

| Pl | Stnr | Name | g | Verein | E1 | E2 | Zeit |
|-----------------------|------|---------------------------|----|----------------|----------|----|------------|
| Offen (4) | | | | | | | |
| 1 | 7 | Gerrit Niemann | 73 | OLV Steinberg | 15:12,00 | 1 | 31:47,00 |
| 2 | 5 | Gritta Niemann | 71 | OLV Steinberg | 17:06,00 | 2 | 35:02,00 |
| 3 | 1 | Adam Coppik | 45 | OLV Steinberg | 27:47,00 | 3 | 49:04,00 |
| 4 | 6 | Robin von Gaza | 91 | OLV Uslar | 40:31,00 | 4 | 1:25:50,00 |
| Damen 10 (3) | | | | | | | |
| 1 | 9 | Marie Niemann | 07 | OLV Steinberg | 9:34,00 | 2 | 16:54,00 |
| 2 | 11 | Merle Niemann | 07 | OLV Steinberg | 9:12,00 | 1 | 18:00,00 |
| 3 | 10 | Nina Bräunig | 06 | TC Hameln | 29:21,00 | 3 | 40:19,00 |
| Damen -14 (14) | | | | | | | |
| 1 | 19 | Lina Buchberger | 02 | MTV Seesen | 11:40,00 | 2 | 24:20,00 |
| 1 | 27 | Luise Steinert | 03 | SV Lengefeld | 11:29,00 | 1 | 24:20,00 |
| 3 | 16 | Lisa Kästner | 03 | TV Oberbexbach | 13:32,00 | 7 | 25:13,00 |
| 4 | 23 | Anna Blaschke | 04 | OSC Kassel | 12:17,00 | 3 | 25:48,00 |
| 5 | 18 | Anne Kästner | 06 | TV Oberbexbach | 12:59,00 | 6 | 26:02,00 |
| 6 | 24 | Marit Wersin | 03 | TGM Budenheim | 12:40,00 | 5 | 26:19,00 |
| 7 | 26 | Jana Kunkelmann | 02 | TSG Bad König | 12:33,00 | 4 | 26:21,00 |
| 8 | 28 | Louisa Kollenbach | 05 | Ski-Club Helsa | 13:42,00 | 8 | 27:35,00 |
| 9 | 21 | Lily Hintz | 04 | MTV Seesen | 17:07,00 | 10 | 34:05,00 |
| 10 | 15 | Jasmin Bechtel | 03 | OSC Kassel | 19:56,00 | 11 | 36:47,00 |
| 11 | 20 | Julia Stell | | TG 1860 Münden | 23:15,00 | 12 | 44:26,00 |
| 12 | 25 | Klara Eimer | 03 | TC Hameln | 30:35,00 | 13 | 1:00:04,00 |
| | 17 | Leane Schäfer | 02 | TGM Budenheim | 16:19,00 | 9 | Fehlst |
| | 22 | Ann Sophie Schulze | 03 | TC Hameln | N Ang | | N Ang |
| Damen 18 (2) | | | | | | | |
| 1 | 29 | Ann-Charlotte Spangenberg | 99 | TG 1860 Münden | 17:33,00 | 1 | 31:02,00 |
| 2 | 32 | Maren Guthier | 00 | TSG Bad König | 17:51,00 | 2 | 32:36,00 |
| Herren 10 (3) | | | | | | | |
| 1 | 38 | Johannes Schaldach | 07 | Ski-Club Helsa | 8:51,00 | 2 | 16:02,00 |
| 2 | 37 | Robin Glanz | | OLV Steinberg | 10:10,00 | 3 | 20:27,00 |
| 3 | 34 | Johan Gertenbach | 06 | Ski-Club Helsa | 8:02,00 | 1 | 30:43,00 |
| Herren 14 (16) | | | | | | | |
| 1 | 44 | Theo Henseler | 03 | MTV Seesen | 10:17,00 | 1 | 20:30,00 |
| 2 | 39 | Cedric Kögler | 02 | OSC Kassel | 11:07,00 | 2 | 21:06,00 |
| 3 | 55 | Benno Raupach | 03 | OLV Steinberg | 11:50,00 | 4 | 22:08,00 |
| 4 | 42 | Matti Niemann | 04 | OLV Steinberg | 12:27,00 | 5 | 24:08,00 |
| 5 | 52 | Emanuel Betz | 02 | OLV Steinberg | 12:47,00 | 6 | 24:38,00 |
| 6 | 41 | Till Buchberger | 05 | MTV Seesen | 11:13,00 | 3 | 24:41,00 |
| 7 | 46 | Frederik Glanz | 02 | OLV Steinberg | 13:42,00 | 7 | 25:44,00 |
| 8 | 50 | Bennet Grote | 04 | OLV Uslar | 14:26,00 | 10 | 26:11,00 |
| 9 | 54 | Paul Neumann | 05 | TG Traisa | 14:21,00 | 8 | 28:53,00 |
| 10 | 53 | Maxim Kögler | 05 | OSC Kassel | 14:21,00 | 8 | 28:58,00 |
| 11 | 47 | Nils Blaschke | 02 | OSC Kassel | 15:22,00 | 11 | 29:02,00 |
| 12 | 43 | Mark Ziegenhorn | 02 | OSC Kassel | 15:59,00 | 13 | 29:38,00 |
| 13 | 45 | Jannis Gerling | | TG 1860 Münden | 17:31,00 | 15 | 32:37,00 |
| 14 | 49 | Frithjof Vogeley | | TG 1860 Münden | 16:08,00 | 14 | 33:15,00 |
| 15 | 51 | Leon Grotstück | 05 | Ski-Club Helsa | 25:13,00 | 16 | 49:34,00 |
| | 48 | Till Höhre | 05 | Ski-Club Helsa | 15:37,00 | 12 | Fehlst |

| Pl | Stnr | Name | g | Verein | E1 | E2 | Zeit |
|-----------------------|------|---------------------|----|----------------------|----------|-------|------------|
| Herren 18 (6) | | | | | | | |
| 1 | 57 | Erik Döhler | 98 | TuS Karlsruhe-Rüp | 15:49,00 | 1 | 30:35,00 |
| 2 | 64 | Jacob Britz | 99 | TV Oberbexbach | 19:13,00 | 2 | 35:45,00 |
| 3 | 59 | Juncheng Fu | 99 | MTV Seesen | 19:50,00 | 3 | 38:35,00 |
| 4 | 58 | Valentin Kollenbach | 00 | Ski-Club Helsa | 21:07,00 | 4 | 40:59,00 |
| 5 | 62 | Jonas Bräunig | 98 | TC Hameln | 26:18,00 | 5 | 47:26,00 |
| 6 | 56 | Florian Bräunig | 00 | TC Hameln | 28:19,00 | 6 | 55:23,00 |
| Damen 19 (7) | | | | | | | |
| 1 | 65 | Sabine Rothaug | 94 | OSC Kassel | 15:36,00 | 1 | 30:35,00 |
| 2 | 69 | Paula Mühlstein | 98 | OSC Kassel | 18:06,00 | 2 | 37:40,00 |
| 3 | 72 | Carla Mühlstein | 96 | OSC Kassel | 19:27,00 | 3 | 39:36,00 |
| 4 | 71 | Nina Döllgast | 93 | TV Oberbexbach | 20:00,00 | 4 | 39:44,00 |
| 5 | 67 | Kirsten Muche | 84 | OSC Kassel | 22:03,00 | 5 | 44:24,00 |
| 6 | 74 | Anicó Kulow | 86 | Berliner Turnerschaf | 26:43,00 | 6 | 1:00:08,00 |
| | 68 | Sandra Eidmann | 84 | OL Team Lippe | N Ang | N Ang | |
| Damen 35 (6) | | | | | | | |
| 1 | 76 | Anja Kästner | 72 | TV Oberbexbach | 17:53,00 | 1 | 32:26,00 |
| 2 | 80 | Kerstin Kahmann | 73 | TuS Lübbecke | 18:43,00 | 2 | 32:32,00 |
| 3 | 82 | Michaela Bruns | 72 | MTK Bad Harzburg | 26:07,00 | 3 | 47:39,00 |
| 4 | 79 | Sonja Bräunig | 72 | TC Hameln | 27:15,00 | 4 | 53:52,00 |
| 5 | 77 | Miriam Sturm | 76 | Skizunft Wiesbade | 34:53,00 | 5 | 1:03:02,00 |
| 6 | 78 | Heike Holm | 72 | VfL Hitzhusen | 37:13,00 | 6 | 1:07:52,00 |
| Damen 45 (9) | | | | | | | |
| 1 | 92 | Anne-Katrin Klar | 65 | OLF Mainz | 18:15,00 | 2 | 36:10,00 |
| 2 | 93 | Anke von Gaza | 71 | OLV Uslar | 15:54,00 | 1 | 36:25,00 |
| 3 | 90 | Andrea Finkenstädt | 67 | OLV Uslar | 20:39,00 | 3 | 41:29,00 |
| 4 | 87 | Irene Buchberger | 70 | MTV Seesen | 21:53,00 | 4 | 44:59,00 |
| 5 | 86 | Janna Mehrstens | 67 | ESV Lok Berlin-Sc | 24:33,00 | 5 | 47:52,00 |
| 6 | 89 | Bärbel Kloos | 62 | TV Oberbexbach | 31:35,00 | 7 | 56:00,00 |
| 7 | 94 | Kerstin Bagschik | 62 | SV Kyffhäuser | 26:52,00 | 6 | 59:10,00 |
| 8 | 95 | Sylke Höfner | 69 | OLV Uslar | 32:36,00 | 8 | 1:01:22,00 |
| 9 | 91 | Katharina Knobloch | 69 | OLV Steinberg | 34:14,00 | 9 | 1:01:34,00 |
| Damen 55 (5) | | | | | | | |
| 1 | 102 | Viola Kaiser | 59 | ESV Lok Bad Scha | 17:03,00 | 1 | 31:03,00 |
| 2 | 97 | Renate Tröße | 54 | SV TU Ilmenau | 17:38,00 | 2 | 33:16,00 |
| 3 | 100 | Monika Müller | 56 | OSC Kassel | 19:08,00 | 3 | 35:40,00 |
| 4 | 103 | Petra Speh-Rothaug | 56 | OSC Kassel | 25:39,00 | 4 | 48:25,00 |
| | 98 | Antje Sobczak | 54 | MTV Soltau | N Ang | N Ang | |
| Damen 65 (3) | | | | | | | |
| 1 | 105 | Elfi Coppik | 46 | OLV Steinberg | 20:48,00 | 2 | 38:17,00 |
| 2 | 107 | Beatrix Haenelt | 46 | SV IHW Alex Berlin | 19:58,00 | 1 | 40:44,00 |
| 3 | 106 | Gerda Müller | 47 | SV Mörlenbach | 25:48,00 | 3 | 45:53,00 |
| Herren 19 (16) | | | | | | | |
| 1 | 112 | Sören Riechers | 87 | Bielefelder TG | 14:52,00 | 1 | 29:04,00 |
| 2 | 118 | Ole Henseler | 98 | MTV Seesen | 16:29,00 | 4 | 30:57,00 |
| 3 | 122 | Cedric Guthier | 96 | TSG Bad König | 16:15,00 | 3 | 31:01,00 |
| 4 | 121 | Anatolii Dunaev | 83 | Gymnasion Offenba | 18:14,00 | 6 | 34:37,00 |

| Pl | Stnr | Name | g | Verein | E1 | E2 | Zeit | | |
|-----------------------|------|---------------------|-----------------|----------------------|----------|----|----------|----|------------|
| Herren 19 (16) | | | <i>(Forts.)</i> | | | | | | |
| 5 | 125 | Hendrik Holzhauer | 00 | OSC Kassel | 17:11,00 | 5 | 18:23,00 | 7 | 35:34,00 |
| 6 | 113 | Friedrich von Uckro | 00 | OSC Kassel | 18:52,00 | 7 | 18:23,00 | 7 | 37:15,00 |
| 7 | 110 | Emil Sasse | 97 | USV TU Dresden | 21:36,00 | 9 | 16:45,00 | 5 | 38:21,00 |
| 8 | 120 | Torsten Kaufmann | 71 | USV TU Dresden | 21:06,00 | 8 | 18:04,00 | 6 | 39:10,00 |
| 9 | 114 | Till Finkenstädt | 97 | OLV Uslar | 22:23,00 | 10 | 20:36,00 | 9 | 42:59,00 |
| 10 | 124 | Moritz Torgau | 87 | TV Oberbexbach | 26:43,00 | 11 | 20:47,00 | 10 | 47:30,00 |
| 11 | 116 | Malte Finkenstädt | 94 | OLV Uslar | 26:55,00 | 12 | 20:58,00 | 11 | 47:53,00 |
| | 126 | Colin Kolbe | 98 | TuS Lübbecke | 15:59,00 | 2 | Fehlst | | |
| | 123 | Niklas Holzhauer | 00 | OSC Kassel | N Ang | | N Ang | | |
| | 128 | Marvin Goericke | 91 | Berliner TSC | N Ang | | N Ang | | |
| | 115 | Bojan Blumenstein | 93 | OSC Kassel | N Ang | | N Ang | | |
| | 127 | Markus Müller | 79 | OSC Kassel | N Ang | | N Ang | | |
| Herren 35 (5) | | | | | | | | | |
| 1 | 136 | Ronny Krüger | 79 | Berliner Turnerschaf | 16:27,00 | 1 | 16:40,00 | 1 | 33:07,00 |
| 2 | 133 | Gunnar Grote | 72 | OLV Uslar | 22:11,00 | 2 | 19:14,00 | 2 | 41:25,00 |
| 3 | 134 | Leopold Kühschelm | 79 | Berliner Turnerschaf | 22:37,00 | 3 | 20:07,00 | 3 | 42:44,00 |
| 4 | 130 | Eike Bruns | 75 | MTK Bad Harzburg | 40:47,00 | 4 | 30:29,00 | 4 | 1:11:16,00 |
| | 131 | Sven Goebel | 77 | Gymnasion Offenba | N Ang | | N Ang | | |
| Herren 45 (10) | | | | | | | | | |
| 1 | 111 | Michael Thierolf | 62 | TSG Bad König | 13:26,00 | 1 | 14:13,00 | 1 | 27:39,00 |
| 2 | 138 | Michael Finkenstädt | 65 | OLV Uslar | 14:03,00 | 2 | 16:57,00 | 5 | 31:00,00 |
| 3 | 141 | Martin Hensseler | 71 | MTV Seesen | 15:59,00 | 3 | 15:38,00 | 2 | 31:37,00 |
| 4 | 147 | Henry Jobst | 70 | Kaulsdorfer OLV | 16:15,00 | 4 | 15:41,00 | 3 | 31:56,00 |
| 5 | 143 | Ingo Neumann | 69 | TG Traisa | 16:47,00 | 5 | 17:30,00 | 6 | 34:17,00 |
| 6 | 140 | Matthias Blaschke | 66 | SC Volpriehausen | 19:12,00 | 6 | 16:47,00 | 4 | 35:59,00 |
| 7 | 146 | Lutz Wohlrabe | 62 | ESV Lok Berlin-Sc | 20:09,00 | 8 | 19:26,00 | 7 | 39:35,00 |
| 8 | 142 | Peter Raupach | 67 | OLV Steinberg | 20:06,00 | 7 | 20:08,00 | 8 | 40:14,00 |
| 9 | 144 | Thomas Freyer | 64 | Laufen und Gutes T | 26:13,00 | 9 | 32:55,00 | 9 | 59:08,00 |
| | 148 | Patric Stieler | 62 | SC Königstein | N Ang | | N Ang | | |
| Herren 55 (14) | | | | | | | | | |
| 1 | 161 | Horst von Gaza | 59 | OLV Uslar | 16:34,00 | 1 | 14:21,00 | 1 | 30:55,00 |
| 2 | 159 | Bernd Döhler | 54 | TuS Karlsruhe-Rüp | 21:03,00 | 2 | 17:14,00 | 2 | 38:17,00 |
| 3 | 162 | Klaus Müller | 53 | OSC Kassel | 21:44,00 | 4 | 17:46,00 | 3 | 39:30,00 |
| 4 | 150 | Bernd Höfner | 54 | OLV Uslar | 22:02,00 | 5 | 18:24,00 | 5 | 40:26,00 |
| 5 | 158 | Wilf Holloway | 47 | MTK Bad Harzburg | 22:34,00 | 8 | 18:46,00 | 6 | 41:20,00 |
| 6 | 156 | Martin Müllerleile | 54 | SC Königstein | 23:32,00 | 9 | 17:54,00 | 4 | 41:26,00 |
| 7 | 153 | Thomas Schoepf | | OSC Kassel | 22:15,00 | 6 | 19:23,00 | 7 | 41:38,00 |
| 8 | 151 | Ralph Becker | 61 | SC Klecken | 22:25,00 | 7 | 20:53,00 | 8 | 43:18,00 |
| 9 | 157 | Norbert Bagschik | 58 | SV Kyffhäuser | 25:00,00 | 10 | 21:49,00 | 9 | 46:49,00 |
| | 160 | Klaus Göhring | 57 | SV Handwerk Erfurt | 21:43,00 | 3 | Fehlst | | |
| | 164 | Rainer Scholz | | IK Vista | N Ang | | N Ang | | |
| | 154 | Jens Leibiger | 59 | Post SV Dresden | N Ang | | N Ang | | |
| | 163 | Udo Sobczak | 55 | MTV Soltau | N Ang | | N Ang | | |
| | 152 | Karl-Heinz Seefeld | 53 | OLV Uslar | N Ang | | N Ang | | |
| Herren 65 (9) | | | | | | | | | |
| 1 | 168 | Lutz Tröße | 50 | SV TU Ilmenau | 16:29,00 | 1 | 17:33,00 | 3 | 34:02,00 |
| 2 | 167 | Hans Chr. Strib | 48 | SC Klecken | 16:49,00 | 2 | 17:25,00 | 2 | 34:14,00 |
| 3 | 176 | Helmut Conrad | 40 | USV TU Dresden | 18:23,00 | 3 | 16:49,00 | 1 | 35:12,00 |
| 4 | 173 | Gerhard Horn | 36 | TGV Horn | 26:40,00 | 4 | 27:31,00 | 5 | 54:11,00 |

| Pl | Stnr | Name | g | Verein | E1 | E2 | Zeit | | |
|----------------------|------|------------------------|-----------------|-------------------|----------|----|----------|---|------------|
| Herren 65 (9) | | | <i>(Forts.)</i> | | | | | | |
| 5 | 172 | Wladimir Kotschetkow | 49 | Gymnasion Offenba | 29:25,00 | 5 | 25:32,00 | 4 | 54:57,00 |
| 6 | 175 | Peter Müller | 42 | SV Mörlenbach | 35:23,00 | 6 | 31:16,00 | 6 | 1:06:39,00 |
| | 177 | Frank Finkenstädt | 43 | OLV Uslar | 40:16,00 | 8 | N Ang | | |
| | 165 | Martin sen. Gertenbach | 40 | OSC Kassel | 38:41,00 | 7 | Fehlst | | |
| | 174 | Walter Rehbein | 36 | TG 1860 Münden | N Ang | | N Ang | | |