

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	4511	Peuser, Shareen	MSC Süd Sauerland	00:36.42		00:36.27		01:12.69	30
2	3123	Bischopink, Alexander	MSC Oenetal	00:38.44	2	00:37.34		01:17.78	27
3	4502	Laux, Fabian	MSC Süd Sauerland	00:39.25		00:39.48		01:18.73	24
4	3106	Drahn, Julian	MSC Oenetal	00:42.51		00:39.29		01:21.80	22
5	3408	Alba, Sandro	Olper AC	00:40.14	2	00:39.91		01:22.05	20
6	4311	Balzer, Alexander	AC Hohenseelbachkopf	00:40.02		00:40.12	2	01:22.14	18
7	429	Bamberg, Damian	MSC Lennetal-Bameno hl	00:40.46		00:40.85	2	01:23.31	16
8	3526	Teipel, Lukas	MSC Schmalle nberg	00:42.10		00:42.48		01:24.58	14
9	427	Springob, Yannic	MSC Lennetal-Bameno hl	00:43.37		00:43.14		01:26.51	13
10	426	Brandt, Johan	MSC Lennetal-Bameno hl	00:44.88	2	00:44.17		01:31.05	12
11	3714	Smorra, Gina-Maria	MSC Oberruhr Velmede	00:44.69		00:45.42	2	01:32.11	11
12	4315	Plate, Sophie	AC Hohenseelbachkopf	00:42.76	2	00:43.73	4	01:32.49	10
13	4516	Maas, Marc-Pascal	MSC Süd Sauerland	00:45.78	2	00:46.50	2	01:36.28	9
14	2813	Morbach, Joschua	MSF Netphen	00:48.80	2	00:49.68		01:40.48	8
15	3532	Frisse, Gina-Maria	MSC Schmalle nberg	00:47.85	6	00:44.89	2	01:40.74	7
16	4314	Klappert, Nico	AC Hohenseelbachkopf	00:46.26	6	00:47.62	2	01:41.88	6
17	2816	Fick, Markus	MSF Netphen	00:55.51		00:48.95	4	01:48.46	5
18	3525	Flato, Viktor	MSC Schmalle nberg	00:49.57	2	00:51.91	6	01:49.48	4
19	3534	Inegbedion, Eric	MSC Schmalle nberg	00:48.94	12	00:48.02	4	01:52.96	3
20	3414	Vogel, Lars	Olper AC	01:19.91	14	01:01.06	6	02:40.97	2

Zeitnahme:
Auswertung:

Schnellster Lauf: 00:36.27
(Peuser, Shareen - 1 / 4511)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	601	Biegler, Jens	AMC Wittgenstein Bad Berl	00:36.14		00:36.15		01:12.29	30
2	3122	Pott, Niklas	MSC Oenetal	00:36.31		00:36.50		01:12.81	27
3	2808	Müller, Leon	MSF Netphen	00:35.55	2	00:35.82		01:13.37	24
4	4508	Dumke, Timo	MSC Süd Sauerland	00:37.02		00:37.91		01:14.93	22
5	3410	Schneider, Tim	Olper AC	00:37.13		00:37.89		01:15.02	20
6	2807	Marques, Julio	MSF Netphen	00:37.97		00:37.53		01:15.50	18
7	627	Werner, Kevin	AMC Wittgenstein Bad Berl	00:36.98		00:36.64	2	01:15.62	16
8	1032	Schon, Rouven	AMC Burbach	00:37.61		00:37.16	2	01:16.77	14
9	612	Krämer, Stefanie	AMC Wittgenstein Bad Berl	00:37.17	2	00:37.85		01:17.02	13
10	425	Schmidt, Andre	MSC Lennetal-Bamenohe	00:37.79		00:37.59	2	01:17.38	12
11	2922	Heupel, Franziska	AMC Obernau	00:39.11		00:39.16		01:18.27	11
12	3601	Müller, Marvin Lukas	OC Siegerland-Nord	00:36.71	4	00:37.74		01:18.45	10
13	3126	Fuhlen, Jonas	MSC Oenetal	00:37.77		00:38.91	2	01:18.68	9
14	4310	Schlosser, Alina	AC Hohenseelbachkopf	00:39.76		00:39.73		01:19.49	8
15	2904	Schelhas, Vera	AMC Obernau	00:39.64		00:41.03		01:20.67	7
16	1026	Thanabalasingam, Janujan	AMC Burbach	00:37.62	6	00:37.69		01:21.31	6
17	4313	Plate, Sven	AC Hohenseelbachkopf	00:38.22	2	00:39.33	2	01:21.55	5
18	3602	Bierbaum, Tim	OC Siegerland-Nord	00:40.09		00:42.62		01:22.71	4
19	4514	Assmann, Michael	MSC Süd Sauerland	00:36.35		00:35.45	12	01:23.80	3
20	3418	Alfes, Nico	Olper AC	00:40.08	4	00:40.87		01:24.95	2
21	3509	Milosavljevic, Kristian	MSC Schmallebenberg	00:41.74		00:43.59		01:25.33	1
22	3533	Inegbedion, Jason	MSC Schmallebenberg	00:43.88		00:43.39		01:27.27	1
23	1029	Obenlüneschloß, Robin	AMC Burbach	00:42.90	4	00:42.47		01:29.37	1
24	2819	Wittenberg, Kevin	MSF Netphen	00:43.33	2	00:44.43		01:29.76	1
25	3117	Jansen, Kevin	MSC Oenetal	00:36.98	14	00:38.94		01:29.92	1
26	2812	Völke, Leon	MSF Netphen	00:37.91	8	00:39.54	6	01:31.45	1
27	2818	Fick, Alexander	MSF Netphen	00:46.64		00:46.14	2	01:34.78	1
28	9012	Häusig, Lukas-Marvin	OC Siegerland-Nord	00:43.94		00:44.68	10	01:38.62	Gast
29	3523	Birlenbach, Florian	MSC Schmallebenberg	01:04.19	6	00:52.30		02:02.49	1

Zeitnahme:
Auswertung:

Schnellster Lauf: 00:35.82
(Müller, Leon - 3 / 2808)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	619	Schaller, Manuel	AMC Wittgenstein Bad Berl	00:38.71		00:39.89		01:18.60	30
2	3613	Wagener, Marco	OC Siegerland-Nord	00:39.72		00:39.05		01:18.77	27
3	1016	Obenlüneschloß, Sabrina	AMC Burbach	00:39.42		00:39.92		01:19.34	24
4	3421	Siscaro, Giuseppe	Olper AC	00:39.07		00:38.51	2	01:19.58	22
5	3407	Grabert, Peter	Olper AC	00:39.77		00:39.84		01:19.61	20
6	418	Rademacher, Tobias	MSC Lennetal-Bamenoht	00:39.60		00:40.29		01:19.89	18
7	614	Rahrbach, Nico Jannis	AMC Wittgenstein Bad Berl	00:40.60		00:39.32		01:19.92	16
8	3507	Spieler, Steffen	MSC Schmallenberg	00:39.99		00:40.25		01:20.24	14
9	4305	Kring, Dean-Mario	AC Hohenseelbachskopf	00:40.99		00:39.59		01:20.58	13
10	3530	Wickel, Frederic	MSC Schmallenberg	00:41.03		00:39.69		01:20.72	12
11	3611	Neuhaus, Ann-Christin	OC Siegerland-Nord	00:39.03	2	00:39.73		01:20.76	11
12	1018	Puche, Jan	AMC Burbach	00:39.40	2	00:37.84	2	01:21.24	10
13	1220	Stoll, Robin	MSF Cobbenrode	00:40.28		00:39.00	2	01:21.28	9
14	626	Werner, Fabian	AMC Wittgenstein Bad Berl	00:41.45		00:39.86		01:21.31	8
15	624	Stockmann, Corinna	AMC Wittgenstein Bad Berl	00:41.57		00:40.19		01:21.76	7
16	3708	Mc Bride, Jan	MSC Oberruhr Velmede	00:40.39		00:41.40		01:21.79	6
17	1019	Puche, Michelle	AMC Burbach	00:40.28		00:40.88	2	01:23.16	5
18	3116	Oster, Steffen	MSC Oenetal	00:41.37		00:41.95		01:23.32	4
19	1022	Sarx, Benjamin	AMC Burbach	00:41.78		00:41.54		01:23.32	3
20	4312	Kretzer, Alicia	AC Hohenseelbachskopf	00:41.38		00:42.04		01:23.42	2
21	4513	Dumke, Patricia	MSC Süd Sauerland	00:42.34		00:41.22		01:23.56	1
22	1214	Lumme, Jonas	MSF Cobbenrode	00:41.80		00:42.73		01:24.53	1
23	3716	Steinmann, Johannes	MSC Oberruhr Velmede	00:43.87		00:41.05		01:24.92	1
24	2811	Steinseifer, Jannik	MSF Netphen	00:40.97	2	00:40.18	2	01:25.15	1
25	2801	Schäffer, Marleen	MSF Netphen	00:42.04		00:43.19		01:25.23	1
26	2806	Marques, Fabio	MSF Netphen	00:40.01		00:39.70	6	01:25.71	1
27	2906	Leifert, Lucas	AMC Obernau	00:41.89	2	00:42.60		01:26.49	1
28	118	Malewski, André	MSC Altena	00:44.46		00:43.17	2	01:29.63	1
29	4509	Laux, Carolin	MSC Süd Sauerland	00:44.27		00:44.31	2	01:30.58	1
30	605	Fuchs, Maik	AMC Wittgenstein Bad Berl	00:38.36		00:41.44	12	01:31.80	1
31	3105	Baumhoff, Alexander	MSC Oenetal	00:42.97	6	00:43.02		01:31.99	1
32	4317	Reber, Nico	AC Hohenseelbachskopf	00:46.86	4	00:42.76		01:33.62	1
33	3125	Andrzejewski, Lars	MSC Oenetal	00:40.88	16	00:40.52	2	01:39.40	1
34	3536	Leidorf, Jessica	MSC Schmallenberg	00:45.54	10	00:49.13		01:44.67	1

Zeitnahme:
Auswertung:

Schnellster Lauf: 00:38.36
(Fuchs, Maik - 30 / 605)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	1028	Weber, Felix	AMC Burbach	00:35.81		00:37.56	2	01:15.37	30
2	607	Hahn, Jonas	AMC Wittgenstein Bad Berl	00:38.41		00:37.75		01:16.16	27
3	409	Krämer, Christopher	MSC Lennetal-Bamenohl	00:38.54		00:38.02		01:16.56	24
4	1011	Klein, Marius	AMC Burbach	00:37.90		00:39.13		01:17.03	22
5	2803	Grosser, Kevin	MSF Netphen	00:38.58		00:39.02		01:17.60	20
6	3609	Tiebe, Oliver	OC Siegerland-Nord	00:38.50		00:39.11		01:17.61	18
7	1017	Oerter, Tim	AMC Burbach	00:38.37		00:40.43		01:18.80	16
8	3114	Hoffmann, René	MSC Oenetal	00:38.66		00:40.25		01:18.91	14
9	3614	Wiebelhaus, Christian	OC Siegerland-Nord	00:40.30		00:39.54		01:19.84	13
10	422	Sinzig, Lukas	MSC Lennetal-Bamenohl	00:39.88		00:40.39		01:20.27	12
11	3529	Leidorf, Fabian	MSC Schmallenberg	00:39.44		00:39.00	2	01:20.44	11
12	3707	Hötte, Tobias	MSC Oberruhr Velmede	00:38.48		00:40.25	2	01:20.73	10
13	411	Lenneper, Meike	MSC Lennetal-Bamenohl	00:39.74		00:41.36		01:21.10	9
14	1027	Thanabalasingam, Sinthujan	AMC Burbach	00:38.50		00:40.67	2	01:21.17	8
15	1208	Hüggenberg, Kevin	MSF Cobbenrode	00:41.75		00:40.22		01:21.97	7
16	404	Geyer, Fabian	MSC Lennetal-Bamenohl	00:40.58	2	00:39.74		01:22.32	6
17	1025	Stötzel, Fynn Lewis	AMC Burbach	00:38.60	2	00:40.00	2	01:22.60	5
18	3422	Siscaro, Tanina	Olper AC	00:39.82	4	00:39.01		01:22.83	4
19	625	Stockmann, Daniel	AMC Wittgenstein Bad Berl	00:41.70		00:42.39		01:24.09	3
20	2805	Knepe, Torben	MSF Netphen	00:41.55	2	00:40.26	2	01:25.81	2
21	2809	Schäffer, Julian	MSF Netphen	00:37.67	10	00:38.81		01:26.48	1
22	3506	Braun, Marvin	MSC Schmallenberg	00:42.16		00:40.47	6	01:28.63	1
23	3519	Zimmermann, Robin	MSC Schmallenberg	00:38.76	10	00:41.17		01:29.93	1
24	3531	Inegbedion, Marc	MSC Schmallenberg	00:40.72	2	00:43.69	10	01:36.41	1

Zeitnahme:
Auswertung:

Schnellster Lauf: 00:35.81
(Weber, Felix - 1 / 1028)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	4510	Peuser, Sina	MSC Süd Sauerland	00:37.03		00:37.79		01:14.82	30
2	3608	Busch, Moritz	OC Siegerland-Nord	00:37.54		00:37.64		01:15.18	27
3	3603	Opfer, Sabrina	OC Siegerland-Nord	00:37.78		00:38.00		01:15.78	24
4	3605	Hahn, Julien	OC Siegerland-Nord	00:38.69		00:37.57		01:16.26	22
5	3604	Hübner, Nils	OC Siegerland-Nord	00:37.94		00:38.32		01:16.26	20
6	4503	Koperwas, Wiebke	MSC Süd Sauerland	00:37.99		00:38.76		01:16.75	18
7	611	Krämer, Kevin	AMC Wittgenstein Bad Berl	00:37.83		00:39.06		01:16.89	16
8	3505	Grell, Matthias	MSC Schmallenberg	00:38.68		00:38.74		01:17.42	14
9	402	Branscheid, Marcel	MSC Lennetal-Bamenohl	00:38.93		00:38.93		01:17.86	13
10	610	Kluge, Tobias	AMC Wittgenstein Bad Berl	00:38.40		00:39.58		01:17.98	12
11	620	Schmitt, Jan	AMC Wittgenstein Bad Berl	00:38.51		00:39.48		01:17.99	11
12	603	Dammüller, Kevin	AMC Wittgenstein Bad Berl	00:37.65		00:38.49	2	01:18.14	10
13	213	Schrick, Oliver	AMC Arnsberg	00:39.71		00:38.90		01:18.61	9
14	3508	Rubrech, Jennifer	MSC Schmallenberg	00:39.37		00:39.45		01:18.82	8
15	2918	Thomas, Michelle	AMC Obernau	00:39.54		00:39.43		01:18.97	7
16	417	Pfau, Tobias	MSC Lennetal-Bamenohl	00:39.99		00:39.17		01:19.16	6
17	602	Biegler, Nicole	AMC Wittgenstein Bad Berl	00:39.48		00:40.53		01:20.01	5
18	421	Schneidersmann, Peter	MSC Lennetal-Bamenohl	00:38.08	6	00:38.04	2	01:24.12	4
19	2804	Haardt, André	MSF Netphen	00:37.15	10	00:38.94	2	01:28.09	3
20	1221	Stoll, Tanja	MSF Cobbenrode	00:39.95	2	00:46.93		01:28.88	2
21	3524	Rubrech, Sarah	MSC Schmallenberg	00:39.64	6	00:41.03	4	01:30.67	1
22	2905	Heupel, Jan-Philipp	AMC Obernau	00:40.34	2	00:38.89	12	01:33.23	1

Zeitnahme:
Auswertung:

Schnellster Lauf: 00:37.03
(Peuser, Sina - 1 / 4510)

Platz	Ortsclub	Starter	gewertet	Punkte
1	MSC Süd Sauerland	109 Peuser, Shareen (30) Peuser, Sina (30) Laux, Fabian (24) Dumke, Timo (22) Assmann, Michael (3)	84	30
2	OC Siegerland-Nord	105 Wagener, Marco (27) Busch, Moritz (27) Hahn, Julien (22) Tiebe, Oliver (18) Neuhaus, Ann-Christin (11)	76	27
3	AMC Wittgenstein Bad Berleburg	82 Biegler, Jens (30) Schaller, Manuel (30) Schmitt, Jan (11) Dammüller, Kevin (10) Fuchs, Maik (1)	71	24
4	MSC Oenetal	78 Bischopink, Alexander (27) Pott, Niklas (27) Hoffmann, René (14) Fuhlen, Jonas (9) Andrzejewski, Lars (1)	68	22
5	AMC Burbach	82 Weber, Felix (30) Klein, Marius (22) Schon, Rouven (14) Puche, Jan (10) Thanabalasingam, Janujan (6)	66	20
6	Olper AC	86 Siscaro, Giuseppe (22) Alba, Sandro (20) Schneider, Tim (20) Grabert, Peter (20) Siscaro, Tanina (4)	62	18
7	MSF Netphen	64 Müller, Leon (24) Grosser, Kevin (20) Marques, Julio (18) Marques, Fabio (1) Schäffer, Julian (1)	62	16
8	MSC Lennetal-Bamenohl	69 Krämer, Christopher (24) Bamberg, Damian (16) Branscheid, Marcel (13) Brandt, Johan (12) Schneidersmann, Peter (4)	53	14
9	AC Hohenseelbachskopf	55 Balzer, Alexander (18) Kring, Dean-Mario (13) Plate, Sophie (10) Schlosser, Alina (8) Klappert, Nico (6)	41	13
10	MSC Schmallenberg	59 Spieler, Steffen (14) Grell, Matthias (14) Wickel, Frederic (12) Leidorf, Fabian (11) Rubrech, Jennifer (8)	40	12
11	MSC Oberruhr Velmede	28 Smorra, Gina-Maria (11) Hötte, Tobias (10) Mc Bride, Jan (6) Steinmann, Johannes (1) , (0)	27	11
12	AMC Obernau	27 Heupel, Franziska (11) Schelhas, Vera (7) Thomas, Michelle (7) Leifert, Lucas (1) Heupel, Jan-Philipp (1)	25	10
13	MSF Cobbenrode	19 Stoll, Robin (9) Hüggenberg, Kevin (7) Stoll, Tanja (2) Lumme, Jonas (1) , (0)	18	9