

Gesamtergebnis – Lauf 1 und Lauf 2

26. März 2017 20:58:06

| D10 (6 / 6) | | | Gesamtzeit | Rückstand | Lauf 1 | Lauf 2 | Rückstand |
|----------------------|----|----------------------------------|------------------------|------------------|---------------|---------------|-------------------|
| 1. | | Jana Knaup | Braunschweiger MTV | 14:30 | | 8:55 (1) | 5:35 (1) |
| 2. | | Jule Weigert | Braunschweiger MTV | 22:28 | +7:58 | 14:52 (2) | 7:36 +2:01 (3) |
| 3. | | Karla Breckle | Bovender SV | 24:18 | +9:48 | 17:01 (3) | 7:17 +1:42 (2) |
| 4. | | Lucia Stolze | Bovender SV | 30:39 | +16:09 | 21:05 (5) | 9:34 +3:59 (4) |
| 5. | | Stine Bruns | MTK Bad Harzburg | 38:24 | +23:54 | 21:14 (6) | 17:10 +11:35 (5) |
| | | Anna Weigert | Braunschweiger MTV | Aufg. | | 17:42 (4) | Aufg. |
| H10 (3 / 3) | | | Gesamtzeit | Rückstand | Lauf 1 | Lauf 2 | Rückstand |
| 1. | | Louis Krüger | Berliner Turnerschaft | 17:42 | | 9:38 (1) | 8:04 (1) |
| 2. | | Erik Urzua | TV Jahn Wolfsburg | 23:11 | +5:29 | 13:55 (2) | 9:16 +1:12 (2) |
| | AK | Johannes Eckell/Linus Kreike | OLV Uslar | 23:14 | +5:32 | 11:58 | 11:16 +3:12 (3) |
| D14 (11 / 11) | | | Gesamtzeit | Rückstand | Lauf 1 | Lauf 2 | Rückstand |
| 1. | LM | Anna Castilho Marcao | SV Hildesia Diekholzen | 17:28 | | 9:54 (1) | 7:34 (1) |
| 2. | LM | Lilly Hintz | MTV Seesen | 21:40 | +4:12 | 12:00 (3) | 9:40 +2:06 (2) |
| 3. | | Louisa Kollenbach | SC Helsa | 22:26 | +4:58 | 11:45 (2) | 10:41 +3:07 (4) |
| 4. | | Annkathrin Knoll | Bielefelder TG | 22:40 | +5:12 | 12:28 (4) | 10:12 +2:38 (3) |
| 5. | | Maren Strauß | SV Hildesia Diekholzen | 33:27 | +15:59 | 16:11 (5) | 17:16 +9:42 (6) |
| 6. | | Felina Rohrberg | TG Münden | 37:57 | +20:29 | 19:29 (6) | 18:28 +10:54 (9) |
| 7. | LM | Julia Stell | TG Münden | 42:58 | +25:30 | 25:26 (7) | 17:32 +9:58 (7) |
| | AK | Marlene Behling/Fiona Nash | Turn-Klubb zu Hannover | 42:12 | +24:44 | 29:20 | 12:52 +5:18 (5) |
| | AK | Mina Helligardt/Kenzo Helligardt | Turn-Klubb zu Hannover | 1:09:01 | +51:33 | 50:58 | 18:03 +10:29 (8) |
| | LM | Carolin Bernsdorf | MTV Seesen | Nicht Ang. | | Nicht Ang. | Nicht Ang. |
| | | Maya Rohrberg | TG Münden | Nicht Ang. | | Nicht Ang. | Nicht Ang. |
| H14 (15 / 15) | | | Gesamtzeit | Rückstand | Lauf 1 | Lauf 2 | Rückstand |
| 1. | LM | Theo Henseler | MTV Seesen | 16:08 | | 8:18 (1) | 7:50 (1) |
| 2. | LM | Jussi Bruns | MTK Bad Harzburg | 17:19 | +1:11 | 8:55 (2) | 8:24 +0:34 (2) |
| 3. | | Anton Knoll | Bielefelder TG | 18:24 | +2:16 | 9:37 (3) | 8:47 +0:57 (3) |
| 4. | LM | Till Buchberger | MTV Seesen | 18:44 | +2:36 | 9:54 (4) | 8:50 +1:00 (4) |
| 5. | LM | Bennet Grote | OLV Uslar | 20:31 | +4:23 | 10:51 (5) | 9:40 +1:50 (6) |
| 6. | LM | Jakob Bachmann | OLV Uslar | 21:10 | +5:02 | 11:38 (6) | 9:32 +1:42 (5) |
| 7. | | Jonas Knaup | Braunschweiger MTV | 23:44 | +7:36 | 12:46 (8) | 10:58 +3:08 (7) |
| 8. | LM | Elias Hardeck | SV Hildesia Diekholzen | 25:21 | +9:13 | 12:25 (7) | 12:56 +5:06 (8) |
| 9. | | Marco Urzua-Wöhrer | TV Jahn Wolfsburg | 26:41 | +10:33 | 13:19 (9) | 13:22 +5:32 (11) |
| 10. | | Thore Napp | Braunschweiger MTV | 30:00 | +13:52 | 15:48 (11) | 14:12 +6:22 (12) |
| 11. | LM | Jannis Gerling | TG Münden | 30:21 | +14:13 | 17:12 (12) | 13:09 +5:19 (10) |
| 12. | | Björn Bürgel | TC Hameln | 31:09 | +15:01 | 18:11 (13) | 12:58 +5:08 (9) |
| | | Lion Bernsdorf | MTV Seesen | Fehlst. | | Fehlst. | 16:59 +9:09 (13) |
| | | Oskar Beez | Turn-Klubb zu Hannover | Nicht Ang. | | 14:43 (10) | Nicht Ang. |
| | AK | Philipp Raabe/Hendrik Ridder | TSV Worpsswede | Nicht Ang. | | Nicht Ang. | Nicht Ang. |
| D18 (12 / 12) | | | Gesamtzeit | Rückstand | Lauf 1 | Lauf 2 | Rückstand |
| 1. | LM | Ann-Charlotte Spangenberg | TG Münden | 25:21 | | 13:40 (1) | 11:41 (1) |
| 2. | LM | Lina Buchberger | MTV Seesen | 28:46 | +3:25 | 15:02 (2) | 13:44 +2:03 (2) |
| 3. | LM | Pia Buchholz | MTK Bad Harzburg | 32:09 | +6:48 | 16:46 (3) | 15:23 +3:42 (3) |
| 4. | LM | Julia Richter | MTK Bad Harzburg | 37:19 | +11:58 | 20:36 (7) | 16:43 +5:02 (4) |
| 5. | LM | Marlen Steinhoff | MTK Bad Harzburg | 37:25 | +12:04 | 17:11 (4) | 20:14 +8:33 (7) |
| 6. | LM | Mareike Blohm | TSV Worpsswede | 38:08 | +12:47 | 20:31 (6) | 17:37 +5:56 (5) |
| 7. | | Anna-Lena Engelmänn | TSV Worpsswede | 38:11 | +12:50 | 19:57 (5) | 18:14 +6:33 (6) |
| 8. | LM | Jordan-Sophie Meisel | OLV Uslar | 45:53 | +20:32 | 24:53 (8) | 21:00 +9:19 (9) |
| 9. | LM | Lina Behling | FC Schwalbe Hannover | 46:29 | +21:08 | 25:47 (9) | 20:42 +9:01 (8) |
| | LM | Emma Beez | Turn-Klubb zu Hannover | Nicht Ang. | | 27:45 (10) | Nicht Ang. |
| | LM | Kiana Meisel | OLV Uslar | Nicht Ang. | | Nicht Ang. | Nicht Ang. |
| | LM | Olivia Toben | Turn-Klubb zu Hannover | Nicht Ang. | | Nicht Ang. | Nicht Ang. |
| H18 (10 / 10) | | | Gesamtzeit | Rückstand | Lauf 1 | Lauf 2 | Rückstand |
| 1. | LM | Matti Bruns | MTK Bad Harzburg | 30:22 | | 15:00 (1) | 15:22 (1) |
| 2. | LM | Tom Buchholz | MTK Bad Harzburg | 33:13 | +2:51 | 16:03 (2) | 17:10 +1:48 (3) |
| 3. | LM | Juncheng Fu | MTV Seesen | 33:28 | +3:06 | 17:13 (3) | 16:15 +0:53 (2) |
| 4. | LM | Moritz Dybowski | TV Jahn Wolfsburg | 35:59 | +5:37 | 18:11 (4) | 17:48 +2:26 (5) |
| 5. | | Valentin Kollenbach | SC Helsa | 37:19 | +6:57 | 18:59 (5) | 18:20 +2:58 (6) |
| 6. | LM | Timo Kreyer | SC Klecken | 37:36 | +7:14 | 20:06 (6) | 17:30 +2:08 (4) |
| 7. | LM | Jonas Wöldecke | SC Melle 03 | 42:33 | +12:11 | 22:14 (7) | 20:19 +4:57 (7) |
| 8. | LM | Sebastian Heil | OLV Uslar | 44:30 | +14:08 | 23:05 (8) | 21:25 +6:03 (8) |
| 9. | LM | Florian Bräunig | TC Hameln | 54:18 | +23:56 | 27:02 (9) | 27:16 +11:54 (10) |
| | LM | Lennart Kraetz | TV Jahn Wolfsburg | Fehlst. | | Fehlst. | 25:25 +10:03 (9) |
| D19 (12 / 12) | | | Gesamtzeit | Rückstand | Lauf 1 | Lauf 2 | Rückstand |
| 1. | LM | Birte Friedrichs | MTV Seesen | 37:04 | | 19:27 (1) | 17:37 (1) |
| 2. | LM | Svenja Pabst | OLV Uslar | 44:26 | +7:22 | 23:48 (3) | 20:38 +3:01 (3) |
| 3. | LM | Jessica Drese | OLV Uslar | 44:36 | +7:32 | 23:50 (4) | 20:46 +3:09 (4) |
| 4. | LM | Nina Döllgast | MTK Bad Harzburg | 44:47 | +7:43 | 23:27 (2) | 21:20 +3:43 (7) |
| 5. | LM | Rieke Bruns | MTK Bad Harzburg | 44:56 | +7:52 | 23:57 (5) | 20:59 +3:22 (5) |
| 6. | LM | Lea Leppla | Braunschweiger MTV | 47:11 | +10:07 | 26:03 (8) | 21:08 +3:31 (6) |
| 7. | | Flavia Wiehler | Bielefelder TG | 48:09 | +11:05 | 24:46 (6) | 23:23 +5:46 (9) |
| 8. | LM | Jelena Topp | TSV Worpsswede | 48:37 | +11:33 | 25:34 (7) | 23:03 +5:26 (8) |
| 9. | LM | Kimberly Erlebach | MTV Bornum | 58:05 | +21:01 | 30:27 (9) | 27:38 +10:01 (11) |
| | | Katharina Wilke | Berliner TSC | Fehlst. | | Fehlst. | 20:18 +2:41 (2) |
| | | Ninett Wolfram | USV TU Dresden | Fehlst. | | Fehlst. | 24:55 +7:18 (10) |
| | | Alexandra Bartsch | Berliner TSC | Nicht Ang. | | Nicht Ang. | Nicht Ang. |
| H19 (24 / 24) | | | Gesamtzeit | Rückstand | Lauf 1 | Lauf 2 | Rückstand |
| 1. | | Marvin Goericke | Berliner TSC | 34:11 | | 16:59 (1) | 17:12 (1) |
| 2. | LM | Ole Henseler | MTV Seesen | 36:13 | +2:02 | 17:37 (2) | 18:36 +1:24 (2) |
| 3. | | Sergei Roskop | Braunschweiger MTV | 40:11 | +6:00 | 19:43 (3) | 20:28 +3:16 (3) |
| 4. | LM | Jan Saß | SC Klecken | 42:43 | +8:32 | 21:09 (5) | 21:34 +4:22 (8) |
| 5. | LM | Winfried Schreiber | MTK Bad Harzburg | 43:43 | +9:32 | 22:39 (12) | 21:04 +3:52 (6) |
| 6. | | Johannes Zachrau | Bielefelder TG | 43:49 | +9:38 | 22:02 (9) | 21:47 +4:35 (9) |
| 7. | LM | Jan Schliebener | OLV Uslar | 44:26 | +10:15 | 21:51 (6) | 22:35 +5:23 (11) |
| 8. | LM | Max Sonneborn | TSV Worpsswede | 44:38 | +10:27 | 21:51 (6) | 22:47 +5:35 (12) |
| 9. | LM | Fabian Ulbrich | OLV Uslar | 44:57 | +10:46 | 22:25 (11) | 22:32 +5:20 (10) |
| 10. | LM | Patrick Dresel | SC Klecken | 45:20 | +11:09 | 21:57 (8) | 23:23 +6:11 (13) |
| 11. | LM | Jonas Dresel | SC Klecken | 46:46 | +12:35 | 22:19 (10) | 24:27 +7:15 (14) |
| 12. | LM | Hauke Scharfenberg | RCEH Celle | 48:04 | +13:53 | 23:18 (13) | 24:46 +7:34 (15) |
| 13. | LM | Felix Drese | OLV Uslar | 54:08 | +19:57 | 25:24 (14) | 28:44 +11:32 (17) |
| 14. | | Patrick Kudraß | SG Zittau Süd | 55:49 | +21:38 | 26:20 (15) | 29:29 +12:17 (18) |
| 15. | LM | Malte Finkenstädt | OLV Uslar | 56:05 | +21:54 | 28:08 (16) | 27:57 +10:45 (16) |
| 16. | LM | Jonas Bräunig | TC Hameln | 1:02:19 | +28:08 | 31:24 (17) | 30:55 +13:43 (19) |

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|-----|----|-------------------|--------------|------------|--------|------------|------|------------|--------|------|
| 17. | LM | Marius Wienecke | OLV Uslar | 1:27:50 | +53:39 | 36:52 | (18) | 50:58 | +33:46 | (20) |
| | | Karsten Blume | Berliner TSC | Fehlst. | | 20:15 | (4) | Fehlst. | | |
| | LM | Kilian Lilje | TSV Worswede | Fehlst. | | Fehlst. | | 21:22 | +4:10 | (7) |
| | | Leon Kollenbach | SC Helsa | Fehlst. | | Fehlst. | | 20:37 | +3:25 | (5) |
| | | Sebastian Fleiß | Berliner TSC | Fehlst. | | Fehlst. | | 20:29 | +3:17 | (4) |
| | | Denys Barankevych | vereinslos | Nicht Ang. | | Fehlst. | | Nicht Ang. | | |
| | LM | Lennart Weckeck | SC Klecken | Nicht Ang. | | Nicht Ang. | | Nicht Ang. | | |
| | LM | Markus Dresel | SC Klecken | Nicht Ang. | | Nicht Ang. | | Nicht Ang. | | |

| D35 | (4 / 4) | | | Gesamtzeit | Rückstand | Lauf 1 | | Lauf 2 | Rückstand |
|-----|---------|-----------------|------------------------|------------|-----------|--------|-----|--------|-----------|
| 1. | LBK | Ivana Knaupova | Braunschweiger MTV | 34:43 | | 16:34 | (1) | 18:09 | (1) |
| 2. | LBK | Sandra Wendt | Turn-Klubb zu Hannover | 45:37 | +10:54 | 21:51 | (2) | 23:46 | +5:37 |
| 3. | LBK | Claudia Weigert | Braunschweiger MTV | 46:45 | +12:02 | 22:06 | (3) | 24:39 | +6:30 |
| 4. | | Sandra Wöhrer | TV Jahn Wolfsburg | 51:31 | +16:48 | 26:29 | (4) | 25:02 | +6:53 |

| H35 | (15 / 15) | | | Gesamtzeit | Rückstand | Lauf 1 | | Lauf 2 | Rückstand |
|-----|-----------|-------------------------|------------------------|------------|-----------|------------|------|------------|-----------|
| 1. | LM | Christoph Freudenfeld | TSV Worswede | 31:50 | | 16:42 | (1) | 15:08 | (1) |
| 2. | LM | Thorsten Weigert | Braunschweiger MTV | 36:03 | +4:13 | 18:55 | (2) | 17:08 | +2:00 |
| 3. | | Ronny Krüger | Berliner Turnerschaft | 37:53 | +6:03 | 20:51 | (4) | 17:02 | +1:54 |
| 4. | | Thies Knoll | Bielefelder TG | 38:05 | +6:15 | 20:08 | (3) | 17:57 | +2:49 |
| 5. | LM | Björn Frieling | RCEH Celle | 38:33 | +6:43 | 21:02 | (5) | 17:31 | +2:23 |
| 6. | LM | Jörg Kleinholz-Mewes | TuS Bothfeld 04 | 38:36 | +6:46 | 22:14 | (9) | 16:22 | +1:14 |
| 7. | LM | Jan Knaup | Braunschweiger MTV | 40:52 | +9:02 | 21:44 | (7) | 19:08 | +4:00 |
| 8. | | Jarkko Kerkola | Tampereen Pyrintö | 41:46 | +9:56 | 21:26 | (6) | 20:20 | +5:12 |
| 9. | LM | Eike Bruns | MTK Bad Harzburg | 41:54 | +10:04 | 22:06 | (8) | 19:48 | +4:40 |
| 10. | | Garvin Behling | Turn-Klubb zu Hannover | 48:06 | +16:16 | 24:53 | (10) | 23:13 | +8:05 |
| 11. | | Paolo Urzua | TV Jahn Wolfsburg | 53:43 | +21:53 | 29:49 | (12) | 23:54 | +8:46 |
| 12. | LM | Kirsten-Ralph Tolksdorf | Turn-Klubb zu Hannover | 54:00 | +22:10 | 29:27 | (11) | 24:33 | +9:25 |
| 13. | | Jan Hanke | Turn-Klubb zu Hannover | 1:00:29 | +28:39 | 35:12 | (13) | 25:17 | +10:09 |
| | | Leopold Kühnschelm | Berliner Turnerschaft | Fehlst. | | Fehlst. | | 21:56 | +6:48 |
| | LM | Lars Pieper | SSV Langenhagen | Nicht Ang. | | Nicht Ang. | | Nicht Ang. | |

| D45 | (15 / 15) | | | Gesamtzeit | Rückstand | Lauf 1 | | Lauf 2 | Rückstand |
|-----|-----------|----------------------------|------------------------|------------|-----------|------------|------|------------|-----------|
| 1. | LM | Anke von Gaza | OLV Uslar | 32:40 | | 15:41 | (2) | 16:59 | (1) |
| 2. | | Brigitte Dersch-Kollenbach | SC Helsa | 34:42 | +2:02 | 15:48 | (3) | 18:54 | +1:55 |
| 3. | LM | Evi Drese | OLV Uslar | 35:25 | +2:45 | 15:39 | (1) | 19:46 | +2:47 |
| 4. | | Caroline Knoll | Bielefelder TG | 37:40 | +5:00 | 17:23 | (4) | 20:17 | +3:18 |
| 5. | LM | Irene Buchberger | MTV Seesen | 38:16 | +5:36 | 17:28 | (5) | 20:48 | +3:49 |
| 6. | LM | Andrea Finkenstädt | OLV Uslar | 40:23 | +7:43 | 18:48 | (7) | 21:35 | +4:36 |
| 7. | LM | Ulrike Korff | SC Achmer | 43:42 | +11:02 | 20:49 | (9) | 22:53 | +5:54 |
| 8. | LM | Sonja Bräunig | TC Hameln | 44:37 | +11:57 | 22:07 | (10) | 22:30 | +5:31 |
| 9. | LM | Sonja Kunze | OLV Uslar | 46:29 | +13:49 | 18:35 | (6) | 27:54 | +10:55 |
| 10. | | Kerstin Kraetz | SV Jembke | 47:11 | +14:31 | 24:42 | (11) | 22:29 | +5:30 |
| 11. | LM | Silke Napp | Braunschweiger MTV | 49:17 | +16:37 | 20:46 | (8) | 28:31 | +11:32 |
| 12. | LM | Sylke Höfner | OLV Uslar | 58:01 | +25:21 | 27:20 | (13) | 30:41 | +13:42 |
| | | Anke Luhr | Turn-Klubb zu Hannover | Nicht Ang. | | Fehlst. | | Nicht Ang. | |
| | | Gesine Lehmann | Turn-Klubb zu Hannover | Nicht Ang. | | 25:45 | (12) | Nicht Ang. | |
| | | Ulrike Breckle | Bielefelder TG | Nicht Ang. | | Nicht Ang. | | Nicht Ang. | |

| H45 | (16 / 16) | | | Gesamtzeit | Rückstand | Lauf 1 | | Lauf 2 | Rückstand |
|-----|-----------|----------------------|--------------------------|------------|-----------|------------|------|------------|-----------|
| 1. | LM | Marin Hennseler | MTV Seesen | 28:45 | | 13:36 | (1) | 15:09 | (1) |
| 2. | | Rolf Breckle | Bielefelder TG | 29:17 | +0:32 | 13:40 | (2) | 15:37 | +0:28 |
| 3. | LM | Jens Struckmann | Braunschweiger MTV | 31:27 | +2:42 | 14:37 | (3) | 16:50 | +1:41 |
| 4. | LM | Frank Leppla | Braunschweiger MTV | 32:36 | +3:51 | 14:45 | (4) | 17:51 | +2:42 |
| 5. | LM | Gunnar Grote | OLV Uslar | 33:10 | +4:25 | 15:24 | (5) | 17:46 | +2:37 |
| 6. | LM | Christian Buchberger | MTV Seesen | 35:08 | +6:23 | 17:53 | (8) | 17:15 | +2:06 |
| 7. | | Peter Artmann | vereinslos | 36:26 | +7:41 | 17:22 | (6) | 19:04 | +3:55 |
| 8. | | Thomas Behnke | SC Kirch und Westerweyhe | 37:11 | +8:26 | 17:27 | (7) | 19:44 | +4:35 |
| 9. | LM | Matthias Blaschke | SC Volpriehausen | 37:53 | +9:08 | 21:10 | (12) | 16:43 | +1:34 |
| 10. | LM | Christoph Napp | Braunschweiger MTV | 40:11 | +11:26 | 19:19 | (9) | 20:52 | +5:43 |
| 11. | LM | Andreas Meisel | OLV Uslar | 42:25 | +13:40 | 20:36 | (10) | 21:49 | +6:40 |
| 12. | LM | Geoff Priestley | TuS Eschede | 44:05 | +15:20 | 20:52 | (11) | 23:13 | +8:04 |
| 13. | LM | Thomas Görtelmeyer | MTK Bad Harzburg | 44:52 | +16:07 | 21:40 | (13) | 23:12 | +8:03 |
| | LM | André Kwiatkowski | MTK Bad Harzburg | Nicht Ang. | | Nicht Ang. | | Nicht Ang. | |
| | | Peter Kollenbach | SC Helsa | Nicht Ang. | | Nicht Ang. | | Nicht Ang. | |
| | LM | Thilo Bruns | MTK Bad Harzburg | Nicht Ang. | | Nicht Ang. | | Nicht Ang. | |

| D55 | (11 / 11) | | | Gesamtzeit | Rückstand | Lauf 1 | | Lauf 2 | Rückstand |
|-----|-----------|-----------------------|---------------------------|------------|-----------|------------|-----|------------|-----------|
| 1. | LM | Heidrun Finke | OLV Uslar | 28:30 | | 12:50 | (1) | 15:40 | (1) |
| 2. | LM | Claudia Ducki-Höckner | MTK Bad Harzburg | 32:18 | +3:48 | 15:07 | (2) | 17:11 | +1:31 |
| 3. | LM | Barbara Dresel | SC Klecken | 37:37 | +9:07 | 17:32 | (4) | 20:05 | +4:25 |
| 4. | LM | Birgitt Michel | TV Jahn Wolfsburg | 37:52 | +9:22 | 16:56 | (3) | 20:56 | +5:16 |
| 5. | | Viola Kaiser | ESV Lok Bad Schandau | 37:57 | +9:27 | 17:39 | (5) | 20:18 | +4:38 |
| 6. | LM | Antje Sobczak | MTV Soltau | 39:25 | +10:55 | 20:20 | (7) | 19:05 | +3:25 |
| 7. | LM | Ingrid Müssen | SuS Vehrte | 41:58 | +13:28 | 18:54 | (6) | 23:04 | +7:24 |
| 8. | | Anne Hanses | SV Eintracht Neuenkirchen | 54:16 | +25:46 | 23:35 | (8) | 30:41 | +15:01 |
| 9. | | Ellen Bruns | MTK Bad Harzburg | 56:04 | +27:34 | 25:06 | (9) | 30:58 | +15:18 |
| | LM | Irmela Bergt | TSV Fischerhude-Quelkhorn | Fehlst. | | Fehlst. | | 21:21 | +5:41 |
| | LM | Veronika Bode | SC Melle 03 | Nicht Ang. | | Nicht Ang. | | Nicht Ang. | |

| H55 | (14 / 14) | | | Gesamtzeit | Rückstand | Lauf 1 | | Lauf 2 | Rückstand |
|-----|-----------|---------------------|-----------------------------|------------|-----------|---------|------|------------|-----------|
| 1. | LM | Horst von Gaza | OLV Uslar | 29:00 | | 14:19 | (2) | 14:41 | (1) |
| 2. | LM | Udo Sobczak | MTV Soltau | 31:26 | +2:26 | 14:43 | (4) | 16:43 | +2:02 |
| 3. | LM | Werner Drese | OLV Uslar | 31:30 | +2:30 | 14:09 | (1) | 17:21 | +2:40 |
| 4. | LM | Uwe Dresel | SC Klecken | 32:12 | +3:12 | 14:25 | (3) | 17:47 | +3:06 |
| 5. | | Lutz Wohlrahe | ESV Lok Schöneeweide Berlin | 34:02 | +5:02 | 15:58 | (5) | 18:04 | +3:23 |
| 6. | | Klaus Göhring | SV Handwerk Erfurt | 34:10 | +5:10 | 16:13 | (6) | 17:57 | +3:16 |
| 7. | LM | Erhard Jübermann | SC Klecken | 34:56 | +5:56 | 16:43 | (8) | 18:13 | +3:32 |
| 8. | LM | Stephan Schliebener | OLV Uslar | 35:08 | +6:08 | 16:14 | (7) | 18:54 | +4:13 |
| 9. | | Bernd Höfner | OLV Uslar | 39:02 | +10:02 | 18:52 | (10) | 20:10 | +5:29 |
| 10. | LM | Franz-Josef Dirkes | SV Eintracht Neuenkirchen | 39:03 | +10:03 | 18:31 | (9) | 20:32 | +5:51 |
| 11. | LM | Ferdinand Hanses | SV Eintracht Neuenkirchen | 42:54 | +13:54 | 21:48 | (11) | 21:06 | +6:25 |
| 12. | LM | Karl-Heinz Seefeld | OLV Uslar | 56:21 | +27:21 | 25:46 | (12) | 30:35 | +15:54 |
| | LM | Henning Bruns | MTK Bad Harzburg | Fehlst. | | Fehlst. | | 16:06 | +1:25 |
| | | Andreas Beez | Turn-Klubb zu Hannover | Nicht Ang. | | 30:59 | (13) | Nicht Ang. | |

| H65 | (16 / 16) | | | Gesamtzeit | Rückstand | Lauf 1 | | Lauf 2 | Rückstand |
|-----|-----------|------------------------|-----------------------|------------|-----------|--------|------|--------|-----------|
| 1. | | Pekka Kerkola | Hämeenlinnan Tarmo | 28:45 | | 12:46 | (1) | 15:59 | (1) |
| 2. | LM | Wilf Holloway | MTK Bad Harzburg | 29:55 | +1:10 | 13:32 | (2) | 16:23 | +0:24 |
| 3. | | Rainer Scholz | IK Vista, Schweden | 30:11 | +1:26 | 13:51 | (4) | 16:20 | +0:21 |
| 4. | LM | Reinhard in der Stroth | Osnabrücker TB | 30:44 | +1:59 | 13:36 | (3) | 17:08 | +1:09 |
| 5. | | Nikolaus Risch | ASG Teutoburger Wald | 30:54 | +2:09 | 14:37 | (6) | 16:17 | +0:18 |
| 6. | LM | Detlev Friedrichs | MTV Seesen | 31:57 | +3:12 | 14:27 | (5) | 17:30 | +1:31 |
| 7. | | Bernd Wollenberg | Berliner TSC | 36:18 | +7:33 | 15:57 | (8) | 20:21 | +4:22 |
| 8. | LM | Stegfried May | RSV Hannover: | 37:58 | +9:13 | 18:39 | (10) | 19:19 | +3:20 |
| 9. | LM | Gerhard Niederland | TSV Schloß Ricklingen | 38:21 | +9:36 | 20:21 | (11) | 18:00 | +2:01 |

| | | | | | | | | | | |
|-----------------------------|----|----------------------|---------------------------|-------------------|------------------|---------------|------|---------------|------------------|------|
| 10. | | Karl-Heinz Huke | ESV Lok Bad Schandau | 38:48 | +10:03 | 18:27 | (9) | 20:21 | +4:22 | (10) |
| 11. | LM | Karlheinz Niescken | SSV Langenhagen | 40:42 | +11:57 | 20:54 | (12) | 19:48 | +3:49 | (9) |
| 12. | LM | Rainer Pieper | SSV Langenhagen | 47:15 | +18:30 | 22:45 | (13) | 24:30 | +8:31 | (12) |
| 13. | LM | Frank Finkenstädt | OLV Uslar | 51:59 | +23:14 | 23:37 | (14) | 28:22 | +12:23 | (13) |
| 14. | LM | Albrecht Bergt | TSV Fischerhude-Quelkhorn | 1:01:31 | +32:46 | 31:00 | (16) | 30:31 | +14:32 | (14) |
| 15. | LM | Johannes Müssen | SuS Vehrte | 1:02:32 | +33:47 | 29:52 | (15) | 32:40 | +16:41 | (15) |
| | | Heinz Friedrich Pape | OL Team Lippe | 33:25 | +4:40 | 14:57 | (7) | 18:28 | +2:29 | |
| H75 (6 / 6) | | | | Gesamtzeit | Rückstand | Lauf 1 | | Lauf 2 | Rückstand | |
| 1. | LM | Günter Gohde | Turn-Klubb zu Hannover | 28:23 | | 15:01 | (1) | 13:22 | | (1) |
| 2. | LM | Reinhard Jahn | Braunschweiger MTV | 31:31 | +3:08 | 17:20 | (2) | 14:11 | +0:49 | (2) |
| 3. | | Eberhard Höfer | ASG Teutoburger Wald | 40:16 | +11:53 | 23:10 | (3) | 17:06 | +3:44 | (4) |
| 4. | LM | Dieter Brockfeld | Osnabrücker TB | 43:47 | +15:24 | 23:10 | (3) | 20:37 | +7:15 | (5) |
| 5. | LM | Karl-Heinz Binsch | OLG Südheide | 46:11 | +17:48 | 29:16 | (5) | 16:55 | +3:33 | (3) |
| 6. | LM | Walter Rehbein | TG Münden | 54:59 | +26:36 | 29:17 | (6) | 25:42 | +12:20 | (6) |
| Offen Leicht (3 / 3) | | | | Gesamtzeit | Rückstand | Lauf 1 | | Lauf 2 | Rückstand | |
| 1. | | Nina/Michael Bräunig | TC Hameln | 30:09 | | 16:25 | (1) | 13:44 | | (1) |
| 2. | | Malin Wendelken | TSV Worpsswede | 35:57 | +5:48 | 22:05 | (2) | 13:52 | +0:08 | (2) |
| | | Robin von Gaza | OLV Uslar | Fehlst. | | Fehlst. | | 28:07 | +14:23 | (3) |