

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	3411	Springob, Jan-Philipp	Olper AC	00:37.55	2	00:36.78		01:16.33	30
2	3604	Neuhaus, Alexander	OC Siegerland-Nord	00:39.19		00:37.63	2	01:18.82	27
3	407	Schulte, Dominik	MSC Lennetal-Bamenohl	00:40.27		00:38.56		01:18.83	24
4	606	Koch, Tanja	AMC Wittgenstein Bad Berl	00:41.09		00:38.71		01:19.80	22
5	3127	Blaschke, Justin	MSC Oenetal	00:39.54		00:38.59	2	01:20.13	20
6	3522	Birlenbach, Nico	MSC Schmalleberg	00:43.87		00:39.64		01:23.51	18
7	401	Lorek, Sebastian	MSC Lennetal-Bamenohl	00:41.72		00:42.02		01:23.74	16
8	610	Fuchs, Nico	AMC Wittgenstein Bad Berl	00:43.23		00:41.49		01:24.72	14
9	1004	Lamma, Marvin	AMC Burbach	00:42.29	2	00:40.15	2	01:26.44	13
10	3715	Klein, Marlon-Chayenne	MSC Oberruhr Velmede	00:39.53	6	00:37.90	4	01:27.43	12
11	9002	Luig, Marco	MFC Portugale Suttrop	00:44.30	2	00:43.01	2	01:31.31	11
12	3503	Schmidt, Kevin	MSC Schmalleberg	00:42.94		00:48.95		01:31.89	10
13	4304	Schmal, Tim	AC Hohenseelbachskopf	00:45.83		00:43.01	4	01:32.84	9
14	414	Klemm, Luis	MSC Lennetal-Bamenohl	00:43.03	6	00:43.16	4	01:36.19	8
15	3619	Schönfelder, Maximilian	OC Siegerland-Nord	00:47.07	2	00:48.44		01:37.51	7
16	2902	Engel, Paul	AMC Oberruhr	00:45.09	10	00:43.57	2	01:40.66	6
17	3508	Leidorf, Niklas	MSC Schmalleberg	00:42.34	14	00:43.34	2	01:41.68	5
18	402	Fehr, Marc	MSC Lennetal-Bamenohl	00:48.15	4	00:49.53		01:41.68	4

Zeitnahme: Björn Kry  
Auswertung: Frank Koslowski

Schnellster Lauf: 00:36.78  
(Springob, Jan-Philipp - 1 / 3411)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	3714	Smorra, Gina-Maria	MSC Oberruhr Velmede	00:33.51		00:33.41		01:06.92	30
2	426	Brandt, Johan	MSC Lennetal-Bamenohl	00:34.17		00:33.84		01:08.01	27
3	3724	Bunte, Jannik	MSC Oberruhr Velmede	00:34.17		00:34.08		01:08.25	24
4	4511	Peuser, Shareen	MSC Süd Sauerland	00:33.92		00:33.53	2	01:09.45	22
5	901	Gross, Jan	Briloner AC	00:34.20	2	00:33.26		01:09.46	20
6	4502	Laux, Fabian	MSC Süd Sauerland	00:34.13	2	00:34.84		01:10.97	18
7	2813	Morbach, Joschua	MSF Netphen	00:35.29	2	00:33.93		01:11.22	16
8	3408	Alba, Sandro	Olper AC	00:34.52	2	00:34.81		01:11.33	14
9	2801	Haarhoff, Maximilian	MSF Netphen	00:35.00	2	00:35.06		01:12.06	13
10	1211	Effey, Tobias	MSF Cobbenrode	00:35.37	2	00:35.46		01:12.83	12
11	4303	Jung, Justin	AC Hohenseelbachskopf	00:35.82	2	00:35.03		01:12.85	11
12	3123	Bischopink, Alexander	MSC Oenetal	00:32.17	8	00:32.93		01:13.10	10
13	2805	Kleiner, Jan Robin	MSF Netphen	00:36.50		00:36.63		01:13.13	9
14	429	Bamberg, Damian	MSC Lennetal-Bamenohl	00:34.47	4	00:34.70		01:13.17	8
15	427	Springob, Yannic	MSC Lennetal-Bamenohl	00:36.01		00:37.24		01:13.25	7
16	902	Becker, Leon	Briloner AC	00:35.75	2	00:35.60		01:13.35	6
17	3102	Sauer, Nils	MSC Oenetal	00:36.39		00:35.50	2	01:13.89	5
18	4910	Krischker, Jari	Kiersper RC	00:36.58		00:38.17		01:14.75	4
19	905	Risse, Bastian	Briloner AC	00:35.88		00:37.13	2	01:15.01	3
20	4516	Maas, Marc-Pascal	MSC Süd Sauerland	00:33.75	6	00:33.94	2	01:15.69	2
21	1006	Saar, Lukas	AMC Burbach	00:33.86	4	00:33.98	4	01:15.84	1
22	910	Löhr, Tim Niklas	Briloner AC	00:36.90		00:37.72	2	01:16.62	1
23	4906	Müller, Elina	Kiersper RC	00:37.45		00:37.65	2	01:17.10	1
24	1001	Eckhard, Lorenz	AMC Burbach	00:40.45	4	00:34.85		01:19.30	1
25	4505	Korzeniowski, Marc Luca	MSC Süd Sauerland	00:38.72	4	00:37.16		01:19.88	1
26	2816	Fick, Markus	MSF Netphen	00:36.81	2	00:37.43	4	01:20.24	1
27	3727	Böckmann, Carlotta Pauline	MSC Oberruhr Velmede	00:36.27	6	00:36.31	2	01:20.58	1
28	3107	Schüttler, Niclas	MSC Oenetal	00:39.06		00:41.85		01:20.91	1
29	4314	Klappert, Nico	AC Hohenseelbachskopf	00:33.74	6	00:43.10		01:22.84	1
30	101	Luthardt, Fabian	MSC Altena	00:42.24	2	00:41.33	2	01:27.57	1
31	3406	Maier, Maik	Olper AC	00:39.87		00:47.71	2	01:29.58	1
32	1007	Knautz, Jeremy	AMC Burbach	00:37.50	16	00:37.43	2	01:32.93	1

Zeitnahme: Björn Kry  
Auswertung: Frank Koslowski

Schnellster Lauf: 00:32.93  
(Bischopink, Alexander - 12 / 3123)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	3705	Kry, Niklas	MSC Oberruhr Velmede	00:32.21		00:32.66		01:04.87	30
2	4507	Marques, Julio	MSC Süd Sauerland	00:32.66		00:32.44		01:05.10	27
3	3122	Pott, Niklas	MSC Oenetal	00:32.61		00:33.40		01:06.01	24
4	3410	Schneider, Tim	Olper AC	00:32.92		00:33.59		01:06.51	22
5	907	Köster, Christopher	Briloner AC	00:33.31		00:33.52		01:06.83	20
6	3117	Janssen, Kevin	MSC Oenetal	00:34.50		00:33.03		01:07.53	18
7	425	Schmidt, Andre	MSC Lennetal-Bamenohl	00:34.11		00:34.09		01:08.20	16
8	2922	Heupel, Franziska	AMC Obernau	00:34.07		00:34.35		01:08.42	14
9	4508	Dumke, Timo	MSC Süd Sauerland	00:34.74		00:33.87		01:08.61	13
10	4307	Völke, Leon	AC Hohenseelbachkopf	00:34.56		00:34.10		01:08.66	12
11	1032	Schon, Rouven	AMC Burbach	00:33.20	2	00:33.59		01:08.79	11
12	2808	Müller, Leon	MSF Netphen	00:33.02	4	00:32.64		01:09.66	10
13	1026	Thanabalasingam, Janujan	AMC Burbach	00:33.36	2	00:32.63	2	01:09.99	9
14	4901	Billhardt, Dennis	Kiersper RC	00:35.31		00:34.90		01:10.21	8
15	601	Biegler, Jens	AMC Wittgenstein Bad Berl	00:32.98	2	00:33.35	2	01:10.33	7
16	627	Werner, Kevin	AMC Wittgenstein Bad Berl	00:33.23	2	00:33.12	2	01:10.35	6
17	4908	Geers, Hermann	Kiersper RC	00:35.31		00:35.62		01:10.93	5
18	3502	Hertel, Philip	MSC Schmalleberg	00:35.09	2	00:33.95		01:11.04	4
19	3523	Birlenbach, Florian	MSC Schmalleberg	00:35.21		00:36.47		01:11.68	3
20	2904	Schelhas, Vera	AMC Obernau	00:33.57	4	00:34.25		01:11.82	2
21	3101	Sauer, Lars	MSC Oenetal	00:35.26		00:35.57	2	01:12.83	1
22	1231	Hensel, Nicole	MSF Cobbenrode	00:35.23		00:36.06	2	01:13.29	1
23	1206	Schweigert, Gérard	MSF Cobbenrode	00:35.79		00:35.64	2	01:13.43	1
24	3616	Häusig, Lukas Marvin	OC Siegerland-Nord	00:36.78		00:38.28		01:15.06	1
25	2901	Droese, Carlotta	AMC Obernau	00:37.29		00:37.91		01:15.20	1
26	3602	Bierbaum, Tim	OC Siegerland-Nord	00:37.58		00:36.37	2	01:15.95	1
27	3409	Bauer, Maximilian	Olper AC	00:33.95	4	00:34.52	4	01:16.47	1
28	405	Wilmes, Andre	MSC Lennetal-Bamenohl	00:37.97	2	00:38.78		01:18.75	1
29	903	Günther, Jannik	Briloner AC	00:35.48	12	00:34.80	4	01:26.28	1

Zeitnahme: Björn Kry  
Auswertung: Frank Koslowski

Schnellster Lauf: 00:32.21  
(Kry, Niklas - 1 / 3705)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	605	Fuchs, Maik	AMC Wittgenstein Bad Berl	00:31.64		00:31.74		01:03.38	30
2	3613	Wagener, Marco	OC Siegerland-Nord	00:32.26		00:32.23		01:04.49	27
3	3708	Mc Bride, Jan	MSC Oberruhr Velmede	00:32.46		00:32.10		01:04.56	24
4	3421	Siscaro, Giuseppe	Olper AC	00:32.61		00:31.98		01:04.59	22
5	3716	Steinmann, Johannes	MSC Oberruhr Velmede	00:32.83		00:32.02		01:04.85	20
6	4506	Marques, Fabio	MSC Süd Sauerland	00:33.00		00:31.86		01:04.86	18
7	619	Schaller, Manuel	AMC Wittgenstein Bad Berl	00:32.21	2	00:31.72		01:05.93	16
8	3407	Grabert, Peter	Olper AC	00:33.55		00:32.78		01:06.33	14
9	614	Rahrbach, Nico Jannis	AMC Wittgenstein Bad Berl	00:33.12		00:33.39		01:06.51	13
10	4513	Dumke, Patricia	MSC Süd Sauerland	00:33.43		00:33.24		01:06.67	12
11	3125	Andrzejewski, Lars	MSC Oenetal	00:32.74		00:32.25	2	01:06.99	11
12	1016	Obenlüneschloß, Sabrina	AMC Burbach	00:32.58		00:32.74	2	01:07.32	10
13	626	Werner, Fabian	AMC Wittgenstein Bad Berl	00:33.23		00:32.31	2	01:07.54	9
14	3726	Böckmann, Leon	MSC Oberruhr Velmede	00:32.93		00:32.67	2	01:07.60	8
15	3611	Neuhaus, Ann-Christin	OC Siegerland-Nord	00:33.19	2	00:32.43		01:07.62	7
16	3528	Teipel, Verena	MSC Schmallenberg	00:33.84		00:34.13		01:07.97	6
17	4311	Puche, Michelle	AC Hohenseelbachkopf	00:33.57	2	00:32.44		01:08.01	5
18	3116	Oster, Steffen	MSC Oenetal	00:33.47		00:34.55		01:08.02	4
19	4904	Kohls, Maurice	Kiersper RC	00:33.23		00:33.05	2	01:08.28	3
20	3507	Spieler, Steffen	MSC Schmallenberg	00:34.73		00:32.44	2	01:09.17	2
21	110	Knecht, Patrick	MSC Altena	00:34.78		00:34.44		01:09.22	1
22	4727	Kaiser, Lars	MSC Oeventrop	00:33.58	2	00:32.31	2	01:09.89	1
23	4907	Müller, Stefan	Kiersper RC	00:34.29		00:33.91	2	01:10.20	1
24	3401	Kolodziej, Dustin	Olper AC	00:33.78	2	00:34.77		01:10.55	1
25	3504	Wüllner, Dennis	MSC Schmallenberg	00:34.48	2	00:34.77		01:11.25	1
26	3536	Leidorf, Jessica	MSC Schmallenberg	00:35.58		00:35.80		01:11.38	1
27	1220	Stoll, Robin	MSF Cobbenrode	00:33.22		00:32.41	6	01:11.63	1
28	418	Rademacher, Tobias	MSC Lennetal-Bamenohl	00:33.47	4	00:32.61	2	01:12.08	1
29	4722	Müntjes, Leon Lukas	MSC Oeventrop	00:32.15	2	00:32.54	6	01:12.69	1
30	4312	Kretzer, Alicia	AC Hohenseelbachkopf	00:34.52	4	00:35.50		01:14.02	1
31	4501	Korzeniowski, Pia Cathrin	MSC Süd Sauerland	00:34.80	2	00:35.97	2	01:14.77	1
32	2906	Leifert, Lucas	AMC Obernau	00:34.76	10	00:32.91		01:17.67	1
33	4509	Laux, Carolin	MSC Süd Sauerland	00:32.25	10	00:33.60	2	01:17.85	1
34	624	Stockmann, Corinna	AMC Wittgenstein Bad Berl	00:32.00	16	00:33.78		01:21.78	1
35	118	Malewski, André	MSC Altena	00:41.31	8	00:34.54		01:23.85	1

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	3605	Hahn, Julien	OC Siegerland-Nord	00:31.65		00:31.98		01:03.63	30
2	3707	Hötte, Tobias	MSC Oberruhr Velmede	00:30.93		00:31.46	2	01:04.39	27
3	4510	Peuser, Sina	MSC Süd Sauerland	00:32.41		00:31.99		01:04.40	24
4	4728	Kaiser, Caroline	MSC Oeventrop	00:32.46		00:32.03		01:04.49	22
5	410	Koperwas, Wiebke	MSC Lennetal-Bamenohl	00:32.38		00:32.77		01:05.15	20
6	4708	Pöttgen, Niklas	MSC Oeventrop	00:32.59		00:32.73		01:05.32	18
7	4504	Hanisch, Julian	MSC Süd Sauerland	00:31.57		00:32.14	2	01:05.71	16
8	3114	Hoffmann, René	MSC Oenetal	00:33.51		00:32.94		01:06.45	14
9	1027	Thanabalasingam, Sinthujan	AMC Burbach	00:32.33	2	00:32.68		01:07.01	13
10	3609	Tiebe, Oliver	OC Siegerland-Nord	00:32.57	2	00:32.45		01:07.02	12
11	4709	Steimel, Patrick	MSC Oeventrop	00:32.62	2	00:32.46		01:07.08	11
12	620	Schmitt, Jan	AMC Wittgenstein Bad Berl	00:33.46		00:34.02		01:07.48	10
13	421	Schneidersmann, Peter	MSC Lennetal-Bamenohl	00:32.74	2	00:33.42		01:08.16	9
14	9001	Luig, Natalie	MFC Portugale Suttrop	00:34.57		00:33.93	2	01:10.50	8
15	2809	Schäffer, Julian	MSF Netphen	00:32.65	4	00:32.31	2	01:10.96	7
16	4720	Wiesehöfer, André	MSC Oeventrop	00:34.11	4	00:33.72		01:11.83	6
17	4903	Kohls, Janine	Kiersper RC	00:34.44	2	00:35.52		01:11.96	5
18	625	Stockmann, Daniel	AMC Wittgenstein Bad Berl	00:34.71	2	00:33.53	2	01:12.24	4
19	3614	Wiebelhaus, Christian	OC Siegerland-Nord	00:34.13	2	00:34.87	2	01:13.00	3
20	422	Sinzig, Lukas	MSC Lennetal-Bamenohl	00:32.53	8	00:33.32		01:13.85	2
21	3706	Klein, Alina-Jessica	MSC Oberruhr Velmede	00:36.40		00:36.37	2	01:14.77	1

Zeitnahme: Björn Kry  
Auswertung: Frank Koslowski

Schnellster Lauf: 00:30.93  
(Hötte, Tobias - 2 / 3707)

Platz	Ortsclub	Starter	gewertet	Punkte
1	MSC Oberruhr Velmede	111 Smorra, Gina-Maria (30) Kry, Niklas (30) Hötte, Tobias (27) Mc Bride, Jan (24) , (0)	87	30
2	OC Siegerland-Nord	103 Hahn, Julien (30) Neuhaus, Alexander (27) Wagener, Marco (27) Tiebe, Oliver (12) Neuhaus, Ann-Christin (7)	84	27
3	Olper AC	102 Springob, Jan-Philipp (30) Schneider, Tim (22) Siscaro, Giuseppe (22) Alba, Sandro (14) Grabert, Peter (14)	74	24
4	MSC Süd Sauerland	104 Marques, Julio (27) Peuser, Sina (24) Peuser, Shareen (22) Marques, Fabio (18) Dumke, Timo (13)	73	22
5	AMC Wittgenstein Bad Berleburg	85 Fuchs, Maik (30) Koch, Tanja (22) Schaller, Manuel (16) Schmitt, Jan (10) Biegler, Jens (7)	68	20
6	MSC Oeventrop	53 Kaiser, Caroline (22) Pöttgen, Niklas (18) Steimel, Patrick (11) Kaiser, Lars (1) Müntjes, Leon Lukas (1)	51	18
7	Briloner AC	47 Gross, Jan (20) Köster, Christopher (20) Becker, Leon (6) Günther, Jannik (1) , (0)	46	16
8	MSC Oenetal	53 Janssen, Kevin (18) Hoffmann, René (14) Andrzejewski, Lars (11) Bischopink, Alexander (10) , (0)	43	14
9	AMC Burbach	47 Lamma, Marvin (13) Thanabalasingam, Sinthujan (13) Schon, Rouven (11) Thanabalasingam, Janujan (9) Saar, Lukas (1)	37	13
10	MSC Lennetal-Bamenohl	46 Koperwas, Wiebke (20) Schneidersmann, Peter (9) Klemm, Luis (8) Bamberg, Damian (8) Rademacher, Tobias (1)	37	12
11	MSF Netphen	42 Morbach, Joschua (16) Müller, Leon (10) Kleiner, Jan Robin (9) Schäffer, Julian (7) , (0)	35	11
12	MSC Schmalleberg	35 Birlenbach, Nico (18) Teipel, Verena (6) Leidorf, Niklas (5) Hertel, Philip (4) Spieler, Steffen (2)	29	10
13	AC Hohenseelbachskopf	27 Jung, Justin (11) Schmal, Tim (9) Puche, Michelle (5) Klappert, Nico (1) Kretzer, Alicia (1)	25	9
14	AMC Obernau	24 Heupel, Franziska (14) Engel, Paul (6) Schelhas, Vera (2) Droese, Carlotta (1) Leifert, Lucas (1)	22	8
15	MFC Portugale Suttrop	19 Luig, Marco (11) Luig, Natalie (8)	19	7
16	Kiersper RC	17 Billhardt, Dennis (8) Krischker, Jari (4) Kohls, Maurice (3) Müller, Elina (1) Müller, Stefan (1)	15	6

Platz	Ortsclub	Starter	gewertet	Punkte
17	MSF Cobbenrode	15 Effey, Tobias (12) Hensel, Nicole (1) Schweigert, Gérard (1) Stoll, Robin (1) , (0)	14	5
18	MSC Altena	3 Luthardt, Fabian (1) Knecht, Patrick (1) Malewski, André (1) , (0) , (0)	3	4