

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	606	Koch, Tanja	AMC Wittgenstein Bad Berl	00:36.84		00:35.10		01:11.94	30
2	407	Schulte, Dominik	MSC Lennetal-Bamenohl	00:35.46		00:34.99	2	01:12.45	27
3	3604	Neuhaus, Alexander	OC Siegerland-Nord	00:37.43		00:36.24		01:13.67	24
4	3411	Springob, Jan-Philipp	Olper AC	00:37.12		00:37.46		01:14.58	22
5	414	Klemm, Luis	MSC Lennetal-Bamenohl	00:38.05		00:38.15		01:16.20	20
6	401	Lorek, Sebastian	MSC Lennetal-Bamenohl	00:39.94		00:41.01		01:20.95	18
7	3522	Birlenbach, Nico	MSC Schmalleberg	00:39.85		00:39.36	2	01:21.21	16
8	3503	Schmidt, Kevin	MSC Schmalleberg	00:39.38	8	00:37.08	2	01:26.46	14
9	1004	Lamma, Marvin	AMC Burbach	00:39.18	6	00:41.79		01:26.97	13
10	3127	Blaschke, Justin	MSC Oenetal	00:38.78		00:39.06	10	01:27.84	12
11	2810	Huhn, Alexander	MSF Netphen	00:40.73	8	00:40.81		01:29.54	11
12	610	Fuchs, Nico	AMC Wittgenstein Bad Berl	00:46.12	10	00:39.66		01:35.78	10
13	4304	Schmal, Tim	AC Hohenseelbachkopf	00:42.35	4	00:43.56	10	01:39.91	9
14	3715	Klein, Marlon-Chayenne	MSC Oberruhr Velmede	00:42.09	8	00:38.18	16	01:44.27	8
15	402	Fehr, Marc	MSC Lennetal-Bamenohl	00:43.50	8	00:45.48	8	01:44.98	7
16	3619	Schönfelder, Maximilian	OC Siegerland-Nord	00:46.48	10	00:50.91	10	01:57.39	6

Zeitnahme: Rolf Geyer
 Auswertung: Frank Bamberg

Schnellster Lauf: 00:35.10
 (Koch, Tanja - 1 / 606)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	3123	Bischopink, Alexander	MSC Oenetal	00:32.15		00:32.18		01:04.33	30
2	426	Brandt, Johan	MSC Lennetal-Bamenohl	00:32.14		00:32.34		01:04.48	27
3	429	Bamberg, Damian	MSC Lennetal-Bamenohl	00:32.38		00:32.37		01:04.75	24
4	901	Gross, Jan	Briloner AC	00:33.74		00:33.22		01:06.96	22
5	4502	Laux, Fabian	MSC Süd Sauerland	00:33.36		00:34.16		01:07.52	20
6	4511	Peuser, Shareen	MSC Süd Sauerland	00:33.15		00:32.93	2	01:08.08	18
7	3714	Smorra, Gina-Maria	MSC Oberruhr Velmede	00:34.39		00:34.78		01:09.17	16
8	4516	Maas, Marc-Pascal	MSC Süd Sauerland	00:34.26		00:33.47	2	01:09.73	14
9	1006	Saar, Lukas	AMC Burbach	00:34.81		00:35.06		01:09.87	13
10	2805	Kleiner, Jan Robin	MSF Netphen	00:35.09		00:35.47		01:10.56	12
11	4314	Klappert, Nico	AC Hohenseelbachskopf	00:33.38		00:33.72	4	01:11.10	11
12	1211	Effey, Tobias	MSF Cobbenrode	00:36.31		00:35.86		01:12.17	10
13	902	Becker, Leon	Briloner AC	00:36.00	2	00:35.35		01:13.35	9
14	427	Springob, Yannic	MSC Lennetal-Bamenohl	00:35.85	2	00:36.37		01:14.22	8
15	4303	Jung, Justin	AC Hohenseelbachskopf	00:33.62	4	00:35.62	4	01:17.24	7
16	4505	Korzeniowski, Marc Luca	MSC Süd Sauerland	00:37.35	2	00:38.88		01:18.23	6
17	2813	Morbach, Joschua	MSF Netphen	00:35.67	6	00:34.75	2	01:18.42	5
18	3414	Vogel, Lars	Olper AC	00:37.57		00:36.88	4	01:18.45	4
19	3408	Alba, Sandro	Olper AC	00:36.71	4	00:35.81	2	01:18.52	3
20	1007	Knautz, Jeremy	AMC Burbach	00:35.65	4	00:35.75	4	01:19.40	2
21	1001	Eckhard, Lorenz	AMC Burbach	00:35.42	6	00:35.21	4	01:20.63	1
22	3727	Böckmann, Carlotta Pauline	MSC Oberruhr Velmede	00:37.40	4	00:37.33	2	01:20.73	1
23	3107	Schüttler, Niclas	MSC Oenetal	00:40.46	6	00:39.34		01:25.80	1
24	3102	Sauer, Nils	MSC Oenetal	00:39.99	8	00:38.28		01:26.27	1
25	2816	Fick, Markus	MSF Netphen	00:39.28	6	00:40.28	2	01:27.56	1
26	101	Luthardt, Fabian	MSC Altena	00:44.12	6	00:44.06	6	01:40.18	1
27	3406	Maier, Maik	Olper AC	00:42.26	8	00:45.26	12	01:47.52	1

Zeitnahme: Rolf Geyer
Auswertung: Frank Bamberg

Schnellster Lauf: 00:32.14
(Brandt, Johan - 2 / 426)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	601	Biegler, Jens	AMC Wittgenstein Bad Berl	00:31.80		00:31.88		01:03.68	30
2	4507	Marques, Julio	MSC Süd Sauerland	00:31.83		00:31.99		01:03.82	27
3	1026	Thanabalasingam, Janujan	AMC Burbach	00:32.00		00:31.93		01:03.93	24
4	2808	Müller, Leon	MSF Netphen	00:31.98		00:32.09		01:04.07	22
5	425	Schmidt, Andre	MSC Lennetal-Bamenohl	00:32.01		00:33.26		01:05.27	20
6	3410	Schneider, Tim	Olper AC	00:33.15		00:32.77		01:05.92	18
7	3122	Pott, Niklas	MSC Oenetal	00:33.62		00:32.76		01:06.38	16
8	4508	Dumke, Timo	MSC Süd Sauerland	00:33.85		00:32.83		01:06.68	14
9	907	Köster, Christopher	Briloner AC	00:34.14		00:32.69		01:06.83	13
10	627	Werner, Kevin	AMC Wittgenstein Bad Berl	00:33.62		00:33.32		01:06.94	12
11	1032	Schon, Rouven	AMC Burbach	00:32.94	2	00:32.14		01:07.08	11
12	2806	Piontek, Silas-Andreas	MSF Netphen	00:34.25		00:33.35	2	01:09.60	10
13	4307	Völke, Leon	AC Hohenseelbachkopf	00:32.96	4	00:32.78		01:09.74	9
14	1231	Hensel, Nicole	MSF Cobbenrode	00:34.94		00:35.77		01:10.71	8
15	2904	Schelhas, Vera	AMC Obernau	00:35.65		00:34.88	2	01:12.53	7
16	3418	Alfes, Nico	Olper AC	00:35.36	2	00:35.36		01:12.72	6
17	2922	Heupel, Franziska	AMC Obernau	00:34.01		00:34.81	4	01:12.82	5
18	4512	Braukmann, Julian	MSC Süd Sauerland	00:36.32		00:36.14	2	01:14.46	4
19	3616	Häusig, Lukas Marvin	OC Siegerland-Nord	00:36.74		00:37.87		01:14.61	3
20	3117	Janssen, Kevin	MSC Oenetal	00:33.22		00:33.94	8	01:15.16	2
21	4901	Billhardt, Dennis	Kiersper RC	00:34.88	4	00:35.18	2	01:16.06	1
22	3409	Bauer, Maximilian	Olper AC	00:35.74	8	00:34.39		01:18.13	1
23	124	Schüssler, Karl Henrik	MSC Altena	00:38.60		00:40.39		01:18.99	1
24	1206	Schweigert, Gérard	MSF Cobbenrode	00:35.73	2	00:37.29	4	01:19.02	1
25	3602	Bierbaum, Tim	OC Siegerland-Nord	00:35.60		00:35.10	12	01:22.70	1
26	4310	Schlosser, Alina	AC Hohenseelbachkopf	00:37.61	6	00:35.92	4	01:23.53	1
27	405	Wilmes, Andre	MSC Lennetal-Bamenohl	00:35.41		00:38.79	12	01:26.20	1
28	3101	Sauer, Lars	MSC Oenetal	00:35.58		00:43.11	10	01:28.69	1
29	2901	Droese, Carlotta	AMC Obernau	00:43.41	6	00:36.16	4	01:29.57	1
30	613	Fuchs, Katja	AMC Wittgenstein Bad Berl	00:38.07	8	00:38.57	6	01:30.64	1
31	3523	Birlenbach, Florian	MSC Schmallenberg	00:49.76	10	00:38.27	6	01:44.03	1
32	3512	Mache, Brian	MSC Schmallenberg	00:45.96	4	00:44.58	10	01:44.54	1

Zeitnahme: Rolf Geyer
Auswertung: Frank Bamberg

Schnellster Lauf: 00:31.80
(Biegler, Jens - 1 / 601)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	619	Schaller, Manuel	AMC Wittgenstein Bad Berl	00:31.00		00:31.40		01:02.40	30
2	605	Fuchs, Maik	AMC Wittgenstein Bad Berl	00:31.37		00:31.09		01:02.46	27
3	418	Rademacher, Tobias	MSC Lennetal-Bamenohl	00:31.87		00:31.73		01:03.60	24
4	4506	Marques, Fabio	MSC Süd Sauerland	00:31.96		00:31.86		01:03.82	22
5	614	Rahrbach, Nico Jannis	AMC Wittgenstein Bad Berl	00:31.87		00:32.12		01:03.99	20
6	3708	Mc Bride, Jan	MSC Oberruhr Velmede	00:32.15		00:32.06		01:04.21	18
7	4722	Müntjes, Leon Lukas	MSC Oeventrop	00:31.80		00:31.10	2	01:04.90	16
8	1220	Stoll, Robin	MSF Cobbenrode	00:32.63		00:32.37		01:05.00	14
9	3613	Wagener, Marco	OC Siegerland-Nord	00:31.00	4	00:31.14		01:06.14	13
10	4727	Kaiser, Lars	MSC Oeventrop	00:33.48		00:32.82		01:06.30	12
11	624	Stockmann, Corinna	AMC Wittgenstein Bad Berl	00:32.72		00:33.64		01:06.36	11
12	3407	Grabert, Peter	Olper AC	00:33.01		00:33.82		01:06.83	10
13	4513	Dumke, Patricia	MSC Süd Sauerland	00:33.74		00:33.45		01:07.19	9
14	3421	Siscaro, Giuseppe	Olper AC	00:32.70	2	00:32.67		01:07.37	8
15	2906	Leifert, Lucas	AMC Oberruhr	00:33.49		00:33.90	2	01:09.39	7
16	4311	Puche, Michelle	AC Hohenseelbachkopf	00:32.95	4	00:33.72		01:10.67	6
17	4305	Kring, Dean-Mario	AC Hohenseelbachkopf	00:32.97	4	00:33.81		01:10.78	5
18	4509	Laux, Carolin	MSC Süd Sauerland	00:33.71	2	00:33.24	2	01:10.95	4
19	3116	Oster, Steffen	MSC Oenetal	00:34.52		00:35.17	2	01:11.69	3
20	4904	Kohls, Maurice	Kiersper RC	00:32.91	2	00:32.79	4	01:11.70	2
21	1016	Obenlüneschloß, Sabrina	AMC Burbach	00:34.38		00:34.80	4	01:13.18	1
22	3716	Steinmann, Johannes	MSC Oberruhr Velmede	00:38.76	2	00:32.56		01:13.32	1
23	4312	Kretzer, Alicia	AC Hohenseelbachkopf	00:34.93	2	00:34.54	2	01:13.47	1
24	4501	Korzeniowski, Pia Cathrin	MSC Süd Sauerland	00:35.12	2	00:34.73	2	01:13.85	1
25	3125	Andrzejewski, Lars	MSC Oenetal	00:33.06	8	00:33.14		01:14.20	1
26	3611	Neuhaus, Ann-Christin	OC Siegerland-Nord	00:33.15	12	00:31.36		01:16.51	1
27	4907	Müller, Stefan	Kiersper RC	00:33.26	6	00:33.77	4	01:17.03	1
28	3401	Kolodziej, Dustin	Olper AC	00:35.94	2	00:35.01	6	01:18.95	1
29	110	Knecht, Patrick	MSC Altena	00:35.77	6	00:37.43	10	01:29.20	1
30	3726	Böckmann, Leon	MSC Oberruhr Velmede	00:43.99	140	00:33.38		03:37.37	1

Zeitnahme: Rolf Geyer
Auswertung: Frank Bamberg

Schnellster Lauf: 00:31.00
(Schaller, Manuel - 1 / 619)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	410	Koperwas, Wiebke	MSC Lennetal-Bamenohl	00:31.02		00:30.92		01:01.94	30
2	4510	Peuser, Sina	MSC Süd Sauerland	00:31.11		00:31.04		01:02.15	27
3	2809	Schäffer, Julian	MSF Netphen	00:31.49		00:31.28		01:02.77	24
4	4504	Hanisch, Julian	MSC Süd Sauerland	00:31.63		00:31.31		01:02.94	22
5	421	Schneidersmann, Peter	MSC Lennetal-Bamenohl	00:31.62		00:31.54		01:03.16	20
6	3605	Hahn, Julien	OC Siegerland-Nord	00:31.46		00:31.71		01:03.17	18
7	3707	Hötte, Tobias	MSC Oberruhr Velmede	00:32.31		00:31.19		01:03.50	16
8	3609	Tiebe, Oliver	OC Siegerland-Nord	00:32.08		00:31.69		01:03.77	14
9	422	Sinzig, Lukas	MSC Lennetal-Bamenohl	00:32.13		00:31.81		01:03.94	13
10	404	Geyer, Fabian	MSC Lennetal-Bamenohl	00:32.08		00:31.93		01:04.01	12
11	4709	Steimel, Patrick	MSC Oeventrop	00:33.29		00:32.02		01:05.31	11
12	620	Schmitt, Jan	AMC Wittgenstein Bad Berl	00:31.78		00:32.35	2	01:06.13	10
13	625	Stockmann, Daniel	AMC Wittgenstein Bad Berl	00:32.56		00:34.47		01:07.03	9
14	3114	Hoffmann, René	MSC Oenetal	00:32.60	2	00:33.35		01:07.95	8
15	3614	Wiebelhaus, Christian	OC Siegerland-Nord	00:34.04		00:33.96		01:08.00	7
16	4720	Wiesehöfer, André	MSC Oeventrop	00:33.11		00:33.01	4	01:10.12	6
17	4728	Kaiser, Caroline	MSC Oeventrop	00:32.74	6	00:32.33		01:11.07	5
18	1027	Thanabalasingam, Sinthujan	AMC Burbach	00:32.10		00:32.07	8	01:12.17	4
19	4903	Kohls, Janine	Kiersper RC	00:36.31		00:35.36	6	01:17.67	3
20	3403	Battaglia, David	Olper AC	00:36.36		00:38.00	6	01:20.36	2
21	3706	Klein, Alina-Jessica	MSC Oberruhr Velmede	00:48.62	8	00:50.74	10	01:57.36	1

Zeitnahme: Rolf Geyer
Auswertung: Frank Bamberg

Schnellster Lauf: 00:30.92
(Koperwas, Wiebke - 1 / 410)

Platz	Ortsclub	Starter	gewertet	Punkte
1	AMC Wittgenstein Bad Berleburg	127 Koch, Tanja (30) Biegler, Jens (30) Schaller, Manuel (30) Fuchs, Maik (27) Fuchs, Nico (10)	90	30
2	MSC Lennetal-Bamenohl	125 Kopenwas, Wiebke (30) Schulte, Dominik (27) Bamberg, Damian (24) Rademacher, Tobias (24) Schneidersmann, Peter (20)	81	27
3	MSC Süd Sauerland	108 Marques, Julio (27) Peuser, Sina (27) Marques, Fabio (22) Peuser, Shareen (18) Dumke, Timo (14)	76	24
4	MSF Netphen	74 Schäffer, Julian (24) Müller, Leon (22) Kleiner, Jan Robin (12) Huhn, Alexander (11) Morbach, Joschua (5)	58	22
5	MSC Oenetal	67 Bischopink, Alexander (30) Pott, Niklas (16) Blaschke, Justin (12) Hoffmann, René (8) Andrzejewski, Lars (1)	58	20
6	OC Siegerland-Nord	70 Neuhaus, Alexander (24) Hahn, Julien (18) Tiebe, Oliver (14) Wagener, Marco (13) Neuhaus, Ann-Christin (1)	56	18
7	AMC Burbach	62 Thanabalasingam, Janujan (24) Lamma, Marvin (13) Saar, Lukas (13) Schon, Rouven (11) Obenlüneschloß, Sabrina (1)	50	16
8	Olper AC	61 Springob, Jan-Philipp (22) Schneider, Tim (18) Grabert, Peter (10) Siscaro, Giuseppe (8) Alba, Sandro (3)	50	14
9	MSC Oberruhr Velmede	58 Mc Bride, Jan (18) Smorra, Gina-Maria (16) Hötte, Tobias (16) Klein, Marlon-Chayenne (8) , (0)	50	13
10	Briloner AC	44 Gross, Jan (22) Köster, Christopher (13) Becker, Leon (9) , (0) , (0)	44	12
11	MSC Oeventrop	44 Müntjes, Leon Lukas (16) Kaiser, Lars (12) Steimel, Patrick (11) Kaiser, Caroline (5) , (0)	39	11
12	MSF Cobbenrode	33 Stoll, Robin (14) Effe, Tobias (10) Hensel, Nicole (8) Schweigert, Gérard (1) , (0)	32	10
13	MSC Schmalleberg	32 Birlenbach, Nico (16) Schmidt, Kevin (14) Birlenbach, Florian (1) Mache, Brian (1) , (0)	31	9
14	AC Hohenseelbachskopf	40 Klappert, Nico (11) Schmal, Tim (9) Völke, Leon (9) Puche, Michelle (6) Kring, Dean-Mario (5)	29	8
15	AMC Obernau	20 Schelhas, Vera (7) Leifert, Lucas (7) Heupel, Franziska (5) Droese, Carlotta (1) , (0)	19	7
16	Kiersper RC	7 Kohls, Janine (3) Kohls, Maurice (2) Billhardt, Dennis (1) Müller, Stefan (1) , (0)	6	6

Platz	Ortsclub	Starter	gewertet	Punkte
17	MSC Altena	3 Luthardt, Fabian (1) Schüssler, Karl Henrik (1) Knecht, Patrick (1) , (0) , (0)	3	5