



Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	606	Koch, Tanja	AMC Wittgenstein Bad Berl	00:42.62	2	00:43.20	2	01:29.82	30
2	3604	Neuhaus, Alexander	OC Siegerland-Nord	00:45.51		00:45.06		01:30.57	27
3	3411	Springob, Jan-Philipp	Olper AC	00:44.50	2	00:44.46		01:30.96	24
4	3127	Blaschke, Justin	MSC Oenetal	00:47.51		00:47.61		01:35.12	22
5	401	Lorek, Sebastian	MSC Lennetal-Bamenohl	00:45.54		00:48.56	4	01:38.10	20
6	610	Fuchs, Nico	AMC Wittgenstein Bad Berl	00:46.15	2	00:46.77	4	01:38.92	18
7	1004	Lamma, Marvin	AMC Burbach	00:47.50	4	00:47.48		01:38.98	16
8	3522	Birlenbach, Nico	MSC Schmalleberg	00:49.71		00:49.30		01:39.01	14
9	1202	Wiese, Bea	MSF Cobbenrode	00:48.49	2	00:47.25	6	01:43.74	13
10	3508	Leidorf, Niklas	MSC Schmalleberg	00:51.40		00:52.69		01:44.09	12
11	3715	Klein, Marlon-Chayenne	MSC Oberruhr Velmede	00:54.41	6	00:52.04		01:52.45	11
12	2902	Engel, Paul	AMC Obernau	00:55.09	8	00:51.11	2	01:56.20	10
13	3619	Schönfelder, Maximilian	OC Siegerland-Nord	00:58.03	4	01:02.82		02:04.85	9
14	402	Fehr, Marc	MSC Lennetal-Bamenohl	00:50.09	14	00:52.43	18	02:14.52	8
15	4304	Schmal, Tim	AC Hohenseelbachskopf	00:55.74	8	00:57.69	14	02:15.43	7
16	2810	Huhn, Alexander	MSF Netphen	00:47.39	2	01:08.07	20	02:17.46	6
17	3503	Schmidt, Kevin	MSC Schmalleberg	01:12.23	6	01:02.78	4	02:25.01	5
18	9002	Luig, Marco	MFC Portugale Suttrop	00:58.57	10	01:01.92	28	02:38.49	4

Zeitnahme:
Auswertung:

Schnellster Lauf: 00:44.46
(Springob, Jan-Philipp - 3 / 3411)



Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	4511	Peuser, Shareen	MSC Süd Sauerland	00:40.50		00:40.24		01:20.74	30
2	901	Gross, Jan	Briloner AC	00:41.24		00:41.28		01:22.52	27
3	4502	Laux, Fabian	MSC Süd Sauerland	00:41.41		00:41.17		01:22.58	24
4	429	Bamberg, Damian	MSC Lennetal-Bamenohl	00:42.44		00:41.38		01:23.82	22
5	3408	Alba, Sandro	Olper AC	00:41.95		00:42.49		01:24.44	20
6	4516	Maas, Marc-Pascal	MSC Süd Sauerland	00:42.25		00:42.43		01:24.68	18
7	1006	Saar, Lukas	AMC Burbach	00:42.43		00:43.15		01:25.58	16
8	2805	Kleiner, Jan Robin	MSF Netphen	00:43.27		00:42.89		01:26.16	14
9	3714	Smorra, Gina-Maria	MSC Oberruhr Velmede	00:43.40		00:43.16		01:26.56	13
10	3123	Bischopink, Alexander	MSC Oenetal	00:40.75	2	00:40.53	4	01:27.28	12
11	902	Becker, Leon	Briloner AC	00:44.05		00:43.64		01:27.69	11
12	2813	Morbach, Joschua	MSF Netphen	00:43.68		00:42.39	2	01:28.07	10
13	1001	Eckhard, Lorenz	AMC Burbach	00:43.11		00:43.52	2	01:28.63	9
14	427	Springob, Yannic	MSC Lennetal-Bamenohl	00:43.99		00:43.65	2	01:29.64	8
15	4314	Klappert, Nico	AC Hohenseelbachkopf	00:46.41		00:44.52		01:30.93	7
16	1236	Wiese, Niklas	MSF Cobbenrode	00:45.11		00:46.08		01:31.19	6
17	604	Kuhmichel, Lea-Marie	AMC Wittgenstein Bad Berl	00:42.31	4	00:42.89	4	01:33.20	5
18	905	Risse, Bastian	Briloner AC	00:46.06	2	00:45.26		01:33.32	4
19	910	Löhr, Tim Niklas	Briloner AC	00:44.20	4	00:45.13		01:33.33	3
20	3414	Vogel, Lars	Olper AC	00:45.45		00:46.19	2	01:33.64	2
21	1007	Knautz, Jeremy	AMC Burbach	00:44.22		00:43.76	6	01:33.98	1
22	3724	Bunte, Jannik	MSC Oberruhr Velmede	00:44.73	6	00:43.91		01:34.64	1
23	3727	Böckmann, Carlotta Pauline	MSC Oberruhr Velmede	00:47.54		00:47.24		01:34.78	1
24	426	Brandt, Johan	MSC Lennetal-Bamenohl	00:42.03	10	00:41.23	2	01:35.26	1
25	4906	Müller, Elina	Kiersper RC	00:47.09	2	00:47.15		01:36.24	1
26	4315	Plate, Sophie	AC Hohenseelbachkopf	00:45.99	2	00:47.56	2	01:37.55	1
27	2816	Fick, Markus	MSF Netphen	00:44.89	6	00:45.22	2	01:38.11	1
28	3107	Schüttler, Niclas	MSC Oenetal	00:46.18	6	00:45.98		01:38.16	1
29	4505	Korzeniowski, Marc Luca	MSC Süd Sauerland	00:45.08	6	00:45.53	2	01:38.61	1
30	3102	Sauer, Nils	MSC Oenetal	00:45.74	20	00:46.69	8	02:00.43	1
31	101	Luthardt, Fabian	MSC Altena	01:02.43		01:03.05	2	02:07.48	1

Zeitnahme:
Auswertung:

Schnellster Lauf: 00:40.24
(Peuser, Shareen - 1 / 4511)



Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	601	Biegler, Jens	AMC Wittgenstein Bad Berl	00:39.18		00:39.65		01:18.83	30
2	1026	Thanabalasingam, Janujan	AMC Burbach	00:40.09		00:40.02		01:20.11	27
3	4507	Marques, Julio	MSC Süd Sauerland	00:39.97		00:40.16		01:20.13	24
4	3410	Schneider, Tim	Olper AC	00:40.82		00:41.10		01:21.92	22
5	627	Werner, Kevin	AMC Wittgenstein Bad Berl	00:40.97		00:41.17		01:22.14	20
6	4508	Dumke, Timo	MSC Süd Sauerland	00:40.09	2	00:40.23		01:22.32	18
7	2808	Müller, Leon	MSF Netphen	00:40.39		00:40.13	2	01:22.52	16
8	1032	Schon, Rouven	AMC Burbach	00:40.45	2	00:41.04		01:23.49	14
9	2922	Heupel, Franziska	AMC Obernau	00:41.79		00:42.04		01:23.83	13
10	903	Günther, Jannik	Briloner AC	00:40.95	2	00:41.21		01:24.16	12
11	3502	Hertel, Philip	MSC Schmallenberg	00:42.40		00:42.76		01:25.16	11
12	3122	Pott, Niklas	MSC Oenetal	00:40.52		00:40.79	4	01:25.31	10
13	2904	Schelhas, Vera	AMC Obernau	00:42.80		00:42.73		01:25.53	9
14	425	Schmidt, Andre	MSC Lennetal-Bamenohl	00:41.85	2	00:42.31		01:26.16	8
15	3418	Alfes, Nico	Olper AC	00:43.28		00:43.26		01:26.54	7
16	2806	Piontek, Silas-Andreas	MSF Netphen	00:42.71	2	00:42.02		01:26.73	6
17	3616	Häusig, Lukas Marvin	OC Siegerland-Nord	00:44.25		00:42.91		01:27.16	5
18	4313	Plate, Sven	AC Hohenseelbachskopf	00:44.36		00:43.77		01:28.13	4
19	1231	Hensel, Nicole	MSF Cobbenrode	00:44.12		00:43.22	2	01:29.34	3
20	4307	Völke, Leon	AC Hohenseelbachskopf	00:41.65	2	00:39.96	6	01:29.61	2
21	4901	Billhardt, Dennis	Kiersper RC	00:45.14	2	00:43.48		01:30.62	1
22	3512	Mache, Brian	MSC Schmallenberg	00:43.21		00:45.91	2	01:31.12	1
23	4908	Geers, Hermann	Kiersper RC	00:45.09	2	00:44.91		01:32.00	1
24	3523	Birlenbach, Florian	MSC Schmallenberg	00:44.63		00:46.00	2	01:32.63	1
25	4310	Schlosser, Alina	AC Hohenseelbachskopf	00:46.28		00:45.31	2	01:33.59	1
26	613	Fuchs, Katja	AMC Wittgenstein Bad Berl	00:44.28	6	00:44.12		01:34.40	1
27	3101	Sauer, Lars	MSC Oenetal	00:44.32	8	00:43.70	2	01:38.02	1
28	405	Wilmes, Andre	MSC Lennetal-Bamenohl	00:46.65	6	00:45.60		01:38.25	1
29	907	Köster, Christopher	Briloner AC	00:41.45		00:45.25	12	01:38.70	1
30	124	Schüssler, Karl Henrik	MSC Altena	00:54.26		00:47.23		01:41.49	1
31	1206	Schweigert, Gérard	MSF Cobbenrode	00:42.82		00:46.53	16	01:45.35	1
32	128	Selle, Philipp	MSC Altena	00:49.84		00:59.94		01:49.78	1
33	3602	Bierbaum, Tim	OC Siegerland-Nord	00:44.23		00:34.01	120	03:18.24	1

Zeitnahme:
Auswertung:

Schnellster Lauf: 00:39.18
(Biegler, Jens - 1 / 601)



Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	619	Schaller, Manuel	AMC Wittgenstein Bad Berl	00:38.29		00:38.14		01:16.43	30
2	4506	Marques, Fabio	MSC Süd Sauerland	00:39.61		00:39.94		01:19.55	27
3	3613	Wagener, Marco	OC Siegerland-Nord	00:39.46		00:40.23		01:19.69	24
4	605	Fuchs, Maik	AMC Wittgenstein Bad Berl	00:38.97		00:38.96	2	01:19.93	22
5	3611	Neuhaus, Ann-Christin	OC Siegerland-Nord	00:39.80		00:40.18		01:19.98	20
6	614	Rahrbach, Nico Jannis	AMC Wittgenstein Bad Berl	00:40.21		00:39.79		01:20.00	18
7	626	Werner, Fabian	AMC Wittgenstein Bad Berl	00:40.04		00:39.99		01:20.03	16
8	624	Stockmann, Corinna	AMC Wittgenstein Bad Berl	00:39.73		00:40.47		01:20.20	14
9	3708	Mc Bride, Jan	MSC Oberruhr Velmede	00:40.01		00:40.48		01:20.49	13
10	3507	Spieler, Steffen	MSC Schmallenberg	00:40.64		00:40.94		01:21.58	12
11	4509	Laux, Carolin	MSC Süd Sauerland	00:40.98		00:40.73		01:21.71	11
12	3421	Siscaro, Giuseppe	Olper AC	00:40.34		00:39.44	2	01:21.78	10
13	3407	Grabert, Peter	Olper AC	00:40.97		00:41.02		01:21.99	9
14	4311	Puche, Michelle	AC Hohenseelbachkopf	00:40.93		00:41.34		01:22.27	8
15	1220	Stoll, Robin	MSF Cobbenrode	00:40.75		00:41.54		01:22.29	7
16	4727	Kaiser, Lars	MSC Oeventrop	00:41.31		00:41.49		01:22.80	6
17	3125	Andrzejewski, Lars	MSC Oenetal	00:39.89	4	00:39.74		01:23.63	5
18	3726	Böckmann, Leon	MSC Oberruhr Velmede	00:41.55		00:42.22		01:23.77	4
19	2906	Leifert, Lucas	AMC Obernau	00:42.17		00:41.76		01:23.93	3
20	4907	Müller, Stefan	Kiersper RC	00:41.91		00:42.32		01:24.23	2
21	904	Keseberg, Fabian	Briloner AC	00:41.06	2	00:41.35		01:24.41	1
22	4513	Dumke, Patricia	MSC Süd Sauerland	00:44.64		00:40.69		01:25.33	1
23	4312	Kretzer, Alicia	AC Hohenseelbachkopf	00:42.68		00:43.25		01:25.93	1
24	1016	Obenlüneschloß, Sabrina	AMC Burbach	00:41.43		00:42.79	2	01:26.22	1
25	3116	Oster, Steffen	MSC Oenetal	00:41.91	4	00:41.77		01:27.68	1
26	928	Grünwald, Eric	Briloner AC	00:41.10		00:41.40	6	01:28.50	1
27	3528	Teipel, Verena	MSC Schmallenberg	00:43.70	6	00:42.17		01:31.87	1
28	4904	Kohls, Maurice	Kiersper RC	00:40.88	10	00:41.28		01:32.16	1
29	4501	Korzeniowski, Pia Cathrin	MSC Süd Sauerland	00:43.70	2	00:44.04	4	01:33.74	1
30	3504	Wüllner, Dennis	MSC Schmallenberg	00:42.80	6	00:43.71	6	01:38.51	1
31	4722	Müntjes, Leon Lukas	MSC Oeventrop	00:53.02	6	00:40.05	2	01:41.07	1
32	3401	Kolodziej, Dustin	Olper AC	00:44.48	14	00:43.56		01:42.04	1
33	110	Knecht, Patrick	MSC Altena	00:50.98	10	00:45.99	4	01:50.97	1

Zeitnahme:
Auswertung:

Schnellster Lauf: 00:38.14
(Schaller, Manuel - 1 / 619)



Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	4510	Peuser, Sina	MSC Süd Sauerland	00:38.61		00:38.81		01:17.42	30
2	410	Koperwas, Wiebke	MSC Lennetal-Bamenohl	00:38.85		00:39.44		01:18.29	27
3	4504	Hanisch, Julian	MSC Süd Sauerland	00:39.11		00:39.18		01:18.29	24
4	3707	Hötte, Tobias	MSC Oberruhr Velmede	00:39.13		00:39.19		01:18.32	22
5	3605	Hahn, Julien	OC Siegerland-Nord	00:39.16		00:39.23		01:18.39	20
6	3403	Battaglia, David	Olper AC	00:39.27		00:39.58		01:18.85	18
7	2809	Schäffer, Julian	MSF Netphen	00:39.42		00:39.43		01:18.85	16
8	3609	Tiebe, Oliver	OC Siegerland-Nord	00:39.65		00:39.37		01:19.02	14
9	421	Schneidersmann, Peter	MSC Lennetal-Bamenohl	00:39.62		00:39.44		01:19.06	13
10	1027	Thanabalasingam, Sinthujan	AMC Burbach	00:40.08		00:39.28		01:19.36	12
11	4708	Pöttgen, Niklas	MSC Oeventrop	00:39.90		00:39.56		01:19.46	11
12	620	Schmitt, Jan	AMC Wittgenstein Bad Berleburg	00:39.85		00:39.66		01:19.51	10
13	422	Sinzig, Lukas	MSC Lennetal-Bamenohl	00:39.88		00:40.12		01:20.00	9
14	2918	Thomas, Michelle	AMC Obermau	00:39.89		00:40.11		01:20.00	8
15	4728	Kaiser, Caroline	MSC Oeventrop	00:40.04		00:40.32		01:20.36	7
16	625	Stockmann, Daniel	AMC Wittgenstein Bad Berleburg	00:40.24		00:40.65		01:20.89	6
17	3614	Wiebelhaus, Christian	OC Siegerland-Nord	00:40.41		00:40.71		01:21.12	5
18	3114	Hoffmann, René	MSC Oenetal	00:40.74		00:40.43		01:21.17	4
19	1025	Stötzel, Fynn Lewis	AMC Burbach	00:40.80		00:41.10		01:21.90	3
20	9001	Luig, Natalie	MFC Portugale Suttrop	00:42.91		00:42.25		01:25.16	2
21	927	Grünewald, Phil	Briloner AC	00:43.11		00:42.71		01:25.82	1
22	404	Geyer, Fabian	MSC Lennetal-Bamenohl	00:41.24		00:41.35	4	01:26.59	1
23	4720	Wiesehöfer, André	MSC Oeventrop	00:41.23	4	00:41.44		01:26.67	1
24	906	Keseberg, Rabea	Briloner AC	00:43.53		00:43.97	2	01:29.50	1
25	3706	Klein, Alina-Jessica	MSC Oberruhr Velmede	00:50.36		00:49.68		01:40.04	1

Zeitnahme:
Auswertung:

Schnellster Lauf: 00:38.61
(Peuser, Sina - 1 / 4510)

Platz	Ortsclub	Starter	gewertet	Punkte
1	AMC Wittgenstein Bad Berleburg	122 Koch, Tanja (30) Biegler, Jens (30) Schaller, Manuel (30) Fuchs, Maik (22) Schmitt, Jan (10)	90	30
2	MSC Süd Sauerland	129 Peuser, Shareen (30) Peuser, Sina (30) Marques, Fabio (27) Marques, Julio (24) Dumke, Timo (18)	87	27
3	OC Siegerland-Nord	105 Neuhaus, Alexander (27) Wagener, Marco (24) Neuhaus, Ann-Christin (20) Hahn, Julien (20) Tiebe, Oliver (14)	71	24
4	MSC Lennetal-Bamenohl	83 Koperwas, Wiebke (27) Bamberg, Damian (22) Lorek, Sebastian (20) Schneidersmann, Peter (13) Brandt, Johan (1)	69	22
5	Olper AC	85 Springob, Jan-Philipp (24) Schneider, Tim (22) Alba, Sandro (20) Siscaro, Giuseppe (10) Grabert, Peter (9)	66	20
6	AMC Burbach	70 Thanabalasingam, Janujan (27) Saar, Lukas (16) Schon, Rouven (14) Thanabalasingam, Sinthujan (12) Obenlüneschloß, Sabrina (1)	57	18
7	Briloner AC	52 Gross, Jan (27) Günther, Jannik (12) Becker, Leon (11) Keseberg, Fabian (1) Grüneward, Eric (1)	50	16
8	MSC Oberruhr Velmede	60 Hötte, Tobias (22) Smorra, Gina-Maria (13) Mc Bride, Jan (13) Klein, Marlon-Chayenne (11) Bunte, Jannik (1)	48	14
9	MSF Netphen	62 Müller, Leon (16) Schäffer, Julian (16) Kleiner, Jan Robin (14) Morbach, Joshua (10) Huhn, Alexander (6)	46	13
10	MSC Oenetal	53 Blaschke, Justin (22) Bischopink, Alexander (12) Pott, Niklas (10) Andrzejewski, Lars (5) Hoffmann, René (4)	44	12
11	MSC Schmalleberg	39 Birlenbach, Nico (14) Spieler, Steffen (12) Hertel, Philip (11) Mache, Brian (1) Teipel, Verena (1)	37	11
12	AMC Obernau	43 Heupel, Franziska (13) Engel, Paul (10) Schelhas, Vera (9) Thomas, Michelle (8) Leifert, Lucas (3)	32	10
13	MSC Oeventrop	25 Pöttgen, Niklas (11) Kaiser, Caroline (7) Kaiser, Lars (6) Müntjes, Leon Lukas (1) , (0)	24	9
14	MSF Cobbenrode	24 Wiese, Bea (13) Stoll, Robin (7) Hensel, Nicole (3) Schweigert, Gérard (1) , (0)	23	8
15	AC Hohenseelbachskopf	25 Puche, Michelle (8) Schmal, Tim (7) Klappert, Nico (7) Völke, Leon (2) Kretzer, Alicia (1)	22	7
16	MFC Portugale Suttrop	6 Luig, Marco (4) Luig, Natalie (2) , (0) , (0) , (0)	6	6



Platz	Ortsclub		Starter	gewertet	Punkte
17	Kiersper RC	6	Müller, Stefan (2) Müller, Elina (1) Billhardt, Dennis (1) Geers, Hermann (1) Kohls, Maurice (1)	4	5
18	MSC Altena	4	Luthardt, Fabian (1) Schüssler, Karl Henrik (1) Selle, Philipp (1) Knecht, Patrick (1) , (0)	3	4