



Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	3730	Siewers, Kimi	MSC Oberruhr Velmede	00:37.21		00:37.35		01:14.56	30
2	612	Walter, Jan-Eric	AMC Wittgenstein Bad Berle	00:37.44		00:37.56		01:15.00	27
3	3105	Nöcker, Tobias	MSC Oenetal	00:37.39		00:38.11		01:15.50	24
4	618	Adler, Tim	AMC Wittgenstein Bad Berle	00:35.72	2	00:35.96	4	01:17.68	22
5	4510	Lauer, Kevin	MSC Süd Sauerland	00:38.99		00:39.18	2	01:20.17	20
6	4505	Neubauer, Lino Tom	MSC Süd Sauerland	00:37.02		00:36.39	8	01:21.41	18
7	5313	Kwasnik, Lukas	MSC Siegerland	00:39.81	4	00:40.08		01:23.89	16
8	1218	Reimer, Julian	MSF Cobbenrode	00:37.53		00:36.74	12	01:26.27	14
9	605	Bachmann, Jeremy	AMC Wittgenstein Bad Berle	00:44.39	6	00:37.53	4	01:31.92	13
10	620	Funk, Fabian	AMC Wittgenstein Bad Berle	00:36.93	4	00:37.80	14	01:32.73	12
11	1004	Schneider, Leon Odin	AMC Burbach	00:43.90	2	00:44.24	4	01:34.14	11
12	2905	Caracciolo, Mario	AMC Obernau	00:42.15	8	00:41.02	4	01:35.17	10
13	1005	Kölsch, Lea	AMC Burbach	00:42.40	4	00:43.79	8	01:38.19	9
14	401	Di Marco, Daniel	MSC Lennetal-Bameno	00:38.08		00:50.30	12	01:40.38	8
15	4506	Maddox, Hein	MSC Süd Sauerland	00:44.70		00:52.63	4	01:41.33	7
16	4921	Schwarzkopf, Peter	Kiersper RC	00:49.65	16	00:40.73	4	01:50.38	6
17	3731	Richter, Lars	MSC Oberruhr Velmede	00:54.67	8	01:00.45	2	02:05.12	5
18	403	Bitzer, Niklas	MSC Lennetal-Bameno	00:52.18	12	00:51.44	12	02:07.62	4
19	3110	Buhr, Jarvis-Noel	MSC Oenetal	01:00.72	10	00:58.07	10	02:18.79	3

Zeitnahme: Tobias Kluge
Auswertung: Dietmar Brongkoll

Schnellster Lauf: 00:37.02
(Neubauer, Lino Tom - 6 / 4505)



Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	610	Fuchs, Nico	AMC Wittgenstein Bad Berle	00:33.49		00:33.45		01:06.94	30
2	3503	Schmidt, Kevin	MSC Schmallenberg	00:36.14		00:35.19		01:11.33	27
3	2902	Engel, Paul	AMC Obernau	00:35.76		00:35.70		01:11.46	24
4	1011	Schmal, Tim	AMC Burbach	00:34.94		00:35.06	2	01:12.00	22
5	2810	Huhn, Alexander	MSF Netphen	00:35.85		00:36.55		01:12.40	20
6	2903	Glowick, Mats	AMC Obernau	00:36.30		00:36.25		01:12.55	18
7	603	Funk, Daniel	AMC Wittgenstein Bad Berle	00:35.00		00:35.67	2	01:12.67	16
8	1018	Stieding, Jason-Jeremy	AMC Burbach	00:36.34		00:37.04		01:13.38	14
9	4711	Bolzenius, Max	MSC Oeventrop	00:36.23	2	00:35.27		01:13.50	13
10	3109	Frey, Maximilian	MSC Oenetal	00:34.79	4	00:34.93		01:13.72	12
11	3104	Döring, Rene	MSC Oenetal	00:36.71		00:37.20		01:13.91	11
12	1012	Huber, Valentin	AMC Burbach	00:35.68	2	00:36.25		01:13.93	10
13	1008	Murali, Geethan	AMC Burbach	00:35.64		00:36.33	2	01:13.97	9
14	602	Adler, Torben	AMC Wittgenstein Bad Berle	00:36.14	2	00:36.23		01:14.37	8
15	1009	Lasota, Julian	AMC Burbach	00:35.01	4	00:34.29	2	01:15.30	7
16	4308	Grunewald, Max	AC Hohenseelbachskopf	00:35.97	4	00:35.53		01:15.50	6
17	4503	Lauer, Merle Kathleen	MSC Süd Sauerland	00:38.56		00:37.15		01:15.71	5
18	607	Koch, David	AMC Wittgenstein Bad Berle	00:36.74	2	00:37.53		01:16.27	4
19	2804	Galbas, Leon Benedikt	MSF Netphen	00:37.06		00:36.06	4	01:17.12	3
20	411	Fischer, Tim Luca	MSC Lennetal-Bamenohl	00:37.65		00:37.68	2	01:17.33	2
21	2901	Böhmer, Niklas	AMC Obernau	00:39.96	2	00:39.51		01:21.47	1
22	4905	Kugel, Jason	Kiersper RC	00:38.00		00:38.23	6	01:22.23	1
23	2913	Palzer, Leon	AMC Obernau	00:40.34	2	00:39.92		01:22.26	1
24	915	Laudien, Kai	Briloner AC	00:37.58	4	00:38.68	2	01:22.26	1
25	3703	Bunte, Jonas	MSC Oberruhr Velmede	00:36.82		00:45.49		01:22.31	1
26	3613	Gül, Cem	OC Siegerland-Nord	00:41.99		00:40.80		01:22.79	1
27	1010	Kölsch, Tom	AMC Burbach	00:33.87	12	00:33.98	4	01:23.85	1
28	4919	Pieper, Andre	Kiersper RC	00:37.66	4	00:38.60	6	01:26.26	1
29	3108	Murgia, Enrico	MSC Oenetal	00:42.81	6	00:40.47		01:29.28	1
30	4725	Wirßing, Connor	MSC Oeventrop	00:39.44		00:39.52	16	01:34.96	1
31	3111	Ruschke, Jan	MSC Oenetal	00:45.80	8	00:43.28	2	01:39.08	1
32	2907	Fischer, Moritz	AMC Obernau	00:39.30	8	00:37.04	18	01:42.34	1

Zeitnahme: Tobias Kluge
Auswertung: Dietmar Brongkoll

Schnellster Lauf: 00:33.45
(Fuchs, Nico - 1 / 610)



Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	606	Koch, Tanja	AMC Wittgenstein Bad Berle	00:33.45		00:32.84		01:06.29	30
2	3127	Blaschke, Justin	MSC Oenetal	00:33.26		00:33.63		01:06.89	27
3	1006	Saar, Lukas	AMC Burbach	00:33.28		00:33.69		01:06.97	24
4	3107	Schüttler, Niclas	MSC Oenetal	00:33.07		00:34.30		01:07.37	22
5	1013	Berg, Maximilian	AMC Burbach	00:34.16		00:33.31		01:07.47	20
6	5306	Haardt, Niclas	MSC Siegerland	00:33.85		00:33.96		01:07.81	18
7	3501	Koch, Michael	MSC Schmallenberg	00:33.88		00:34.20		01:08.08	16
8	3605	Kallweit, Mika	OC Siegerland-Nord	00:33.96		00:34.38		01:08.34	14
9	410	Voß, Nico	MSC Lennetal-Bameno	00:34.02		00:34.53		01:08.55	13
10	3619	Schönfelder, Maximilian	OC Siegerland-Nord	00:34.86		00:33.88		01:08.74	12
11	617	Fuchs, Kevin	AMC Wittgenstein Bad Berle	00:34.39		00:34.77		01:09.16	11
12	3102	Sauer, Nils	MSC Oenetal	00:34.31		00:35.00		01:09.31	10
13	4501	Neuhaus, Alexander	MSC Süd Sauerland	00:33.55		00:34.12	2	01:09.67	9
14	4517	Lauer, Lena Marie	MSC Süd Sauerland	00:35.04		00:34.76		01:09.80	8
15	4314	Klappert, Nico	AC Hohenseelbachkopf	00:35.35		00:34.67		01:10.02	7
16	3403	Schulte, Marvin	Olper AC	00:35.52		00:35.43		01:10.95	6
17	2816	Fick, Markus	MSF Netphen	00:35.47		00:35.55		01:11.02	5
18	2911	Lanzillotta, Fabrizio	AMC Obernau	00:34.57	2	00:34.47		01:11.04	4
19	1211	Effey, Tobias	MSF Cobbenrode	00:34.91		00:34.23	2	01:11.14	3
20	409	Rapp, Enrique	MSC Lennetal-Bameno	00:35.92		00:35.23		01:11.15	2
21	3411	Springob, Jan-Philipp	Olper AC	00:36.16		00:35.10		01:11.26	1
22	4914	Lo Bello, Federico	Kiersper RC	00:35.87		00:35.72		01:11.59	1
23	910	Löhr, Tim Niklas	Briloner AC	00:36.25		00:36.42		01:12.67	1
24	3606	Piontek, Linda	OC Siegerland-Nord	00:34.82		00:35.19	4	01:14.01	1
25	3609	Kessler, Maren	OC Siegerland-Nord	00:38.62		00:36.48		01:15.10	1
26	2908	Hofmann, Nick	AMC Obernau	00:37.03		00:36.86	2	01:15.89	1
27	3517	Niederstraßer, David	MSC Schmallenberg	00:37.02		00:37.27	2	01:16.29	1
28	4715	Wirßing, Marlon	MSC Oeventrop	00:35.02	2	00:35.73	4	01:16.75	1
29	4910	Hallmann, Leon	Kiersper RC	00:37.84		00:38.17	4	01:20.01	1
30	5312	Bötcher, Fynn	MSC Siegerland	00:37.04	4	00:37.00	2	01:20.04	1
31	3106	Runge, André	MSC Oenetal	00:38.42		00:39.45	4	01:21.87	1
32	406	Di Marco, Salvatore	MSC Lennetal-Bameno	00:37.19		00:37.80	10	01:24.99	1
33	4909	Büchel, Maurice	Kiersper RC	00:39.13	2	00:39.70	6	01:26.83	1

Zeitnahme: Tobias Kluge
Auswertung: Dietmar Brongkoll

Schnellster Lauf: 00:32.84
(Koch, Tanja - 1 / 606)



Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	3409	Bauer, Maximilian	Olper AC	00:33.98		00:32.87		01:06.85	30
2	4508	Dumke, Timo	MSC Süd Sauerland	00:34.04		00:33.02		01:07.06	27
3	4511	Peuser, Shareen	MSC Süd Sauerland	00:34.22		00:33.57		01:07.79	24
4	4502	Laux, Fabian	MSC Süd Sauerland	00:34.63		00:33.82		01:08.45	22
5	2904	Schelhas, Vera	AMC Obernau	00:34.81		00:33.71		01:08.52	20
6	903	Günther, Jannik	Briloner AC	00:34.94		00:33.82		01:08.76	18
7	4307	Völke, Leon	AC Hohenseelbachkopf	00:35.15		00:33.69		01:08.84	16
8	3415	Verbücheln, Nico	Olper AC	00:34.45		00:34.54		01:08.99	14
9	3123	Bischopink, Alexander	MSC Oenetal	00:36.50		00:32.90		01:09.40	13
10	604	Kuhmichel, Lea-Marie	AMC Wittgenstein Bad Berle	00:34.00	2	00:33.40		01:09.40	12
11	901	Gross, Jan	Briloner AC	00:35.51		00:34.31		01:09.82	11
12	4901	Billhardt, Dennis	Kiersper RC	00:35.54		00:34.32		01:09.86	10
13	613	Fuchs, Katja	AMC Wittgenstein Bad Berle	00:35.59		00:34.44		01:10.03	9
14	4516	Maas, Marc-Pascal	MSC Süd Sauerland	00:34.49	2	00:33.67		01:10.16	8
15	1001	Eckhardt, Lorenz	AMC Burbach	00:36.31		00:34.37		01:10.68	7
16	4915	Lo Bello, Francesco	Kiersper RC	00:34.79		00:33.99	2	01:10.78	6
17	4920	Schwarzkopf, Rudolf	Kiersper RC	00:36.04		00:34.88		01:10.92	5
18	3414	Vogel, Lars	Olper AC	00:36.00		00:35.69		01:11.69	4
19	4309	Grunewald, Nico	AC Hohenseelbachkopf	00:36.07		00:33.71	2	01:11.78	3
20	4303	Jung, Justin	AC Hohenseelbachkopf	00:37.10		00:34.96		01:12.06	2
21	902	Becker, Leon	Briloner AC	00:36.81		00:35.25		01:12.06	1
22	3408	Alba, Sandro	Olper AC	00:35.96		00:34.23	2	01:12.19	1
23	1029	Obenlüneschloß, Robin	AMC Burbach	00:37.04		00:35.32		01:12.36	1
24	3714	Smorra, Gina-Maria	MSC Oberruhr Velmede	00:37.67		00:34.94		01:12.61	1
25	5311	Pizzurro, Alessandro	MSC Siegerland	00:38.40		00:34.54		01:12.94	1
26	426	Brandt, Johan	MSC Lennetal-Bameno	00:39.01		00:34.81		01:13.82	1
27	3101	Sauer, Lars	MSC Oenetal	00:38.95		00:34.98		01:13.93	1
28	3724	Bunte, Jannik	MSC Oberruhr Velmede	00:36.35	4	00:33.79		01:14.14	1
29	5302	Diehl, Jannik	MSC Siegerland	00:37.40	2	00:34.94		01:14.34	1
30	4916	Fischer, Jacques	Kiersper RC	00:35.80	4	00:34.98		01:14.78	1
31	4906	Müller, Elina	Kiersper RC	00:35.66	4	00:35.23	2	01:16.89	1
32	5308	Mittelbach, Joshua	MSC Siegerland	00:37.50		00:34.48	6	01:17.98	1
33	2802	Baumhoff, Nils	MSF Netphen	00:40.33		00:36.43	2	01:18.76	1
34	5309	Seidel, Patrick Paul	MSC Siegerland	00:38.43	8	00:34.83		01:21.26	1
35	404	Müller, Andre	MSC Lennetal-Bameno	00:35.33	10	00:36.39		01:21.72	1
36	5310	Seidel, Stefan Herbert	MSC Siegerland	00:38.74		00:35.24	10	01:23.98	1



Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
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Zeitnahme: Tobias Kluge

Auswertung: Dietmar Brongkoll

Schnellster Lauf: 00:32.87

(Bauer, Maximilian - 1 / 3409)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	601	Biegler, Jens	AMC Wittgenstein Bad Berle	00:33.56		00:33.06		01:06.62	30
2	2922	Heupel, Franziska	AMC Obernau	00:33.88		00:33.29		01:07.17	27
3	4509	Laux, Carolin	MSC Süd Sauerland	00:33.94		00:34.08		01:08.02	24
4	4904	Kohls, Maurice	Kiersper RC	00:35.22		00:33.73		01:08.95	22
5	1016	Oberlüneschloß, Sabrina	AMC Burbach	00:35.59		00:34.87		01:10.46	20
6	3708	McBride, Jan	MSC Oberruhr Velmede	00:36.41		00:34.17		01:10.58	18
7	4513	Dumke, Patricia	MSC Süd Sauerland	00:34.74	2	00:34.01		01:10.75	16
8	418	Rademacher, Tobias	MSC Lennetal-Bamenohl	00:36.71		00:34.10		01:10.81	14
9	4504	Neuhaus, Ann-Christin	MSC Süd Sauerland	00:34.67	2	00:34.21		01:10.88	13
10	1026	Thanabalasingam, Janujan	AMC Burbach	00:33.98	4	00:33.27		01:11.25	12
11	4907	Müller, Stefan	Kiersper RC	00:35.08		00:34.32	2	01:11.40	11
12	1015	Kretzer, Alicia	AMC Burbach	00:37.30		00:36.06		01:13.36	10
13	5305	Bertellmann, Tobias	MSC Siegerland	00:37.44	2	00:34.47		01:13.91	9
14	4316	Puche, Jan	AC Hohenseelbachskopf	00:34.72	4	00:33.26	2	01:13.98	8
15	4908	Meier, René	Kiersper RC	00:36.64		00:35.84	4	01:16.48	7
16	3726	Böckmann, Leon	MSC Oberruhr Velmede	00:37.21		00:35.60	4	01:16.81	6
17	405	Wilmes, Andre	MSC Lennetal-Bamenohl	00:38.97	2	00:36.89		01:17.86	5
18	3518	Heikel, Justin	MSC Schmallenberg	00:40.89		00:39.73	4	01:24.62	4

Zeitnahme: Tobias Kluge
Auswertung: Dietmar Brongkoll

Schnellster Lauf: 00:33.06
(Biegler, Jens - 1 / 601)

Platz	Ortsclub	Starter	gewertet	Punkte
1	AMC Wittgenstein Bad Berleburg	139 Fuchs, Nico (30) Koch, Tanja (30) Biegler, Jens (30) Walter, Jan-Eric (27) Adler, Tim (22)	90	30
2	MSC Süd Sauerland	100 Dumke, Timo (27) Peuser, Shareen (24) Laux, Carolin (24) Dumke, Patricia (16) Neuhaus, Alexander (9)	75	27
3	MSC Oenetal	98 Blaschke, Justin (27) Nöcker, Tobias (24) Schüttler, Niclas (22) Bischopink, Alexander (13) Frey, Maximilian (12)	73	24
4	AMC Obernau	89 Heupel, Franziska (27) Engel, Paul (24) Schelhas, Vera (20) Glowick, Mats (18) , (0)	71	22
5	AMC Burbach	85 Saar, Lukas (24) Schmal, Tim (22) Berg, Maximilian (20) Thanabalasingam, Janujan (12) Eckhardt, Lorenz (7)	66	20
6	Olper AC	52 Bauer, Maximilian (30) Verbücheln, Nico (14) Schulte, Marvin (6) Springob, Jan-Philipp (1) Alba, Sandro (1)	50	18
7	MSC Schmallenberg	48 Schmidt, Kevin (27) Koch, Michael (16) Heikel, Justin (4) Niederstraße, David (1) , (0)	47	16
8	MSC Oberruhr Velmede	39 Siewers, Kimi (30) Böckmann, Leon (6) Bunte, Jonas (1) Smorra, Gina-Maria (1) Bunte, Jannik (1)	37	14
9	MSC Lennetal-Bamenohl	40 Rademacher, Tobias (14) Voß, Nico (13) Di Marco, Daniel (8) Bitzer, Niklas (4) Brandt, Johan (1)	35	13
10	AC Hohenseelbachkopf	40 Völke, Leon (16) Puche, Jan (8) Klappert, Nico (7) Grunewald, Max (6) Grunewald, Nico (3)	31	12
11	Briloner AC	32 Günther, Jannik (18) Gross, Jan (11) Laudien, Kai (1) Löhr, Tim Niklas (1) Becker, Leon (1)	30	11
12	MSF Netphen	29 Huhn, Alexander (20) Fick, Markus (5) Galbas, Leon Benedikt (3) Baumhoff, Nils (1) , (0)	28	10
13	Kiersper RC	38 Müller, Stefan (11) Billhardt, Dennis (10) Schwarzkopf, Peter (6) Lo Bello, Francesco (6) Schwarzkopf, Rudolf (5)	27	9
14	OC Siegerland-Nord	29 Kallweit, Mika (14) Schönfelder, Maximilian (12) Gül, Cem (1) Piontek, Linda (1) Kessler, Maren (1)	27	8
15	MSF Cobbenrode	17 Reimer, Julian (14) Effey, Tobias (3) , (0) , (0) , (0)	17	7
16	MSC Oeventrop	15 Bolzenius, Max (13) Wirßing, Connor (1) Wirßing, Marlon (1) , (0) , (0)	15	6