



Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	609	Schaller, Marek	AMC Wittgenstein Bad Berl	00:40.61		00:41.09	6	01:27.70	30
2	2810	Huhn, Alexander	MSF Netphen	00:48.13	2	00:47.98		01:38.11	27
3	2902	Engel, Paul	AMC Oberrau	00:47.45		00:50.25	2	01:39.70	24
4	611	Koch, David	AMC Wittgenstein Bad Berl	00:51.09	2	00:47.67		01:40.76	22
5	610	Fuchs, Nico	AMC Wittgenstein Bad Berl	00:44.76		00:47.50	10	01:42.26	20
6	3503	Schmidt, Kevin	MSC Schmallenberg	00:50.27		00:52.83		01:43.10	18
7	3703	Bunte, Jonas	MSC Oberruhr Velmede	00:53.72	2	00:53.37	2	01:51.09	16
8	4304	Schmal, Tim	AC Hohenseelbachkopf	00:47.31		00:58.37	6	01:51.68	14
9	411	Fischer, Tim Luca	MSC Lennetal-Bamenohl	00:57.15	2	00:51.56	2	01:52.71	13
10	603	Funk, Daniel	AMC Wittgenstein Bad Berl	00:57.05	6	00:50.60		01:53.65	12
11	2903	Glowick, Mats	AMC Oberrau	01:01.02	2	00:51.23		01:54.25	11
12	4308	Grunewald, Max	AC Hohenseelbachkopf	00:51.91	6	00:48.85	8	01:54.76	10
13	1010	Kölsch, Tom	AMC Burbach	00:53.28	2	00:54.03	6	01:55.31	9
14	4318	Schlosser, Fabienne	AC Hohenseelbachkopf	00:55.90		00:55.61	6	01:57.51	8
15	1008	Murali, Geethan	AMC Burbach	00:54.33	8	00:53.20	4	01:59.53	7
16	1012	Diener, Dennis	AMC Burbach	00:52.76	8	00:53.51	6	02:00.27	6
17	4919	Pieper, Andre	Kiersper RC	01:05.18		00:55.89		02:01.07	5
18	1009	Lasota, Julian	AMC Burbach	00:52.46	6	00:51.86	12	02:02.32	4
19	607	Hirschhäuser, Jan Nicklas	AMC Wittgenstein Bad Berl	00:57.17	14	00:57.15	2	02:10.32	3
20	908	Masson, Nicolas	Briloner AC	01:03.74	2	00:58.11	8	02:11.85	2
21	602	Adler, Torben	AMC Wittgenstein Bad Berl	01:03.48	8	00:56.55	6	02:14.03	1
22	3109	Frey, Maximilian	MSC Oenetal	00:49.01	16	01:00.07	12	02:17.08	1
23	4503	Lauer, Merle Kathleen	MSC Süd Sauerland	01:32.68	4	01:36.08		03:12.76	1

Zeitnahme: Marc Müsse
Auswertung: Dietmar Brongkoll

Schnellster Lauf: 00:40.61
(Schaller, Marek - 1 / 609)



Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	606	Koch, Tanja	AMC Wittgenstein Bad Berl	00:39.91		00:39.71	2	01:21.62	30
2	3411	Springob, Jan-Philipp	Olper AC	00:40.78		00:41.39		01:22.17	27
3	4314	Klappert, Nico	AC Hohenseelbachskopf	00:42.40		00:41.37		01:23.77	24
4	1006	Saar, Lukas	AMC Burbach	00:41.06		00:41.08	4	01:26.14	22
5	3102	Sauer, Nils	MSC Oenetal	00:43.40		00:43.42		01:26.82	20
6	2813	Morbach, Joschua	MSF Netphen	00:41.96		00:41.03	4	01:26.99	18
7	3501	Koch, Michael	MSC Schmallenberg	00:45.16		00:44.57		01:29.73	16
8	3103	Beckmann, Luca	MSC Oenetal	00:46.11		00:45.69		01:31.80	14
9	3406	Maier, Maik	Olper AC	00:44.40		00:43.82	4	01:32.22	13
10	4505	Korzeniowski, Marc Luca	MSC Süd Sauerland	00:44.54	4	00:43.99		01:32.53	12
11	3107	Schüttler, Niclas	MSC Oenetal	00:45.57	2	00:45.07		01:32.64	11
12	3619	Schönfelder, Maximilian	OC Siegerland-Nord	00:47.40		00:45.34		01:32.74	10
13	1211	Effey, Tobias	MSF Cobbenrode	00:44.17	4	00:43.68	4	01:35.85	9
14	3715	Klein, Marlon-Chayenne	MSC Oberruhr Velmede	00:47.81	2	00:46.60		01:36.41	8
15	2816	Fick, Markus	MSF Netphen	00:46.46	2	00:46.35	2	01:36.81	7
16	401	Lorek, Sebastian	MSC Lennetal-Bamenohl	00:45.75	2	00:45.93	4	01:37.68	6
17	4914	Lo Bello, Frederico	Kiersper RC	00:49.60		00:51.50		01:41.10	5
18	910	Löhr, Tim Niklas	Briloner AC	00:44.08	2	00:45.35	10	01:41.43	4
19	4917	Liakakis, Lutz-Oliver	Kiersper RC	00:52.79		00:49.90	2	01:44.69	3
20	3127	Blaschke, Justin	MSC Oenetal	00:53.04	10	00:43.73		01:46.77	2
21	1013	Berg, Maximilian	AMC Burbach	00:56.50	10	00:43.90	2	01:52.40	1
22	410	Voß, Nico	MSC Lennetal-Bamenohl	00:49.39	4	01:05.39	18	02:16.78	1
23	1014	Oerter, Kira	AMC Burbach	00:55.30	18	00:55.14	22	02:30.44	1

Zeitnahme: Marc Müsse
Auswertung: Dietmar Brongkoll

Schnellster Lauf: 00:39.91
(Koch, Tanja - 1 / 606)



Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	4511	Peuser, Shareen	MSC Süd Sauerland	00:39.29		00:38.61		01:17.90	30
2	4516	Maas, Marc-Pascal	MSC Süd Sauerland	00:38.73		00:38.11	2	01:18.84	27
3	3123	Bischopink, Alexander	MSC Oenetal	00:39.98		00:39.54		01:19.52	24
4	4508	Dumke, Timo	MSC Süd Sauerland	00:40.61		00:39.24		01:19.85	22
5	429	Bamberg, Damian	MSC Lennetal-Bamenohl	00:39.66		00:40.44		01:20.10	20
6	4502	Laux, Fabian	MSC Süd Sauerland	00:40.57		00:39.84		01:20.41	18
7	613	Fuchs, Katja	AMC Wittgenstein Bad Berl	00:40.14		00:40.29		01:20.43	16
8	4307	Völke, Leon	AC Hohenseelbachkopf	00:40.24		00:40.42		01:20.66	14
9	604	Kuhmichel, Lea-Marie	AMC Wittgenstein Bad Berl	00:40.30		00:40.67		01:20.97	13
10	426	Brandt, Johan	MSC Lennetal-Bamenohl	00:41.53		00:39.81		01:21.34	12
11	2808	Müller, Leon	MSF Netphen	00:39.64	2	00:39.74		01:21.38	11
12	3101	Sauer, Lars	MSC Oenetal	00:40.86		00:40.97		01:21.83	10
13	901	Gross, Jan	Briloner AC	00:40.48	2	00:40.08		01:22.56	9
14	903	Günther, Jannik	Briloner AC	00:40.44		00:40.17	2	01:22.61	8
15	3616	Häusig, Lukas Marvin	OC Siegerland-Nord	00:41.34		00:42.00		01:23.34	7
16	1001	Eckhard, Lorenz	AMC Burbach	00:40.48	2	00:40.88		01:23.36	6
17	3414	Vogel, Lars	Olper AC	00:41.63	2	00:40.75		01:24.38	5
18	3502	Hertel, Philip	MSC Schmallenberg	00:41.68	2	00:41.24		01:24.92	4
19	2904	Schelhas, Vera	AMC Oberrau	00:41.69	2	00:41.43		01:25.12	3
20	4915	Lo Bello, Francesco	Kiersper RC	00:43.71		00:42.23		01:25.94	2
21	902	Becker, Leon	Briloner AC	00:43.85		00:43.22		01:27.07	1
22	3409	Bauer, Maximilian	Olper AC	00:39.93	4	00:39.43	4	01:27.36	1
23	1007	Knautz, Jeremy	AMC Burbach	00:41.06	4	00:41.62	2	01:28.68	1
24	3724	Bunte, Jannik	MSC Oberruhr Velmede	00:43.02	4	00:41.84		01:28.86	1
25	1215	Bayram, Medet	MSF Cobbenrode	00:44.03		00:43.51	2	01:29.54	1
26	2901	Droese, Carlotta	AMC Oberrau	00:42.82		00:43.14	4	01:29.96	1
27	124	Schüssler, Karl Henrik	MSC Altena	00:45.09		00:45.94		01:31.03	1
28	3727	Böckmann, Carlotta Pauline	MSC Oberruhr Velmede	00:45.92	2	00:43.63		01:31.55	1
29	4901	Billhardt, Dennis	Kiersper RC	00:42.10	2	00:41.50	6	01:31.60	1
30	3408	Alba, Sandro	Olper AC	00:42.21	10	00:40.60		01:32.81	1
31	4916	Fischer, Jacques	Kiersper RC	00:43.17	2	00:44.13	4	01:33.30	1
32	101	Luthardt, Fabian	MSC Altena	00:47.50		00:46.09		01:33.59	1
33	4906	Müller, Elina	Kiersper RC	00:44.55	8	00:42.74		01:35.29	1
34	4309	Grunewald, Nico	AC Hohenseelbachkopf	00:42.06		00:42.05	18	01:42.11	1
35	3108	Babak, Daniel	MSC Oenetal	00:50.51	4	00:46.08	2	01:42.59	1
36	909	Masson, Jan	Briloner AC	00:45.56	12	00:43.56	8	01:49.12	1



Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
37	4310	Schlosser, Alina	AC Hohenseelbachkopf	00:56.83	6	00:42.36	8	01:53.19	1

Zeitnahme: Marc Müsse
Auswertung: Dietmar Brongkoll

Schnellster Lauf: 00:38.61
(Peuser, Shareen - 1 / 4511)



Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	619	Schaller, Manuel	AMC Wittgenstein Bad Berl	00:36.88		00:37.08		01:13.96	30
2	601	Biegler, Jens	AMC Wittgenstein Bad Berl	00:37.23		00:37.13		01:14.36	27
3	605	Fuchs, Maik	AMC Wittgenstein Bad Berl	00:37.42		00:37.67		01:15.09	24
4	418	Rademacher, Tobias	MSC Lennetal-Bamenohl	00:38.74		00:37.88		01:16.62	22
5	1026	Thanabalasingam, Janujan	AMC Burbach	00:38.74		00:38.08		01:16.82	20
6	4506	Marques, Fabio	MSC Süd Sauerland	00:39.02		00:38.05		01:17.07	18
7	3410	Schneider, Tim	Olper AC	00:38.93		00:38.29		01:17.22	16
8	3611	Neuhaus, Ann-Christine	OC Siegerland-Nord	00:38.66		00:38.61		01:17.27	14
9	1032	Schon, Rouven	AMC Burbach	00:39.34		00:38.05		01:17.39	13
10	4507	Marques, Julio	MSC Süd Sauerland	00:39.00		00:38.44		01:17.44	12
11	4509	Laux, Carolin	MSC Süd Sauerland	00:38.97		00:39.09		01:18.06	11
12	1015	Kretzer, Alicia	AMC Burbach	00:40.97		00:40.30		01:21.27	10
13	3122	Pott, Niklas	MSC Oenetal	00:40.68	2	00:39.62		01:22.30	9
14	425	Schmidt, Andre	MSC Lennetal-Bamenohl	00:39.21		00:39.29	4	01:22.50	8
15	907	Köster, Christopher	Briloner AC	00:39.27	2	00:39.65	2	01:22.92	7
16	3602	Bierbaum, Tim	OC Siegerland-Nord	00:41.82		00:41.92		01:23.74	6
17	2818	Fick, Alexander	MSF Netphen	00:41.29		00:40.91	2	01:24.20	5
18	3116	Oster, Steffen	MSC Oenetal	00:42.06	2	00:40.85		01:24.91	4
19	110	Knecht, Patrick	MSC Altena	00:44.37		00:41.86		01:26.23	3
20	3512	Mache, Brian	MSC Schmalleberg	00:43.11	2	00:41.45		01:26.56	2
21	4904	Kohls, Maurice	Kiersper RC	00:39.89		00:40.04	10	01:29.93	1
22	4907	Müller, Stefan	Kiersper RC	00:40.09		00:39.30	12	01:31.39	1
23	405	Wilmes, André	MSC Lennetal-Bamenohl	00:44.66	2	00:42.34	4	01:33.00	1
24	2922	Heupel, Franziska	AMC Oberrau	00:39.79	10	00:39.14	6	01:34.93	1
25	3504	Wüllner, Dennis	MSC Schmalleberg	00:41.40	12	00:41.15	2	01:36.55	1
26	128	Selle, Philipp	MSC Altena	00:52.02		00:46.62		01:38.64	1
27	105	Busch-Rösner, Joshua	MSC Altena	00:44.58	16	00:42.53		01:43.11	1

Zeitnahme: Marc Müsse
Auswertung: Dietmar Brongkoll

Schnellster Lauf: 00:36.88
(Schaller, Manuel - 1 / 619)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	614	Rahrbach, Nico Jannis	AMC Wittgenstein Bad Berl	00:37.77		00:37.75		01:15.52	30
2	4504	Hanisch, Julian	MSC Süd Sauerland	00:38.27		00:38.23		01:16.50	27
3	3421	Siscaro, Giuseppe	Olper AC	00:38.62		00:38.11		01:16.73	24
4	3403	Battaglia, David	Olper AC	00:38.55		00:38.25		01:16.80	22
5	1027	Thanabalasingam, Sinthujan	AMC Burbach	00:38.56		00:38.36		01:16.92	20
6	3125	Andrzejewski, Lars	MSC Oenetal	00:38.96		00:38.52		01:17.48	18
7	3708	Mc Bride, Jan	MSC Oberruhr Velmede	00:38.90		00:38.72		01:17.62	16
8	625	Stockmann, Daniel	AMC Wittgenstein Bad Berl	00:38.66		00:39.26		01:17.92	14
9	3707	Hötte, Tobias	MSC Oberruhr Velmede	00:38.29	2	00:37.70		01:17.99	13
10	3609	Tiebe, Oliver	OC Siegerland-Nord	00:38.11		00:37.90	2	01:18.01	12
11	624	Stockmann, Corinna	AMC Wittgenstein Bad Berl	00:39.11		00:39.30		01:18.41	11
12	1220	Stoll, Robin	MSF Cobbenrode	00:39.40		00:39.11		01:18.51	10
13	2809	Schäffer, Julian	MSF Netphen	00:38.29		00:38.38	2	01:18.67	9
14	4728	Kaiser, Caroline	MSC Oeventrop	00:38.71		00:38.80	2	01:19.51	8
15	2811	Grosser, Kevin	MSF Netphen	00:38.91	2	00:38.81		01:19.72	7
16	4311	Puche, Michelle	AC Hohenseelbachkopf	00:39.63	2	00:39.18		01:20.81	6
17	3114	Hoffmann, René	MSC Oenetal	00:39.49		00:40.04	2	01:21.53	5
18	3726	Böckmann, Leon	MSC Oberruhr Velmede	00:40.72	2	00:39.54		01:22.26	4
19	3614	Wiebelhaus, Christian	OC Siegerland-Nord	00:40.33	2	00:40.06		01:22.39	3
20	4513	Dumke, Patricia	MSC Süd Sauerland	00:39.47	2	00:39.01	2	01:22.48	2
21	4709	Steimel, Patrick	MSC Oeventrop	00:46.01	4	00:38.22		01:28.23	1
22	3706	Klein, Alina-Jessica	MSC Oberruhr Velmede	00:50.55	2	00:48.85	2	01:43.40	1

Zeitnahme: Marc Müsse
 Auswertung: Dietmar Brongkoll

Schnellster Lauf: 00:37.70
 (Hötte, Tobias - 9 / 3707)

Platz	Ortsclub	Starter	gewertet	Punkte
1	AMC Wittgenstein Bad Berleburg	137 Schaller, Marek (30) Koch, Tanja (30) Schaller, Manuel (30) Biegler, Jens (27) Fuchs, Nico (20)	90	30
2	MSC Süd Sauerland	115 Peuser, Shareen (30) Hanisch, Julian (27) Dumke, Timo (22) Laux, Fabian (18) Marques, Fabio (18)	79	27
3	Olper AC	90 Springob, Jan-Philipp (27) Siscaro, Giuseppe (24) Battaglia, David (22) Schneider, Tim (16) Bauer, Maximilian (1)	73	24
4	MSF Netphen	72 Huhn, Alexander (27) Morbach, Joschua (18) Müller, Leon (11) Schäffer, Julian (9) Grosser, Kevin (7)	56	22
5	MSC Lennetal-Bamenohl	68 Rademacher, Tobias (22) Bamberg, Damian (20) Brandt, Johan (12) Schmidt, Andre (8) Lorek, Sebastian (6)	54	20
6	MSC Oenetal	67 Bischopink, Alexander (24) Andrzejewski, Lars (18) Schüttler, Niclas (11) Pott, Niklas (9) Hoffmann, René (5)	53	18
7	AMC Burbach	61 Thanabalasingam, Janujan (20) Thanabalasingam, Sinthujan (20) Schon, Rouven (13) Murali, Geethan (7) Berg, Maximilian (1)	53	16
8	AC Hohenseelbachskopf	66 Klappert, Nico (24) Schmal, Tim (14) Völke, Leon (14) Schlosser, Fabienne (8) Puche, Michelle (6)	52	14
9	MSC Oberruhr Velmede	46 Bunte, Jonas (16) Mc Bride, Jan (16) Hötte, Tobias (13) Bunte, Jannik (1) , (0)	45	13
10	MSC Schmalleberg	41 Schmidt, Kevin (18) Koch, Michael (16) Hertel, Philip (4) Mache, Brian (2) Wüllner, Dennis (1)	38	12
11	AMC Obernau	40 Engel, Paul (24) Glowick, Mats (11) Schelhas, Vera (3) Droese, Carlotta (1) Heupel, Franziska (1)	38	11
12	OC Siegerland-Nord	46 Neuhaus, Ann-Christine (14) Tiebe, Oliver (12) Schönfelder, Maximilian (10) Häusig, Lukas Marvin (7) Wiebelhaus, Christian (3)	36	10
13	Briloner AC	29 Gross, Jan (9) Günther, Jannik (8) Köster, Christopher (7) Löhr, Tim Niklas (4) Becker, Leon (1)	24	9
14	MSF Cobbenrode	20 Stoll, Robin (10) Effey, Tobias (9) Bayram, Medet (1) , (0) , (0)	20	8
15	Kiersper RC	10 Lo Bello, Frederico (5) Lo Bello, Francesco (2) Billhardt, Dennis (1) Kohls, Maurice (1) Müller, Stefan (1)	8	7