

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	910	Löhr, Tim Niklas	Briloner AC	00:38.72	6	00:36.50	2	01:23.22	30
2	2813	Morbach, Joschua	MSF Netphen	00:37.20	8	00:37.19	2	01:24.39	27
3	4314	Klappert, Nico	AC Hohenseelbachkopf	00:37.50	8	00:37.72	2	01:25.22	24
4	606	Koch, Tanja	AMC Wittgenstein Bad Berl	00:38.91	4	00:38.59	4	01:25.50	22
5	3411	Springob, Jan-Philipp	Olper AC	00:39.08	2	00:39.27	6	01:26.35	20
6	3604	Neuhaus, Alexander	OC Siegerland-Nord	00:38.64	8	00:36.95	4	01:27.59	18
7	1006	Saar, Lukas	AMC Burbach	00:34.35	10	00:35.38	8	01:27.73	16
8	2816	Fick, Markus	MSF Netphen	00:39.13	8	00:38.03	4	01:29.16	14
9	3522	Birlenbach, Nico	MSC Schmallenberg	00:43.22	8	00:40.79	4	01:36.01	13
10	401	Lorek, Sebastian	MSC Lennetal-Bamenohl	00:42.29	8	00:42.49	4	01:36.78	12
11	3102	Sauer, Nils	MSC Oenetal	00:45.60	6	00:43.81	2	01:37.41	11
12	414	Klemm, Luis	MSC Lennetal-Bamenohl	00:40.94	4	00:42.83	10	01:37.77	10
13	1211	Effey, Tobias	MSF Cobbenrode	00:41.62	8	00:40.13	12	01:41.75	9
14	407	Schulte, Dominik	MSC Lennetal-Bamenohl	00:43.34	6	00:40.54	12	01:41.88	8
15	1202	Wiese, Bea	MSF Cobbenrode	00:43.12	6	00:41.24	12	01:42.36	7
16	1236	Wiese, Niklas	MSF Cobbenrode	00:41.43	12	00:39.82	12	01:45.25	6
17	3127	Blaschke, Justin	MSC Oenetal	00:42.84	10	00:49.32	8	01:50.16	5
18	3107	Schüttler, Niclas	MSC Oenetal	00:59.79	12	00:54.50	4	02:10.29	4

Zeitnahme: Björn Kry
Auswertung: Rainer Koslowski

Schnellster Lauf: 00:38.50
(Löhr, Tim Niklas - 1 / 910)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	3714	Smorra, Gina-Maria	MSC Oberruhr Velmede	00:34.50		00:33.79		01:08.29	30
2	4307	Völke, Leon	AC Hohenseelbachkopf	00:33.70	2	00:33.54		01:09.24	27
3	2904	Schelhas, Vera	AMC Obermau	00:35.60		00:34.91		01:10.51	24
4	3123	Bischopink, Alexander	MSC Oenetal	00:34.73	2	00:34.37		01:11.10	22
5	4511	Peuser, Shareen	MSC Süd Sauerland	00:34.15	4	00:34.08		01:12.23	20
6	627	Werner, Kevin	AMC Wittgenstein Bad Berl	00:34.25	2	00:34.08	2	01:12.33	18
7	3724	Bunte, Jannik	MSC Oberruhr Velmede	00:34.44		00:35.94	2	01:12.38	16
8	4502	Laux, Fabian	MSC Süd Sauerland	00:35.10	2	00:36.19		01:13.29	14
9	2808	Müller, Leon	MSF Netphen	00:33.75	4	00:32.99	4	01:14.74	13
10	4516	Maas, Marc-Pascal	MSC Süd Sauerland	00:35.64		00:35.14	4	01:14.78	12
11	1029	Obenlüneschloß, Robin	AMC Burbach	00:36.35	2	00:34.65	2	01:15.00	11
12	905	Risse, Bastian	Briloner AC	00:36.60		00:36.44	2	01:15.04	10
13	3117	Janssen, Kevin	MSC Oenetal	00:34.56	6	00:34.63		01:15.19	9
14	901	Gross, Jan	Briloner AC	00:34.21	2	00:33.49	6	01:15.70	8
15	3616	Häusig, Lukas Marvin	OC Siegerland-Nord	00:36.31	2	00:36.21	2	01:16.52	7
16	3502	Hertel, Philip	MSC Schmallenberg	00:36.69	2	00:36.14	2	01:16.83	6
17	926	Hilgenhoevel, Kevin	Briloner AC	00:35.46	2	00:35.64	4	01:17.10	5
18	3106	Drahn, Julian	MSC Oenetal	00:36.38	4	00:34.80	2	01:17.18	4
19	427	Springob, Yannic	MSC Lennetal-Bamenohl	00:35.00	4	00:36.19	2	01:17.19	3
20	903	Günther, Jannik	Briloner AC	00:34.75	6	00:33.62	4	01:18.37	2
21	2806	Piontek, Silas-Andreas	MSF Netphen	00:35.67	6	00:35.39	4	01:21.06	1
22	429	Bamberg, Damian	MSC Lennetal-Bamenohl	00:34.48	8	00:34.86	4	01:21.34	1
23	4508	Dumke, Timo	MSC Süd Sauerland	00:35.15	2	00:34.70	10	01:21.85	1
24	920	Metzner, Frederick	Briloner AC	00:35.22	4	00:34.83	8	01:22.05	1
25	426	Brandt, Johan	MSC Lennetal-Bamenohl	00:34.53	2	00:33.65	12	01:22.18	1
26	3523	Birlenbach, Florian	MSC Schmallenberg	00:39.64	4	00:38.73	2	01:24.37	1
27	4310	Schlosser, Alina	AC Hohenseelbachkopf	00:36.40	6	00:36.16	6	01:24.56	1
28	2805	Kleiner, Jan-Robin	MSF Netphen	00:41.31	6	00:36.77	2	01:26.08	1
29	3104	Fuhlen, Tim	MSC Oenetal	00:36.87	6	00:37.31	6	01:26.18	1
30	902	Becker, Leon	Briloner AC	00:34.85	6	00:34.53	12	01:27.38	1
31	124	Schüssler, Karl Henrik	MSC Altena	00:40.97	6	00:39.23	4	01:30.20	1
32	406	Schulte, Carolin	MSC Lennetal-Bamenohl	00:40.09	6	00:39.28	6	01:31.37	1
33	3414	Vogel, Lars	Olper AC	00:38.59	4	00:39.60	10	01:32.19	1
34	3101	Sauer, Lars	MSC Oenetal	00:38.74	4	00:39.84	16	01:38.58	1
35	604	Kuhmichel, Lea Marie	AMC Wittgenstein Bad Berl	00:36.40	16	00:34.55	12	01:38.95	1
36	2801	Haarhoff, Maximilian	MSF Netphen	00:41.48	10	00:43.09	8	01:42.57	1

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
-------	------	------------	----------	--------	-----	--------	-----	--------	-----

Zeitnahme: Björn Kry

Auswertung: Rainer Koslowski

Schnellster Lauf: 00:33.54

(Völke, Leon - 2 / 4307)



Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	619	Schaller, Manuel	AMC Wittgenstein Bad Berl	00:32.42	2	00:32.17		01:06.59	30
2	418	Rademacher, Tobias	MSC Lennetal-Bamenohl	00:32.05		00:32.64	2	01:06.69	27
3	626	Werner, Fabian	AMC Wittgenstein Bad Berl	00:33.62		00:33.93		01:07.55	24
4	2922	Heupel, Franziska	AMC Oberruhr	00:33.90		00:34.00		01:07.90	22
5	2906	Leifert, Lucas	AMC Oberruhr	00:32.64	2	00:33.62		01:08.26	20
6	3613	Wagener, Marco	OC Siegerland-Nord	00:33.61	2	00:32.71		01:08.32	18
7	605	Fuchs, Maik	AMC Wittgenstein Bad Berl	00:33.40		00:32.92	2	01:08.32	16
8	4301	Puche, Jan	AC Hohenseelbachkopf	00:33.03	2	00:33.42		01:08.45	14
9	923	Müntjes, Leon Lukas	Briloner AC	00:34.63		00:33.92		01:08.55	13
10	4506	Marques, Fabio	MSC Süd Sauerland	00:33.27	2	00:33.37		01:08.64	12
11	3410	Schneider, Tim	Olper AC	00:34.17		00:35.07		01:09.24	11
12	3611	Neuhaus, Ann-Christin	OC Siegerland-Nord	00:34.11		00:33.17	2	01:09.28	10
13	3716	Steinmann, Johannes	MSC Oberruhr Velmede	00:33.52		00:33.79	2	01:09.31	9
14	425	Schmidt, Andre	MSC Lennetal-Bamenohl	00:33.39		00:34.40	2	01:09.79	8
15	601	Biegler, Jens	AMC Wittgenstein Bad Berl	00:32.54	2	00:33.45	2	01:09.99	7
16	3122	Pott, Niklas	MSC Oenetal	00:33.27		00:32.95	4	01:10.22	6
17	4507	Marques, Julio	MSC Süd Sauerland	00:33.99		00:32.72	4	01:10.71	5
18	1026	Thanabalasingam, Janujan	AMC Burbach	00:32.56	4	00:33.78	2	01:12.34	4
19	118	Malewski, André	MSC Altena	00:35.62		00:35.27	2	01:12.89	3
20	3601	Müller, Marvin Lukas	OC Siegerland-Nord	00:36.78		00:36.22		01:13.00	2
21	4509	Laux, Carolin	MSC Süd Sauerland	00:34.60	2	00:34.92	2	01:13.52	1
22	1032	Schon, Rouven	AMC Burbach	00:34.05	2	00:32.33	6	01:14.38	1
23	4704	Wirth, Kevin	MSC Oeventrop	00:33.60	6	00:32.83	2	01:14.43	1
24	3116	Oster, Steffen	MSC Oenetal	00:33.30	8	00:33.76		01:15.06	1
25	3126	Fuhlen, Jonas	MSC Oenetal	00:34.35	4	00:33.09	4	01:15.44	1
26	105	Busch-Rösner, Joshua	MSC Altena	00:38.15		00:37.99		01:16.14	1
27	4726	Nimbs, Dennis	MSC Oeventrop	00:33.27	8	00:33.56	2	01:16.83	1
28	2818	Fick, Alexander	MSF Netphen	00:35.73	2	00:35.61	4	01:17.34	1
29	4312	Kretzer, Alicia	AC Hohenseelbachkopf	00:34.83	4	00:34.66	4	01:17.49	1
30	3512	Mache, Brian	MSC Schmallenberg	00:37.97	4	00:36.67		01:18.64	1
31	2819	Wittenberg, Kevin	MSF Netphen	00:34.31	4	00:35.66	6	01:19.97	1
32	3602	Bierbaum, Tim	OC Siegerland-Nord	00:36.79	6	00:37.71		01:20.50	1
33	1230	Hanses, Charlie	MSF Cobbenrode	00:37.20	6	00:36.05	4	01:23.25	1
34	128	Selle, Philipp	MSC Altena	00:42.54	6	00:39.80	6	01:34.34	1

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	1011	Klein, Marius	AMC Burbach	00:32.23		00:31.64		01:03.87	30
2	3707	Hötte, Tobias	MSC Oberruhr Velmede	00:31.77		00:32.32		01:04.09	27
3	3708	Mc Bride, Jan	MSC Oberruhr Velmede	00:32.14		00:32.06		01:04.20	24
4	1017	Oerter, Tim	AMC Burbach	00:32.40		00:32.36		01:04.76	22
5	2809	Schäffer, Julian	MSF Netphen	00:32.61		00:32.25		01:04.86	20
6	4504	Hanisch, Julian	MSC Süd Sauerland	00:33.85		00:33.03		01:06.88	18
7	3407	Grabert, Peter	Olper AC	00:33.85		00:33.61		01:07.46	16
8	3125	Andrzejewski, Lars	MSC Oenetal	00:32.92		00:32.75	2	01:07.67	14
9	1220	Stoll, Robin	MSF Cobbenrode	00:33.94		00:33.91		01:07.85	13
10	3421	Siscaro, Giuseppe	Olper AC	00:33.65	2	00:32.54		01:08.19	12
11	404	Geyer, Fabian	MSC Lennetal-Bamenoehl	00:32.81		00:33.55	2	01:08.36	11
12	3403	Battaglia, David	Olper AC	00:34.33		00:34.10		01:08.43	10
13	3507	Spieler, Steffen	MSC Schmallenberg	00:34.04		00:34.87		01:08.91	9
14	2802	Giesler, Jonas	MSF Netphen	00:32.50		00:32.78	4	01:09.28	8
15	4311	Puche, Michelle	AC Hohenseelbachkopf	00:33.20	2	00:34.19		01:09.39	7
16	4727	Kaiser, Lars	MSC Oeventrop	00:34.22	2	00:33.18		01:09.40	6
17	3114	Hoffmann, René	MSC Oenetal	00:33.59		00:33.87	2	01:09.46	5
18	4513	Dumke, Patricia	MSC Süd Sauerland	00:33.88		00:34.28	2	01:10.16	4
19	625	Stockmann, Daniel	AMC Wittgenstein Bad Berl	00:33.89	2	00:34.67		01:10.56	3
20	3614	Wiebelhaus, Christian	OC Siegerland-Nord	00:34.10		00:33.72	4	01:11.82	2
21	3529	Leidorf, Fabian	MSC Schmallenberg	00:33.69	2	00:33.99	4	01:13.68	1
22	624	Stockmann, Corinna	AMC Wittgenstein Bad Berl	00:34.81	2	00:34.27	4	01:15.08	1
23	3530	Wickel, Frederic	MSC Schmallenberg	00:33.63	8	00:32.46	4	01:18.09	1
24	4728	Kaiser, Caroline	MSC Oeventrop	00:33.70	12	00:33.85		01:19.55	1
25	614	Rahrbach, Nico Jannis	AMC Wittgenstein Bad Berl	00:32.74	16	00:33.88	4	01:26.62	1

Zeitnahme: Björn Kry
Auswertung: Rainer Koslowski

Schnellster Lauf: 00:31.64
(Klein, Marius - 1 / 1011)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	4510	Peuser, Sina	MSC Süd Sauerland	00:31.47		00:32.27		01:03.74	30
2	3609	Tiebe, Oliver	OC Siegerland-Nord	00:31.86		00:32.34		01:04.20	27
3	421	Schneidersmann, Peter	MSC Lennetal-Bamenohl	00:32.17		00:32.39		01:04.56	24
4	1027	Thanabalasingam, Sinthujan	AMC Burbach	00:32.83		00:32.02		01:04.85	22
5	3603	Opfer, Sabrina	OC Siegerland-Nord	00:32.94		00:32.95		01:05.89	20
6	4708	Pöttgen, Niklas	MSC Oeventrop	00:31.99		00:32.15	2	01:06.14	18
7	3605	Hahn, Julien	OC Siegerland-Nord	00:32.16	2	00:32.26		01:06.42	16
8	603	Dammüller, Kevin	AMC Wittgenstein Bad Berl	00:32.65	2	00:31.91		01:06.56	14
9	4503	Koperwas, Wiebke	xxxxxxxx	00:32.20		00:32.58	2	01:06.78	13
10	3505	Grell, Matthias	MSC Schmallenberg	00:32.75	2	00:32.06		01:06.81	12
11	620	Schmitt, Jan	AMC Wittgenstein Bad Berl	00:32.45		00:33.39	2	01:07.84	11
12	402	Branscheid, Marcel	MSC Lennetal-Bamenohl	00:32.93		00:33.23	2	01:08.16	10
13	1221	Stoll, Tanja	MSF Cobbenrode	00:33.92		00:34.41		01:08.33	9
14	3422	Siscaro, Tanina	Olper AC	00:33.28		00:33.30	2	01:08.58	8
15	602	Biegler, Nicole	AMC Wittgenstein Bad Berl	00:33.13	2	00:33.01	4	01:12.14	7
16	4709	Steimel, Patrick	MSC Oeventrop	00:33.64	4	00:33.24	2	01:12.88	6
17	422	Sinzig, Lukas	MSC Lennetal-Bamenohl	00:34.88	2	00:33.04	4	01:13.92	5
18	409	Krämer, Christopher	MSC Lennetal-Bamenohl	00:32.26	10	00:31.17	2	01:15.43	4
19	4720	Wiesehöfer, Andre	MSC Oeventrop	00:34.17	6	00:35.12	4	01:19.29	3
20	413	Lindemann, Nils	MSC Lennetal-Bamenohl	00:33.75		00:34.84	12	01:20.59	2
21	1234	Tebart, Jan	MSF Cobbenrode	00:35.47		00:36.05	16	01:27.52	1

Zeitnahme: Björn Kry
 Auswertung: Rainer Koslowski

Schnellster Lauf: 00:31.47
 (Peuser, Sina - 1 / 4510)

Platz	Ortsclub	Starter	gewertet	Punkte
1	MSC Oberruhr Velmede	106 Smorra, Gina-Maria (30) Hötte, Tobias (27) Mc Bride, Jan (24) Bunte, Jannik (16) Steinmann, Johannes (9)	81	30
2	MSC Süd Sauerland	81 Peuser, Sina (30) Peuser, Shareen (20) Hanisch, Julian (18) Marques, Fabio (12) Dumke, Timo (1)	68	27
3	AMC Burbach	73 Klein, Marius (30) Oerter, Tim (22) Saar, Lukas (16) Thanabalasingam, Janujan (4) Schon, Rouven (1)	68	24
4	AMC Obernau	66 Schelhas, Vera (24) Heupel, Franziska (22) Leifert, Lucas (20) , (0) , (0)	66	22
5	OC Siegerland-Nord	85 Tiebe, Oliver (27) Opfer, Sabrina (20) Neuhaus, Alexander (18) Wagener, Marco (18) Wiebelhaus, Christian (2)	65	20
6	MSF Netphen	82 Morbach, Joschua (27) Schäffer, Julian (20) Fick, Markus (14) Müller, Leon (13) Giesler, Jonas (8)	61	18
7	AMC Wittgenstein Bad Berleburg	67 Schaller, Manuel (30) Werner, Kevin (18) Schmitt, Jan (11) Biegler, Jens (7) Rahrbach, Nico Jannis (1)	59	16
8	MSC Lennetal-Bamenohl	57 Rademacher, Tobias (27) Schneidersmann, Peter (24) Krämer, Christopher (4) Bamberg, Damian (1) Brandt, Johan (1)	55	14
9	Briloner AC	54 Löhr, Tim Niklas (30) Müntjes, Leon Lukas (13) Gross, Jan (8) Günther, Jannik (2) Becker, Leon (1)	51	13
10	MSC Oenetal	61 Bischopink, Alexander (22) Andrzejewski, Lars (14) Sauer, Nils (11) Janssen, Kevin (9) Hoffmann, René (5)	47	12
11	Olper AC	58 Springob, Jan-Philipp (20) Grabert, Peter (16) Schneider, Tim (11) Battaglia, David (10) Vogel, Lars (1)	47	11
12	AC Hohenseelbachskopf	46 Klappert, Nico (24) Puche, Jan (14) Puche, Michelle (7) Kretzer, Alicia (1) , (0)	45	10
13	MSF Cobbenrode	38 Stoll, Robin (13) Effey, Tobias (9) Stoll, Tanja (9) Wiese, Niklas (6) Tebart, Jan (1)	31	9
14	MSC Oeventrop	32 Pöttgen, Niklas (18) Kaiser, Lars (6) Steimel, Patrick (6) Wirth, Kevin (1) Kaiser, Caroline (1)	30	8
15	MSC Schmalleberg	29 Grell, Matthias (12) Spieler, Steffen (9) Hertel, Philip (6) Leidorf, Fabian (1) Wickel, Frederic (1)	27	7
16	MSC Altena	6 Malewski, André (3) Schüssler, Karl Henrik (1) Busch-Rösner, Joshua (1) Selle, Philipp (1) , (0)	5	6