

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	4511	Peuser, Shareen	MSC Süd Sauerland	00:43.56	2	00:42.70		01:28.26	30
2	3123	Bishopink, Alexander	MSC Oenetal	00:43.94	2	00:44.24		01:30.18	27
3	4311	Balzer, Alexander	AC Hohenseelbachskopf	00:44.86		00:44.18	2	01:31.04	24
4	9002	Drewing, Pascal	MSC Wahlscheid	00:44.56	2	00:44.73		01:31.29	Gast
5	3408	Alba, Sandro	Olper AC	00:46.15		00:45.19		01:31.34	22
6	4502	Laux, Fabian	MSC Süd Sauerland	00:44.12	2	00:43.71	2	01:31.83	20
7	426	Brandt, Johan	MSC Lennetal-Bamenohl	00:46.45	2	00:45.08		01:33.53	18
8	3714	Smorra, Gina-Maria	MSC Oberruhr Velmede	00:47.55		00:46.56		01:34.11	16
9	429	Bamberg, Damian	MSC Lennetal-Bamenohl	00:47.22	2	00:47.08		01:36.30	14
10	4314	Klappert, Nico	AC Hohenseelbachskopf	00:47.74	4	00:47.83		01:39.57	13
11	3526	Teipel, Lukas	MSC Schmallenberg	00:48.84	10	00:47.76		01:46.60	12
12	3532	Frisse, Gina-Maria	MSC Schmallenberg	00:49.53	6	00:50.18	4	01:49.71	11
13	4313	Plate, Sophie	AC Hohenseelbachskopf	00:52.81	12	00:49.91		01:54.72	10
14	3525	Flato, Viktor	MSC Schmallenberg	00:54.99	6	00:50.60	4	01:55.59	9
15	3414	Vogel, Lars	Olper AC	01:03.76	10	00:54.38		02:08.14	8

Zeitnahme: Dominik Land  
 Auswertung: Patrick Brongkoll

Schnellster Lauf: 00:42.70  
 (Peuser, Shareen - 1 / 4511)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	1026	Thanabalasingam, Janujan	AMC Burbach	00:35.91		00:33.03		01:08.94	30
2	4514	Assmann, Michael	MSC Süd Sauerland	00:35.41		00:34.18		01:09.59	27
3	1032	Schon, Rouven	AMC Burbach	00:37.23		00:32.50		01:09.73	24
4	2807	Marques, Julio	MSF Netphen	00:35.08		00:34.70		01:09.78	22
5	2808	Müller, Leon	MSF Netphen	00:34.92		00:35.25		01:10.17	20
6	2812	Völke, Leon	MSF Netphen	00:35.43		00:34.80		01:10.23	18
7	3122	Pott, Niklas	MSC Oenetal	00:35.53		00:35.63		01:11.16	16
8	4508	Dumke, Timo	MSC Süd Sauerland	00:37.22		00:34.57	2	01:13.79	14
9	3126	Fuhlen, Jonas	MSC Oenetal	00:37.78		00:36.59		01:14.37	13
10	612	Krämer, Stefanie	AMC Wittgenstein Bad Berl	00:41.09		00:34.93		01:16.02	12
11	601	Biegler, Jens	AMC Wittgenstein Bad Berl	00:40.68		00:33.52	2	01:16.20	11
12	425	Schmidt, Andre	MSC Lennetal-Bamenoht	00:38.26		00:38.23		01:16.49	10
13	627	Werner, Kevin	AMC Wittgenstein Bad Berl	00:42.19		00:35.51		01:17.70	9
14	2922	Heupel, Franziska	AMC Obermau	00:40.57		00:35.47	2	01:18.04	8
15	1029	Obenlüneschloß, Robin	AMC Burbach	00:40.24		00:38.13		01:18.37	7
16	3711	Gonzalez-Ovelar, Adrian	MSC Oberruhr Velmede	00:40.99		00:37.59	2	01:20.58	6
17	3602	Bierbaum, Tim	OC Siegerland-Nord	00:40.73		00:40.44		01:21.17	5
18	4315	Plate, Sven	AC Hohenseelbachskopf	00:41.09		00:40.31		01:21.40	4
19	3410	Schneider, Tim	Olper AC	00:43.70		00:38.23		01:21.93	3
20	2904	Schelhas, Vera	AMC Obermau	00:44.07		00:39.27		01:23.34	2
21	4310	Schlosser, Alina	AC Hohenseelbachskopf	00:40.36	6	00:37.93		01:24.29	1
22	3509	Milosavljevic, Kristian	MSC Schmallenberg	00:45.43	4	00:40.72		01:30.15	1
23	3418	Alfes, Nico	Olper AC	00:46.60	2	00:39.68	2	01:30.28	1

Zeitnahme: Dominik Land  
 Auswertung: Patrick Brongkoll

Schnellster Lauf: 00:32.50  
 (Schon, Rouven - 3 / 1032)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	1018	Puche, Jan	AMC Burbach	00:32.20		00:32.14		01:04.34	30
2	619	Schaller, Manuel	AMC Wittgenstein Bad Berl	00:33.30		00:33.14		01:06.44	27
3	605	Fuchs, Maik	AMC Wittgenstein Bad Berl	00:33.82		00:32.98		01:06.80	24
4	1016	Obenlüneschloß, Sabrina	AMC Burbach	00:33.38		00:33.82		01:07.20	22
5	3530	Wickel, Frederic	MSC Schmallenberg	00:33.70		00:33.93		01:07.63	20
6	3421	Siscaro, Giuseppe	Olper AC	00:34.12		00:33.55		01:07.67	18
7	3507	Spieler, Steffen	MSC Schmallenberg	00:34.23		00:34.09		01:08.32	16
8	2806	Marques, Fabio	MSF Netphen	00:33.33	2	00:33.29		01:08.62	14
9	1019	Puche, Michelle	AMC Burbach	00:34.39		00:34.30		01:08.69	13
10	3125	Andrzejewski, Lars	MSC Oenetal	00:34.85		00:34.10		01:08.95	12
11	1220	Stoll, Robin	MSF Cobbenrode	00:33.69		00:34.29	2	01:09.98	11
12	2811	Steinseifer, Jannik	MSF Netphen	00:35.70		00:34.83		01:10.53	10
13	3613	Wagener, Marco	OC Siegerland-Nord	00:34.61		00:33.93	2	01:10.54	9
14	4513	Dumke, Patricia	MSC Süd Sauerland	00:34.56	2	00:34.07		01:10.63	8
15	614	Rahrbach, Nico Jannis	AMC Wittgenstein Bad Berl	00:33.70		00:33.30	4	01:11.00	7
16	2801	Schäffer, Marleen	MSF Netphen	00:35.48		00:35.86		01:11.34	6
17	624	Stockmann, Corinna	AMC Wittgenstein Bad Berl	00:35.13	2	00:34.52		01:11.65	5
18	3611	Neuhaus, Ann-Christin	OC Siegerland-Nord	00:35.08	2	00:34.99		01:12.07	4
19	4312	Kretzer, Alicia	AC Hohenseelbachkopf	00:36.62		00:36.81		01:13.43	3
20	3708	Mc Bride, Jan	MSC Oberruhr Velmede	00:34.91	4	00:34.88		01:13.79	2
21	626	Werner, Fabian	AMC Wittgenstein Bad Berl	00:34.94	2	00:35.16	2	01:14.10	1
22	3716	Steinmann, Johannes	MSC Oberruhr Velmede	00:35.02	4	00:34.73	1	01:14.75	1
23	2919	Wunderlich, Felix	AMC Obermau	00:38.40		00:36.45		01:14.85	1
24	3407	Grabert, Peter	Olper AC	00:34.61		00:34.45	6	01:15.06	1
25	3116	Oster, Steffen	MSC Oenetal	00:36.77	2	00:36.34		01:15.11	1
26	2906	Leifert, Lucas	AMC Obermau	00:36.52		00:35.60	4	01:16.12	1
27	4305	Kring, Dean-Mario	AC Hohenseelbachkopf	00:34.67	6	00:35.52		01:16.19	1
28	1228	Hochstein, Michel	MSF Cobbenrode	00:37.56	2	00:37.19		01:16.75	1
29	1022	Sarx, Benjamin	AMC Burbach	00:36.08	4	00:35.00	2	01:17.08	1
30	4317	Reber, Nico	AC Hohenseelbachkopf	00:37.06	2	00:38.63	2	01:19.69	1
31	3536	Leidorf, Jessica	MSC Schmallenberg	00:39.56		00:40.45		01:20.01	1
32	4509	Laux, Carolin	MSC Süd Sauerland	00:35.97	2	00:36.08	6	01:20.05	1
33	3105	Baumhoff, Alexander	MSC Oenetal	00:38.89	4	00:36.83	6	01:25.72	1

Zeitnahme: Dominik Land  
Auswertung: Patrick Brongkoll

Schnellster Lauf: 00:32.14  
(Puche, Jan - 1 / 1018)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	1028	Weber, Felix	AMC Burbach	00:31.47		00:31.67		01:03.14	30
2	2809	Schäffer, Julian	MSF Netphen	00:31.99		00:32.32		01:04.31	27
3	3609	Tiebe, Oliver	OC Siegerland-Nord	00:32.74		00:32.39		01:05.13	24
4	1011	Klein, Marius	AMC Burbach	00:32.45		00:32.79		01:05.24	22
5	1027	Thanabalasingam, Sinthujan	AMC Burbach	00:32.91		00:32.73		01:05.64	20
6	2803	Grosser, Kevin	MSF Netphen	00:33.39		00:32.73		01:06.12	18
7	3114	Hoffmann, René	MSC Oenetal	00:33.50		00:33.97		01:07.47	16
8	2802	Giesler, Jonas	MSF Netphen	00:33.46		00:32.51	2	01:07.97	14
9	409	Krämer, Christopher	MSC Lennetal-Bamenohl	00:32.33	4	00:32.56		01:08.89	13
10	1017	Oerter, Tim	AMC Burbach	00:32.55		00:32.45	4	01:09.00	12
11	3707	Hötte, Tobias	MSC Oberruhr Velmede	00:33.95		00:34.07	2	01:10.02	11
12	3529	Leidorf, Fabian	MSC Schmallingenberg	00:34.57		00:33.69	2	01:10.26	10
13	3538	Wickel, René	MSC Schmallingenberg	00:35.29		00:35.10		01:10.39	9
14	404	Geyer, Fabian	MSC Lennetal-Bamenohl	00:34.44	2	00:34.54		01:10.98	8
15	411	Lenneper, Meike	MSC Lennetal-Bamenohl	00:34.96		00:34.36	2	01:11.32	7
16	1025	Stötzel, Fynn Lewis	AMC Burbach	00:33.41		00:34.32	4	01:11.73	6
17	625	Stockmann, Daniel	AMC Wittgenstein Bad Berl	00:36.24		00:36.12		01:12.36	5
18	1208	Hüggenberg, Kevin	MSF Cobbenrode	00:34.43	2	00:34.09	2	01:12.52	4
19	3614	Wiebelhaus, Christian	OC Siegerland-Nord	00:34.24	4	00:34.29		01:12.53	3
20	607	Hahn, Jonas	AMC Wittgenstein Bad Berl	00:33.51	8	00:32.63		01:14.14	2
21	2912	Ortakaja, David Ali	AMC Obernau	00:35.45	4	00:33.74	2	01:15.19	1
22	3422	Siscaro, Tanina	Olper AC	00:35.72	4	00:34.79	2	01:16.51	1
23	3506	Braun, Marvin	MSC Schmallingenberg	00:36.12	4	00:35.70	2	01:17.82	1
24	3519	Zimmermann, Robin	MSC Schmallingenberg	00:35.25	2	00:34.32	8	01:19.57	1

Zeitnahme: Dominik Land  
Auswertung: Patrick Brongkoll

Schnellster Lauf: 00:31.47  
(Weber, Felix - 1 / 1028)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	1015	Müns, Malte	AMC Burbach	00:31.81		00:31.82		01:03.63	30
2	1014	Müns, Nino	AMC Burbach	00:31.79		00:32.31		01:04.10	27
3	603	Dammüller, Kevin	AMC Wittgenstein Bad Berl	00:32.04		00:32.39		01:04.43	24
4	609	Kaufmann, Dennis	AMC Wittgenstein Bad Berl	00:32.70		00:32.28		01:04.98	22
5	3608	Busch, Moritz	OC Siegerland-Nord	00:32.65		00:32.73		01:05.38	20
6	3505	Grell, Matthias	MSC Schmallenberg	00:32.68		00:33.13		01:05.81	18
7	2918	Thomas, Michelle	AMC Obernau	00:32.97		00:33.06		01:06.03	16
8	620	Schmitt, Jan	AMC Wittgenstein Bad Berl	00:32.26		00:32.53	2	01:06.79	14
9	4510	Peuser, Sina	MSC Süd Sauerland	00:32.61	2	00:32.19		01:06.80	13
10	610	Kluge, Tobias	AMC Wittgenstein Bad Berl	00:33.43		00:33.42		01:06.85	12
11	402	Branscheid, Marcel	MSC Lennetal-Bameno hl	00:33.63		00:33.56		01:07.19	11
12	602	Biegler, Nicole	AMC Wittgenstein Bad Berl	00:33.79		00:33.56		01:07.35	10
13	618	Rohn, Steffen	AMC Wittgenstein Bad Berl	00:33.38	2	00:32.03		01:07.41	9
14	1004	Völke-Pfeifer, Colin	AMC Burbach	00:33.04	2	00:32.41		01:07.45	8
15	3604	Hübner, Nils	OC Siegerland-Nord	00:33.08		00:32.63	2	01:07.71	7
16	421	Schneidersmann, Peter	MSC Lennetal-Bameno hl	00:32.00	2	00:31.73	2	01:07.73	6
17	417	Pfau, Tobias	MSC Lennetal-Bameno hl	00:34.72		00:33.27		01:07.99	5
18	213	Schrick, Oliver	AMC Arnsberg	00:33.58	2	00:33.07		01:08.65	4
19	3605	Hahn, Julien	OC Siegerland-Nord	00:32.93	4	00:31.93		01:08.86	3
20	2905	Heupel, Jan-Philipp	AMC Obernau	00:33.50	2	00:33.59		01:09.09	2
21	1221	Stoll, Tanja	MSF Cobbenrode	00:33.71	2	00:33.87		01:09.58	1
22	3603	Opfer, Sabrina	OC Siegerland-Nord	00:33.31	2	00:32.99	2	01:10.30	1
23	3508	Rubrech, Jennifer	MSC Schmallenberg	00:32.74	4	00:32.76	2	01:11.50	1
24	4503	Koperwas, Wiebke	MSC Süd Sauerland	00:34.23	6	00:32.94		01:13.17	1
25	9007	Pfeiffer, Jan	AC Hohenseelbachskopf	00:36.30		00:36.36	2	01:14.66	Gast
26	608	Kaletsch, Tobias	AMC Wittgenstein Bad Berl	00:33.09	2	00:32.66	8	01:15.75	1

Zeitnahme: Dominik Land  
 Auswertung: Patrick Brongkoll

Schnellster Lauf: 00:31.79  
 (Müns, Nino - 2 / 1014)

Platz	Ortsclub	Starter	gewertet	Punkte
1	AMC Burbach	134 Thanabalasingam, Janujan (30) Puche, Jan (30) Weber, Felix (30) Schon, Rouven (24) Thanabalasingam, Sinthujan (20)	90	30
2	MSC Süd Sauerland	104 Peuser, Shareen (30) Assmann, Michael (27) Laux, Fabian (20) Dumke, Timo (14) Peuser, Sina (13)	77	27
3	AMC Wittgenstein Bad Berleburg	93 Fuchs, Maik (24) Dammüller, Kevin (24) Kaufmann, Dennis (22) Krämer, Stefanie (12) Biegler, Jens (11)	70	24
4	MSF Netphen	97 Schäffer, Julian (27) Marques, Julio (22) Müller, Leon (20) Marques, Fabio (14) Giesler, Jonas (14)	69	22
5	MSC Oenetal	84 Bischopink, Alexander (27) Pott, Niklas (16) Hoffmann, René (16) Fuhlen, Jonas (13) Andrzejewski, Lars (12)	59	20
6	MSC Schmalleberg	65 Wickel, Frederic (20) Grell, Matthias (18) Spieler, Steffen (16) Leidorf, Fabian (10) Rubrech, Jennifer (1)	54	18
7	OC Siegerland-Nord	60 Tiebe, Oliver (24) Busch, Moritz (20) Wagener, Marco (9) Neuhaus, Ann-Christin (4) Hahn, Julien (3)	53	16
8	AC Hohenseelbachkopf	49 Balzer, Alexander (24) Klappert, Nico (13) Plate, Sophie (10) Schlosser, Alina (1) Kring, Dean-Mario (1)	47	14
9	MSC Lennetal-Bamenohl	62 Brandt, Johan (18) Bamberg, Damian (14) Krämer, Christopher (13) Branscheid, Marcel (11) Schneidersmann, Peter (6)	45	13
10	Olper AC	45 Alba, Sandro (22) Siscaro, Giuseppe (18) Schneider, Tim (3) Grabert, Peter (1) Siscaro, Tanina (1)	43	12
11	MSC Oberruhr Velmede	36 Smorra, Gina-Maria (16) Hötte, Tobias (11) Gonzalez-Ovelar, Adrian (6) Mc Bride, Jan (2) Steinmann, Johannes (1)	33	11
12	AMC Obernau	28 Thomas, Michelle (16) Heupel, Franziska (8) Heupel, Jan-Philipp (2) Leifert, Lucas (1) Ortakaja, David Ali (1)	26	10
13	MSF Cobbenrode	17 Stoll, Robin (11) Hüggenberg, Kevin (4) Hochstein, Michel (1) Stoll, Tanja (1) , (0)	16	9