

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	1032	Schon, Rouven	AMC Burbach	00:39.19		00:39.59	2	01:20.78	30
2	3615	Opfer, Andre	OC Siegerland-Nord	00:43.24		00:40.62	2	01:25.86	27
3	2807	Marques, Julio	MSF Netphen	00:43.63	2	00:42.29		01:27.92	24
4	601	Biegler, Jens	AMC Wittgenstein Bad Berl	00:37.72	6	00:38.02	10	01:31.74	22
5	612	Krämer, Stefanie	AMC Wittgenstein Bad Berl	00:41.80	2	00:44.18	4	01:31.98	20
6	3309	Muckenhaupt, Mirko	AMC Olpe	00:42.62	6	00:39.71	4	01:32.33	18
7	1026	Thanabalasingam, Janujan	AMC Burbach	00:48.40	2	00:43.56	2	01:35.96	16
8	2922	Heupel, Franziska	AMC Obernau	00:45.68	2	00:45.68	8	01:41.36	14
9	2914	Röcher, Maximilian	AMC Obernau	00:44.51	4	00:49.54	4	01:42.05	13
10	4508	Dumke, Timo	MSC Süd Sauerland	00:46.32	6	00:41.76	8	01:42.08	12
11	2812	Völke, Leon	MSF Netphen	00:40.27	14	00:45.98	6	01:46.25	11
12	2808	Müller, Leon	MSF Netphen	00:53.94	4	00:49.22	2	01:49.16	10
13	4514	Assmann, Michael	MSC Süd Sauerland	00:46.52	4	00:53.56	6	01:50.08	9
14	604	Dickel, Fabian	AMC Wittgenstein Bad Berl	00:54.23	2	00:54.23		01:50.46	8
15	4501	Hikl, Kevin	MSC Süd Sauerland	00:45.45	10	00:45.44	10	01:50.89	7
16	627	Werner, Kevin	AMC Wittgenstein Bad Berl	00:50.15	22	00:43.68	2	01:57.83	6
17	4308	Ströhmman, Luca	AC Hohenseelbachkopf	00:58.31	6	00:54.90	2	02:01.21	5
18	216	Thiel, Malte	AMC Arnsberg	00:49.49	8	01:05.00	14	02:16.49	4

Zeitnahme:  
Auswertung:

Schnellster Lauf: 00:39.19  
(Schon, Rouven - 1 / 1032)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	1002	Beul, Max	AMC Burbach	00:36.19		00:36.97	2	01:15.16	30
2	2806	Marques, Fabio	MSF Netphen	00:35.65		00:36.28	4	01:15.93	27
3	3613	Wagener, Marco	OC Siegerland-Nord	00:36.29	2	00:35.72	2	01:16.01	24
4	2811	Steinseifer, Jannic	MSF Netphen	00:37.74	2	00:36.60		01:16.34	22
5	3402	Battaglia, Alena	Olper AC	00:37.73		00:37.47	2	01:17.20	20
6	619	Schaller, Manuel	AMC Wittgenstein Bad Berl	00:37.41		00:38.35	2	01:17.76	18
7	1220	Stoll, Robin	MSF Cobbenrode	00:36.89		00:38.89	2	01:17.78	16
8	3316	Siscaro, Giuseppe	AMC Olpe	00:34.84	2	00:35.33	6	01:18.17	14
9	9003	Grundmann, Eric	EMC Erntebrück	00:40.24		00:38.29		01:18.53	Gast
10	3301	Berens, Christopher	AMC Olpe	00:36.55	4	00:37.81	2	01:20.36	13
11	1214	Lumme, Jonas	MSF Cobbenrode	00:39.83	2	00:38.47	2	01:22.30	12
12	418	Rademacher, Tobias	MSC Lennetal-Bamenohl	00:38.30		00:38.29	6	01:22.59	11
13	408	Krawitz, Christian	MSC Lennetal-Bamenohl	00:38.50	2	00:41.69	2	01:24.19	10
14	1016	Obenlüneschloß, Sabrina	AMC Burbach	00:37.94	4	00:37.59	6	01:25.53	9
15	3312	Schneider, Julian	AMC Olpe	00:41.81		00:44.18		01:25.99	8
16	3420	Wittenstein, Moritz	Olper AC	00:40.68	2	00:39.49	4	01:26.17	7
17	3303	Grabert, Peter	AMC Olpe	00:37.89	4	00:40.37	4	01:26.26	6
18	1218	Spieler, Steffen	MSF Cobbenrode	00:37.98	2	00:42.73	4	01:26.71	5
19	614	Rahrbach, Nico Jannis	AMC Wittgenstein Bad Berl	00:38.83	8	00:40.23		01:27.06	4
20	624	Stockmann, Corinna	AMC Wittgenstein Bad Berl	00:39.22	6	00:38.04	4	01:27.26	3
21	1019	Puche, Michelle	AMC Burbach	00:38.82	4	00:38.58	6	01:27.40	2
22	3617	Wissmann, Philipp	OC Siegerland-Nord	00:40.16	2	00:42.07	4	01:28.23	1
23	4305	Kring, Dean-Mario	AC Hohenseelbachkopf	00:36.86	10	00:36.53	6	01:29.39	1
24	3404	Baranek, Anna Lena	Olper AC	00:41.17		00:44.68	4	01:29.85	1
25	605	Fuchs, Maik	AMC Wittgenstein Bad Berl	00:46.89	2	00:37.35	4	01:30.24	1
26	1003	Beul, Stefanie	AMC Burbach	00:41.82	8	00:42.68	6	01:38.50	1
27	2904	Heidrich, Sarah-Katharina	AMC Obernau	00:42.50	8	00:42.70	12	01:45.20	1
28	4307	Schneider, Arne	AC Hohenseelbachkopf	00:44.97	6	00:47.35	8	01:46.32	1
29	2814	Schneider, Till Jonas	MSF Netphen	00:51.38	4	00:50.89	4	01:50.27	1
30	2919	Wunderlich, Felix	AMC Obernau	00:46.03	2	00:53.04	14	01:55.07	1
31	1022	Sarx, Benjamin	AMC Burbach	00:45.08	8	01:08.20	8	02:09.28	1
32	4506	Spelz, Julian	MSC Süd Sauerland	00:47.04	4	01:10.87	14	02:15.91	1
33	4513	Dumke, Patricia	MSC Süd Sauerland	00:58.93	12	00:55.16	12	02:18.09	1
34	3536	Leidorf, Jessica	MSC Schmallenberg	01:13.88	16	00:56.97	6	02:32.85	1
35	1018	Puche, Jan	AMC Burbach	00:36.81	4	01:02.00	60	02:42.81	1

Zeitnahme:  
Auswertung:

Schnellster Lauf: 00:35.65  
(Marques, Fabio - 2 / 2806)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	2809	Schäffer, Julian	MSF Netphen	00:35.34		00:34.42		01:09.76	30
2	3416	Schulte, Mario	Olper AC	00:35.12		00:34.96		01:10.08	27
3	2802	Giesler, Jonas	MSF Netphen	00:35.09		00:35.45		01:10.54	24
4	1011	Klein, Marius	AMC Burbach	00:35.68		00:35.68		01:11.36	22
5	3609	Tiebe, Oliver	OC Siegerland-Nord	00:34.93	2	00:34.71		01:11.64	20
6	3527	Schrecklein, Dominik	MSC Schmallenberg	00:36.25		00:35.71		01:11.96	18
7	1028	Weber, Felix	AMC Burbach	00:35.05		00:35.15	2	01:12.20	16
8	616	Rohn, Björn	AMC Wittgenstein Bad Berl	00:34.98		00:35.49	2	01:12.47	14
9	3515	Dünnebacke, Sophia	MSC Schmallenberg	00:35.80		00:36.90		01:12.70	13
10	420	Schumacher, Thomas	MSC Lennetal-Bameno hl	00:34.55		00:36.63	2	01:13.18	12
11	422	Sinzig, Lukas	MSC Lennetal-Bameno hl	00:36.89		00:36.60		01:13.49	11
12	3403	Battaglia, David	Olper AC	00:34.90	4	00:35.08		01:13.98	10
13	206	Luig, Natalie	AMC Arnsberg	00:36.02		00:35.97	2	01:13.99	9
14	1027	Thanabalasingam, Sinthujan	AMC Burbach	00:34.05	4	00:36.18		01:14.23	8
15	1204	Decker, Marius	MSF Cobbenrode	00:37.58		00:37.43		01:15.01	7
16	3319	Lemonis, Paula	AMC Olpe	00:35.99	2	00:35.08	2	01:15.07	6
17	3614	Wiebelhaus, Christian	OC Siegerland-Nord	00:36.55	2	00:36.60		01:15.15	5
18	2805	Kneppe, Torben	MSF Netphen	00:37.55		00:37.78		01:15.33	4
19	409	Krämer, Christopher	MSC Lennetal-Bameno hl	00:34.05	2	00:34.30	6	01:16.35	3
20	3606	Stobinski, Felix	OC Siegerland-Nord	00:38.03		00:36.64	2	01:16.67	2
21	1225	Wiebe, Stefanie	MSF Cobbenrode	00:37.77	2	00:37.20		01:16.97	1
22	606	Funke, Adam	AMC Wittgenstein Bad Berl	00:39.00		00:38.14		01:17.14	1
23	3114	Hoffmann, René	MSC Oenetal	00:36.83		00:36.60	4	01:17.43	1
24	3113	Kubina, Phillip	MSC Oenetal	00:36.38	6	00:35.59	2	01:19.97	1
25	607	Hahn, Jonas	AMC Wittgenstein Bad Berl	00:36.89		00:41.98	2	01:20.87	1
26	3317	Siscaro, Tanina	AMC Olpe	00:40.85	4	00:37.47		01:22.32	1
27	3111	Radtke, Carolina	MSC Oenetal	00:38.02	6	00:38.02	2	01:24.04	1
28	1208	Hüggenberg, Kevin	MSF Cobbenrode	00:40.15	2	00:41.60	2	01:25.75	1
29	1023	Schmidt, Benedikt	AMC Burbach	00:36.02		00:35.98	14	01:26.00	1
30	4302	Glöckner, Sascha	AC Hohenseelbachskopf	00:38.40	4	00:39.97	6	01:28.37	1
31	2803	Grosser, Kevin	MSF Netphen	00:35.59	2	00:37.43	16	01:31.02	1
32	1025	Stötzel, Fynn Lewis	AMC Burbach	00:46.69	4	00:38.63	2	01:31.32	1
33	3519	Zimmermann, Robin	MSC Schmallenberg	00:42.36	2	00:41.25	6	01:31.61	1
34	411	Lenneper, Meike	MSC Lennetal-Bameno hl	00:38.53		00:44.23	10	01:32.76	1
35	3529	Leidorf, Fabian	MSC Schmallenberg	00:41.91	2	00:43.13	6	01:33.04	1
36	2912	Ortakaja, David Ali	AMC Oberrau	00:36.38		00:24.26	130	03:10.64	1

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
37	404	Geyer, Fabian	MSC Lennetal-Bamenohl	00:37.70		00:24.20	130	03:11.90	1
38	625	Stockmann, Daniel	AMC Wittgenstein Bad Berl	00:37.20	2	00:25.09	130	03:14.29	1

*Zeitnahme:*

*Auswertung:*

*Schnellster Lauf: 00:34.42*

*(Schäffer, Julian - 1 / 2809)*

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	611	Krämer, Kevin	AMC Wittgenstein Bad Berl	00:33.87		00:33.47		01:07.34	30
2	603	Dammüller, Kevin	AMC Wittgenstein Bad Berl	00:33.44		00:34.39		01:07.83	27
3	620	Schmitt, Jan	AMC Wittgenstein Bad Berl	00:34.42		00:33.42		01:07.84	24
4	4503	Koperwas, Wiebke	MSC Süd Sauerland	00:34.16		00:34.52		01:08.68	22
5	2918	Thomas, Michelle	AMC Obernau	00:34.03		00:34.84		01:08.87	20
6	421	Schneidersmann, Peter	MSC Lennetal-Bamenohl	00:34.84		00:34.06		01:08.90	18
7	3605	Hahn, Julien	OC Siegerland-Nord	00:35.32		00:33.73		01:09.05	16
8	402	Branscheid, Marcel	MSC Lennetal-Bamenohl	00:34.32		00:34.94		01:09.26	14
9	3304	Kornaga, Dennis	AMC Olpe	00:33.02		00:34.27	2	01:09.29	13
10	1224	Wiebe, Artur	MSF Cobbenrode	00:33.60		00:35.72		01:09.32	12
11	2813	Völke-Pfeifer, Colin	MSF Netphen	00:34.35	2	00:33.23		01:09.58	11
12	1203	Decker, Jasmine	MSF Cobbenrode	00:35.54		00:34.61		01:10.15	10
13	4510	Peuser, Sina	MSC Süd Sauerland	00:34.17	2	00:34.26		01:10.43	9
14	3513	Gierse, Damian	MSC Schmalleberg	00:35.51		00:35.24		01:10.75	8
15	1014	Müns, Nino	AMC Burbach	00:35.82		00:35.42		01:11.24	7
16	3107	Kubina, David	MSC Oenetal	00:35.10		00:34.34	2	01:11.44	6
17	3510	Lutterbüse, Marvin	MSC Schmalleberg	00:34.04		00:35.45	2	01:11.49	5
18	3505	Grell, Matthias	MSC Schmalleberg	00:36.54		00:35.02		01:11.56	4
19	3307	Lienesch, Martin	AMC Olpe	00:35.15	2	00:34.74		01:11.89	3
20	1005	Blicker, Marco	AMC Burbach	00:35.39		00:36.51		01:11.90	2
21	205	Lelila, Tim	AMC Arnsberg	00:34.69	2	00:35.39		01:12.08	1
22	3106	Lübke, Marti	MSC Oenetal	00:36.22		00:36.38		01:12.60	1
23	3108	Klein, Gordian	MSC Oenetal	00:37.25		00:35.64		01:12.89	1
24	2905	Heupel, Jan-Philipp	AMC Obernau	00:37.35		00:35.62		01:12.97	1
25	3514	Brüggemann, Jonas	MSC Schmalleberg	00:34.09	2	00:35.46	2	01:13.55	1
26	1221	Stoll, Tanja	MSF Cobbenrode	00:34.63	2	00:34.93	2	01:13.56	1
27	410	Lenneper, Anna Lena	MSC Lennetal-Bamenohl	00:36.20		00:37.81		01:14.01	1
28	2909	Koch, Laura	AMC Obernau	00:35.56	2	00:36.59		01:14.15	1
29	3523	Schulte, Christoph	MSC Schmalleberg	00:37.15		00:37.21		01:14.36	1
30	3521	Falke, Dirk	MSC Schmalleberg	00:36.49		00:36.09	2	01:14.58	1
31	3516	Dünnebacke, Anna	MSC Schmalleberg	00:36.48	2	00:36.22		01:14.70	1
32	115	Klüppelberg, Francesco	MSC Altena	00:35.21	2	00:35.55	2	01:14.76	1
33	1015	Müns, Malte	AMC Burbach	00:34.05	2	00:34.99	4	01:15.04	1
34	3603	Opfer, Sabrina	OC Siegerland-Nord	00:33.91	4	00:35.31	2	01:15.22	1
35	2903	Frevel, Yannik	AMC Obernau	00:37.67	2	00:37.59		01:17.26	1
36	3110	Haupt, Annika	MSC Oenetal	00:35.29	4	00:37.06	2	01:18.35	1

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
37	117	von Loh, Michael	MSC Altena	00:38.61	2	00:38.22		01:18.83	1
38	2810	Schulz, Kai-Andre	MSF Netphen	00:34.69	4	00:35.35	5	01:19.04	1
39	602	Biegler, Nicole	AMC Wittgenstein Bad Berl	00:35.00	2	00:36.51	6	01:19.51	1
40	104	Eccker, Jan Philipp	MSC Altena	00:37.17	4	00:35.33	4	01:20.50	1
41	3524	Rubrech, Sarah	MSC Schmalleberg	00:36.52	4	00:35.99	6	01:22.51	1
42	3409	Klein, Marco	Olper AC	00:35.35	4	00:36.85	10	01:26.20	1
43	4505	Groh, Marvin	MSC Süd Sauerland	00:34.10	2	00:47.33	4	01:27.43	1
44	4306	Schlosser, Joana	AC Hohenseelbachkopf	00:52.87	18	00:51.27	2	02:04.14	1

Zeitnahme:  
Auswertung:

*Schnellster Lauf: 00:33.02  
(Kornaga, Dennis - 9 / 3304)*

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	4504	Koperwas, Sören	MSC Süd Sauerland	00:32.28		00:33.83		01:06.11	30
2	3417	Stolzenberg, Dennis	Olper AC	00:32.65		00:33.89		01:06.54	27
3	3414	Schrage, Marvin	Olper AC	00:33.65		00:33.32		01:06.97	24
4	609	Kaufmann, Dennis	AMC Wittgenstein Bad Berl	00:33.21		00:33.90		01:07.11	22
5	3109	Hochstein, Kevin	MSC Oenetal	00:34.09		00:33.05		01:07.14	20
6	3502	Zuncke, René	MSC Schmallenberg	00:34.84		00:32.79		01:07.63	18
7	2920	Zillinger, Dominik	AMC Obernau	00:34.21		00:33.44		01:07.65	16
8	4509	Peuser, Marcel	MSC Süd Sauerland	00:33.78		00:32.57	2	01:08.35	14
9	3517	Gierse, Indra-Jasmin	MSC Schmallenberg	00:33.89		00:34.54		01:08.43	13
10	3608	Busch, Moritz	OC Siegerland-Nord	00:35.19		00:33.57		01:08.76	12
11	3418	Wendel, Tim	Olper AC	00:33.53		00:33.27	2	01:08.80	11
12	623	Stand, Tamara	AMC Wittgenstein Bad Berl	00:33.13		00:33.94	2	01:09.07	10
13	615	Raske, Monika	AMC Wittgenstein Bad Berl	00:35.08		00:34.04		01:09.12	9
14	3604	Hübner, Nils	OC Siegerland-Nord	00:34.98		00:33.69	2	01:10.67	8
15	618	Rohn, Steffen	AMC Wittgenstein Bad Berl	00:32.88		00:34.00	4	01:10.88	7
16	610	Kluge, Tobias	AMC Wittgenstein Bad Berl	00:33.88		00:35.44	2	01:11.32	6
17	608	Kaletsch, Tobias	AMC Wittgenstein Bad Berl	00:34.87	2	00:34.50		01:11.37	5
18	213	Schrick, Oliver	AMC Arnsberg	00:34.72	2	00:35.59		01:12.31	4
19	3512	Schulte, Rafael	MSC Schmallenberg	00:36.87		00:35.89		01:12.76	3
20	3314	Schneider, Steven	AMC Olpe	00:36.40		00:34.68	2	01:13.08	2
21	3607	Schreiber, Carolin	OC Siegerland-Nord	00:34.14	4	00:34.97		01:13.11	1
22	3315	Schwallmann, Benedikt	AMC Olpe	00:33.73		00:33.82	6	01:13.55	1
23	3610	Bernshausen, Jan Paul	OC Siegerland-Nord	00:32.39	2	00:33.20	6	01:13.59	1
24	9008	Jojade, Melanie	MSF Kirchen	00:35.91	2	00:34.06	6	01:17.97	Gast
25	3537	Lenort, Markus	MSC Schmallenberg	00:39.03		00:38.75	2	01:19.78	1
26	3508	Rubrech, Jennifer	MSC Schmallenberg	00:33.62	2	00:40.49	4	01:20.11	1
27	3534	Henrichs, Marius	MSC Schmallenberg	00:38.57		00:39.64	8	01:26.21	1
28	617	Rohn, Kevin	AMC Wittgenstein Bad Berl	00:34.51	4	00:32.49	22	01:33.00	1
29	3117	Hendrichs, Kevin	MSC Oenetal	00:35.86	16	00:23.86	130	03:25.72	1

Zeitnahme:  
Auswertung:

Schnellster Lauf: 00:32.28  
(Koperwas, Sören - 1 / 4504)

Platz	Ortsclub	Starter	gewertet	Punkte
1	MSF Netphen	93 Schäffer, Julian (30) Marques, Fabio (27) Giesler, Jonas (24) Völke-Pfeifer, Colin (11) Grosser, Kevin (1)	81	30
2	Olper AC	99 Schulte, Mario (27) Stolzenberg, Dennis (27) Schrage, Marvin (24) Wendel, Tim (11) Battaglia, David (10)	78	27
3	AMC Wittgenstein Bad Berleburg	81 Krämer, Kevin (30) Schmitt, Jan (24) Biegler, Jens (22) Rahrbach, Nico Jannis (4) Rohn, Kevin (1)	76	24
4	AMC Burbach	85 Beul, Max (30) Klein, Marius (22) Thanabalasingam, Janujan (16) Weber, Felix (16) Müns, Malte (1)	68	22
5	MSC Süd Sauerland	87 Koperwas, Sören (30) Koperwas, Wiebke (22) Peuser, Marcel (14) Dumke, Timo (12) Peuser, Sina (9)	66	20
6	OC Siegerland-Nord	73 Wagener, Marco (24) Tiebe, Oliver (20) Hahn, Julien (16) Busch, Moritz (12) Bernshausen, Jan Paul (1)	60	18
7	MSC Lennetal-Bamenohl	58 Schneidersmann, Peter (18) Branscheid, Marcel (14) Schumacher, Thomas (12) Sinzig, Lukas (11) Krämer, Christopher (3)	44	16
8	AMC Obernau	39 Thomas, Michelle (20) Zillinger, Dominik (16) Heupel, Jan-Philipp (1) Koch, Laura (1) Frevel, Yannik (1)	37	14
9	AMC Olpe	41 Siscaro, Giuseppe (14) Berens, Christopher (13) Schneider, Julian (8) Grabert, Peter (6) , (0)	35	13
10	MSF Cobbenrode	42 Lumme, Jonas (12) Wiebe, Artur (12) Decker, Jasmine (10) Decker, Marius (7) Stoll, Tanja (1)	34	12
11	MSC Schmallenberg	29 Zuncke, René (18) Lutterbüse, Marvin (5) Grell, Matthias (4) Zimmermann, Robin (1) Rubrech, Jennifer (1)	27	11
12	MSC Oenetal	29 Hochstein, Kevin (20) Kubina, David (6) Hoffmann, René (1) Radtke, Carolina (1) Haupt, Annika (1)	27	10
13	AMC Arnsberg	18 Luig, Natalie (9) Thiel, Malte (4) Schrack, Oliver (4) Lellia, Tim (1) , (0)	17	9
14	AC Hohenseelbachskopf	9 Ströhmman, Luca (5) Kring, Dean-Mario (1) Schneider, Arne (1) Glöckner, Sascha (1) Schlosser, Joana (1)	7	8
15	MSC Altena	3 Klüppelberg, Francesco (1) von Loh, Michael (1) Eckker, Jan Philipp (1) , (0) , (0)	3	7