

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	606	Koch, Tanja	AMC Wittgenstein Bad Berl	00:40.84		00:39.53		01:20.37	30
2	3411	Springob, Jan-Philipp	Olper AC	00:42.58		00:40.64		01:23.22	27
3	1202	Wiese, Bea	MSF Cobbenrode	00:41.88	2	00:43.88		01:27.76	24
4	9051	Wüst, Till	MSF Kirchen	00:41.15	6	00:41.24		01:28.39	Gast
5	3127	Blaschke, Justin	MSC Oenetal	00:44.02		00:44.68		01:28.70	22
6	401	Lorek, Sebastian	MSC Lennetal-Bamenohl	00:44.56		00:44.55		01:29.11	20
7	414	Klemm, Luis	MSC Lennetal-Bamenohl	00:42.64	4	00:43.58		01:30.22	18
8	407	Schulte, Dominik	MSC Lennetal-Bamenohl	00:44.44		00:45.96		01:30.40	16
9	610	Fuchs, Nico	AMC Wittgenstein Bad Berl	00:44.52		00:46.21		01:30.73	14
10	1004	Lamma, Marvin	AMC Burbach	00:44.96	4	00:45.50		01:34.46	13
11	4304	Schmal, Tim	AC Hohenseelbachskopf	00:48.55		00:47.41		01:35.96	12
12	3604	Neuhaus, Alexander	OC Siegerland-Nord	00:44.14	12	00:41.88		01:38.02	11
13	3522	Birlenbach, Nico	MSC Schmallenberg	00:44.15	2	00:52.00	8	01:46.15	10
14	3619	Schönfelder, Maximilian	OC Siegerland-Nord	00:47.72	12	00:48.69		01:48.41	9
15	3715	Klein, Marlon-Chayenne	MSC Oberruhr Velmede	00:54.15		00:54.44		01:48.59	8
16	402	Fehr, Marc	MSC Lennetal-Bamenohl	00:50.43	6	00:49.69	4	01:50.12	7
17	9002	Luig, Marco	MFC Portugale Suttrop	01:02.21	2	00:58.68		02:02.89	6

Zeitnahme:

Auswertung: Dietmar Brongkoll

Schnellster Lauf: 00:39.53

(Koch, Tanja - 1 / 606)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	901	Gross, Jan	Briloner AC	00:35.90		00:35.46		01:11.36	30
2	4511	Peuser, Shareen	MSC Süd Sauerland	00:36.55		00:36.22		01:12.77	27
3	3123	Bischopink, Alexander	MSC Oenetal	00:37.15		00:36.33		01:13.48	24
4	4502	Laux, Fabian	MSC Süd Sauerland	00:36.71		00:37.14		01:13.85	22
5	4516	Maas, Marc-Pascal	MSC Süd Sauerland	00:36.40		00:37.06	2	01:15.46	20
6	429	Bamberg, Damian	MSC Lennetal-Bamenohl	00:37.84		00:37.92		01:15.76	18
7	3714	Smorra, Gina-Maria	MSC Oberruhr Velmede	00:37.86		00:38.02		01:15.88	16
8	604	Kuhmichel, Lea-Marie	AMC Wittgenstein Bad Berl	00:37.82		00:38.41		01:16.23	14
9	2813	Morbach, Joschua	MSF Netphen	00:37.99		00:38.44		01:16.43	13
10	1211	Effey, Tobias	MSF Cobbenrode	00:38.20		00:39.12		01:17.32	12
11	3408	Alba, Sandro	Olper AC	00:37.43	2	00:39.01		01:18.44	11
12	427	Springob, Yannic	MSC Lennetal-Bamenohl	00:39.05		00:39.41		01:18.46	10
13	902	Becker, Leon	Briloner AC	00:37.79	2	00:38.68		01:18.47	9
14	1006	Saar, Lukas	AMC Burbach	00:38.23	2	00:39.22		01:19.45	8
15	4314	Klappert, Nico	AC Hohenseelbachkopf	00:39.02		00:40.57		01:19.59	7
16	2801	Haarhoff, Maximilian	MSF Netphen	00:38.02		00:38.33	4	01:20.35	6
17	905	Risse, Bastian	Briloner AC	00:39.99		00:40.70		01:20.69	5
18	3414	Vogel, Lars	Olper AC	00:41.41		00:40.13		01:21.54	4
19	3102	Sauer, Nils	MSC Oenetal	00:39.33		00:40.52	2	01:21.85	3
20	3724	Bunte, Jannik	MSC Oberruhr Velmede	00:37.85	6	00:38.03		01:21.88	2
21	2816	Fick, Markus	MSF Netphen	00:38.12		00:37.83	6	01:21.95	1
22	1001	Eckhard, Lorenz	AMC Burbach	00:38.29		00:39.86	4	01:22.15	1
23	3107	Schüttler, Niclas	MSC Oenetal	00:41.81		00:40.85		01:22.66	1
24	910	Löhr, Tim Niklas	Briloner AC	00:41.53		00:39.44	2	01:22.97	1
25	1236	Wiese, Niklas	MSF Cobbenrode	00:40.92	4	00:40.10	4	01:29.02	1
26	3727	Böckmann, Carlotta Pauline	MSC Oberruhr Velmede	00:41.86	6	00:43.33	4	01:35.19	1
27	1007	Knautz, Jeremy	AMC Burbach	00:38.50	2	00:39.10	18	01:37.60	1
28	4315	Plate, Sophie	AC Hohenseelbachkopf	00:43.97	16	00:42.89	4	01:46.86	1
29	4505	Korzeniowski, Marc Luca	MSC Süd Sauerland	00:43.98	4	00:44.33	18	01:50.31	1
30	4906	Müller, Elina	Kiersper RC	00:43.60	20	00:44.11	10	01:57.71	1

Zeitnahme:

Auswertung: Dietmar Brongkoll

Schnellster Lauf: 00:35.46

(Gross, Jan - 1 / 901)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	2808	Müller, Leon	MSF Netphen	00:35.72		00:35.29		01:11.01	30
2	1032	Schon, Rouven	AMC Burbach	00:35.30		00:35.82		01:11.12	27
3	4508	Dumke, Timo	MSC Süd Sauerland	00:36.03		00:35.85		01:11.88	24
4	601	Biegler, Jens	AMC Wittgenstein Bad Berl	00:34.71	2	00:35.26		01:11.97	22
5	627	Werner, Kevin	AMC Wittgenstein Bad Berl	00:36.06		00:36.07		01:12.13	20
6	1026	Thanabalasingam, Janujan	AMC Burbach	00:35.98		00:36.16		01:12.14	18
7	903	Günther, Jannik	Briloner AC	00:36.52		00:35.88		01:12.40	16
8	3122	Pott, Niklas	MSC Oenetal	00:37.06		00:37.02		01:14.08	14
9	4307	Völke, Leon	AC Hohenseelbachskopf	00:36.67		00:37.71		01:14.38	13
10	2904	Schelhas, Vera	AMC Obernau	00:37.39		00:37.40		01:14.79	12
11	2922	Heupel, Franziska	AMC Obernau	00:37.80		00:37.41		01:15.21	11
12	3117	Janssen, Kevin	MSC Oenetal	00:36.75	2	00:36.74		01:15.49	10
13	3410	Schneider, Tim	Olper AC	00:38.16		00:37.50		01:15.66	9
14	4507	Marques, Julio	MSC Süd Sauerland	00:35.19	2	00:35.57	4	01:16.76	8
15	3512	Mache, Brian	MSC Schmallenberg	00:38.61		00:38.94		01:17.55	7
16	1231	Hensel, Nicole	MSF Cobbenrode	00:38.66		00:38.93		01:17.59	6
17	2818	Fick, Alexander	MSF Netphen	00:39.70		00:38.72		01:18.42	5
18	3616	Häusig, Lukas Marvin	OC Siegerland-Nord	00:38.46	2	00:38.05		01:18.51	4
19	4310	Schlosser, Alina	AC Hohenseelbachskopf	00:38.59		00:39.99		01:18.58	3
20	3502	Hertel, Philip	MSC Schmallenberg	00:38.72	2	00:38.54		01:19.26	2
21	3602	Bierbaum, Tim	OC Siegerland-Nord	00:38.08	2	00:37.95	2	01:20.03	1
22	1029	Obenlüneschloß, Robin	AMC Burbach	00:39.88		00:38.78	2	01:20.66	1
23	4313	Plate, Sven	AC Hohenseelbachskopf	00:39.84		00:41.39		01:21.23	1
24	3101	Sauer, Lars	MSC Oenetal	00:38.66	2	00:38.93	2	01:21.59	1
25	907	Köster, Christopher	Briloner AC	00:40.57	4	00:37.15		01:21.72	1
26	3418	Alfes, Nico	Olper AC	00:39.86	2	00:40.46		01:22.32	1
27	405	Wilmes, Andre	MSC Lennetal-Bamenohl	00:40.33	4	00:40.39	2	01:26.72	1
28	3523	Birlenbach, Florian	MSC Schmallenberg	00:42.77		00:44.52		01:27.29	1
29	1206	Schweigert, Gérard	MSF Cobbenrode	00:38.97	2	00:39.86	20	01:40.83	1
30	4512	Braukmann, Julian	MSC Süd Sauerland	00:43.54	4	00:45.46	8	01:41.00	1
31	2901	Droese, Carlotta	AMC Obernau	00:41.82	14	00:39.63	8	01:43.45	1
32	4908	Geers, Hermann	Kiersper RC	00:40.13	2	00:51.15	26	01:59.28	1

Zeitnahme:

Auswertung: Dietmar Brongkoll

Schnellster Lauf: 00:35.26

(Biegler, Jens - 4 / 601)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	619	Schaller, Manuel	AMC Wittgenstein Bad Berl	00:34.28		00:35.51		01:09.79	30
2	605	Fuchs, Maik	AMC Wittgenstein Bad Berl	00:35.21		00:34.95		01:10.16	27
3	3125	Andrzejewski, Lars	MSC Oenetal	00:35.44		00:34.95		01:10.39	24
4	3421	Siscaro, Giuseppe	Olper AC	00:35.48		00:35.18		01:10.66	22
5	4506	Marques, Fabio	MSC Süd Sauerland	00:35.40		00:35.27		01:10.67	20
6	4722	Müntjes, Leon Lukas	MSC Oeventrop	00:35.22		00:35.75		01:10.97	18
7	4509	Laux, Carolin	MSC Süd Sauerland	00:35.25		00:35.77		01:11.02	16
8	614	Rahrbach, Nico Jannis	AMC Wittgenstein Bad Berl	00:36.02		00:35.64		01:11.66	14
9	4727	Kaiser, Lars	MSC Oeventrop	00:36.19		00:35.60		01:11.79	13
10	3530	Wickel, Frederic	MSC Schmalleberg	00:35.76		00:36.04		01:11.80	12
11	4513	Dumke, Patricia	MSC Süd Sauerland	00:36.06		00:35.79		01:11.85	11
12	3611	Neuhaus, Ann-Christin	OC Siegerland-Nord	00:35.86		00:36.17		01:12.03	10
13	418	Rademacher, Tobias	MSC Lennetal-Bamenohl	00:36.87		00:35.57		01:12.44	9
14	1220	Stoll, Robin	MSF Cobbenrode	00:36.25		00:36.59		01:12.84	8
15	624	Stockmann, Corinna	AMC Wittgenstein Bad Berl	00:35.20	2	00:35.66		01:12.86	7
16	3708	Mc Bride, Jan	MSC Oberruhr Velmede	00:36.29		00:36.67		01:12.96	6
17	3716	Steinmann, Johannes	MSC Oberruhr Velmede	00:36.98		00:35.99		01:12.97	5
18	4904	Kohls, Maurice	Kiersper RC	00:36.70		00:36.66		01:13.36	4
19	2811	Steinseifer, Jannik	MSF Netphen	00:36.39		00:37.16		01:13.55	3
20	3726	Böckmann, Leon	MSC Oberruhr Velmede	00:36.82		00:36.87		01:13.69	2
21	904	Keseberg, Fabian	Briloner AC	00:37.13		00:36.76		01:13.89	1
22	2906	Leifert, Lucas	AMC Obermau	00:37.67		00:36.84		01:14.51	1
23	3528	Teipel, Verena	MSC Schmalleberg	00:37.46		00:37.28		01:14.74	1
24	1016	Obenlüneschloß, Sabrina	AMC Burbach	00:35.63	4	00:36.09		01:15.72	1
25	4311	Puche, Michelle	AC Hohenseelbachkopf	00:36.86		00:36.88	2	01:15.74	1
26	4312	Kretzer, Alicia	AC Hohenseelbachkopf	00:36.72	2	00:37.26		01:15.98	1
27	3116	Oster, Steffen	MSC Oenetal	00:37.23	2	00:37.62		01:16.85	1
28	626	Werner, Fabian	AMC Wittgenstein Bad Berl	00:36.96	2	00:36.30	2	01:17.26	1
29	3507	Spieler, Steffen	MSC Schmalleberg	00:36.78	4	00:37.18		01:17.96	1
30	3407	Grabert, Peter	Olper AC	00:37.64	4	00:37.20		01:18.84	1
31	3504	Wüllner, Dennis	MSC Schmalleberg	00:38.67		00:40.52		01:19.19	1
32	4501	Korzeniowski, Pia Cathrin	MSC Süd Sauerland	00:38.13		00:39.12	2	01:19.25	1
33	928	Grünwald, Eric	Briloner AC	00:37.47	6	00:36.26		01:19.73	1
34	4907	Müller, Stefan	Kiersper RC	00:37.71	2	00:38.31	2	01:20.02	1
35	2919	Wunderlich, Felix	AMC Obermau	00:39.11		00:42.62	10	01:31.73	1

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	4708	Pöttgen, Niklas	MSC Oeventrop	00:33.96		00:34.69		01:08.65	30
2	2809	Schäffer, Julian	MSF Netphen	00:34.32		00:34.51		01:08.83	27
3	3605	Hahn, Julien	OC Siegerland-Nord	00:34.30		00:34.90		01:09.20	24
4	620	Schmitt, Jan	AMC Wittgenstein Bad Berl	00:34.59		00:34.82		01:09.41	22
5	3609	Tiebe, Oliver	OC Siegerland-Nord	00:35.01		00:34.71		01:09.72	20
6	4709	Steimel, Patrick	MSC Oeventrop	00:34.83		00:34.95		01:09.78	18
7	4510	Peuser, Sina	MSC Süd Sauerland	00:35.20		00:34.62		01:09.82	16
8	421	Schneidersmann, Peter	MSC Lennetal-Bamenohl	00:35.00		00:34.88		01:09.88	14
9	4504	Hanisch, Julian	MSC Süd Sauerland	00:34.80		00:35.14		01:09.94	13
10	1027	Thanabalasingam, Sinthujan	AMC Burbach	00:35.49		00:34.96		01:10.45	12
11	3114	Hoffmann, René	MSC Oenetal	00:35.61		00:35.06		01:10.67	11
12	3707	Hötte, Tobias	MSC Oberruhr Velmede	00:35.44		00:35.42		01:10.86	10
13	2918	Thomas, Michelle	AMC Obermau	00:35.44		00:35.77		01:11.21	9
14	4728	Kaiser, Caroline	MSC Oeventrop	00:34.64		00:34.98	2	01:11.62	8
15	410	Koperwas, Wiebke	MSC Lennetal-Bamenohl	00:34.06	2	00:35.57		01:11.63	7
16	3403	Battaglia, David	Olper AC	00:36.05		00:35.75		01:11.80	6
17	404	Geyer, Fabian	MSC Lennetal-Bamenohl	00:35.78		00:36.23		01:12.01	5
18	3618	Roth, Jonas	OC Siegerland-Nord	00:36.31		00:36.54		01:12.85	4
19	3614	Wiebelhaus, Christian	OC Siegerland-Nord	00:35.48		00:36.18	2	01:13.66	3
20	1025	Stötzel, Fynn Lewis	AMC Burbach	00:36.97		00:36.99		01:13.96	2
21	625	Stockmann, Daniel	AMC Wittgenstein Bad Berl	00:36.64		00:39.31		01:15.95	1
22	927	Grünwald, Phil	Briloner AC	00:37.60		00:38.60		01:16.20	1
23	906	Keseberg, Rabea	Briloner AC	00:37.38		00:38.03	4	01:19.41	1
24	9001	Luig, Natalie	MFC Portugale Suttrop	00:37.98	6	00:38.81	2	01:24.79	1
25	3706	Klein, Alina-Jessica	MSC Oberruhr Velmede	00:57.75		00:43.92	16	01:57.67	1

Zeitnahme:

Auswertung: Dietmar Brongkoll

Schnellster Lauf: 00:33.96

(Pöttgen, Niklas - 1 / 4708)

Platz	Ortsclub		Starter	gewertet	Punkte
1	AMC Wittgenstein Bad Berleburg	131	Koch, Tanja (30) Schaller, Manuel (30) Fuchs, Maik (27) Biegler, Jens (22) Schmitt, Jan (22)	87	30
2	MSC Oenetal	91	Bischopink, Alexander (24) Andrzejewski, Lars (24) Blaschke, Justin (22) Hoffmann, René (11) Janssen, Kevin (10)	70	27
3	MSF Netphen	77	Müller, Leon (30) Schäffer, Julian (27) Morbach, Joschua (13) Haarhoff, Maximilian (6) Fick, Markus (1)	70	24
4	MSC Süd Sauerland	93	Peuser, Shareen (27) Laux, Fabian (22) Marques, Fabio (20) Peuser, Sina (16) Marques, Julio (8)	69	22
5	MSC Oeventrop	87	Pöttgen, Niklas (30) Müntjes, Leon Lukas (18) Steimel, Patrick (18) Kaiser, Lars (13) Kaiser, Caroline (8)	66	20
6	AMC Burbach	71	Schon, Rouven (27) Thanabalasingam, Janujan (18) Lamma, Marvin (13) Thanabalasingam, Sinthujan (12) Obenlüneschloß, Sabrina (1)	58	18
7	Olper AC	65	Springob, Jan-Philipp (27) Siscaro, Giuseppe (22) Schneider, Tim (9) Battaglia, David (6) Grabert, Peter (1)	58	16
8	OC Siegerland-Nord	68	Hahn, Julien (24) Tiebe, Oliver (20) Neuhaus, Alexander (11) Neuhaus, Ann-Christin (10) Wiebelhaus, Christian (3)	55	14
9	Briloner AC	57	Gross, Jan (30) Günther, Jannik (16) Becker, Leon (9) Keseberg, Fabian (1) Grünwald, Eric (1)	55	13
10	MSC Lennetal-Bamenohl	64	Bamberg, Damian (18) Schulte, Dominik (16) Schneidersmann, Peter (14) Rademacher, Tobias (9) Koperwas, Wiebke (7)	48	12
11	MSF Cobbenrode	51	Wiese, Bea (24) Effey, Tobias (12) Stoll, Robin (8) Hensel, Nicole (6) Schweigert, Gérard (1)	44	11
12	MSC Oberruhr Velmede	39	Smorra, Gina-Maria (16) Hötte, Tobias (10) Mc Bride, Jan (6) Steinmann, Johannes (5) Bunte, Jannik (2)	32	10
13	AC Hohenseelbachskopf	34	Völke, Leon (13) Schmal, Tim (12) Klappert, Nico (7) Puche, Michelle (1) Kretzer, Alicia (1)	32	9
14	AMC Obernau	34	Schelhas, Vera (12) Heupel, Franziska (11) Thomas, Michelle (9) Leifert, Lucas (1) Wunderlich, Felix (1)	32	8
15	MSC Schmallenberg	23	Wickel, Frederic (12) Mache, Brian (7) Hertel, Philip (2) Teipel, Verena (1) Spieler, Steffen (1)	21	7
16	MFC Portugale Suttrop	7	Luig, Marco (6) Luig, Natalie (1) , (0) , (0) , (0)	7	6

Platz	Ortsclub	Starter	gewertet	Punkte
17	Kiersper RC	7 Kohls, Maurice (4) Müller, Elna (1) Geers, Hermann (1) Müller, Stefan (1) , (0)	6	5