

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	4503	Lauer, Merle Kathleen	MSC Süd Sauerland	00:32.85		00:32.60		01:05.45	30
2	4919	Pieper, Andre	Kiersper RC	00:33.50		00:33.30		01:06.80	27
3	4711	Bolzenius, Max	MSC Oeventrop	00:33.99		00:33.52		01:07.51	24
4	609	Schaller, Marek	AMC Wittgenstein Bad Berl	00:32.62		00:33.63	2	01:08.25	22
5	3109	Frey, Maximilian	MSC Oenetal	00:34.67		00:33.71		01:08.38	20
6	3730	Siewers, Kimi	MSC Oberruhr Velmede	00:34.66		00:33.74		01:08.40	18
7	4308	Grunewald, Max	AC Hohenseelbachkopf	00:34.64	2	00:31.96		01:08.60	16
8	603	Funk, Daniel	AMC Wittgenstein Bad Berl	00:35.58		00:35.67		01:11.25	14
9	1008	Murali, Geethan	AMC Burbach	00:33.30	2	00:33.49	4	01:12.79	13
10	915	Laudien, Kai	Briloner AC	00:37.51		00:36.73		01:14.24	12
11	602	Adler, Torben	AMC Wittgenstein Bad Berl	00:35.88	4	00:35.64		01:15.52	11
12	3105	Nöcker, Tobias	MSC Oenetal	00:38.37		00:38.36		01:16.73	10
13	411	Fischer, Tim Luca	MSC Lennetal-Bamenoht	00:37.73	2	00:38.00		01:17.73	9
14	3703	Bunte, Jonas	MSC Oberruhr Velmede	00:35.03	2	00:36.52	6	01:19.55	8
15	3104	Döring, Rene	MSC Oenetal	00:39.64		00:35.99	4	01:19.63	7
16	3506	Frisse, Marlon	MSC Schmallenberg	00:35.25	6	00:35.41	4	01:20.66	6
17	3417	Katanek, Jasmin	Olper AC	00:40.15		00:40.84		01:20.99	5
18	3601	Kayser, Mark	OC Siegerland-Nord	00:40.23		00:41.52		01:21.75	4
19	4905	Kugel, Jason	Kiersper RC	00:39.49	6	00:36.39		01:21.88	3
20	4510	Lauer, Kevin	MSC Süd Sauerland	00:34.82	4	00:40.73	4	01:23.55	2
21	3106	Jehl, Steve	MSC Oenetal	00:43.94	4	00:40.01		01:27.95	1
22	612	Walter, Jan-Eric	AMC Wittgenstein Bad Berl	00:36.95		00:38.06	18	01:33.01	1
23	1021	Müller, Violetta	AMC Burbach	00:35.81	2	00:46.72	10	01:34.53	1
24	3725	Wirßing, Connor	MSC Oberruhr Velmede	00:36.67	26	00:45.27	22	02:09.94	1

Zeitnahme: Klaus Verryser
Auswertung: René Zuncke

Schnellster Lauf: 00:31.96
(Grunewald, Max - 7 / 4308)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	3604	Neuhaus, Alexander	OC Siegerland-Nord	00:29.81		00:29.09		00:58.90	30
2	1013	Berg, Maximilian	AMC Burbach	00:30.43		00:30.20		01:00.63	27
3	3127	Blaschke, Justin	MSC Oenetal	00:31.74		00:31.12		01:02.86	24
4	1019	Renner, Alan	AMC Burbach	00:31.46		00:31.55		01:03.01	22
5	4304	Schmal, Tim	AC Hohenseelbachkopf	00:30.99	2	00:30.77		01:03.76	20
6	610	Fuchs, Nico	AMC Wittgenstein Bad Berl	00:33.07		00:31.46		01:04.53	18
7	1009	Lasota, Julian	AMC Burbach	00:32.49		00:32.21		01:04.70	16
8	1010	Kölsch, Tom	AMC Burbach	00:30.71		00:30.40	4	01:05.11	14
9	606	Koch, Tanja	AMC Wittgenstein Bad Berl	00:31.49	2	00:31.71		01:05.20	13
10	2902	Engel, Paul	AMC Obernau	00:32.93		00:32.40		01:05.33	12
11	2810	Huhn, Alexander	MSF Netphen	00:32.72		00:32.79		01:05.51	11
12	3411	Springob, Jan-Philipp	Olper AC	00:30.93		00:30.94	4	01:05.87	10
13	4301	Magarjan, Michael	AC Hohenseelbachkopf	00:33.54		00:32.83		01:06.37	9
14	3503	Schmidt, Kevin	MSC Schmallenberg	00:32.35	2	00:32.12		01:06.47	8
15	410	Voß, Nico	MSC Lennetal-Bameno hl	00:31.65	2	00:31.34	2	01:06.99	7
16	2804	Galbas, Leon Benedikt	MSF Netphen	00:33.71		00:34.05		01:07.76	6
17	3717	Wirßing, Marlon	MSC Oberruhr Velmede	00:33.64		00:34.36		01:08.00	5
18	3422	Bernhardt, Florian	Olper AC	00:32.07		00:33.04	4	01:09.11	4
19	3423	Schmidt, Justin	Olper AC	00:33.68	2	00:33.80		01:09.48	3
20	4914	Lo Bello, Federico	Kiersper RC	00:34.08		00:34.13	2	01:10.21	2
21	4318	Schlosser, Fabienne	AC Hohenseelbachkopf	00:35.97		00:34.49		01:10.46	1
22	2903	Glowick, Mats	AMC Obernau	00:34.83	4	00:32.30		01:11.13	1
23	5301	Böhm, Lukas	MSC Siegerland	00:32.26	4	00:32.08	4	01:12.34	1
24	3522	Birlenbach, Nico	MSC Schmallenberg	00:34.47	2	00:32.57	4	01:13.04	1
25	1020	Müller, Vivien	AMC Burbach	00:33.11	6	00:32.21	2	01:13.32	1
26	3508	Leidorf, Niklas	MSC Schmallenberg	00:37.48		00:36.27		01:13.75	1
27	2801	Diener, Dennis	MSF Netphen	00:35.78	2	00:34.16	2	01:13.94	1
28	3520	Efe, Seymen	MSC Schmallenberg	00:33.07	4	00:31.84	6	01:14.91	1
29	3715	Klein, Marlon-Chayenne	MSC Oberruhr Velmede	00:38.36	4	00:31.44	2	01:15.80	1
30	402	Fehr, Marc	MSC Lennetal-Bameno hl	00:36.64	4	00:36.95		01:17.59	1
31	912	Van Dijk, Jana	Briloner AC	00:38.98	2	00:37.08		01:18.06	1
32	3619	Schönfelder, Maximilian	OC Siegerland-Nord	00:32.80	4	00:32.19	10	01:18.99	1
33	1018	Stieding, Jason-Jeremy	AMC Burbach	00:33.97	4	00:33.47	8	01:19.44	1
34	913	Van Dijk, Eileen	Briloner AC	00:43.43	10	00:39.15		01:32.58	1

Zeitnahme: Klaus Verryser
Auswertung: René Zuncke

Schnellster Lauf: 00:29.09
(Neuhaus, Alexander - 1 / 3604)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	4511	Peuser, Shareen	MSC Süd Sauerland	00:29.21		00:28.89		00:58.10	30
2	1001	Eckhard, Lorenz	AMC Burbach	00:29.32		00:29.59		00:58.91	27
3	426	Brandt, Johan	MSC Lennetal-Bamenohl	00:29.60		00:29.62		00:59.22	24
4	4502	Laux, Fabian	MSC Süd Sauerland	00:29.79		00:29.68		00:59.47	22
5	1006	Saar, Lukas	AMC Burbach	00:29.64		00:29.84		00:59.48	20
6	3714	Smorra, Gina-Maria	MSC Oberruhr Velmede	00:30.23		00:29.95		01:00.18	18
7	2813	Morbach, Joschua	MSF Netphen	00:30.32		00:29.93		01:00.25	16
8	604	Kuhmichel, Lea-Marie	AMC Wittgenstein Bad Berl	00:30.57		00:30.06		01:00.63	14
9	1007	Knautz, Jeremy	AMC Burbach	00:29.79	2	00:29.01		01:00.80	13
10	3501	Koch, Michael	MSC Schmallenberg	00:31.01		00:30.21		01:01.22	12
11	5311	Pizzurro, Alessandro	MSC Siegerland	00:30.95		00:30.32		01:01.27	11
12	3724	Bunte, Jannik	MSC Oberruhr Velmede	00:30.84		00:30.52		01:01.36	10
13	3605	Kallweit, Mika	OC Siegerland-Nord	00:30.17	2	00:29.56		01:01.73	9
14	902	Becker, Leon	Briloner AC	00:31.80		00:29.98		01:01.78	8
15	3123	Bischopink, Alexander	MSC Oenetal	00:29.65	2	00:30.15		01:01.80	7
16	4314	Klappert, Nico	AC Hohenseelbachskopf	00:31.02		00:30.79		01:01.81	6
17	3414	Vogel, Lars	Olper AC	00:30.95		00:31.70		01:02.65	5
18	4916	Fischer, Jacques	Kiersper RC	00:31.63		00:31.27		01:02.90	4
19	3107	Schüttler, Niclas	MSC Oenetal	00:31.96		00:31.34		01:03.30	3
20	2805	Kleiner, Jan Robin	MSF Netphen	00:32.04		00:31.34		01:03.38	2
21	901	Gross, Jan	Briloner AC	00:29.98	2	00:29.59	2	01:03.57	1
22	4920	Schulte, Marvin	Kiersper RC	00:31.65		00:31.96		01:03.61	1
23	204	Deimann, Nils	AMC Arnsberg	00:31.98		00:31.80		01:03.78	1
24	5308	Mittelbach, Joshua	MSC Siegerland	00:30.88	2	00:30.99		01:03.87	1
25	206	Eustergerling, Pascal	AMC Arnsberg	00:31.16		00:30.79	2	01:03.95	1
26	2816	Fick, Markus	MSF Netphen	00:31.98		00:31.99		01:03.97	1
27	1014	Oerter, Kira	AMC Burbach	00:32.47		00:32.02		01:04.49	1
28	2802	Baumhoff, Nils	MSF Netphen	00:32.35		00:32.32		01:04.67	1
29	3408	Alba, Sandro	Olper AC	00:33.15		00:31.66		01:04.81	1
30	3532	Frisse, Gina-Maria	MSC Schmallenberg	00:32.79		00:32.52		01:05.31	1
31	4517	Lauer, Lena Marie	MSC Süd Sauerland	00:30.98	4	00:30.91		01:05.89	1
32	1211	Effey, Tobias	MSF Cobbenrode	00:32.96		00:33.00		01:05.96	1
33	213	Wendt, Tim	AMC Arnsberg	00:32.65	2	00:31.83		01:06.48	1
34	909	Van Diyck, Yannick-Bastiaan	Briloner AC	00:32.19		00:32.40	2	01:06.59	1
35	4906	Müller, Elina	Kiersper RC	00:32.27	2	00:32.62		01:06.89	1
36	3102	Sauer, Nils	MSC Oenetal	00:31.77	4	00:31.65		01:07.42	1

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
37	617	Fuchs, Kevin	AMC Wittgenstein Bad Berl	00:32.91	2	00:32.82		01:07.73	1
38	4303	Jung, Justin	AC Hohenseelbachkopf	00:31.55	2	00:34.44	2	01:09.99	1
39	3606	Piontek, Linda	OC Siegerland-Nord	00:34.89		00:35.66		01:10.55	1
40	3517	Niederstraßer, David	MSC Schmallenberg	00:32.48	2	00:33.21	6	01:13.69	1
41	3516	Heikel, Jonah	MSC Schmallenberg	00:33.21	6	00:32.60	8	01:19.81	1
42	910	Löhr, Tim Niklas	Briloner AC	00:33.97		00:37.23	12	01:23.20	1

Zeitnahme: Klaus Verryser

Auswertung: René Zuncke

Schnellster Lauf: 00:28.89

(Peuser, Shareen - 1 / 4511)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	4508	Dumke, Timo	MSC Süd Sauerland	00:29.42		00:28.87		00:58.29	30
2	1012	Müller, Leon	AMC Burbach	00:29.15		00:29.45		00:58.60	27
3	3122	Pott, Niklas	MSC Oenetal	00:29.68		00:29.74		00:59.42	24
4	2922	Heupel, Franziska	AMC Obernau	00:30.03		00:29.81		00:59.84	22
5	1026	Thanabalasingam, Janujan	AMC Burbach	00:28.72		00:29.15	2	00:59.87	20
6	4507	Marques, Julio	MSC Süd Sauerland	00:28.97		00:28.92	2	00:59.89	18
7	4309	Grunewald, Nico	AC Hohenseelbachkopf	00:30.13		00:29.98		01:00.11	16
8	3410	Schneider, Tim	Olper AC	00:30.04		00:30.13		01:00.17	14
9	4915	Lo Bello, Francesco	Kiersper RC	00:30.20		00:30.20		01:00.40	13
10	907	Köster, Christopher	Briloner AC	00:29.54		00:29.17	2	01:00.71	12
11	2818	Fick, Alexander	MSF Netphen	00:30.67		00:30.18		01:00.85	11
12	4306	Kersten, Dustin	AC Hohenseelbachkopf	00:29.37		00:29.62	2	01:00.99	10
13	3409	Bauer, Maximilian	Olper AC	00:30.92		00:30.70		01:01.62	9
14	3511	Wüllner, Luis	MSC Schmallenberg	00:30.82		00:30.99		01:01.81	8
15	601	Biegler, Jens	AMC Wittgenstein Bad Berl	00:29.48		00:28.70	4	01:02.18	7
16	613	Fuchs, Katja	AMC Wittgenstein Bad Berl	00:30.90		00:31.35		01:02.25	6
17	3515	Jungblut, Julian	MSC Schmallenberg	00:31.65		00:30.65		01:02.30	5
18	4307	Völke, Leon	AC Hohenseelbachkopf	00:29.31		00:29.21	4	01:02.52	4
19	4901	Billhardt, Dennis	Kiersper RC	00:31.37		00:31.44		01:02.81	3
20	903	Günther, Jannik	Briloner AC	00:30.29	2	00:30.54		01:02.83	2
21	2904	Schelhas, Vera	AMC Obernau	00:30.32		00:30.54	2	01:02.86	1
22	3101	Sauer, Lars	MSC Oenetal	00:31.10		00:31.98		01:03.08	1
23	2803	Jagic, Mario	MSF Netphen	00:31.54		00:31.93		01:03.47	1
24	4310	Schlosser, Alina	AC Hohenseelbachkopf	00:31.83		00:31.94		01:03.77	1
25	425	Schmidt, Andre	MSC Lennetal-Bameno hl	00:30.17	4	00:29.82		01:03.99	1
26	5304	Rasquin, Florian	MSC Siegerland	00:31.84		00:32.58		01:04.42	1
27	1231	Hensel, Nicole	MSF Cobbenrode	00:30.06	2	00:30.73	2	01:04.79	1
28	3402	Halbe, Jeremias	Olper AC	00:30.77	2	00:30.31	2	01:05.08	1
29	3702	Krämer, Marco	MSC Oberruhr Velmede	00:32.18	2	00:31.93		01:06.11	1
30	105	Busch-Rösner, Joshua	MSC Altena	00:32.19	2	00:32.13		01:06.32	1
31	1029	Obenlüneschloß, Robin	AMC Burbach	00:29.93		00:30.48	6	01:06.41	1
32	4908	Meier, René	Kiersper RC	00:33.04		00:32.10	2	01:07.14	1
33	405	Wilmes, Andre	MSC Lennetal-Bameno hl	00:33.55		00:34.04		01:07.59	1
34	3523	Birlenbach, Florian	MSC Schmallenberg	00:33.00	2	00:33.57	2	01:10.57	1
35	4902	Duman, Koray	Kiersper RC	00:30.46		00:32.90	8	01:11.36	1
36	3512	Mache, Brian	MSC Schmallenberg	00:30.79		00:31.68	10	01:12.47	1

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
37	4903	Kowalski, Konstantin	Kiersper RC	00:25.64	20	00:30.93		01:16.57	1
38	3415	Verbücheln, Nico	Olper AC	00:31.12	6	00:32.96	14	01:24.08	1
39	3518	Heikel, Justin	MSC Schmalleberg	00:35.58	14	00:34.72		01:24.30	1

Zeitnahme: Klaus Verryser
Auswertung: René Zuncke

Schnellster Lauf: 00:28.72
(Thanabalasingam, Janujan - 5 / 1026)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	4506	Marques, Fabio	MSC Süd Sauerland	00:28.73		00:28.51		00:57.24	30
2	4504	Hanisch, Julian	MSC Süd Sauerland	00:28.40		00:28.98		00:57.38	27
3	619	Schaller, Manuel	AMC Wittgenstein Bad Berli	00:28.98		00:28.50		00:57.48	24
4	4509	Laux, Carolin	MSC Süd Sauerland	00:28.90		00:28.67		00:57.57	22
5	3125	Andrzejewski, Lars	MSC Oenetal	00:29.36		00:28.82		00:58.18	20
6	4513	Dumke, Patricia	MSC Süd Sauerland	00:29.11		00:29.14		00:58.25	18
7	3707	Hötte, Tobias	MSC Oberruhr Velmede	00:29.71		00:29.06		00:58.77	16
8	4907	Müller, Stefan	Kiersper RC	00:29.65		00:29.65		00:59.30	14
9	3114	Hoffmann, René	MSC Oenetal	00:29.89		00:29.64		00:59.53	13
10	3708	McBride, Jan	MSC Oberruhr Velmede	00:30.10		00:29.79		00:59.89	12
11	418	Rademacher, Tobias	MSC Lennetal-Bamenohl	00:30.46		00:29.92		01:00.38	11
12	3421	Siscaro, Giuseppe	Olper AC	00:28.57		00:29.87	2	01:00.44	10
13	1016	Obenlüneschloß, Sabrina	AMC Burbach	00:29.37	2	00:29.23		01:00.60	9
14	624	Stockmann, Corinna	AMC Wittgenstein Bad Berli	00:30.32		00:30.29		01:00.61	8
15	4316	Puche, Jan	AC Hohenseelbachkopf	00:29.53	2	00:29.42		01:00.95	7
16	4311	Puche, Michelle	AC Hohenseelbachkopf	00:29.67	2	00:29.53		01:01.20	6
17	3726	Böckmann, Leon	MSC Oberruhr Velmede	00:29.92	2	00:29.39		01:01.31	5
18	3611	Neuhaus, Ann-Christine	OC Siegerland-Nord	00:30.12		00:29.48	2	01:01.60	4
19	3614	Wiebelhaus, Christian	OC Siegerland-Nord	00:30.93		00:31.16		01:02.09	3
20	1015	Kretzer, Alicia	AMC Burbach	00:32.29		00:31.80	2	01:06.09	2
21	4904	Kohls, Maurice	Kiersper RC	00:28.90	6	00:29.39	2	01:06.29	1
22	625	Stockmann, Daniel	AMC Wittgenstein Bad Berli	00:30.03	2	00:29.73	6	01:07.76	1

Zeitnahme: Klaus Verryser
Auswertung: René Zuncke

Schnellster Lauf: 00:28.40
(Hanisch, Julian - 2 / 4504)

Platz	Ortsclub	Starter	gewertet	Punkte
1	MSC Süd Sauerland	130 Peuser, Shareen (30) Dumke, Timo (30) Marques, Fabio (30) Laux, Fabian (22) Marques, Julio (18)	90	30
2	AMC Burbach	101 Berg, Maximilian (27) Müller, Leon (27) Saar, Lukas (20) Kölsch, Tom (14) Murali, Geethan (13)	74	27
3	AMC Wittgenstein Bad Berleburg	84 Schaller, Manuel (24) Schaller, Marek (22) Fuchs, Nico (18) Koch, Tanja (13) Biegler, Jens (7)	64	24
4	MSC Oenetal	84 Blaschke, Justin (24) Frey, Maximilian (20) Andrzejewski, Lars (20) Hoffmann, René (13) Bischopink, Alexander (7)	64	22
5	AC Hohenseelbachkopf	65 Schmal, Tim (20) Grunewald, Max (16) Grunewald, Nico (16) Magarjan, Michael (9) Völke, Leon (4)	52	20
6	MSC Oberruhr Velmede	64 Smorra, Gina-Maria (18) Hötte, Tobias (16) McBride, Jan (12) Bunte, Jannik (10) Bunte, Jonas (8)	46	18
7	MSC Lennetal-Bamenohl	52 Brandt, Johan (24) Rademacher, Tobias (11) Fischer, Tim Luca (9) Voß, Nico (7) Schmidt, Andre (1)	44	16
8	OC Siegerland-Nord	48 Neuhaus, Alexander (30) Kallweit, Mika (9) Kayser, Mark (4) Neuhaus, Ann-Christine (4) Schönfelder, Maximilian (1)	43	14
9	Kiersper RC	45 Pieper, Andre (27) Müller, Stefan (14) Lo Bello, Federico (2) Müller, Elna (1) Kohls, Maurice (1)	43	13
10	AMC Obernau	36 Heupel, Franziska (22) Engel, Paul (12) Glowick, Mats (1) Schelhas, Vera (1) , (0)	35	12
11	MSC Schmallenberg	30 Koch, Michael (12) Schmidt, Kevin (8) Wüllner, Luis (8) Birlenbach, Nico (1) Mache, Brian (1)	28	11
12	MSF Netphen	25 Huhn, Alexander (11) Fick, Alexander (11) Fick, Markus (1) Baumhoff, Nils (1) Jagic, Mario (1)	23	10
13	Briloner AC	24 Köster, Christopher (12) Becker, Leon (8) Günther, Jannik (2) Gross, Jan (1) Van Dijk, Yannick-Bastiaan (1)	22	9
14	MSC Siegerland	14 Pizzurro, Alessandro (11) Böhm, Lukas (1) Mittelbach, Joshua (1) Rasquin, Florian (1) , (0)	13	8
15	MSF Cobbenrode	2 Effey, Tobias (1) Hensel, Nicole (1) , (0) , (0) , (0)	2	7