

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	2914	Röcher, Maximilian	AMC Obermau	00:36.71		00:35.83	2	01:14.54	30
2	3615	Opfer, Andre	OC Siegerland-Nord	00:38.71		00:37.02		01:15.73	27
3	601	Biegler, Jens	AMC Wittgenstein Bad Berl	00:37.62		00:38.17		01:15.79	24
4	627	Werner, Kevin	AMC Wittgenstein Bad Berl	00:36.18	4	00:35.90		01:16.08	22
5	4514	Assmann, Michael	MSC Süd Sauerland	00:38.18	2	00:38.10		01:18.28	20
6	612	Krämer, Stefanie	AMC Wittgenstein Bad Berl	00:38.39	2	00:37.91		01:18.30	18
7	2812	Völke, Leon	MSF Netphen	00:38.29	2	00:38.85		01:19.14	16
8	2807	Marques, Julio	MSF Netphen	00:39.89	2	00:40.04		01:21.93	14
9	1032	Schon, Rouven	AMC Burbach	00:38.96		00:39.44	4	01:22.40	13
10	2808	Müller, Leon	MSF Netphen	00:38.12	4	00:37.55	4	01:23.67	12
11	4508	Dumke, Timo	MSC Süd Sauerland	00:40.93	2	00:38.79	2	01:23.72	11
12	3122	Pott, Niklas	MSC Oenetal	00:40.40	2	00:41.33		01:23.73	10
13	4501	Hickl, Kevin	MSC Süd Sauerland	00:39.92		00:40.10	4	01:24.02	9
14	2922	Heupel, Franziska	AMC Obermau	00:38.21		00:38.27	8	01:24.48	8
15	4308	Ströhm, Luca	AC Hohenseelbachkopf	00:43.43		00:42.40		01:25.83	7
16	4515	Hickl, Aylin	MSC Süd Sauerland	00:44.10		00:43.18		01:27.28	6
17	604	Dickel, Fabian	AMC Wittgenstein Bad Berl	00:38.63	8	00:37.78	6	01:30.41	5
18	1026	Thanabalasingam, Janujan	AMC Burbach	00:39.62		00:45.58	14	01:39.20	4
19	1029	Obenlüneschloß, Robin	AMC Burbach	00:51.60		00:51.27		01:42.87	3

Zeitnahme: Bernhard Hermes  
 Auswertung: Dietmar Brongkoll

Schnellster Lauf: 00:35.90  
 (Werner, Kevin - 4 / 627)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	2806	Marques, Fabio	MSF Netphen	00:33.73		00:31.42	2	01:07.15	30
2	3613	Wagener, Marco	OC Siegerland-Nord	00:32.88		00:34.51		01:07.39	27
3	3530	Wickel, Frederic	MSC Schmallenberg	00:34.28		00:34.63		01:08.91	24
4	418	Rademacher, Tobias	MSC Lennetal-Bamenoehl	00:34.88		00:34.50		01:09.38	22
5	1220	Stoll, Robin	MSF Cobbenrode	00:33.96		00:35.60		01:09.56	20
6	3402	Battaglia, Alena	Olper AC	00:33.96		00:34.08	2	01:10.04	18
7	408	Krawitz, Christian	MSC Lennetal-Bamenoehl	00:35.82		00:34.44		01:10.26	16
8	1218	Spieler, Steffen	MSF Cobbenrode	00:35.40		00:35.06		01:10.46	14
9	1214	Lumme, Jonas	MSF Cobbenrode	00:35.23		00:36.14		01:11.37	13
10	2811	Steinseifer, Jannic	MSF Netphen	00:34.24		00:35.18	2	01:11.42	12
11	1012	Kretzer, Alicia	AMC Burbach	00:36.31		00:35.14		01:11.45	11
12	2814	Schneider, Till Jonas	MSF Netphen	00:36.67		00:35.33		01:12.00	10
13	3535	Brunert, Valentin	MSC Schmallenberg	00:34.48		00:37.11	2	01:13.59	9
14	1016	Obenlüneschloß, Sabrina	AMC Burbach	00:35.56	2	00:36.09		01:13.65	8
15	1018	Puche, Jan	AMC Burbach	00:34.76		00:33.04	6	01:13.80	7
16	9003	Grundmann, Eric	EMC Erntebrück	00:35.99		00:34.06	4	01:14.05	Gast
17	1019	Puche, Michelle	AMC Burbach	00:36.25		00:38.02		01:14.27	6
18	4305	Kring, Dean-Mario	AC Hohenseelbachskopf	00:34.48	2	00:33.85	4	01:14.33	5
19	619	Schaller, Manuel	AMC Wittgenstein Bad Berl	00:32.93	4	00:37.68	4	01:18.61	4
20	1002	Beul, Max	AMC Burbach	00:34.12		00:34.68	12	01:20.80	3
21	3316	Siscaro, Giuseppe	AMC Olpe	00:33.90		00:42.99	4	01:20.89	2
22	1210	Isaak, Madeleine	MSF Cobbenrode	00:37.58		00:36.72	8	01:22.30	1
23	3303	Grabert, Peter	AMC Olpe	00:35.17	2	00:39.85	6	01:23.02	1
24	4513	Dumke, Patricia	MSC Süd Sauerland	00:36.13		00:39.69	8	01:23.82	1
25	1003	Beul, Stefanie	AMC Burbach	00:39.64	2	00:38.23	4	01:23.87	1
26	605	Fuchs, Maik	AMC Wittgenstein Bad Berl	00:31.88	10	00:39.26	4	01:25.14	1
27	9010	Dietrich, Niklas	EMC Erntebrück	00:38.34	6	00:39.28	2	01:25.62	Gast
28	1022	Sarx, Benjamin	AMC Burbach	00:40.02	4	00:39.82	2	01:25.84	1
29	624	Stockmann, Corinna	AMC Wittgenstein Bad Berl	00:37.49	4	00:41.75	4	01:27.24	1
30	626	Werner, Fabian	AMC Wittgenstein Bad Berl	00:34.87	2	00:49.43	8	01:34.30	1
31	614	Rahrbach, Nico Jannis	AMC Wittgenstein Bad Berl	00:35.02		00:50.64	22	01:47.66	1
32	2919	Wunderlich, Felix	AMC Obernau	00:40.97		00:52.07	16	01:49.04	1

Zeitnahme: Bernhard Hermes  
Auswertung: Dietmar Brongkoll

Schnellster Lauf: 00:32.88  
(Wagener, Marco - 2 / 3613)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	409	Krämer, Christopher	MSC Lennetal-Bamenohl	00:35.32		00:35.47		01:10.79	30
2	2802	Giesler, Jonas	MSF Netphen	00:36.74		00:36.73		01:13.47	27
3	3403	Battaglia, David	Olper AC	00:36.67		00:37.39		01:14.06	24
4	3416	Schulte, Mario	Olper AC	00:37.92		00:36.41		01:14.33	22
5	1011	Klein, Marius	AMC Burbach	00:37.04		00:37.40		01:14.44	20
6	3519	Zimmermann, Robin	MSC Schmallenberg	00:37.50		00:37.01		01:14.51	18
7	420	Schumacher, Thomas	MSC Lennetal-Bamenohl	00:37.46		00:37.66		01:15.12	16
8	1028	Weber, Felix	AMC Burbach	00:37.86		00:37.60		01:15.46	14
9	3114	Hoffmann, René	MSC Oenetal	00:38.83		00:37.20		01:16.03	13
10	3538	Wickel, René	MSC Schmallenberg	00:38.53		00:37.80		01:16.33	12
11	2805	Knepppe, Torben	MSF Netphen	00:38.53		00:38.16		01:16.69	11
12	3609	Tiebe, Oliver	OC Siegerland-Nord	00:36.26		00:34.48	6	01:16.74	10
13	422	Sinzig, Lukas	MSC Lennetal-Bamenohl	00:39.32		00:37.52		01:16.84	9
14	3614	Wiebelhaus, Christian	OC Siegerland-Nord	00:39.06		00:39.43		01:18.49	8
15	3317	Siscaro, Tanina	AMC Olpe	00:40.62		00:38.24		01:18.86	7
16	2809	Schäffer, Julian	MSF Netphen	00:38.59		00:36.32	4	01:18.91	6
17	1017	Oerter, Tim	AMC Burbach	00:39.40		00:36.58	4	01:19.98	5
18	1025	Stötzel, Fynn Lewis	AMC Burbach	00:40.63		00:39.77		01:20.40	4
19	3606	Stobinski, Felix	OC Siegerland-Nord	00:41.31		00:39.39		01:20.70	3
20	606	Funke, Adam	AMC Wittgenstein Bad Berl	00:39.88	2	00:39.08		01:20.96	2
21	404	Geyer, Fabian	MSC Lennetal-Bamenohl	00:39.22		00:38.11	4	01:21.33	1
22	2803	Grosser, Kevin	MSF Netphen	00:37.80	2	00:35.76	6	01:21.56	1
23	1027	Thanabalasingam, Sinthujan	AMC Burbach	00:40.37	2	00:37.46	2	01:21.83	1
24	1208	Hüggenberg, Kevin	MSF Cobbenrode	00:38.46	8	00:38.44	4	01:28.90	1
25	411	Lenneper, Meike	MSC Lennetal-Bamenohl	00:39.98	12	00:36.69	2	01:30.67	1
26	4302	Glöckner, Sascha	AC Hohenseelbachkopf	00:40.55	12	00:39.91		01:32.46	1
27	625	Stockmann, Daniel	AMC Wittgenstein Bad Berl	00:38.55	10	00:39.91	4	01:32.46	1
28	129	Bösert, Jannis	MSC Altena	00:42.91	2	00:42.15	8	01:35.06	1
29	607	Hahn, Jonas	AMC Wittgenstein Bad Berl	00:36.83		00:36.47	22	01:35.30	1
30	127	Gosman, Kevin	MSC Altena	00:39.73	22	00:38.93		01:40.66	1

Zeitnahme: Bernhard Hermes  
Auswertung: Dietmar Brongkoll

Schnellster Lauf: 00:35.32  
(Krämer, Christopher - 1 / 409)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	3513	Gierse, Damian	MSC Schmallenberg	00:33.49		00:32.65		01:06.14	30
2	4510	Peuser, Sina	MSC Süd Sauerland	00:32.96		00:33.39		01:06.35	27
3	2918	Thomas, Michelle	AMC Obernau	00:33.31		00:33.40		01:06.71	24
4	3505	Grell, Matthias	MSC Schmallenberg	00:33.95		00:32.78		01:06.73	22
5	4503	Koperwas, Wiebke	MSC Süd Sauerland	00:33.52		00:33.59		01:07.11	20
6	2813	Völke-Pfeifer, Colin	MSF Netphen	00:33.08		00:34.04		01:07.12	18
7	3601	Mengel, Tim-Ole	OC Siegerland-Nord	00:34.35		00:32.87		01:07.22	16
8	611	Krämer, Kevin	AMC Wittgenstein Bad Berl	00:33.44		00:33.80		01:07.24	14
9	3602	Kolb, Sebastian	OC Siegerland-Nord	00:33.65		00:33.68		01:07.33	13
10	3605	Hahn, Julien	OC Siegerland-Nord	00:34.52		00:32.95		01:07.47	12
11	3516	Dünnebacke, Anna	MSC Schmallenberg	00:32.95		00:32.98	2	01:07.93	11
12	3524	Rubrech, Sarah	MSC Schmallenberg	00:33.91		00:34.02		01:07.93	10
13	3603	Opfer, Sabrina	OC Siegerland-Nord	00:33.58		00:34.43		01:08.01	9
14	3514	Brüggemann, Jonas	MSC Schmallenberg	00:33.87		00:34.53		01:08.40	8
15	2905	Heupel, Jan-Philipp	AMC Obernau	00:34.48		00:34.07		01:08.55	7
16	3510	Lutterbüse, Marvin	MSC Schmallenberg	00:32.98	2	00:33.62		01:08.60	6
17	3108	Klein, Gordian	MSC Oenetal	00:34.72		00:33.94		01:08.66	5
18	1015	Müns, Malte	AMC Burbach	00:35.62		00:33.20		01:08.82	4
19	205	Lelila, Tim	AMC Arnsberg	00:33.89	2	00:32.95		01:08.84	3
20	421	Schneidersmann, Peter	MSC Lennetal-Bamenohl	00:35.31		00:33.71		01:09.02	2
21	3409	Klein, Marco	Olper AC	00:35.24		00:33.94		01:09.18	1
22	3523	Schulte, Christoph	MSC Schmallenberg	00:34.00		00:33.18	2	01:09.18	1
23	1209	Isaak, Christian	MSF Cobbenrode	00:34.49		00:35.17		01:09.66	1
24	2810	Schulz, Kai-Andre	MSF Netphen	00:34.76	2	00:32.97		01:09.73	1
25	402	Branscheid, Marcel	MSC Lennetal-Bamenohl	00:35.68		00:34.76		01:10.44	1
26	417	Pfau, Tobias	MSC Lennetal-Bamenohl	00:34.59		00:34.10	2	01:10.69	1
27	620	Schmitt, Jan	AMC Wittgenstein Bad Berl	00:33.60	2	00:33.68	2	01:11.28	1
28	1221	Stoll, Tanja	MSF Cobbenrode	00:35.50	2	00:34.39		01:11.89	1
29	602	Biegler, Nicole	AMC Wittgenstein Bad Berl	00:34.56	4	00:33.38		01:11.94	1
30	3521	Falke, Dirk	MSC Schmallenberg	00:36.88		00:35.31		01:12.19	1
31	1014	Müns, Nino	AMC Burbach	00:35.16	2	00:35.43		01:12.59	1
32	410	Lenneper, Anna Lena	MSC Lennetal-Bamenohl	00:37.29		00:35.65		01:12.94	1
33	4505	Groh, Marvin	MSC Süd Sauerland	00:35.99	2	00:35.12		01:13.11	1
34	3307	Lienesch, Martin	AMC Olpe	00:35.37	4	00:34.58	2	01:15.95	1
35	3110	Haupt, Annika	MSC Oenetal	00:34.78		00:34.28	10	01:19.06	1
36	603	Dammüller, Kevin	AMC Wittgenstein Bad Berl	00:33.77		00:33.89	14	01:21.66	1



Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
37	2903	Frevel, Yannik	AMC Obermau	00:42.84	10	00:34.45	4	01:31.29	1

*Zeitnahme: Bernhard Hermes*

*Auswertung: Dietmar Brongkoll*

*Schnellster Lauf: 00:32.65*

*(Gierse, Damian - 1 / 3513)*

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	4504	Koperwas, Sören	MSC Süd Sauerland	00:32.01		00:35.37		01:07.38	30
2	3414	Schrage, Marvin	Olper AC	00:32.66		00:35.30		01:07.96	27
3	2804	Haardt, André	MSF Netphen	00:33.22		00:35.17		01:08.39	24
4	3610	Bernshausen, Jan Paul	OC Siegerland-Nord	00:33.01		00:35.42		01:08.43	22
5	3502	Zuncke, René	MSC Schmallenberg	00:32.01		00:36.47		01:08.48	20
6	3608	Busch, Moritz	OC Siegerland-Nord	00:33.36		00:35.88		01:09.24	18
7	3537	Lenort, Markus	MSC Schmallenberg	00:34.11		00:35.96		01:10.07	16
8	3417	Stolzenberg, Dennis	Olper AC	00:33.77		00:36.53		01:10.30	14
9	3517	Gierse, Indra-Jasmin	MSC Schmallenberg	00:33.36		00:37.08		01:10.44	13
10	2920	Zillinger, Dominik	AMC Obernau	00:34.38		00:36.53		01:10.91	12
11	3109	Hochstein, Kevin	MSC Oenetal	00:33.31		00:37.62		01:10.93	11
12	3508	Rubrech, Jennifer	MSC Schmallenberg	00:32.76	2	00:36.38		01:11.14	10
13	3607	Schreiber, Carolin	OC Siegerland-Nord	00:34.81		00:36.71		01:11.52	9
14	3604	Hübner, Nils	OC Siegerland-Nord	00:33.34	2	00:36.56		01:11.90	8
15	3534	Henrichs, Marius	MSC Schmallenberg	00:33.81		00:38.19		01:12.00	7
16	617	Rohn, Kevin	AMC Wittgenstein Bad Berl	00:36.78		00:35.66		01:12.44	6
17	610	Kluge, Tobias	AMC Wittgenstein Bad Berl	00:36.28		00:37.05		01:13.33	5
18	213	Schrick, Oliver	AMC Arnsberg	00:35.98	2	00:36.08		01:14.06	4
19	609	Kaufmann, Dennis	AMC Wittgenstein Bad Berl	00:34.83	4	00:35.40		01:14.23	3
20	618	Rohn, Steffen	AMC Wittgenstein Bad Berl	00:34.95	2	00:35.34	2	01:14.29	2
21	3315	Schwallmann, Benedikt	AMC Olpe	00:34.51		00:37.83	2	01:14.34	1
22	608	Kaletsch, Tobias	AMC Wittgenstein Bad Berl	00:36.77	4	00:36.28		01:17.05	1

Zeitnahme: Bernhard Hermes  
Auswertung: Dietmar Brongkoll

Schnellster Lauf: 00:32.01  
(Koperwas, Sören - 1 / 4504)

Platz	Ortsclub	Starter	gewertet	Punkte
1	MSC Süd Sauerland	108 Koperwas, Sören (30) Peuser, Sina (27) Assmann, Michael (20) Koperwas, Wiebke (20) Dumke, Timo (11)	77	30
2	MSC Schmalleberg	114 Gierse, Damian (30) Wickel, Frederic (24) Grell, Matthias (22) Zuncke, René (20) Zimmermann, Robin (18)	76	27
3	OC Siegerland-Nord	99 Opfer, Andre (27) Wagener, Marco (27) Bernshausen, Jan Paul (22) Kolb, Sebastian (13) Tiebe, Oliver (10)	76	24
4	MSF Netphen	82 Marques, Fabio (30) Giesler, Jonas (27) Völke-Pfeifer, Colin (18) Schäffer, Julian (6) Grosser, Kevin (1)	75	22
5	Olper AC	105 Schrage, Marvin (27) Battaglia, David (24) Schulte, Mario (22) Battaglia, Alena (18) Stolzenberg, Dennis (14)	73	20
6	MSC Lennetal-Bamenohl	79 Krämer, Christopher (30) Rademacher, Tobias (22) Schumacher, Thomas (16) Sinzig, Lukas (9) Schneidersmann, Peter (2)	68	18
7	AMC Obernau	81 Röcher, Maximilian (30) Thomas, Michelle (24) Zillinger, Dominik (12) Heupel, Franziska (8) Heupel, Jan-Philipp (7)	66	16
8	MSF Cobbenrode	49 Stoll, Robin (20) Spieler, Steffen (14) Lumme, Jonas (13) Hüggenberg, Kevin (1) Stoll, Tanja (1)	47	14
9	MSC Oenetal	40 Hoffmann, René (13) Hochstein, Kevin (11) Pott, Niklas (10) Klein, Gordian (5) Haupt, Annika (1)	34	13
10	AMC Burbach	34 Klein, Marius (20) Puche, Jan (7) Thanabalasingam, Janujan (4) Beul, Max (3) , (0)	31	12
11	AMC Wittgenstein Bad Berleburg	33 Biegler, Jens (24) Schaller, Manuel (4) Kaufmann, Dennis (3) Schmitt, Jan (1) Dammüller, Kevin (1)	31	11
12	AC Hohenseelbachskopf	13 Ströhmman, Luca (7) Kring, Dean-Mario (5) Glöckner, Sascha (1) , (0) , (0)	13	10
13	AMC Olpe	11 Siscaro, Tanina (7) Siscaro, Giuseppe (2) Grabert, Peter (1) Schwallmann, Benedikt (1) , (0)	10	9
14	AMC Arnsberg	7 Schrick, Oliver (4) Lelila, Tim (3) , (0) , (0) , (0)	7	8