

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	4508	Dumke, Timo	MSC Süd Sauerland	00:45.13		00:43.49		01:28.62	30
2	4514	Assmann, Michael	MSC Süd Sauerland	00:44.81		00:44.06		01:28.87	27
3	4511	Peuser, Shareen	MSC Süd Sauerland	00:44.63		00:45.46		01:30.09	24
4	627	Werner, Kevin	AMC Wittgenstein Bad Berl	00:46.45		00:45.06		01:31.51	22
5	9006	Scholl, Kevin	MSF Kirchen	00:45.55		00:47.39		01:32.94	Gast
6	4502	Laux, Fabian	MSC Süd Sauerland	00:44.85	2	00:47.38		01:34.23	20
7	612	Krämer, Stefanie	AMC Wittgenstein Bad Berl	00:44.47		00:47.03	4	01:35.50	18
8	2812	Völke, Leon	MSF Netphen	00:46.68		00:49.13		01:35.81	16
9	4313	Plate, Sven	AC Hohenseelbachkopf	00:47.25		00:50.73	2	01:39.98	14
10	2808	Müller, Leon	MSF Netphen	00:56.20		00:44.59		01:40.79	13
11	3123	Bischopink, Alexander	MSC Oenetal	00:48.38	2	00:46.16	6	01:42.54	12
12	4311	Balzer, Alexander	AC Hohenseelbachkopf	01:00.91		00:46.11	2	01:49.02	11
13	429	Bamberg, Damian	MSC Lennetal-Bamenohl	00:49.90		00:52.85	10	01:52.75	10
14	1029	Obenlüneschloß, Robin	AMC Burbach	00:50.43		00:57.90	10	01:58.33	9
15	3117	Janssen, Kevin	MSC Oenetal	00:51.27		01:05.27	6	02:02.54	8
16	3714	Smorra, Gina-Maria	MSC Oberruhr Velmede	00:52.97	12	00:47.76	10	02:02.73	7
17	4516	Maas, Marc-Pascal	MSC Süd Sauerland	01:00.36	2	01:00.54		02:02.90	6
18	427	Springob, Yannic	MSC Lennetal-Bamenohl	00:46.14	10	00:50.87	16	02:03.01	5
19	426	Brandt, Johan	MSC Lennetal-Bamenohl	00:45.18	24	00:43.43	16	02:08.61	4
20	3419	Wittenstein, Sophie	Olper AC	01:09.40	4	01:15.59	6	02:34.99	3

Zeitnahme: Michael Peuser
Auswertung: Dietmar Brongkoll

Schnellster Lauf: 00:43.49
(Dumke, Timo - 1 / 4508)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	1018	Puche, Jan	AMC Burbach	00:41.23		00:41.25		01:22.48	30
2	619	Schaller, Manuel	AMC Wittgenstein Bad Berl	00:43.06		00:41.27		01:24.33	27
3	1026	Thanabalasingam, Janujan	AMC Burbach	00:42.63		00:41.84		01:24.47	24
4	2806	Marques, Fabio	MSF Netphen	00:42.53		00:41.99		01:24.52	22
5	3613	Wagener, Marco	OC Siegerland-Nord	00:42.42		00:42.59		01:25.01	20
6	605	Fuchs, Maik	AMC Wittgenstein Bad Berl	00:43.95		00:41.49		01:25.44	18
7	601	Biegler, Jens	AMC Wittgenstein Bad Berl	00:42.42		00:43.21		01:25.63	16
8	1032	Schon, Rouven	AMC Burbach	00:43.14		00:42.63		01:25.77	14
9	418	Rademacher, Tobias	MSC Lennetal-Bameno	00:43.18		00:43.50		01:26.68	13
10	2914	Röcher, Maximilian	AMC Obernau	00:44.24		00:43.24		01:27.48	12
11	3601	Müller, Marvin Lukas	OC Siegerland-Nord	00:46.48		00:43.02		01:29.50	11
12	4305	Kring, Dean-Mario	AC Hohenseelbachkopf	00:42.09	2	00:45.52		01:29.61	10
13	3716	Steinmann, Johannes	MSC Oberruhr Velmede	00:42.84		00:45.12	2	01:29.96	9
14	2807	Marques, Julio	MSF Netphen	00:44.50	2	00:43.83		01:30.33	8
15	3402	Battaglia, Alena	Olper AC	00:43.56		00:44.98	2	01:30.54	7
16	4308	Ströhm, Luca	AC Hohenseelbachkopf	00:45.59		00:45.61		01:31.20	6
17	1226	Schönfelder, Paul	MSF Cobbenrode	00:44.28		00:46.22	2	01:32.50	5
18	3615	Opfer, Andre	OC Siegerland-Nord	00:50.39	2	00:40.92		01:33.31	4
19	9015	Leyendecker, Niklas	MSF Kirchen	00:49.01		00:45.10		01:34.11	Gast
20	4509	Laux, Carolin	MSC Süd Sauerland	00:46.45	4	00:44.17		01:34.62	3
21	2814	Schneider, Till Jonas	MSF Netphen	00:44.01		00:47.06	4	01:35.07	2
22	626	Werner, Fabian	AMC Wittgenstein Bad Berl	00:42.47	10	00:43.45		01:35.92	1
23	2919	Wunderlich, Felix	AMC Obernau	00:45.64		00:49.44	2	01:37.08	1
24	2922	Heupel, Franziska	AMC Obernau	00:46.25	12	00:42.67		01:40.92	1
25	3611	Neuhaus, Ann-Christin	OC Siegerland-Nord	00:49.94	10	00:43.83		01:43.77	1
26	1022	Sarx, Benjamin	AMC Burbach	00:54.24	2	00:40.94	10	01:47.18	1
27	4312	Kretzer, Alicia	AC Hohenseelbachkopf	00:41.93	30	00:44.53		01:56.46	1
28	9014	Rheingans, Niklas	MSF Kirchen	00:42.58	30	00:43.80	4	02:00.38	Gast
29	3410	Schneider, Tim	Olper AC	00:48.56	32	00:46.44	10	02:17.00	1
30	3420	Wittenstein, Moritz	Olper AC	00:42.28	30	00:54.24	12	02:18.52	1
31	425	Schmidt, Andre	MSC Lennetal-Bameno	00:53.09	2	01:10.92	20	02:26.01	1
32	3105	Baumhoff, Alexander	MSC Oenetal	00:51.12	2	01:08.36	26	02:27.48	1
33	3536	Leidorf, Jessica	MSC Schmallenberg	01:29.89	12	00:56.02		02:37.91	1

Zeitnahme: Michael Peuser
Auswertung: Dietmar Brongkoll

Schnellster Lauf: 00:40.92
(Opfer, Andre - 18 / 3615)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	2809	Schäffer, Julian	MSF Netphen	00:38.57		00:37.66		01:16.23	30
2	1011	Klein, Marius	AMC Burbach	00:38.56	2	00:38.33		01:18.89	27
3	9010	Jojade, Michael	MSF Kirchen	00:39.93		00:39.26		01:19.19	Gast
4	9009	Schmidt, Dominik	MSF Kirchen	00:39.88		00:40.61		01:20.49	Gast
5	3403	Battaglia, David	Olper AC	00:39.97		00:41.42		01:21.39	24
6	3708	Mc Bride, Jan	MSC Oberruhr Velmede	00:41.07		00:41.44		01:22.51	22
7	1016	Obenlüneschloß, Sabrina	AMC Burbach	00:41.28		00:41.44		01:22.72	20
8	3614	Wiebelhaus, Christian	OC Siegerland-Nord	00:41.14		00:41.64		01:22.78	18
9	4513	Dumke, Patricia	MSC Süd Sauerland	00:41.43		00:41.43		01:22.86	16
10	614	Rahrbach, Nico Jannis	AMC Wittgenstein Bad Berl	00:40.19	2	00:40.55	2	01:24.74	14
11	4302	Glöckner, Sascha	AC Hohenseelbachskopf	00:41.02	4	00:40.98		01:26.00	13
12	3530	Wickel, Frederic	MSC Schmallenberg	00:41.90		00:42.50	2	01:26.40	12
13	3114	Hoffmann, René	MSC Oenetal	00:41.88	2	00:40.90	2	01:26.78	11
14	1025	Stötzel, Fynn Lewis	AMC Burbach	00:41.36		00:43.53	2	01:26.89	10
15	2802	Giesler, Jonas	MSF Netphen	00:38.44	2	00:36.71	10	01:27.15	9
16	3125	Andrzejewski, Lars	MSC Oenetal	00:41.50	4	00:41.58	2	01:29.08	8
17	2811	Steinseifer, Jannic	MSF Netphen	00:43.58		00:44.08	2	01:29.66	7
18	3421	Siscaro, Giuseppe	Olper AC	00:40.03	2	00:41.95	8	01:31.98	6
19	1220	Stoll, Robin	MSF Cobbenrode	00:41.66	8	00:41.41	2	01:33.07	5
20	3529	Leidorf, Fabian	MSC Schmallenberg	00:50.13	2	00:41.71	2	01:35.84	4
21	624	Stockmann, Corinna	AMC Wittgenstein Bad Berl	00:43.26	4	00:41.27	8	01:36.53	3
22	3407	Gabert, Peter	Olper AC	00:42.02		00:38.75	20	01:40.77	2
23	625	Stockmann, Daniel	AMC Wittgenstein Bad Berl	00:53.44	4	00:43.17	2	01:42.61	1
24	3612	Kolb, Fabian	OC Siegerland-Nord	00:45.68	18	00:39.98		01:43.66	1

Zeitnahme: Michael Peuser
Auswertung: Dietmar Brongkoll

Schnellster Lauf: 00:37.66
(Schäffer, Julian - 1 / 2809)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	4510	Peuser, Sina	MSC Süd Sauerland	00:39.53		00:38.36		01:17.89	30
2	1028	Weber, Felix	AMC Burbach	00:40.47		00:38.54		01:19.01	27
3	409	Krämer, Christopher	MSC Lennetal-Bamenohl	00:40.54		00:38.71		01:19.25	24
4	3605	Hahn, Julien	OC Siegerland-Nord	00:39.80		00:41.10		01:20.90	22
5	2918	Thomas, Michelle	AMC Obernau	00:40.25		00:40.97		01:21.22	20
6	421	Schneidersmann, Peter	MSC Lennetal-Bamenohl	00:40.72		00:41.21		01:21.93	18
7	9016	Spies, Thore	MSC Saßmannshausen	00:41.05	2	00:39.10		01:22.15	Gast
8	4503	Koperwas, Wiebke	MSC Süd Sauerland	00:40.24		00:40.42	2	01:22.66	16
9	2803	Grosser, Kevin	MSF Netphen	00:41.62		00:41.19		01:22.81	14
10	611	Krämer, Kevin	AMC Wittgenstein Bad Berl	00:41.35		00:41.90		01:23.25	13
11	3609	Tiebe, Oliver	OC Siegerland-Nord	00:42.40		00:40.92		01:23.32	12
12	1027	Thanabalasingam, Sinthujan	AMC Burbach	00:42.98		00:41.41		01:24.39	11
13	620	Schmitt, Jan	AMC Wittgenstein Bad Berl	00:41.55	2	00:41.07		01:24.62	10
14	422	Sinzig, Lukas	MSC Lennetal-Bamenohl	00:42.00		00:42.82		01:24.82	9
15	1221	Stoll, Tanja	MSF Cobbenrode	00:41.04		00:44.46		01:25.50	8
16	2805	Kneppe, Torben	MSF Netphen	00:42.78		00:43.51		01:26.29	7
17	420	Schumacher, Thomas	MSC Lennetal-Bamenohl	00:43.42		00:43.26		01:26.68	6
18	9012	Dabrowski, Dominik	MSF Kirchen	00:38.38	6	00:42.52		01:26.90	Gast
19	2905	Heupel, Jan-Philipp	AMC Obernau	00:41.39	2	00:44.14		01:27.53	5
20	3110	Haupt, Annika	MSC Oenetal	00:41.49		00:42.34	4	01:27.83	4
21	3524	Rubrech, Sarah	MSC Schmallenberg	00:43.28		00:45.23		01:28.51	3
22	3538	Wickel, René	MSC Schmallenberg	00:44.35	2	00:42.71		01:29.06	2
23	3519	Zimmermann, Robin	MSC Schmallenberg	00:47.44		00:42.82		01:30.26	1
24	411	Lenneper, Meike	MSC Lennetal-Bamenohl	00:44.98		00:44.73	2	01:31.71	1
25	3606	Stobinski, Felix	OC Siegerland-Nord	00:44.79		00:45.04	2	01:31.83	1
26	1208	Hüggenberg, Kevin	MSF Cobbenrode	00:42.26	10	00:46.89	2	01:41.15	1
27	2909	Koch, Laura	AMC Obernau	00:45.99	14	00:42.53		01:42.52	1
28	607	Hahn, Jonas	AMC Wittgenstein Bad Berl	00:47.15		00:52.43	4	01:43.58	1

Zeitnahme: Michael Peuser
Auswertung: Dietmar Brongkoll

Schnellster Lauf: 00:38.36
(Peuser, Sina - 1 / 4510)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	4504	Koperwas, Sören	MSC Süd Sauerland	00:37.45		00:37.03		01:14.48	30
2	3602	Kolb, Sebastian	OC Siegerland-Nord	00:37.62		00:37.66		01:15.28	27
3	609	Kaufmann, Dennis	AMC Wittgenstein Bad Berl	00:37.15		00:38.44		01:15.59	24
4	3608	Busch, Moritz	OC Siegerland-Nord	00:36.91		00:37.82	2	01:16.73	22
5	3414	Schrage, Marvin	Olper AC	00:38.84		00:38.38		01:17.22	20
6	608	Kaletsch, Tobias	AMC Wittgenstein Bad Berl	00:37.93		00:38.14	2	01:18.07	18
7	3603	Opfer, Sabrina	OC Siegerland-Nord	00:39.03		00:39.06		01:18.09	16
8	2920	Zillinger, Dominik	AMC Obernau	00:39.77		00:38.63		01:18.40	14
9	3505	Grell, Matthias	MSC Schmallenberg	00:39.06		00:39.43		01:18.49	13
10	1015	Müns, Malte	AMC Burbach	00:38.44	2	00:38.90		01:19.34	12
11	3502	Zuncke, René	MSC Schmallenberg	00:38.30	2	00:37.63	2	01:19.93	11
12	2804	Haardt, André	MSF Netphen	00:39.15		00:38.92	2	01:20.07	10
13	3508	Rubrech, Jennifer	MSC Schmallenberg	00:38.87	2	00:39.30		01:20.17	9
14	610	Kluge, Tobias	AMC Wittgenstein Bad Berl	00:39.36		00:39.26	2	01:20.62	8
15	603	Dammüller, Kevin	AMC Wittgenstein Bad Berl	00:38.99	2	00:40.09		01:21.08	7
16	602	Biegler, Nicole	AMC Wittgenstein Bad Berl	00:40.73	2	00:40.97		01:23.70	6
17	417	Pfau, Tobias	MSC Lennetal-Bamenohl	00:40.48	2	00:41.44		01:23.92	5
18	402	Branscheid, Marcel	MSC Lennetal-Bamenohl	00:40.99		00:41.22	2	01:24.21	4
19	3409	Klein, Marco	Olper AC	00:38.99	6	00:40.02	2	01:27.01	3
20	1014	Müns, Nino	AMC Burbach	00:38.48	8	00:37.97	4	01:28.45	2
21	2810	Schulz, Kai-Andre	MSF Netphen	00:40.82	6	00:40.32	2	01:29.14	1
22	410	Lenneper, Anna Lena	MSC Lennetal-Bamenohl	00:39.57	12	00:40.61	2	01:34.18	1
23	3517	Gierse, Indra-Jasmin	MSC Schmallenberg	00:39.96		00:48.36	10	01:38.32	1
24	213	Schrick, Oliver	AMC Arnsberg	00:39.38	4	00:38.63	18	01:40.01	1
25	2813	Völke-Pfeifer, Colin	MSF Netphen	00:55.48	6	00:37.70	8	01:47.18	1

Zeitnahme: Michael Peuser
 Auswertung: Dietmar Brongkoll

Schnellster Lauf: 00:36.91
 (Busch, Moritz - 4 / 3608)

Platz	Ortsclub	Starter	gewertet	Punkte
1	MSC Süd Sauerland	130 Dumke, Timo (30) Peuser, Sina (30) Koperwas, Sören (30) Peuser, Shareen (24) Koperwas, Wiebke (16)	90	30
2	AMC Burbach	77 Puche, Jan (30) Weber, Felix (27) Obenlüneschloß, Sabrina (20) , (0) , (0)	77	27
3	AMC Wittgenstein Bad Berleburg	95 Schaller, Manuel (27) Kaufmann, Dennis (24) Krämer, Stefanie (18) Biegler, Jens (16) Schmitt, Jan (10)	69	24
4	OC Siegerland-Nord	77 Hahn, Julien (22) Busch, Moritz (22) Wagener, Marco (20) Tiebe, Oliver (12) Kolb, Fabian (1)	64	22
5	MSF Netphen	72 Schäffer, Julian (30) Marques, Fabio (22) Haardt, André (10) Giesler, Jonas (9) Völke-Pfeifer, Colin (1)	62	20
6	MSC Lennetal-Bamenohl	56 Krämer, Christopher (24) Schneidersmann, Peter (18) Bamberg, Damian (10) Brandt, Johan (4) , (0)	52	18
7	Olper AC	55 Battaglia, David (24) Schrage, Marvin (20) Siscaro, Giuseppe (6) Klein, Marco (3) Gabert, Peter (2)	50	16
8	AMC Obernau	52 Thomas, Michelle (20) Zillinger, Dominik (14) Röcher, Maximilian (12) Heupel, Jan-Philipp (5) Wunderlich, Felix (1)	46	14
9	AC Hohenseelbachskopf	45 Plate, Sven (14) Glöckner, Sascha (13) Balzer, Alexander (11) Ströhmman, Luca (6) Kretzer, Alicia (1)	38	13
10	MSC Schmalleberg	41 Grell, Matthias (13) Wickel, Frederic (12) Zuncke, René (11) Leidorf, Fabian (4) Zimmermann, Robin (1)	36	12
11	MSC Oenetal	36 Bischopink, Alexander (12) Hoffmann, René (11) Andrzejewski, Lars (8) Haupt, Annika (4) Baumhoff, Alexander (1)	31	11
12	MSF Cobbenrode	14 Stoll, Tanja (8) Stoll, Robin (5) Hüggenberg, Kevin (1) , (0) , (0)	14	10