

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	3105	Nöcker, Tobias	MSC Oenetal	00:42.11	2	00:42.34		01:26.45	30
2	3730	Siewers, Kimi	MSC Oberruhr Velmede	00:41.61		00:42.04	4	01:27.65	27
3	618	Adler, Tim	AMC Wittgenstein Bad Berli	00:43.70	2	00:44.24	2	01:31.94	24
4	5313	Kwasnik, Lukas	MSC Siegerland	00:46.18	4	00:46.21	2	01:38.39	22
5	4921	Schwarzkopf, Peter	Kiersper RC	00:44.89	6	00:43.55	6	01:40.44	20
6	1004	Schneider, Leon Odin	AMC Burbach	00:46.33	6	00:47.21	2	01:41.54	18
7	620	Funk, Fabian	AMC Wittgenstein Bad Berli	00:47.34	4	00:46.88	6	01:44.22	16
8	3103	Zdrevkovic, Conner	MSC Oenetal	00:50.34	6	00:46.75	2	01:45.09	14
9	401	Di Marco, Daniel	MSC Lennetal-Bamenohl	00:45.30	4	00:45.65	12	01:46.95	13
10	4506	Maddox, Hein	MSC Süd Sauerland	00:48.77	10	00:48.38	2	01:49.15	12
11	4510	Lauer, Kevin	MSC Süd Sauerland	00:64.48	4	00:47.73	6	02:02.21	11
12	1218	Reimer, Julian	MSF Cobbenrode	00:44.89	6	00:42.58	38	02:11.47	10
13	2905	Caracciolo, Mario	AMC Obernau	00:41.98	22	00:48.77	20	02:12.75	9
14	605	Bachmann, Jeremy	AMC Wittgenstein Bad Berli	00:55.31	6	00:67.81	8	02:17.12	8
15	612	Walter, Jan-Eric	AMC Wittgenstein Bad Berli	00:44.42	2	00:38.18	54	02:18.60	7
16	1005	Kölsch, Lea	AMC Burbach	00:54.73	6	00:76.20	4	02:20.93	6
17	403	Bitzer, Niklas	MSC Lennetal-Bamenohl	00:54.62	24	00:51.21	18	02:27.83	5
18	4505	Neubauer, Lino Tom	MSC Süd Sauerland	00:27.98	66	00:50.74	12	02:36.72	4
19	3731	Richter, Lars	MSC Oberruhr Velmede	00:73.63	6	00:62.75	32	02:54.38	3

Zeitnahme: Christoph Frey
 Auswertung: Lars Andrzejewski

Schnellster Lauf: 00:41.61
 (Siewers, Kimi - 2 / 3730)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	610	Fuchs, Nico	AMC Wittgenstein Bad Berli	00:39.34		00:39.28		01:18.62	30
2	3503	Schmidt, Kevin	MSC Schmallenberg	00:39.32		00:39.53		01:18.85	27
3	3109	Frey, Maximilian	MSC Oenetal	00:39.00		00:40.21		01:19.21	24
4	1009	Lasota, Julian	AMC Burbach	00:39.54	2	00:38.35		01:19.89	22
5	2902	Engel, Paul	AMC Obernau	00:39.91		00:39.27	2	01:21.18	20
6	1011	Schmal, Tim	AMC Burbach	00:38.13	4	00:39.15		01:21.28	18
7	2810	Huhn, Alexander	MSF Netphen	00:40.14		00:39.77	2	01:21.91	16
8	1018	Stieding, Jason-Jeremy	AMC Burbach	00:39.44	2	00:40.57		01:22.01	14
9	3703	Bunte, Jonas	MSC Oberruhr Velmede	00:41.61		00:41.03		01:22.64	13
10	1008	Murali, Geethan	AMC Burbach	00:40.79	2	00:39.86		01:22.65	12
11	4308	Grunewald, Max	AC Hohenseelbachkopf	00:39.59		00:39.17	4	01:22.76	11
12	2903	Glowick, Mats	AMC Obernau	00:40.06		00:40.73	2	01:22.79	10
13	2804	Galbas, Leon Benedikt	MSF Netphen	00:39.93	2	00:39.66	2	01:23.59	9
14	4711	Bolzenius, Max	MSC Oeventrop	00:40.42		00:41.19	2	01:23.61	8
15	4919	Pieper, Andre	Kiersper RC	00:41.60		00:42.15		01:23.75	7
16	4905	Kugel, Jason	Kiersper RC	00:42.90		00:41.54		01:24.44	6
17	1012	Huber, Valentin	AMC Burbach	00:41.99		00:42.85		01:24.84	5
18	3104	Döring, Rene	MSC Oenetal	00:39.12	8	00:40.26		01:27.38	4
19	603	Funk, Daniel	AMC Wittgenstein Bad Berli	00:41.46	2	00:41.27	4	01:28.73	3
20	4503	Lauer, Merle Kathleen	MSC Süd Sauerland	00:42.70		00:42.22	4	01:28.92	2
21	607	Koch, David	AMC Wittgenstein Bad Berli	00:42.04	2	00:42.60	4	01:30.64	1
22	4318	Schlosser, Fabienne	AC Hohenseelbachkopf	00:44.10		00:45.62	2	01:31.72	1
23	3417	Katanek, Jasmin	Olper AC	00:42.72	4	00:43.36	2	01:32.08	1
24	411	Fischer, Tim Luca	MSC Lennetal-Bameno	00:44.23	2	00:47.31		01:33.54	1
25	602	Adler, Torben	AMC Wittgenstein Bad Berli	00:41.00	2	00:49.45	2	01:34.45	1
26	3108	Murgia, Enrico	MSC Oenetal	00:43.72	8	00:43.75		01:35.47	1
27	2901	Böhmer, Niklas	AMC Obernau	00:46.40	4	00:47.88		01:38.28	1
28	4725	Wirßing, Connor	MSC Oeventrop	00:44.10		00:43.28	12	01:39.38	1
29	2913	Palzer, Leon	AMC Obernau	00:44.70	6	00:45.28	4	01:39.98	1
30	916	Mittmann, Malik	Briloner AC	00:49.50	2	00:46.68	4	01:42.18	1
31	1010	Kölsch, Tom	AMC Burbach	00:38.47	20	00:40.72	4	01:43.19	1
32	3111	Ruschke, Jan	MSC Oenetal	00:46.80	6	00:46.37	6	01:45.17	1
33	5307	Biyikli, Noel	MSC Siegerland	00:46.98	6	00:48.45	6	01:47.43	1

Zeitnahme: Christoph Frey
Auswertung: Lars Andrzejewski

Schnellster Lauf: 00:38.35
(Lasota, Julian - 4 / 1009)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	3107	Schüttler, Niclas	MSC Oenetal	00:35.83		00:36.56		01:12.39	30
2	1013	Berg, Maximilian	AMC Burbach	00:36.95		00:37.44		01:14.39	27
3	3127	Blaschke, Justin	MSC Oenetal	00:36.32	2	00:36.27		01:14.59	24
4	3102	Sauer, Nils	MSC Oenetal	00:37.06		00:37.87		01:14.93	22
5	3501	Koch, Michael	MSC Schmallenberg	00:36.70	2	00:36.24		01:14.94	20
6	3605	Kallweit, Mika	OC Siegerland-Nord	00:37.44		00:37.72		01:15.16	18
7	1006	Saar, Lukas	AMC Burbach	00:36.24	2	00:35.55	2	01:15.79	16
8	4501	Neuhaus, Alexander	MSC Süd Sauerland	00:37.21		00:36.67	2	01:15.88	14
9	1211	Effey, Tobias	MSF Cobbenrode	00:38.95		00:37.61		01:16.56	13
10	606	Koch, Tanja	AMC Wittgenstein Bad Berli	00:37.25		00:37.54	2	01:16.79	12
11	410	Voß, Nico	MSC Lennetal-Bameno	00:38.32	2	00:37.54		01:17.86	11
12	4314	Klappert, Nico	AC Hohenseelbachkopf	00:38.54	2	00:38.66		01:19.20	10
13	3411	Springob, Jan-Philipp	Olper AC	00:38.82		00:38.83	2	01:19.65	9
14	4517	Lauer, Lena Marie	MSC Süd Sauerland	00:38.01	2	00:38.24	2	01:20.25	8
15	3619	Schönfelder, Maximilian	OC Siegerland-Nord	00:38.93	2	00:37.48	2	01:20.41	7
16	3606	Piontek, Linda	OC Siegerland-Nord	00:39.16	2	00:39.85		01:21.01	6
17	3609	Kessler, Maren	OC Siegerland-Nord	00:40.29	2	00:39.78		01:22.07	5
18	4914	Lo Bello, Federico	Kiersper RC	00:41.65		00:40.42		01:22.07	4
19	3403	Schulte, Marvin	Olper AC	00:41.14		00:40.94		01:22.08	3
20	617	Fuchs, Kevin	AMC Wittgenstein Bad Berli	00:41.68		00:40.81		01:22.49	2
21	5306	Haardt, Niclas	MSC Siegerland	00:37.39		00:37.37	8	01:22.76	1
22	2911	Lanzillotta, Fabrizio	AMC Obernau	00:39.65	2	00:39.30	2	01:22.95	1
23	4910	Hallmann, Leon	Kiersper RC	00:40.45	2	00:41.03		01:23.48	1
24	4909	Büchel, Maurice	Kiersper RC	00:43.31		00:41.79		01:25.10	1
25	4715	Wirßing, Marlon	MSC Oeventrop	00:40.40	2	00:40.33	4	01:26.73	1
26	2816	Fick, Markus	MSF Netphen	00:39.03	2	00:38.57	10	01:29.60	1
27	3106	Runge, André	MSC Oenetal	00:40.40	12	00:39.79	4	01:36.19	1
28	912	van Dijk, Jana	Briloner AC	00:49.96	6	00:40.26		01:36.22	1
29	5312	Bötcher, Fynn	MSC Siegerland	00:26.67	34	00:41.76	4	01:46.43	1
30	409	Rapp, Enrique	MSC Lennetal-Bameno	00:40.24	24	00:38.50	4	01:46.74	1
31	406	Di Marco, Salvatore	MSC Lennetal-Bameno	00:45.23	16	00:44.61	2	01:47.84	1
32	913	van Dijk, Eileen	Briloner AC	00:44.47		00:43.63	20	01:48.10	1
33	3424	Rumpff, Paul	Olper AC	00:51.20	12	00:46.16	4	01:53.36	1
34	5301	Böhm, Lukas	MSC Siegerland	00:37.18	26	00:39.07	12	01:54.25	1
35	2908	Hofmann, Nick	AMC Obernau	00:51.81	14	00:49.52	6	02:01.33	1

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	3123	Bischopink, Alexander	MSC Oenetal	00:35.34		00:35.16		01:10.50	30
2	4508	Dumke, Timo	MSC Süd Sauerland	00:35.34		00:35.69		01:11.03	27
3	3409	Bauer, Maximilian	Olper AC	00:36.50		00:36.44		01:12.94	24
4	2904	Schelhas, Vera	AMC Obernau	00:36.75		00:36.49		01:13.24	22
5	4901	Billhardt, Dennis	Kiersper RC	00:36.95		00:36.37		01:13.32	20
6	5302	Diehl, Jannik	MSC Siegerland	00:36.84		00:36.88		01:13.72	18
7	4920	Schwarzkopf, Rudolf	Kiersper RC	00:36.96		00:36.96		01:13.92	16
8	4915	Lo Bello, Francesco	Kiersper RC	00:37.03		00:37.09		01:14.12	14
9	3714	Smorra, Gina-Maria	MSC Oberruhr Velmede	00:37.05		00:37.19		01:14.24	13
10	4511	Peuser, Shareen	MSC Süd Sauerland	00:36.48		00:36.29	2	01:14.77	12
11	4516	Maas, Marc-Pascal	MSC Süd Sauerland	00:36.40		00:36.40	2	01:14.80	11
12	3101	Sauer, Lars	MSC Oenetal	00:37.84		00:36.97		01:14.81	10
13	901	Gross, Jan	Briloner AC	00:37.36		00:37.51		01:14.87	9
14	3724	Bunte, Jannik	MSC Oberruhr Velmede	00:36.75	2	00:36.42		01:15.17	8
15	426	Brandt, Johan	MSC Lennetal-Bameno hl	00:36.01	2	00:35.88	2	01:15.89	7
16	903	Günther, Jannik	Briloner AC	00:37.23	2	00:36.84		01:16.07	6
17	4906	Müller, Elina	Kiersper RC	00:38.64		00:37.94		01:16.58	5
18	3408	Alba, Sandro	Olper AC	00:37.89	2	00:36.91		01:16.80	4
19	5309	Seidel, Patrick Paul	MSC Siegerland	00:38.62		00:38.25		01:16.87	3
20	902	Becker, Leon	Briloner AC	00:38.68		00:38.22		01:16.90	2
21	4722	Koerdts, Philipp	MSC Oeventrop	00:36.41	4	00:36.50		01:16.91	1
22	613	Fuchs, Katja	AMC Wittgenstein Bad Berli	00:37.12	2	00:37.29	2	01:18.41	1
23	5311	Pizzurro, Alessandro	MSC Siegerland	00:37.31	2	00:37.31	2	01:18.62	1
24	4916	Fischer, Jacques	Kiersper RC	00:37.43	2	00:37.53	2	01:18.96	1
25	4303	Jung, Justin	AC Hohenseelbachskopf	00:37.28	4	00:37.93		01:19.21	1
26	5303	Giordano, Nino	MSC Siegerland	00:38.30	2	00:37.69	2	01:19.99	1
27	5310	Seidel, Stefan Herbert	MSC Siegerland	00:39.02		00:39.07	2	01:20.09	1
28	1001	Eckhardt, Lorenz	AMC Burbach	00:35.76	4	00:36.01	6	01:21.77	1
29	2802	Baumhoff, Nils	MSF Netphen	00:39.58		00:40.56	2	01:22.14	1
30	1029	Obenlüneschloß, Robin	AMC Burbach	00:38.04	4	00:36.83	4	01:22.87	1
31	3415	Verbücheln, Nico	Olper AC	00:37.32	4	00:37.50	6	01:24.82	1
32	4702	Sölken, Christian	MSC Oeventrop	00:37.30	8	00:36.61	4	01:25.91	1
33	2805	Kleiner, Jan Robin	MSF Netphen	00:37.89	10	00:37.76	2	01:27.65	1
34	909	van Dijk, Yannick-Bastiaan	Briloner AC	00:56.36	2	00:37.24		01:35.60	1
35	3414	Vogel, Lars	Olper AC	00:37.31	32	00:37.30		01:46.61	1
36	407	Hesse, David	MSC Lennetal-Bameno hl	00:41.46	10	00:50.81	8	01:50.27	1

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
37	604	Kuhmichel, Lea-Marie	AMC Wittgenstein Bad Berli	00:38.85		00:35.77	40	01:54.62	1
38	404	Müller, Andre	MSC Lennetal-Bamenohl	00:39.49	42	00:39.00		02:00.49	1

Zeitnahme: *Christoph Frey*
Auswertung: *Lars Andrzejewski*

Schnellster Lauf: *00:35.16*
(*Bischopink, Alexander - 1 / 3123*)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	601	Biegler, Jens	AMC Wittgenstein Bad Berli	00:35.50		00:36.34		01:11.84	30
2	3708	McBride, Jan	MSC Oberruhr Velmede	00:36.17		00:36.38		01:12.55	27
3	1026	Thanabalasingam, Janujan	AMC Burbach	00:35.54	2	00:35.17		01:12.71	24
4	425	Schmidt, Andre	MSC Lennetal-Bamenohl	00:36.14		00:36.92		01:13.06	22
5	4509	Laux, Carolin	MSC Süd Sauerland	00:36.54		00:36.68		01:13.22	20
6	418	Rademacher, Tobias	MSC Lennetal-Bamenohl	00:37.03		00:36.30		01:13.33	18
7	2922	Heupel, Franziska	AMC Obernau	00:35.32		00:36.05	2	01:13.37	16
8	1016	Obenlüneschloß, Sabrina	AMC Burbach	00:36.76		00:36.67		01:13.43	14
9	4907	Müller, Stefan	Kiersper RC	00:37.16		00:37.03		01:14.19	13
10	2818	Fick, Alexander	MSF Netphen	00:37.69		00:36.96		01:14.65	12
11	3726	Böckmann, Leon	MSC Oberruhr Velmede	00:36.54	2	00:36.33		01:14.87	11
12	4504	Neuhaus, Ann-Christin	MSC Süd Sauerland	00:35.92		00:37.01	2	01:14.93	10
13	4513	Dumke, Patricia	MSC Süd Sauerland	00:36.17	2	00:36.09	2	01:16.26	9
14	1015	Kretzer, Alicia	AMC Burbach	00:38.53		00:37.96	2	01:18.49	8
15	5305	Bertellmann, Tobias	MSC Siegerland	00:37.70	2	00:37.62	2	01:19.32	7
16	4316	Puche, Jan	AC Hohenseelbachskopf	00:36.77	2	00:37.03	4	01:19.80	6
17	4306	Kersten, Dustin	AC Hohenseelbachskopf	00:36.04	2	00:35.84	6	01:19.88	5
18	405	Wilmes, Andre	MSC Lennetal-Bamenohl	00:41.37		00:40.68		01:22.05	4
19	4904	Kohls, Maurice	Kiersper RC	00:35.98	30	00:35.96	2	01:43.94	3

Zeitnahme: Christoph Frey
 Auswertung: Lars Andrzejewski

Schnellster Lauf: 00:35.17
 (Thanabalasingam, Janujan - 3 / 1026)

Platz	Ortsclub	Starter	gewertet	Punkte
1	MSC Oenetal	138 Nöcker, Tobias (30) Schüttler, Niclas (30) Bischopink, Alexander (30) Frey, Maximilian (24) Blaschke, Justin (24)	90	30
2	AMC Wittgenstein Bad Berleburg	103 Fuchs, Nico (30) Biegler, Jens (30) Adler, Tim (24) Koch, Tanja (12) Walter, Jan-Eric (7)	84	27
3	MSC Oberruhr Velmede	88 Siewers, Kimi (27) McBride, Jan (27) Bunte, Jonas (13) Smorra, Gina-Maria (13) Bunte, Jannik (8)	67	24
4	AMC Burbach	80 Berg, Maximilian (27) Thanabalasingam, Janujan (24) Saar, Lukas (16) Murali, Geethan (12) Kölsch, Tom (1)	67	22
5	MSC Süd Sauerland	84 Dumke, Timo (27) Laux, Carolin (20) Neuhaus, Alexander (14) Peuser, Shareen (12) Lauer, Kevin (11)	61	20
6	AMC Obernau	69 Schelhas, Vera (22) Engel, Paul (20) Heupel, Franziska (16) Glowick, Mats (10) Lanzillotta, Fabrizio (1)	58	18
7	Kiersper RC	68 Schwarzkopf, Peter (20) Billhardt, Dennis (20) Lo Bello, Francesco (14) Müller, Stefan (13) Fischer, Jacques (1)	54	16
8	MSC Lennetal-Bamenohl	65 Schmidt, Andre (22) Rademacher, Tobias (18) Di Marco, Daniel (13) Brandt, Johan (7) Bitzer, Niklas (5)	53	14
9	MSC Schmallenberg	47 Schmidt, Kevin (27) Koch, Michael (20) . (0) . (0) . (0)	47	13
10	Olper AC	41 Bauer, Maximilian (24) Springob, Jan-Philipp (9) Alba, Sandro (4) Schulte, Marvin (3) Verbücheln, Nico (1)	37	12
11	MSF Netphen	39 Huhn, Alexander (16) Fick, Alexander (12) Galbas, Leon Benedikt (9) Baumhoff, Nils (1) Kleiner, Jan Robin (1)	37	11
12	OC Siegerland-Nord	36 Kallweit, Mika (18) Schönfelder, Maximilian (7) Piontek, Linda (6) Kessler, Maren (5) . (0)	31	10
13	AC Hohenseelbachkopf	33 Grunewald, Max (11) Klappert, Nico (10) Puche, Jan (6) Kersten, Dustin (5) Jung, Justin (1)	27	9
14	MSF Cobbenrode	23 Effey, Tobias (13) Reimer, Julian (10) . (0) . (0) . (0)	23	8
15	Briloner AC	19 Gross, Jan (9) Günther, Jannik (6) Becker, Leon (2) van Dijk, Jana (1) van Dijk, Yannick-Bastiaan (1)	17	7
16	MSC Oeventrop	12 Bolzenius, Max (8) Wirßing, Connor (1) Wirßing, Marlon (1) Koerdt, Philipp (1) Sölken, Christian (1)	10	6