

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	4514	Assmann, Michael	MSC Süd Sauerland	00:37.95		00:38.47		01:16.42	30
2	2808	Müller, Leon	MSF Netphen	00:39.32		00:38.50		01:17.82	27
3	627	Werner, Kevin	AMC Wittgenstein Bad Berl	00:37.05	4	00:40.26		01:21.31	24
4	4508	Dumke, Timo	MSC Süd Sauerland	00:40.83	2	00:40.54		01:23.37	22
5	4511	Peuser, Shareen	MSC Süd Sauerland	00:40.62	2	00:40.50	4	01:27.12	20
6	4502	Laux, Fabian	MSC Süd Sauerland	00:41.87	2	00:42.02	2	01:27.89	18
7	3123	Bishopink, Alexander	MSC Oenetal	00:40.10	6	00:40.17	2	01:28.27	16
8	2812	Völke, Leon	MSF Netphen	00:41.42	2	00:42.20	4	01:29.62	14
9	612	Krämer, Stefanie	AMC Wittgenstein Bad Berl	00:39.70		00:40.40	10	01:30.10	13
10	3102	Budde, Jonas	MSC Oenetal	00:43.21	4	00:43.79		01:31.00	12
11	1029	Obenlüneschloß, Robin	AMC Burbach	00:46.69	2	00:50.47		01:39.16	11
12	4311	Balzer, Alexander	AC Hohenseelbachkopf	00:44.66	12	00:40.50	4	01:41.16	10
13	4310	Schlosser, Alina	AC Hohenseelbachkopf	00:42.37	12	00:41.74	6	01:42.11	9
14	9000	Grundmann, Lukas	EMC Erntebrück	00:46.98	4	00:47.25	6	01:44.23	Gast
15	427	Springob, Yannic	MSC Lennetal-Bamenohl	00:49.90		00:54.48		01:44.38	8
16	3714	Smorra, Gina-Maria	MSC Oberruhr Velmede	00:52.92		00:50.32	2	01:45.24	7
17	429	Bamberg, Damian	MSC Lennetal-Bamenohl	00:54.25	2	00:47.08	2	01:45.33	6
18	426	Brandt, Johan	MSC Lennetal-Bamenohl	00:44.94	6	00:48.69	6	01:45.63	5
19	3419	Wittenstein, Sophie	Olper AC	00:61.20	2	00:60.77	2	02:05.97	4
20	424	Geyer, Jana	MSC Lennetal-Bamenohl	00:76.05	10	00:71.91	4	02:41.96	3

Zeitnahme: Sascha Schweinsberg
 Auswertung: Christian Schulte

Schnellster Lauf: 00:37.95
 (Assmann, Michael - 1 / 4514)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	601	Biegler, Jens	AMC Wittgenstein Bad Berl	00:35.05		00:35.11	2	01:12.16	30
2	1026	Thanabalasingam, Janujan	AMC Burbach	00:36.04		00:36.52		01:12.56	27
3	2806	Marques, Fabio	MSF Netphen	00:35.28	2	00:35.40		01:12.68	24
4	605	Fuchs, Maik	AMC Wittgenstein Bad Berl	00:36.33		00:36.91		01:13.24	22
5	619	Schaller, Manuel	AMC Wittgenstein Bad Berl	00:36.35		00:35.53	2	01:13.88	20
6	3122	Pott, Niklas	MSC Oenetal	00:36.57		00:37.42		01:13.99	18
7	3613	Wagener, Marco	OC Siegerland-Nord	00:36.17	2	00:35.90		01:14.07	16
8	1018	Puche, Jan	AMC Burbach	00:36.27		00:35.80	2	01:14.07	14
9	418	Rademacher, Tobias	MSC Lennetal-Bameno hl	00:37.62		00:37.60		01:15.22	13
10	9002	Grundmann, Eric	EMC Erntebrück	00:36.88		00:36.38	2	01:15.26	Gast
11	2807	Marques, Julio	MSF Netphen	00:37.38		00:38.54		01:15.92	12
12	9001	Hoffmann, Luka	EMC Erntebrück	00:39.34		00:38.35		01:17.69	Gast
13	2922	Heupel, Franziska	AMC Obernau	00:39.03		00:38.79		01:17.82	11
14	1032	Schon, Rouven	AMC Burbach	00:38.35		00:37.75	4	01:20.10	10
15	2914	Röcher, Maximilian	AMC Obernau	00:37.86	2	00:36.98	4	01:20.84	9
16	2919	Wunderlich, Felix	AMC Obernau	00:39.73	2	00:39.58		01:21.31	8
17	3716	Steinmann, Johannes	MSC Oberruhr Velmede	00:38.45	2	00:38.96	2	01:21.41	7
18	3615	Opfer, Andre	OC Siegerland-Nord	00:40.49	2	00:38.93		01:21.42	6
19	3601	Müller, Marvin Lukas	OC Siegerland-Nord	00:40.05		00:39.83	2	01:21.88	5
20	3402	Battaglia, Alena	Olper AC	00:40.27	2	00:39.65		01:21.92	4
21	4312	Kretzer, Alicia	AC Hohenseelbachskopf	00:38.09		00:38.27	6	01:22.36	3
22	1022	Sarx, Benjamin	AMC Burbach	00:40.66		00:41.57	2	01:24.23	2
23	3611	Neuhaus, Ann-Christin	OC Siegerland-Nord	00:41.37	2	00:41.97		01:25.34	1
24	1226	Schönfelder, Paul	MSF Cobbenrode	00:40.42		00:46.17		01:26.59	1
25	4305	Kring, Dean-Mario	AC Hohenseelbachskopf	00:37.39	8	00:37.31	8	01:30.70	1
26	2814	Schneider, Till Jonas	MSF Netphen	00:37.54		00:35.97	18	01:31.51	1
27	9003	Zell, Nico	EMC Erntebrück	00:39.10	4	00:38.52	10	01:31.62	Gast
28	4308	Ströhmman, Luca	AC Hohenseelbachskopf	00:39.60	2	00:36.15	14	01:31.75	1
29	3420	Wittenstein, Moritz	Olper AC	00:39.72	4	00:38.90	12	01:34.62	1
30	3101	Budde, Christoph	MSC Oenetal	00:39.16	12	00:40.79	4	01:35.95	1
31	425	Schmidt, Andre	MSC Lennetal-Bameno hl	00:45.74	4	00:48.57	2	01:40.31	1
32	3410	Schneider, Tim	Olper AC	00:49.30	2	00:48.26	2	01:41.56	1
33	118	Malewski, André	MSC Altena	00:43.20	12	00:44.53	2	01:41.73	1
34	626	Werner, Fabian	AMC Wittgenstein Bad Berl	00:40.61	16	00:39.14	6	01:41.75	1
35	3536	Leidorf, Jessica	MSC Schmallenberg	00:50.90	10	00:50.68		01:51.58	1

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	2809	Schäffer, Julian	MSF Netphen	00:34.69	2	00:34.35		01:11.04	30
2	3114	Hoffmann, René	MSC Oenetal	00:36.03		00:35.65		01:11.68	27
3	2802	Giesler, Jonas	MSF Netphen	00:34.82	2	00:35.22		01:12.04	24
4	1011	Klein, Marius	AMC Burbach	00:36.84		00:36.26		01:13.10	22
5	614	Rahrbach, Nico Jannis	AMC Wittgenstein Bad Berl	00:36.83		00:36.43		01:13.26	20
6	3530	Wickel, Frederic	MSC Schmallenberg	00:36.99		00:37.02		01:14.01	18
7	3529	Leidorf, Fabian	MSC Schmallenberg	00:37.46		00:36.89		01:14.35	16
8	3614	Wiebelhaus, Christian	OC Siegerland-Nord	00:37.23		00:37.75		01:14.98	14
9	1218	Spieler, Steffen	MSF Cobbenrode	00:37.78		00:37.71		01:15.49	13
10	1019	Puche, Michelle	AMC Burbach	00:38.76		00:38.18		01:16.94	12
11	1220	Stoll, Robin	MSF Cobbenrode	00:37.83	2	00:37.71		01:17.54	11
12	404	Geyer, Fabian	MSC Lennetal-Bamenoehl	00:36.94		00:36.61	4	01:17.55	10
13	1025	Stötzel, Fynn Lewis	AMC Burbach	00:38.53		00:39.34		01:17.87	9
14	3421	Siscaro, Giuseppe	Olper AC	00:36.91	2	00:36.96	2	01:17.87	8
15	606	Funke, Adam	AMC Wittgenstein Bad Berl	00:37.58		00:37.65	4	01:19.23	7
16	625	Stockmann, Daniel	AMC Wittgenstein Bad Berl	00:37.67		00:37.66	4	01:19.33	6
17	3527	Schrecklein, Dominik	MSC Schmallenberg	00:37.84	4	00:37.54		01:19.38	5
18	2811	Steinseifer, Jannic	MSF Netphen	00:37.96		00:37.95	4	01:19.91	4
19	4513	Dumke, Patricia	MSC Süd Sauerland	00:39.06	2	00:39.03		01:20.09	3
20	3403	Battaglia, David	Olper AC	00:39.61		00:38.56	2	01:20.17	2
21	3708	Mc Bride, Jan	MSC Oberruhr Velmede	00:38.36	2	00:38.42	2	01:20.78	1
22	4302	Glöckner, Sascha	AC Hohenseelbachskopf	00:37.25	2	00:37.80	4	01:21.05	1
23	1017	Oerter, Tim	AMC Burbach	00:36.23	10	00:35.56	2	01:23.79	1
24	1016	Obenlüneschloß, Sabrina	AMC Burbach	00:36.66	8	00:37.13	4	01:25.79	1
25	3407	Gabert, Peter	Olper AC	00:38.88	6	00:39.76	2	01:26.64	1
26	129	Bösert, Jannis	MSC Altena	00:40.46	4	00:39.63	4	01:28.09	1
27	3404	Baranek, Anna Lena	Olper AC	00:39.79	6	00:40.09	6	01:31.88	1
28	3515	Dünnebacke, Sophia	MSC Schmallenberg	00:46.56	10	00:37.93		01:34.49	1
29	624	Stockmann, Corinna	AMC Wittgenstein Bad Berl	00:39.67	20	00:38.56	4	01:42.23	1

Zeitnahme: Sascha Schweinsberg
Auswertung: Christian Schulte

Schnellster Lauf: 00:34.35
(Schäffer, Julian - 1 / 2809)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	421	Schneidersmann, Peter	MSC Lennetal-Bameno	00:35.01		00:35.02		01:10.03	30
2	3605	Hahn, Julien	OC Siegerland-Nord	00:35.28		00:34.94		01:10.22	27
3	2803	Grosser, Kevin	MSF Netphen	00:35.18		00:35.06		01:10.24	24
4	4503	Koperwas, Wiebke	MSC Süd Sauerland	00:35.25		00:35.13		01:10.38	22
5	620	Schmitt, Jan	AMC Wittgenstein Bad Berl	00:35.74		00:35.24		01:10.98	20
6	3110	Haupt, Annika	MSC Oenetal	00:35.56		00:35.47		01:11.03	18
7	4510	Peuser, Sina	MSC Süd Sauerland	00:34.43	2	00:34.80		01:11.23	16
8	2805	Knepe, Torben	MSF Netphen	00:36.10		00:36.34		01:12.44	14
9	2918	Thomas, Michelle	AMC Obernau	00:35.85		00:34.98	2	01:12.83	13
10	409	Krämer, Christopher	MSC Lennetal-Bameno	00:34.25	4	00:34.59		01:12.84	12
11	2905	Heupel, Jan-Philipp	AMC Obernau	00:35.98		00:35.52	2	01:13.50	11
12	1221	Stoll, Tanja	MSF Cobbenrode	00:36.98		00:36.68		01:13.66	10
13	1028	Weber, Felix	AMC Burbach	00:35.93		00:35.74	2	01:13.67	9
14	3609	Tiebe, Oliver	OC Siegerland-Nord	00:36.21	2	00:35.66		01:13.87	8
15	616	Rohn, Björn	AMC Wittgenstein Bad Berl	00:36.69		00:37.40		01:14.09	7
16	611	Krämer, Kevin	AMC Wittgenstein Bad Berl	00:35.73	2	00:35.02	2	01:14.75	6
17	607	Hahn, Jonas	AMC Wittgenstein Bad Berl	00:37.35	2	00:36.02		01:15.37	5
18	3516	Dünnebacke, Anna	MSC Schmalle	00:35.61	2	00:35.79	2	01:15.40	4
19	420	Schumacher, Thomas	MSC Lennetal-Bameno	00:38.30		00:37.34		01:15.64	3
20	3524	Rubrech, Sarah	MSC Schmalle	00:37.02		00:36.74	2	01:15.76	2
21	422	Sinzig, Lukas	MSC Lennetal-Bameno	00:36.38	2	00:36.15	2	01:16.53	1
22	3510	Lutterbüse, Marvin	MSC Schmalle	00:36.24	2	00:36.61	2	01:16.85	1
23	1208	Hüggenberg, Kevin	MSF Cobbenrode	00:36.57	2	00:37.77	2	01:18.34	1
24	411	Lenneper, Meike	MSC Lennetal-Bameno	00:37.58		00:37.14	4	01:18.72	1
25	2903	Frevel, Yannik	AMC Obernau	00:38.12	4	00:37.09		01:19.21	1
26	3119	Japes, Marcel	MSC Oenetal	00:37.63	2	00:37.89	2	01:19.52	1
27	3519	Zimmermann, Robin	MSC Schmalle	00:37.48	2	00:38.32	2	01:19.80	1
28	3422	Siscaro, Tanina	Olper AC	00:37.15	6	00:37.19		01:20.34	1
29	3538	Wickel, René	MSC Schmalle	00:36.50	10	00:35.95	6	01:28.45	1
30	1027	Thanabalasingam, Sinthujan	AMC Burbach	00:36.93	2	00:41.31	10	01:30.24	1
31	125	Streuber, Hauke	MSC Altena	00:42.01	4	00:40.61	4	01:30.62	1
32	127	Gosman, Kevin	MSC Altena	00:45.39	102	00:43.49	40	03:50.88	1

Zeitnahme: Sascha Schweinsberg
Auswertung: Christian Schulte

Schnellster Lauf: 00:34.59
(Krämer, Christopher - 10 / 409)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	3108	Klein, Gordian	MSC Oenetal	00:35.08		00:34.90		01:09.98	30
2	3608	Busch, Moritz	OC Siegerland-Nord	00:35.14		00:35.16		01:10.30	27
3	4504	Koperwas, Sören	MSC Süd Sauerland	00:35.43		00:34.92		01:10.35	24
4	608	Kaletsch, Tobias	AMC Wittgenstein Bad Berl	00:35.51		00:35.06		01:10.57	22
5	3505	Grell, Matthias	MSC Schmallenberg	00:35.79		00:35.17		01:10.96	20
6	3508	Rubrech, Jennifer	MSC Schmallenberg	00:35.77		00:35.92		01:11.69	18
7	610	Kluge, Tobias	AMC Wittgenstein Bad Berl	00:35.87		00:35.96		01:11.83	16
8	3417	Stolzenberg, Dennis	Olper AC	00:35.84		00:36.17		01:12.01	14
9	3602	Kolb, Sebastian	OC Siegerland-Nord	00:34.94		00:35.16	2	01:12.10	13
10	618	Rohn, Steffen	AMC Wittgenstein Bad Berl	00:34.92	2	00:35.23		01:12.15	12
11	2920	Zillinger, Dominik	AMC Obernau	00:35.07		00:35.22	2	01:12.29	11
12	1015	Müns, Malte	AMC Burbach	00:36.24		00:36.24		01:12.48	10
13	603	Dammüller, Kevin	AMC Wittgenstein Bad Berl	00:36.48		00:36.17		01:12.65	9
14	3502	Zuncke, René	MSC Schmallenberg	00:35.37	2	00:35.30		01:12.67	8
15	3517	Gierse, Indra-Jasmin	MSC Schmallenberg	00:36.56		00:36.18		01:12.74	7
16	3604	Hübner, Nils	OC Siegerland-Nord	00:36.02		00:35.05	2	01:13.07	6
17	402	Branscheid, Marcel	MSC Lennetal-Bamenohl	00:35.92	2	00:35.33		01:13.25	5
18	3514	Brüggemann, Jonas	MSC Schmallenberg	00:36.81		00:36.63		01:13.44	4
19	3603	Opfer, Sabrina	OC Siegerland-Nord	00:36.88		00:36.82		01:13.70	3
20	213	Schrack, Oliver	AMC Arnsberg	00:35.80	2	00:35.96		01:13.76	2
21	3414	Schrage, Marvin	Olper AC	00:35.33		00:34.99	4	01:14.32	1
22	602	Biegler, Nicole	AMC Wittgenstein Bad Berl	00:36.23	2	00:36.52		01:14.75	1
23	1014	Müns, Nino	AMC Burbach	00:35.44	2	00:35.17	4	01:16.61	1
24	417	Pfau, Tobias	MSC Lennetal-Bamenohl	00:36.20	4	00:36.83		01:17.03	1
25	3537	Lenort, Markus	MSC Schmallenberg	00:37.64	2	00:36.92	2	01:18.56	1
26	3409	Klein, Marco	Olper AC	00:37.72	2	00:37.66	2	01:19.38	1
27	410	Lenneper, Anna Lena	MSC Lennetal-Bamenohl	00:37.40	2	00:36.23	4	01:19.63	1
28	2810	Schulz, Kai-Andre	MSF Netphen	00:35.43	4	00:34.80	6	01:20.23	1
29	1209	Isaak, Christian	MSF Cobbenrode	00:37.75	4	00:37.20	2	01:20.95	1
30	2813	Völke-Pfeifer, Colin	MSF Netphen	00:34.57	6	00:34.87	6	01:21.44	1

Zeitnahme: Sascha Schweinsberg
Auswertung: Christian Schulte

Schnellster Lauf: 00:34.90
(Klein, Gordian - 1 / 3108)

Platz	Ortsclub	Starter	gewertet	Punkte
1	MSF Netphen	103 Schäffer, Julian (30) Marques, Fabio (24) Giesler, Jonas (24) Grosser, Kevin (24) Völke-Pfeifer, Colin (1)	78	30
2	MSC Süd Sauerland	112 Assmann, Michael (30) Koperwas, Sören (24) Koperwas, Wiebke (22) Peuser, Shareen (20) Peuser, Sina (16)	76	27
3	MSC Oenetal	109 Klein, Gordian (30) Hoffmann, René (27) Pott, Niklas (18) Haupt, Annika (18) Bischopink, Alexander (16)	75	24
4	AMC Wittgenstein Bad Berleburg	89 Biegler, Jens (30) Schaller, Manuel (20) Schmitt, Jan (20) Krämer, Stefanie (13) Krämer, Kevin (6)	70	22
5	OC Siegerland-Nord	70 Hahn, Julien (27) Wagener, Marco (16) Kolb, Sebastian (13) Tiebe, Oliver (8) Hübner, Nils (6)	56	20
6	AMC Burbach	56 Klein, Marius (22) Puche, Jan (14) Schon, Rouven (10) Weber, Felix (9) Oerter, Tim (1)	46	18
7	MSC Schmallenberg	47 Grell, Matthias (20) Wickel, Frederic (18) Zuncke, René (8) Lutterbüse, Marvin (1) , (0)	46	16
8	AMC Obernau	45 Thomas, Michelle (13) Heupel, Jan-Philipp (11) Zillinger, Dominik (11) Röcher, Maximilian (9) Frevel, Yannik (1)	35	14
9	MSC Lennetal-Bamenohl	37 Rademacher, Tobias (13) Krämer, Christopher (12) Geyer, Fabian (10) Sinzig, Lukas (1) Pfau, Tobias (1)	35	13
10	MSF Cobbenrode	35 Spieler, Steffen (13) Stoll, Robin (11) Stoll, Tanja (10) Isaak, Christian (1) , (0)	34	12
11	AC Hohenseelbachkopf	16 Balzer, Alexander (10) Kretzer, Alicia (3) Kring, Dean-Mario (1) Ströhmman, Luca (1) Glöckner, Sascha (1)	14	11
12	Olper AC	16 Siscaro, Giuseppe (8) Battaglia, Alena (4) Battaglia, David (2) Siscaro, Tanina (1) Schrage, Marvin (1)	14	10
13	MSC Altena	4 Malewski, André (1) Bösert, Jannis (1) Streuber, Hauke (1) Gosman, Kevin (1) , (0)	3	9