00 | 1:00,00 | 0:45,00 | 0:35,00 | | |
| **4** | **92** | **Hendrik Holzhauer** | **:18:53,00** | 1:04,00 | 3:59,00 | **7:06,00** | 19:03,00 | 22:37,00 | 25:51,00 | 28:40,00 | **29:54,00** | 31:32,00 | 35:58,00 | 43:44,00 | 45:04,00 | 47:06,00 |
| | | **OSC Kassel** | | 1:04,00 | 2:55,00 | ***3:07,00*** | 11:57,00 | ***3:34,00*** | 3:14,00 | 2:49,00 | 1:14,00 | 1:38,00 | 4:26,00 | 7:46,00 | 1:20,00 | ***2:02,00*** |
| | | | | 54:50,00 | 59:19,00 | 01:30,00 | 03:10,00 | 10:01,00 | 12:38,00 | 15:19,00 | 16:53,00 | 17:40,00 | 18:21,00 | :18:53,00 | | |
| | | | | 6:32,00 | 4:29,00 | 2:11,00 | 1:40,00 | 6:51,00 | 2:37,00 | 2:41,00 | 1:34,00 | 0:47,00 | 0:41,00 | 0:32,00 | | |
| **5** | **79** | **Niklas Holzhauer** | **:21:41,00** | 1:14,00 | 4:58,00 | 8:45,00 | 23:29,00 | 28:01,00 | 31:27,00 | 34:11,00 | 35:17,00 | 37:08,00 | 39:41,00 | 47:43,00 | 49:15,00 | 51:43,00 |
| | | **OSC Kassel** | | 1:14,00 | 3:44,00 | 3:47,00 | 14:44,00 | 4:32,00 | 3:26,00 | 2:44,00 | 1:06,00 | 1:51,00 | 2:33,00 | 8:02,00 | 1:32,00 | 2:28,00 |
| | | | | 00:05,00 | 03:28,00 | 05:39,00 | 07:11,00 | 12:30,00 | 15:12,00 | 17:50,00 | 19:27,00 | 20:23,00 | 21:06,00 | :21:41,00 | | *51:04,00* |
| | | | | 7:01,00 | 3:23,00 | 2:11,00 | 1:32,00 | 5:19,00 | 2:42,00 | 2:38,00 | 1:37,00 | 0:56,00 | 0:43,00 | 0:35,00 | | **42* |
| **6** | **86** | **Friedrich von Uckr** | **:23:57,00** | 1:23,00 | 4:14,00 | 7:27,00 | 21:27,00 | 25:41,00 | 29:03,00 | 32:03,00 | 33:40,00 | 35:20,00 | 38:04,00 | 47:14,00 | 48:42,00 | 51:16,00 |
| | | **OSC Kassel** | | 1:23,00 | 2:51,00 | 3:13,00 | 14:00,00 | 4:14,00 | 3:22,00 | 3:00,00 | 1:37,00 | 1:40,00 | 2:44,00 | 9:10,00 | 1:28,00 | 2:34,00 |
| | | | | 59:16,00 | 02:37,00 | 04:31,00 | 06:07,00 | 11:39,00 | 17:38,00 | 20:11,00 | 21:43,00 | 22:45,00 | 23:22,00 | :23:57,00 | | |
| | | | | 6:45,00 | 3:21,00 | 1:54,00 | 1:36,00 | 5:32,00 | 5:59,00 | 2:33,00 | 1:32,00 | 1:02,00 | ***0:37,00*** | 0:35,00 | | |
| **7** | **88** | **Anatolii Dunaev** | **:32:21,00** | 1:23,00 | 4:49,00 | 8:18,00 | 20:35,00 | 25:58,00 | 29:34,00 | 33:03,00 | 34:30,00 | 36:09,00 | 38:34,00 | 47:16,00 | 48:44,00 | 51:39,00 |
| | | **Gymnasion Offenba** | | 1:23,00 | 3:26,00 | 3:29,00 | 12:17,00 | 5:23,00 | 3:36,00 | 3:29,00 | 1:27,00 | 1:39,00 | 2:25,00 | 8:42,00 | 1:28,00 | 2:55,00 |
| | | | | 59:30,00 | 03:05,00 | 05:38,00 | 09:07,00 | 22:10,00 | 25:11,00 | 28:07,00 | 29:55,00 | 30:49,00 | 31:43,00 | :32:21,00 | | |
| | | | | 6:23,00 | 3:35,00 | 2:33,00 | 3:29,00 | 13:03,00 | 3:01,00 | 2:56,00 | 1:48,00 | 0:54,00 | 0:54,00 | 0:38,00 | | |

| Pl | tnr | Name | Zeit | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| ***Herren 19*** | ***(17)*** | | | | ***10,2 km*** | ***335 Hm*** | ***24 P*** | | *(Forts.)* | | | | | | | |
| | | | | 1(31) | 2(32) | 3(34) | 4(35) | 5(36) | 6(37) | 7(38) | 8(56) | 9(39) | 10(40) | 11(52) | 12(43) | 13(64) |
| | | | | 15(41) | 16(46) | 17(47) | 18(48) | 19(49) | 20(50) | 21(54) | 22(45) | 23(60) | 24(100) | Ziel | | |
| | **87** | **Bojan Blumenstein** | **Aufg** | 1:08,00 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | 7:33,00 | ----- |
| | | **OSC Kassel** | | 1:08,00 | | | | | | | | | | | 6:25,00 | |
| | | | | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | 12:11,00 | 13:14,00 | 14:06,00 | | *2:09,00* |
| | | | | | | | | | | | | 4:38,00 | 1:03,00 | 0:52,00 | | **42* |
| **AK** | **82** | **Michael Finkenstädt** | **:13:34,00** | **1:03,00** | 4:00,00 | 7:14,00 | 19:58,00 | 23:39,00 | 27:06,00 | 29:59,00 | 31:00,00 | 32:39,00 | 34:45,00 | 42:29,00 | 43:43,00 | 46:25,00 |
| | | **OLV Uslar** | | ***1:03,00*** | 2:57,00 | 3:14,00 | 12:44,00 | 3:41,00 | 3:27,00 | 2:53,00 | ***1:01,00*** | 1:39,00 | 2:06,00 | ***7:44,00*** | 1:14,00 | 2:42,00 |
| | | | | 53:58,00 | 57:00,00 | 58:51,00 | 00:15,00 | 05:13,00 | 07:17,00 | 09:46,00 | 11:28,00 | 12:10,00 | 12:57,00 | :13:34,00 | | |
| | | | | 6:10,00 | 3:02,00 | 1:51,00 | 1:24,00 | 4:58,00 | ***2:04,00*** | 2:29,00 | 1:42,00 | ***0:42,00*** | 0:47,00 | 0:37,00 | | |
| **AK** | **104** | **Emil Sasse** | **:26:55,00** | 1:07,00 | 4:29,00 | 8:01,00 | 22:41,00 | 27:29,00 | 31:38,00 | 34:50,00 | 36:26,00 | 38:25,00 | 42:58,00 | 50:55,00 | 52:27,00 | 55:00,00 |
| | | **USV TU Dresden** | | 1:07,00 | 3:22,00 | 3:32,00 | 14:40,00 | 4:48,00 | 4:09,00 | 3:12,00 | 1:36,00 | 1:59,00 | 4:33,00 | 7:57,00 | 1:32,00 | 2:33,00 |
| | | | | 03:33,00 | 07:14,00 | 09:47,00 | 11:13,00 | 16:38,00 | 20:04,00 | 22:41,00 | 24:30,00 | 25:36,00 | 26:18,00 | :26:55,00 | | |
| | | | | 7:14,00 | 3:41,00 | 2:33,00 | 1:26,00 | 5:25,00 | 3:26,00 | 2:37,00 | 1:49,00 | 1:06,00 | 0:42,00 | 0:37,00 | | |
| **AK** | **90** | **Philipp Dombert** | **:32:38,00** | 1:12,00 | 4:45,00 | 8:14,00 | 24:27,00 | 28:47,00 | 32:16,00 | 35:35,00 | 37:14,00 | 38:57,00 | 41:18,00 | 50:06,00 | 51:39,00 | 54:13,00 |
| | | **Bielefelder TG** | | 1:12,00 | 3:33,00 | 3:29,00 | 16:13,00 | 4:20,00 | 3:29,00 | 3:19,00 | 1:39,00 | 1:43,00 | 2:21,00 | 8:48,00 | 1:33,00 | 2:34,00 |
| | | | | 02:53,00 | 07:55,00 | 10:17,00 | 12:13,00 | 18:47,00 | 22:32,00 | 27:20,00 | 29:29,00 | 30:48,00 | 31:44,00 | :32:38,00 | | |
| | | | | 7:21,00 | 5:02,00 | 2:22,00 | 1:56,00 | 6:34,00 | 3:45,00 | 4:48,00 | 2:09,00 | 1:19,00 | 0:56,00 | 0:54,00 | | |
| **AK** | **89** | **Arvid Jasper** | **:36:52,00** | 1:33,00 | 4:48,00 | 8:39,00 | 22:46,00 | 27:12,00 | 31:11,00 | 34:29,00 | 35:56,00 | 37:54,00 | 45:24,00 | 54:03,00 | 55:25,00 | :00:01,00 |
| | | **Bielefelder TG** | | 1:33,00 | 3:15,00 | 3:51,00 | 14:07,00 | 4:26,00 | 3:59,00 | 3:18,00 | 1:27,00 | 1:58,00 | 7:30,00 | 8:39,00 | 1:22,00 | 4:36,00 |
| | | | | 09:05,00 | 12:59,00 | 15:31,00 | 17:01,00 | 23:17,00 | 28:12,00 | 32:16,00 | 34:22,00 | 35:23,00 | 36:11,00 | :36:52,00 | | |
| | | | | 7:20,00 | 3:54,00 | 2:32,00 | 1:30,00 | 6:16,00 | 4:55,00 | 4:04,00 | 2:06,00 | 1:01,00 | 0:48,00 | 0:41,00 | | |
| **AK** | **83** | **Tobias Meyer** | **:57:19,00** | 4:18,00 | 10:35,00 | 15:17,00 | 31:44,00 | 36:26,00 | 40:31,00 | 46:59,00 | 49:18,00 | 51:14,00 | 53:51,00 | :08:05,00 | :09:56,00 | :15:08,00 |
| | | | | 4:18,00 | 6:17,00 | 4:42,00 | 16:27,00 | 4:42,00 | 4:05,00 | 6:28,00 | 2:19,00 | 1:56,00 | 2:37,00 | 14:14,00 | 1:51,00 | 5:12,00 |
| | | | | 24:39,00 | 29:42,00 | 32:55,00 | 35:06,00 | 43:45,00 | 48:16,00 | 51:40,00 | 54:36,00 | 55:37,00 | 56:36,00 | :57:19,00 | | *:13:26,00* |
| | | | | 7:58,00 | 5:03,00 | 3:13,00 | 2:11,00 | 8:39,00 | 4:31,00 | 3:24,00 | 2:56,00 | 1:01,00 | 0:59,00 | 0:43,00 | | **31* |
| | | | | *53:48,00* | | | | | | | | | | | | |
| | | | | **53* | | | | | | | | | | | | |
| | **94** | **Hagen Westphal** | **N Ang** | | | | | | | | | | | | | |
| | | **Skizunft Wiesbaden** | | | | | | | | | | | | | | |
| **AK** | **91** | **Eike Bruns** | **N Ang** | | | | | | | | | | | | | |
| | | **MTK Bad Harzburg** | | | | | | | | | | | | | | |
| **AK** | **81** | **Marvin Goericke** | **N Ang** | | | | | | | | | | | | | |
| | | **Berliner TSC** | | | | | | | | | | | | | | |
| | **84** | **Markus Müller** | **N Ang** | | | | | | | | | | | | | |
| | | **OSC Kassel** | | | | | | | | | | | | | | |

| **Herren 35** | **(2)** | | | | **7,1 km** | **260 Hm** | **18 P** | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | 1(43) | 2(41) | 3(37) | 4(38) | 5(56) | 6(39) | 7(40) | 8(34) | 9(52) | 10(46) | 11(47) | 12(48) | 13(49) |
| | | | | 15(58) | 16(53) | 17(45) | 18(100) | Ziel | | | | | | | | |
| **1** | **97** | **Benno von Kutzsch** | **:14:09,00** | **2:01,00** | **6:33,00** | **13:01,00** | **16:45,00** | **18:50,00** | **20:56,00** | **23:49,00** | **27:18,00** | **39:42,00** | **48:39,00** | **51:13,00** | **53:19,00** | **:00:32,00** |
| | | **Skizunft Wiesbaden** | | ***2:01,00*** | ***4:32,00*** | ***6:28,00*** | ***3:44,00*** | ***2:05,00*** | ***2:06,00*** | ***2:53,00*** | ***3:29,00*** | ***12:24,00*** | ***8:57,00*** | ***2:34,00*** | ***2:06,00*** | ***7:13,00*** |
| | | | | **09:51,00** | **11:53,00** | **12:26,00** | **13:29,00** | **14:09,00** | | | | | | | | |
| | | | | ***5:24,00*** | ***2:02,00*** | ***0:33,00*** | ***1:03,00*** | ***0:40,00*** | | | | | | | | |
| | **99** | **Sven Göbel** | **N Ang** | | | | | | | | | | | | | |
| | | **Gymnasion Offenba** | | | | | | | | | | | | | | |

| **Herren 45** | **(11)** | | | | **6,1 km** | **175 Hm** | **16 P** | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | 1(64) | 2(44) | 3(37) | 4(38) | 5(56) | 6(39) | 7(40) | 8(58) | 9(46) | 10(47) | 11(48) | 12(49) | 13(50) |
| | | | | 15(60) | 16(100) | Ziel | | | | | | | | | | |
| **1** | **101** | **Ingo Neumann** | **:01:12,00** | 2:45,00 | 6:09,00 | 8:00,00 | 11:34,00 | 13:18,00 | 15:38,00 | 19:42,00 | 33:00,00 | 36:04,00 | 41:13,00 | 43:49,00 | 49:53,00 | 53:11,00 |
| | | **TG Traisa** | | 2:45,00 | 3:24,00 | 1:51,00 | ***3:34,00*** | 1:44,00 | 2:20,00 | 4:04,00 | 13:18,00 | 3:04,00 | 5:09,00 | 2:36,00 | 6:04,00 | 3:18,00 |
| | | | | 59:44,00 | 00:32,00 | 01:12,00 | | | | | | | | | | |
| | | | | ***2:41,00*** | ***0:48,00*** | 0:40,00 | | | | | | | | | | |
| **2** | **110** | **Peter Olschowski** | **:24:45,00** | 11:13,00 | 16:05,00 | 17:51,00 | 23:29,00 | 27:08,00 | 29:44,00 | 33:25,00 | 49:36,00 | 56:02,00 | 59:37,00 | :03:06,00 | :10:26,00 | :14:53,00 |
| | | **OLV Steinberg** | | 11:13,00 | 4:52,00 | 1:46,00 | 5:38,00 | 3:39,00 | 2:36,00 | 3:41,00 | 16:11,00 | 6:26,00 | 3:35,00 | 3:29,00 | 7:20,00 | 4:27,00 |
| | | | | 22:49,00 | 23:55,00 | 24:45,00 | | | | | | | | | | |
| | | | | 3:57,00 | 1:06,00 | 0:50,00 | | | | | | | | | | |
| **3** | **105** | **Peter Raupach** | **:27:10,00** | 13:38,00 | 17:07,00 | 19:07,00 | 23:02,00 | 24:35,00 | 26:51,00 | 36:57,00 | 55:25,00 | 58:48,00 | 01:27,00 | :03:30,00 | :11:22,00 | :17:40,00 |
| | | **OLV Steinberg** | | 13:38,00 | 3:29,00 | 2:00,00 | 3:55,00 | 1:33,00 | 2:16,00 | 10:06,00 | 18:28,00 | 3:23,00 | 2:39,00 | 2:03,00 | 7:52,00 | 6:18,00 |
| | | | | 25:10,00 | 26:17,00 | 27:10,00 | | | | | | | | | | |
| | | | | 4:11,00 | 1:07,00 | 0:53,00 | | | | | | | | | | |
| **4** | **100** | **Martin Gnabs** | **:31:20,00** | 7:30,00 | 13:57,00 | 16:31,00 | 20:29,00 | 22:04,00 | 24:08,00 | 27:22,00 | 43:34,00 | 47:16,00 | 00:47,00 | :03:33,00 | :16:04,00 | :23:36,00 |
| | | **OEC Frankfurt** | | 7:30,00 | 6:27,00 | 2:34,00 | 3:58,00 | 1:35,00 | 2:04,00 | 3:14,00 | 16:12,00 | 3:42,00 | 13:31,00 | 2:46,00 | 12:31,00 | 7:32,00 |
| | | | | 29:44,00 | 30:38,00 | 31:20,00 | | | | | | | | | | |
| | | | | 2:43,00 | 0:54,00 | 0:42,00 | | | | | | | | | | |
| **AK** | **108** | **Magnus Struckman** | **54:45,00** | **2:19,00** | **5:17,00** | **6:38,00** | **10:36,00** | **11:57,00** | **14:02,00** | **16:25,00** | **30:37,00** | **33:39,00** | **36:17,00** | **37:55,00** | **44:05,00** | **47:51,00** |
| | | **Braunschweiger MT** | | ***2:19,00*** | ***2:58,00*** | 1:21,00 | 3:58,00 | ***1:21,00*** | 2:05,00 | ***2:23,00*** | 14:12,00 | 3:02,00 | 2:38,00 | ***1:38,00*** | 6:10,00 | 3:46,00 |
| | | | | **53:16,00** | **54:07,00** | **54:45,00** | | | | | | | | | | |
| | | | | 2:44,00 | 0:51,00 | ***0:38,00*** | | | | | | | | | | |
| **AK** | **109** | **Horst von Gaza** | **57:19,00** | 4:00,00 | 8:45,00 | 10:00,00 | 13:55,00 | 15:27,00 | 17:21,00 | 19:51,00 | 33:20,00 | 36:17,00 | 38:51,00 | 40:48,00 | 46:22,00 | 50:05,00 |
| | | **OLV Uslar** | | 4:00,00 | 4:45,00 | ***1:15,00*** | 3:55,00 | 1:32,00 | 1:54,00 | 2:30,00 | 13:29,00 | 2:57,00 | ***2:34,00*** | 1:57,00 | ***5:34,00*** | 3:43,00 |
| | | | | 55:50,00 | 56:38,00 | 57:19,00 | | | | | | | | | | |
| | | | | 3:03,00 | ***0:48,00*** | 0:41,00 | | | | | | | | | | |
| **AK** | **78** | **Jens Struckmann** | **:00:08,00** | 2:20,00 | 6:21,00 | 7:43,00 | 12:09,00 | 13:46,00 | 15:37,00 | 18:21,00 | 31:29,00 | 34:23,00 | 42:11,00 | 44:03,00 | 50:14,00 | 53:11,00 |
| | | **Braunschweiger MT** | | 2:20,00 | 4:01,00 | 1:22,00 | 4:26,00 | 1:37,00 | ***1:51,00*** | 2:44,00 | ***13:08,00*** | ***2:54,00*** | 7:48,00 | 1:52,00 | 6:11,00 | ***2:57,00*** |
| | | | | 58:38,00 | 59:30,00 | 00:08,00 | | | | | | | | | | |
| | | | | 2:42,00 | 0:52,00 | ***0:38,00*** | | | | | | | | | | |

| Pl | tnr | Name | Zeit | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| ***Herren 45 (11)*** | | | | | ***6,1 km*** | ***175 Hm*** | ***16 P*** | | *(Forts.)* | | | | | | | |
| | | | | 1(64) | 2(44) | 3(37) | 4(38) | 5(56) | 6(39) | 7(40) | 8(58) | 9(46) | 10(47) | 11(48) | 12(49) | 13(50) |
| | | | | 15(60) | 16(100) | Ziel | | | | | | | | | | |
| **AK** | **107** | **Matthias Blaschke** | **:13:09,00** | 2:43,00 | 6:10,00 | 7:39,00 | 12:02,00 | 13:25,00 | 15:25,00 | 27:18,00 | 41:36,00 | 45:33,00 | 48:59,00 | 51:18,00 | 59:06,00 | :05:06,00 |
| | | **SC Volpriehausen** | | 2:43,00 | 3:27,00 | 1:29,00 | 4:23,00 | 1:23,00 | 2:00,00 | 11:53,00 | 14:18,00 | 3:57,00 | 3:26,00 | 2:19,00 | 7:48,00 | 6:00,00 |
| | | | | 11:34,00 | 12:31,00 | 13:09,00 | | | | | | | | | | |
| | | | | 3:00,00 | 0:57,00 | ***0:38,00*** | | | | | | | | | | |
| **AK** | **103** | **Dieter Wehrhöfer-B** | **:16:54,00** | 3:15,00 | 7:10,00 | 8:48,00 | 15:10,00 | 16:50,00 | 19:17,00 | 22:51,00 | 40:54,00 | 48:17,00 | 51:38,00 | 54:28,00 | :02:48,00 | :07:50,00 |
| | | **Bielefelder TG** | | 3:15,00 | 3:55,00 | 1:38,00 | 6:22,00 | 1:40,00 | 2:27,00 | 3:34,00 | 18:03,00 | 7:23,00 | 3:21,00 | 2:50,00 | 8:20,00 | 5:02,00 |
| | | | | 15:14,00 | 16:10,00 | 16:54,00 | | | | | | | | | | |
| | | | | 3:53,00 | 0:56,00 | 0:44,00 | | | | | | | | | | |
| **AK** | **106** | **Luis Moreton** | **:18:50,00** | 3:12,00 | 7:53,00 | 9:54,00 | 14:49,00 | 16:29,00 | 18:47,00 | 22:30,00 | 43:31,00 | 47:38,00 | 50:29,00 | 52:52,00 | :04:57,00 | :09:03,00 |
| | | **Turn-Klubb zu Han** | | 3:12,00 | 4:41,00 | 2:01,00 | 4:55,00 | 1:40,00 | 2:18,00 | 3:43,00 | 21:01,00 | 4:07,00 | 2:51,00 | 2:23,00 | 12:05,00 | 4:06,00 |
| | | | | 17:08,00 | 18:07,00 | 18:50,00 | | *16:05,00* | | | | | | | | |
| | | | | 4:07,00 | 0:59,00 | 0:43,00 | | **53* | | | | | | | | |
| **AK** | **102** | **Thomas Freyer** | **:32:35,00** | 5:21,00 | 10:59,00 | 13:05,00 | 39:38,00 | 42:26,00 | 46:11,00 | 04:20,00 | 34:30,00 | 39:29,00 | 44:23,00 | :57:26,00 | :14:13,00 | :20:34,00 |
| | | **Laufen und Gutes T** | | 5:21,00 | 5:38,00 | 2:06,00 | 26:33,00 | 2:48,00 | 3:45,00 | 18:09,00 | 30:10,00 | 4:59,00 | 4:54,00 | 13:03,00 | 16:47,00 | 6:21,00 |
| | | | | 29:15,00 | 31:29,00 | 32:35,00 | | | | | | | | | | |
| | | | | 3:08,00 | 2:14,00 | 1:06,00 | | | | | | | | | | |
| **Herren 55 (14)** | | | | | **5,0 km** | **145 Hm** | **16 P** | | | | | | | | | |
| | | | | 1(42) | 2(61) | 3(43) | 4(37) | 5(38) | 6(56) | 7(57) | 8(41) | 9(46) | 10(33) | 11(49) | 12(50) | 13(54) |
| | | | | 15(60) | 16(100) | Ziel | | | | | | | | | | |
| **1** | **111** | **Michael Kukis** | **53:46,00** | 2:35,00 | 3:22,00 | 6:22,00 | 12:01,00 | **15:58,00** | **18:24,00** | **24:26,00** | **33:23,00** | **37:55,00** | **39:28,00** | **41:38,00** | **44:43,00** | **48:45,00** |
| | | **OSC Kassel** | | 2:35,00 | 0:47,00 | 3:00,00 | 5:39,00 | ***3:57,00*** | 2:26,00 | 6:02,00 | 8:57,00 | ***4:32,00*** | ***1:33,00*** | ***2:10,00*** | 3:05,00 | 4:02,00 |
| | | | | **52:12,00** | **53:07,00** | **53:46,00** | | *51:20,00* | | | | | | | | |
| | | | | 1:33,00 | 0:55,00 | 0:39,00 | | **53* | | | | | | | | |
| **2** | **124** | **Klaus Müller** | **:01:21,00** | 2:22,00 | 3:23,00 | 6:22,00 | 13:58,00 | 18:46,00 | 20:45,00 | 26:47,00 | 35:54,00 | 41:52,00 | 44:17,00 | 47:19,00 | 50:16,00 | 55:11,00 |
| | | **OSC Kassel** | | 2:22,00 | 1:01,00 | 2:59,00 | 7:36,00 | 4:48,00 | 1:59,00 | 6:02,00 | 9:07,00 | 5:58,00 | 2:25,00 | 3:02,00 | ***2:57,00*** | 4:55,00 |
| | | | | 59:19,00 | 00:29,00 | 01:21,00 | | | | | | | | | | |
| | | | | 1:39,00 | 1:10,00 | 0:52,00 | | | | | | | | | | |
| **3** | **118** | **Thomas Schoepf** | **:07:22,00** | 2:43,00 | 3:56,00 | 8:09,00 | 16:11,00 | 21:04,00 | 23:21,00 | 31:27,00 | 41:52,00 | 47:04,00 | 50:01,00 | 53:17,00 | 58:12,00 | :02:08,00 |
| | | **OSC Kassel** | | 2:43,00 | 1:13,00 | 4:13,00 | 8:02,00 | 4:53,00 | 2:17,00 | 8:06,00 | 10:25,00 | 5:12,00 | 2:57,00 | 3:16,00 | 4:55,00 | 3:56,00 |
| | | | | 05:42,00 | 06:36,00 | 07:22,00 | | | | | | | | | | |
| | | | | ***1:00,00*** | 0:54,00 | 0:46,00 | | | | | | | | | | |
| **4** | **122** | **Martin Müllerleile** | **:30:29,00** | 6:41,00 | 7:47,00 | 10:40,00 | 17:30,00 | 22:32,00 | 38:49,00 | 44:49,00 | 54:19,00 | 01:09,00 | 03:46,00 | :09:24,00 | :14:36,00 | :20:37,00 |
| | | **SC Königstein** | | 6:41,00 | 1:06,00 | ***2:53,00*** | 6:50,00 | 5:02,00 | 16:17,00 | 6:00,00 | 9:30,00 | 6:50,00 | 2:37,00 | 5:38,00 | 5:12,00 | 6:01,00 |
| | | | | 28:31,00 | 29:41,00 | 30:29,00 | | | | | | | | | | |
| | | | | 4:58,00 | 1:10,00 | 0:48,00 | | | | | | | | | | |
| **5** | **123** | **Wladimir Kotschetk** | **:01:55,00** | 5:12,00 | 6:13,00 | 10:09,00 | 24:46,00 | 31:51,00 | 48:10,00 | 56:10,00 | 08:59,00 | 22:54,00 | 30:30,00 | :34:48,00 | :41:17,00 | :51:27,00 |
| | | **Gymnasion Offenba** | | 5:12,00 | 1:01,00 | 3:56,00 | 14:37,00 | 7:05,00 | 16:19,00 | 8:00,00 | 12:49,00 | 13:55,00 | 7:36,00 | 4:18,00 | 6:29,00 | 10:10,00 |
| | | | | 59:23,00 | 00:52,00 | 01:55,00 | | | | | | | | | | |
| | | | | 3:40,00 | 1:29,00 | 1:03,00 | | | | | | | | | | |
| **6** | **114** | **Martin sen. Gertenb** | **:04:25,00** | 6:53,00 | 8:18,00 | 13:52,00 | 26:49,00 | 37:47,00 | 41:24,00 | 53:17,00 | 11:27,00 | 22:52,00 | 28:10,00 | :33:41,00 | :46:20,00 | :54:09,00 |
| | | **OSC Kassel** | | 6:53,00 | 1:25,00 | 5:34,00 | 12:57,00 | 10:58,00 | 3:37,00 | 11:53,00 | 18:10,00 | 11:25,00 | 5:18,00 | 5:31,00 | 12:39,00 | 7:49,00 |
| | | | | 01:30,00 | 03:23,00 | 04:25,00 | | | | | | | | | | |
| | | | | 2:54,00 | 1:53,00 | 1:02,00 | | | | | | | | | | |
| **7** | **115** | **Peter Müller** | **:26:12,00** | 12:14,00 | 13:50,00 | 19:10,00 | 33:31,00 | 45:59,00 | 49:11,00 | 02:39,00 | 24:48,00 | 36:34,00 | 40:56,00 | :45:58,00 | :03:50,00 | :12:22,00 |
| | | **SV Mörlenbach** | | 12:14,00 | 1:36,00 | 5:20,00 | 14:21,00 | 12:28,00 | 3:12,00 | 13:28,00 | 22:09,00 | 11:46,00 | 4:22,00 | 5:02,00 | 17:52,00 | 8:32,00 |
| | | | | 23:12,00 | 24:56,00 | 26:12,00 | | | | | | | | | | |
| | | | | 5:54,00 | 1:44,00 | 1:16,00 | | | | | | | | | | |
| **AK** | **125** | **Helmut Conrad** | **55:44,00** | **2:10,00** | **3:03,00** | **6:04,00** | **11:54,00** | 16:35,00 | 18:45,00 | 24:39,00 | 33:37,00 | 38:39,00 | 40:54,00 | 43:19,00 | 46:24,00 | 50:45,00 |
| | | **USV TU Dresden** | | ***2:10,00*** | 0:53,00 | 3:01,00 | 5:50,00 | 4:41,00 | 2:10,00 | ***5:54,00*** | 8:58,00 | 5:02,00 | 2:15,00 | 2:25,00 | 3:05,00 | 4:21,00 |
| | | | | 54:05,00 | 55:00,00 | 55:44,00 | | | | | | | | | | |
| | | | | ***1:00,00*** | 0:55,00 | 0:44,00 | | | | | | | | | | |
| **AK** | **127** | **Rainer Scholz** | **Fehlst** | 2:54,00 | 3:46,00 | 7:05,00 | 13:08,00 | 17:08,00 | 19:13,00 | 25:09,00 | 34:33,00 | 39:45,00 | 42:02,00 | 44:42,00 | 48:16,00 | 53:48,00 |
| | | **IK Vista** | | 2:54,00 | 0:52,00 | 3:19,00 | 6:03,00 | 4:00,00 | 2:05,00 | 5:56,00 | 9:24,00 | 5:12,00 | 2:17,00 | 2:40,00 | 3:34,00 | 5:32,00 |
| | | | | 57:11,00 | 58:07,00 | 58:51,00 | | | | | | | | | | |
| | | | | 3:23,00 | 0:56,00 | 0:44,00 | | | | | | | | | | |
| **AK** | **113** | **Wilf Holloway** | **:04:05,00** | 2:49,00 | 3:51,00 | 7:20,00 | 12:47,00 | 17:08,00 | 18:54,00 | 25:07,00 | 35:40,00 | 41:23,00 | 43:58,00 | 47:14,00 | 50:55,00 | 57:02,00 |
| | | **MTK Bad Harzburg** | | 2:49,00 | 1:02,00 | 3:29,00 | ***5:27,00*** | 4:21,00 | 1:46,00 | 6:13,00 | 10:33,00 | 5:43,00 | 2:35,00 | 3:16,00 | 3:41,00 | 6:07,00 |
| | | | | 02:06,00 | 03:13,00 | 04:05,00 | | | | | | | | | | |
| | | | | 2:10,00 | 1:07,00 | 0:52,00 | | | | | | | | | | |
| **AK** | **117** | **Hans Chr. Strib** | **:06:14,00** | 3:46,00 | 4:22,00 | 8:03,00 | 19:02,00 | 23:55,00 | 30:09,00 | 36:44,00 | 44:56,00 | 49:55,00 | 52:04,00 | 54:23,00 | 57:40,00 | :01:06,00 |
| | | **SC Klecken** | | 3:46,00 | ***0:36,00*** | 3:41,00 | 10:59,00 | 4:53,00 | 6:14,00 | 6:35,00 | ***8:12,00*** | 4:59,00 | 2:09,00 | 2:19,00 | 3:17,00 | ***3:26,00*** |
| | | | | 04:42,00 | 05:35,00 | 06:14,00 | | *2:48,00* | | | | | | | | |
| | | | | 1:16,00 | ***0:53,00*** | 0:39,00 | | **61* | | | | | | | | |
| **AK** | **116** | **Frank Finkenstädt** | **Aufg** | 5:08,00 | 7:29,00 | 21:48,00 | 35:36,00 | ----- | ----- | 49:21,00 | ----- | ----- | ----- | ----- | ----- | ----- |
| | | **OLV Uslar** | | 5:08,00 | 2:21,00 | 14:19,00 | 13:48,00 | | | 13:45,00 | | | | | | |
| | | | | 05:20,00 | 08:50,00 | 10:57,00 | | | | | | | | | | |
| | | | | 15:59,00 | 3:30,00 | 2:07,00 | | | | | | | | | | |
| **AK** | **121** | **Bernd Höfner** | **:16:24,00** | 9:25,00 | 10:15,00 | 13:29,00 | 20:06,00 | 28:40,00 | 30:24,00 | 38:37,00 | 47:41,00 | 54:38,00 | 56:51,00 | 59:52,00 | :05:41,00 | :09:51,00 |
| | | **OLV Uslar** | | 9:25,00 | 0:50,00 | 3:14,00 | 6:37,00 | 8:34,00 | ***1:44,00*** | 8:13,00 | 9:04,00 | 6:57,00 | 2:13,00 | 3:01,00 | 5:49,00 | 4:10,00 |
| | | | | 14:37,00 | 15:47,00 | 16:24,00 | | | | | | | | | | |
| | | | | 1:56,00 | 1:10,00 | ***0:37,00*** | | | | | | | | | | |
| **AK** | **126** | **Günter Gohde** | **:57:56,00** | 3:19,00 | 4:47,00 | 9:52,00 | 29:52,00 | 36:09,00 | 38:30,00 | 48:46,00 | 02:02,00 | 10:03,00 | 13:42,00 | :24:53,00 | :43:50,00 | :49:32,00 |
| | | **Turn-Klubb zu Han** | | 3:19,00 | 1:28,00 | 5:05,00 | 20:00,00 | 6:17,00 | 2:21,00 | 10:16,00 | 13:16,00 | 8:01,00 | 3:39,00 | 11:11,00 | 18:57,00 | 5:42,00 |
| | | | | 55:18,00 | 56:52,00 | 57:56,00 | | | | | | | | | | |
| | | | | 1:52,00 | 1:34,00 | 1:04,00 | | | | | | | | | | |

| Pl | tnr | Name | Zeit | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Offen (7)** | | | | | **3,0 km** | **80 Hm** | **10 P** | | | | | | | |
| | | | | 1(61) | 2(55) | 3(44) | 4(58) | 5(46) | 6(50) | 7(59) | 8(66) | 9(60) | 10(100) | Ziel |
| **1** | **128** | **Gritta Niemann** | **:12:14,00** | **3:52,00** | 7:25,00 | 17:55,00 | 48:12,00 | 54:12,00 | 58:31,00 | 02:24,00 | 06:48,00 | 09:50,00 | 11:13,00 | :12:14,00 |
| | | **OLV Steinberg** | | ***3:52,00*** | 3:33,00 | 10:30,00 | 30:17,00 | ***6:00,00*** | 4:19,00 | 3:53,00 | 4:24,00 | 3:02,00 | 1:23,00 | 1:01,00 |
| **2** | **133** | **Adam Coppik** | **:16:40,00** | 6:00,00 | 8:38,00 | 13:00,00 | 38:30,00 | 48:49,00 | 54:14,00 | 59:02,00 | 07:33,00 | 12:59,00 | 15:09,00 | :16:40,00 |
| | | **OLV Steinberg** | | 6:00,00 | 2:38,00 | 4:22,00 | 25:30,00 | 10:19,00 | 5:25,00 | 4:48,00 | 8:31,00 | 5:26,00 | 2:10,00 | 1:31,00 |
| | **138** | **Elke Guthier** | **Fehlst** | 5:39,00 | 9:10,00 | 16:23,00 | 42:43,00 | 52:16,00 | 12:13,00 | ----- | ----- | ----- | ----- | |
| | | **TSG Bad König** | | 5:39,00 | 3:31,00 | 7:13,00 | 26:20,00 | 9:33,00 | 19:57,00 | | | | | |
| | **130** | **Gerrit Niemann** | **Aufg** | 18:49,00 | 20:18,00 | 23:20,00 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | |
| | | **OLV Steinberg** | | 18:49,00 | 1:29,00 | 3:02,00 | | | | | | | | |
| **AK** | **129** | **Jannis Haun** | **45:07,00** | 5:52,00 | **7:02,00** | **9:51,00** | **21:28,00** | **32:38,00** | **35:01,00** | **36:42,00** | **40:57,00** | **43:33,00** | **44:27,00** | **45:07,00** |
| | | **TG 1860 Münden** | | 5:52,00 | ***1:10,00*** | ***2:49,00*** | ***11:37,00*** | 11:10,00 | ***2:23,00*** | ***1:41,00*** | ***4:15,00*** | ***2:36,00*** | ***0:54,00*** | ***0:40,00*** |
| **AK** | **137** | **Frithjof Vogeley** | **59:59,00** | 6:33,00 | 8:11,00 | 15:43,00 | 36:08,00 | 42:19,00 | 46:25,00 | 50:23,00 | 54:47,00 | 57:45,00 | 59:15,00 | 59:59,00 |
| | | **TG 1860 Münden** | | 6:33,00 | 1:38,00 | 7:32,00 | 20:25,00 | 6:11,00 | 4:06,00 | 3:58,00 | 4:24,00 | 2:58,00 | 1:30,00 | 0:44,00 |
| **AK** | **135** | **Walter Rehbein** | **:02:29,00** | 5:43,00 | 10:45,00 | 15:11,00 | 33:17,00 | 40:12,00 | 44:43,00 | 47:34,00 | 53:02,00 | 59:36,00 | 01:22,00 | :02:29,00 |
| | | **TG 1860 Münden** | | 5:43,00 | 5:02,00 | 4:26,00 | 18:06,00 | 6:55,00 | 4:31,00 | 2:51,00 | 5:28,00 | 6:34,00 | 1:46,00 | 1:07,00 |

| | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Damen 35 (4)** | | | | | **5,5 km** | **170 Hm** | **16 P** | | | | | | | | | |
| | | | | 1(51) | 2(52) | 3(37) | 4(38) | 5(56) | 6(57) | 7(58) | 8(46) | 9(47) | 10(48) | 11(49) | 12(50) | 13(54) |
| | | | | 15(45) | 16(100) | Ziel | | | | | | | | | | |
| **1** | **143** | **Miriam Sturm** | **:57:29,00** | 9:09,00 | 15:23,00 | 24:19,00 | 31:44,00 | 34:35,00 | 43:38,00 | 56:10,00 | 06:58,00 | 18:05,00 | 21:28,00 | :38:39,00 | :44:14,00 | :49:36,00 |
| | | **Skizunft Wiesbaden** | | 9:09,00 | 6:14,00 | 8:56,00 | 7:25,00 | 2:51,00 | 9:03,00 | 12:32,00 | 10:48,00 | 11:07,00 | 3:23,00 | 17:11,00 | 5:35,00 | 5:22,00 |
| | | | | 54:37,00 | 56:35,00 | 57:29,00 | | | | | | | | | | |
| | | | | 1:05,00 | 1:58,00 | 0:54,00 | | | | | | | | | | |
| **AK** | **139** | **Anke von Gaza** | **:04:46,00** | 4:01,00 | **8:08,00** | **11:26,00** | **15:06,00** | **16:33,00** | **22:14,00** | **31:18,00** | **35:17,00** | **38:15,00** | **40:45,00** | **51:48,00** | **55:55,00** | **59:40,00** |
| | | **OLV Uslar** | | 4:01,00 | ***4:07,00*** | ***3:18,00*** | 3:40,00 | ***1:27,00*** | ***5:41,00*** | ***9:04,00*** | ***3:59,00*** | ***2:58,00*** | 2:30,00 | 11:03,00 | ***4:07,00*** | ***3:45,00*** |
| | | | | **02:47,00** | **04:00,00** | **04:46,00** | | | | | | | | | | |
| | | | | ***0:35,00*** | ***1:13,00*** | ***0:46,00*** | | | | | | | | | | |
| **AK** | **141** | **Anja Kästner** | **:17:53,00** | **3:41,00** | 8:13,00 | 17:00,00 | 20:38,00 | 22:25,00 | 29:34,00 | 41:37,00 | 45:48,00 | 54:36,00 | 56:30,00 | :03:42,00 | :08:35,00 | :12:25,00 |
| | | **TV Oberbexbach** | | ***3:41,00*** | 4:32,00 | 8:47,00 | ***3:38,00*** | 1:47,00 | 7:09,00 | 12:03,00 | 4:11,00 | 8:48,00 | ***1:54,00*** | ***7:12,00*** | 4:53,00 | 3:50,00 |
| | | | | 15:50,00 | 17:05,00 | 17:53,00 | | | | | | | | | | |
| | | | | 0:38,00 | 1:15,00 | 0:48,00 | | | | | | | | | | |
| **AK** | **144** | **Michaela Bruns** | **N Ang** | | | | | | | | | | | | | |
| | | **MTK Bad Harzburg** | | | | | | | | | | | | | | |