

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	618	Adler, Tim	AMC Wittgenstein Bad Berli	00:41.06		00:40.65	2	01:23.71	30
2	1218	Reimer, Julian	MSF Cobbenrode	00:41.76	2	00:41.08	6	01:30.84	27
3	612	Walter, Jan-Eric	AMC Wittgenstein Bad Berli	00:47.88		00:45.44		01:33.32	24
4	4510	Lauer, Kevin	MSC Süd Sauerland	00:42.44		00:45.32	6	01:33.76	22
5	4506	Meddox, Hein	MSC Süd Sauerland	00:44.46	4	00:49.25	2	01:39.71	20
6	1004	Schneider, Leon Odin	AMC Burbach	00:50.18		00:50.07		01:40.25	18
7	1005	Kölsch, Lea	AMC Burbach	00:53.42		00:49.53	2	01:44.95	16
8	4505	Neubauer, Lino Tom	MSC Süd Sauerland	00:39.97	4	00:48.90	22	01:54.87	14
9	5313	Kwasnik, Lukas	MSC Siegerland	00:51.43	10	00:50.64	4	01:56.07	13
10	3103	Zdrevkovic, Conner	MSC Oenetal	00:58.13	4	01:04.57	2	02:08.70	12
11	403	Bitzer, Niklas	MSC Lennetal-Bamenohl	00:54.68	24	00:49.88	2	02:10.56	11
12	620	Funk, Fabian	AMC Wittgenstein Bad Berli	00:45.31	10	00:48.98	30	02:14.29	10

Zeitnahme: Kraas
Auswertung: Klemm

Schnellster Lauf: 00:41.06
(Adler, Tim - 1 / 618)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	3109	Frey, Maximilian	MSC Oenetal	00:35.99		00:36.02		01:12.01	30
2	3503	Schmidt, Kevin	MSC Schmallenberg	00:34.90		00:35.43	2	01:12.33	27
3	610	Fuchs, Nico	AMC Wittgenstein Bad Berli	00:36.58		00:36.92		01:13.50	24
4	4308	Grunewald, Max	AC Hohenseelbachkopf	00:35.79	2	00:35.86		01:13.65	22
5	2902	Engel, Paul	AMC Obernau	00:37.27		00:37.11		01:14.38	20
6	2804	Galbas, Leon Benedikt	MSF Netphen	00:37.09		00:37.51		01:14.60	18
7	2810	Huhn, Alexander	MSF Netphen	00:36.74		00:38.76		01:15.50	16
8	1011	Schmal, Tim	AMC Burbach	00:36.29	2	00:37.43		01:15.72	14
9	3613	Gül, Cem	OC Siegerland-Nord	00:37.91		00:35.99	2	01:15.90	13
10	603	Funk, Daniel	AMC Wittgenstein Bad Berli	00:37.84		00:38.44		01:16.28	12
11	1009	Lasota, Julian	AMC Burbach	00:36.37	2	00:36.20	2	01:16.57	11
12	4711	Bolzenius, Max	MSC Oeventrop	00:38.00		00:38.85		01:16.85	10
13	3520	Efe, Seymen	MSC Schmallenberg	00:38.62		00:37.50	2	01:18.12	9
14	9002	Preuß, Niclas	MSC Homberg	00:36.89	2	00:37.29	2	01:18.18	Gast
15	602	Adler, Torben	AMC Wittgenstein Bad Berli	00:38.98		00:39.22		01:18.20	8
16	9001	Schäfer, Jan-Hendrik	RAC Borken	00:38.74		00:38.21	2	01:18.95	Gast
17	4503	Lauer, Merle Kathleen	MSC Süd Sauerland	00:39.49	2	00:39.32		01:20.81	7
18	3703	Bunte, Jonas	MSC Oberruhr Velmede	00:38.79	2	00:40.17		01:20.96	6
19	4721	Klauke, Peter	MSC Oeventrop	00:38.56	2	00:38.50	2	01:21.06	5
20	4725	Wirßing, Connor	MSC Oeventrop	00:37.47	6	00:38.81		01:22.28	4
21	2903	Glowick, Mats	AMC Obernau	00:35.81	10	00:36.48		01:22.29	3
22	411	Fischer, Tim Luca	MSC Lennetal-Bameno hl	00:40.46		00:39.78	4	01:24.24	2
23	4720	Steimel, Antonia	MSC Oeventrop	00:41.05		00:43.50		01:24.55	1
24	3104	Döring, Rene	MSC Oenetal	00:39.15	6	00:37.98	2	01:25.13	1
25	3417	Katanek, Jasmin	Olper AC	00:38.82	6	00:39.03	2	01:25.85	1
26	2913	Palzer, Leon	AMC Obernau	00:41.31	2	00:41.16	2	01:26.47	1
27	4318	Schlosser, Fabienne	AC Hohenseelbachkopf	00:37.41	6	00:38.95	8	01:30.36	1
28	1010	Kölsch, Tom	AMC Burbach	00:35.69	20	00:35.26	2	01:32.95	1
29	1008	Murali, Geethan	AMC Burbach	00:37.47	20	00:36.65		01:34.12	1
30	915	Laudien, Kai	Briloner AC	00:38.70	20	00:39.35		01:38.05	1
31	916	Mittmann, Malik	Briloner AC	00:44.58	2	00:41.93	10	01:38.51	1
32	4919	Pieper, Andre	Kiersper RC	00:39.21	20	00:39.90		01:39.11	1
33	4905	Kugel, Jason	Kiersper RC	00:39.65	4	00:36.90	20	01:40.55	1
34	3422	Bernhardt, Florian	Olper AC	00:39.26	22	00:38.84	4	01:44.10	1
35	1018	Stieding, Jason-Jeremy	AMC Burbach	00:40.54	22	00:39.47	22	02:04.01	1
36	2809	Soates Braga, Luis Miguel	MSF Netphen	00:42.11	24	00:44.77	22	02:12.88	1

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
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Zeitnahme: Kraas
Auswertung: Klemm

Schnellster Lauf: 00:34.90
(Schmidt, Kevin - 2 / 3503)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	3501	Koch, Michael	MSC Schmallenberg	00:35.17		00:35.01		01:10.18	30
2	3127	Blaschke, Justin	MSC Oenetal	00:34.83		00:35.41		01:10.24	27
3	1006	Saar, Lukas	AMC Burbach	00:35.16		00:35.45		01:10.61	24
4	3102	Sauer, Nils	MSC Oenetal	00:35.37		00:35.25		01:10.62	22
5	4501	Neuhaus, Alexander	MSC Süd Sauerland	00:34.19	2	00:34.70		01:10.89	20
6	9006	Meyer, Julian	MSC Espenau-Vellmar	00:35.52		00:35.57		01:11.09	Gast
7	3605	Kallweit, Mika	OC Siegerland-Nord	00:35.42		00:35.71		01:11.13	18
8	1013	Berg, Maximilian	AMC Burbach	00:35.54		00:35.60		01:11.14	16
9	3107	Schüttler, Niclas	MSC Oenetal	00:35.17	2	00:35.65		01:12.82	14
10	1211	Effey, Tobias	MSF Cobbenrode	00:36.43		00:36.42		01:12.85	13
11	606	Koch, Tanja	AMC Wittgenstein Bad Berli	00:35.49	2	00:35.89		01:13.38	12
12	4517	Lauer, Lena Marie	MSC Süd Sauerland	00:36.71		00:36.90		01:13.61	11
13	211	Miensok, Kevin	AMC Arnsberg	00:36.85		00:37.00		01:13.85	10
14	3606	Piontek, Linda	OC Siegerland-Nord	00:36.17		00:36.18	2	01:14.35	9
15	410	Voß, Nico	MSC Lennetal-Bameno hl	00:37.36		00:37.03		01:14.39	8
16	910	Löhr, Tim Niklas	Briloner AC	00:36.19	2	00:36.90		01:15.09	7
17	4314	Klappert, Nico	AC Hohenseelbachskopf	00:35.56	2	00:35.74	2	01:15.30	6
18	5306	Haardt, Niclas	MSC Siegerland	00:36.85	2	00:37.06		01:15.91	5
19	210	Kiehn, Robin	AMC Arnsberg	00:38.06		00:38.34		01:16.40	4
20	4914	Lo Bello, Federico	Kiersper RC	00:38.47		00:38.02		01:16.49	3
21	617	Fuchs, Kevin	AMC Wittgenstein Bad Berli	00:37.93		00:36.69	2	01:16.62	2
22	2908	Hofmann, Nick	AMC Obernau	00:39.08	2	00:35.65		01:16.73	1
23	5301	Böhm, Lukas	MSC Siegerland	00:37.02	4	00:36.88		01:17.90	1
24	204	Deimann, Nils	AMC Arnsberg	00:37.54	2	00:38.47		01:18.01	1
25	913	van Dijk, Eileen	Briloner AC	00:40.56		00:40.77		01:21.33	1
26	9003	Preuß, Lara	MSC Homberg	00:35.41	10	00:36.22		01:21.63	Gast
27	4715	Wirßing, Marlon	MSC Oeventrop	00:35.58	8	00:36.14	2	01:21.72	1
28	4909	Büchel, Maurice	Kiersper RC	00:40.50		00:41.54		01:22.04	1
29	4910	Hallmann, Leon	Kiersper RC	00:41.05		00:40.41	2	01:23.46	1
30	912	van Dijk, Jana	Briloner AC	00:41.16	4	00:41.31		01:26.47	1
31	3424	Rumpff, Paul	Olper AC	00:43.84	4	00:40.61		01:28.45	1
32	3609	Kessler, Maren	OC Siegerland-Nord	00:43.81		00:45.01		01:28.82	1
33	2816	Fick, Markus	MSF Netphen	00:36.24	20	00:36.77		01:33.01	1
34	406	Di Marco, Salvatore	MSC Lennetal-Bameno hl	00:42.38		00:41.49	10	01:33.87	1
35	3411	Springob, Jan-Philipp	Olper AC	00:34.40	22	00:35.76	4	01:36.16	1
36	3106	Runge, André	MSC Oenetal	00:45.24	10	00:42.55	2	01:39.79	1

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
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Zeitnahme: Kraas
Auswertung: Klemm

Schnellster Lauf: 00:34.70
(Neuhaus, Alexander - 5 / 4501)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	3123	Bischopink, Alexander	MSC Oenetal	00:33.97		00:33.60		01:07.57	30
2	4511	Peuser, Shareen	MSC Süd Sauerland	00:33.93		00:33.64		01:07.57	27
3	4508	Dumke, Timo	MSC Süd Sauerland	00:34.13		00:33.87		01:08.00	24
4	9007	Reinertz, Nils	MSC Espenau-Vellmar	00:34.39		00:34.25		01:08.64	Gast
5	903	Günther, Jannik	Briloner AC	00:34.43		00:34.43		01:08.86	22
6	426	Brandt, Johan	MSC Lennetal-Bamenoahl	00:34.48		00:34.39		01:08.87	20
7	3724	Bunte, Jannik	MSC Oberruhr Velmede	00:34.68		00:34.43		01:09.11	18
8	4702	Sölken, Christian	MSC Oeventrop	00:34.47		00:34.84		01:09.31	16
9	901	Gross, Jan	Briloner AC	00:34.46		00:35.13		01:09.59	14
10	3515	Jungblut, Julian	MSC Schmallenberg	00:34.66		00:35.07		01:09.73	13
11	3714	Smorra, Gina-Maria	MSC Oberruhr Velmede	00:34.61		00:35.30		01:09.91	12
12	2904	Schelhas, Vera	AMC Obernau	00:35.45		00:34.77		01:10.22	11
13	4708	Koerdt, Philipp	MSC Oeventrop	00:34.61	2	00:33.89		01:10.50	10
14	4915	Lo Bello, Francesco	Kiersper RC	00:35.22		00:35.29		01:10.51	9
15	4502	Laux, Fabian	MSC Süd Sauerland	00:35.54		00:35.38		01:10.92	8
16	4916	Fischer, Jacques	Kiersper RC	00:35.63		00:35.80		01:11.43	7
17	1001	Eckhard, Lorenz	AMC Burbach	00:34.78	2	00:34.68		01:11.46	6
18	604	Kuhmichel, Lea-Marie	AMC Wittgenstein Bad Berli	00:35.14		00:34.49	2	01:11.63	5
19	4307	Völke, Leon	AC Hohenseelbachskopf	00:35.11	2	00:34.66		01:11.77	4
20	3101	Sauer, Lars	MSC Oenetal	00:36.15		00:36.09		01:12.24	3
21	9005	Schäfer, Fabian	RAC Borken	00:35.82		00:36.62		01:12.44	Gast
22	4516	Maas, Marc-Pascal	MSC Süd Sauerland	00:34.02	2	00:34.45	2	01:12.47	2
23	1007	Knautz, Jeremy	AMC Burbach	00:35.14	2	00:35.34		01:12.48	1
24	3409	Bauer, Maximilian	Olper AC	00:35.62	2	00:35.40		01:13.02	1
25	5302	Diehl, Jannik	MSC Siegerland	00:35.41	2	00:35.63		01:13.04	1
26	4309	Grunewald, Nico	AC Hohenseelbachskopf	00:34.47	4	00:34.98		01:13.45	1
27	5311	Pizzurro, Alessandro	MSC Siegerland	00:35.79		00:35.87	2	01:13.66	1
28	5309	Seidel, Patrick Paul	MSC Siegerland	00:36.94		00:37.30		01:14.24	1
29	4906	Müller, Elina	Kiersper RC	00:36.10	2	00:36.18		01:14.28	1
30	613	Fuchs, Katja	AMC Wittgenstein Bad Berli	00:35.99	2	00:36.38		01:14.37	1
31	2805	Kleiner, Jan Robin	MSF Netphen	00:36.14	2	00:36.38		01:14.52	1
32	2802	Baumhoff, Nils	MSF Netphen	00:36.64	2	00:36.45		01:15.09	1
33	5303	Giordano, Nino	MSC Siegerland	00:37.67		00:37.59		01:15.26	1
34	909	van Dijk, Yannick-Bastiaan	Briloner AC	00:35.61	6	00:35.24		01:16.85	1
35	3415	Verbücheln, Nico	Olper AC	00:36.33	2	00:35.69	4	01:18.02	1
36	5304	Rasquin, Florian	MSC Siegerland	00:39.56		00:38.93		01:18.49	1

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
37	4709	Kleine, Marvin	MSC Oeventrop	00:36.66	4	00:36.89	2	01:19.55	1
38	5310	Seidel, Stefan Herbert	MSC Siegerland	00:36.72	4	00:37.25	2	01:19.97	1
39	3414	Vogel, Lars	Olper AC	00:35.37		00:36.48	12	01:23.85	1
40	404	Müller, Andre	MSC Lennetal-Bamenohl	00:36.87		00:35.97	20	01:32.84	1
41	902	Becker, Leon	Briloner AC	00:35.64		00:34.05	24	01:33.69	1

Zeitnahme: Kraas
Auswertung: Klemm

Schnellster Lauf: 00:33.60
(Bischopink, Alexander - 1 / 3123)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	4509	Laux, Carolin	MSC Süd Sauerland	00:34.20		00:33.70		01:07.90	30
2	601	Biegler, Jens	AMC Wittgenstein Bad Berli	00:34.19		00:33.74		01:07.93	27
3	2922	Heupel, Franziska	AMC Obernau	00:34.10		00:33.99		01:08.09	24
4	425	Schmidt, Andre	MSC Lennetal-Bamenohl	00:34.33		00:34.29		01:08.62	22
5	4513	Dumke, Patricia	MSC Süd Sauerland	00:34.09		00:34.75		01:08.84	20
6	4316	Puche, Jan	AC Hohenseelbachkopf	00:34.65		00:34.43		01:09.08	18
7	4504	Neuhaus, Ann-Christin	MSC Süd Sauerland	00:33.74	2	00:34.03		01:09.77	16
8	3708	McBride, Jan	MSC Oberruhr Velmede	00:34.91		00:35.09		01:10.00	14
9	1026	Thanabalasingam, Janujan	AMC Burbach	00:34.10	2	00:34.03		01:10.13	13
10	624	Stockmann, Corinna	AMC Wittgenstein Bad Berli	00:35.05		00:35.25		01:10.30	12
11	3512	Mache, Brian	MSC Schmallenberg	00:35.36		00:35.50		01:10.86	11
12	2818	Fick, Alexander	MSF Netphen	00:34.63		00:34.72	2	01:11.35	10
13	4903	Kowalski, Konstantin	Kiersper RC	00:35.69		00:35.92		01:11.61	9
14	418	Rademacher, Tobias	MSC Lennetal-Bamenohl	00:34.23		00:35.84	2	01:12.07	8
15	4907	Müller, Stefan	Kiersper RC	00:35.01	2	00:35.33		01:12.34	7
16	1015	Kretzer, Alicia	AMC Burbach	00:36.20		00:36.83		01:13.03	6
17	9008	Gräfe, Philipp	MSC Espenau-Vellmar	00:34.94		00:34.73	4	01:13.67	Gast
18	4904	Kohls, Maurice	Kiersper RC	00:34.41	2	00:33.97	4	01:14.38	5
19	4908	Meier, René	Kiersper RC	00:36.22	2	00:35.59	2	01:15.81	4
20	3518	Heikel, Justin	MSC Schmallenberg	00:38.05	2	00:37.89		01:17.94	3
21	9004	Schäfer, Leon	RAC Borken	00:35.27	6	00:35.42	4	01:20.69	Gast
22	405	Wilmes, Andre	MSC Lennetal-Bamenohl	00:37.65	2	00:37.52	4	01:21.17	2
23	3530	Derouiche, Dennis-Ali	MSC Schmallenberg	00:36.41	8	00:34.26	10	01:28.67	1

Zeitnahme: Kraas
Auswertung: Klemm

Schnellster Lauf: 00:33.70
(Laux, Carolin - 1 / 4509)

Platz	Ortsclub	Starter	gewertet	Punkte
1	MSC Oenetal	123 Frey, Maximilian (30) Bischopink, Alexander (30) Blaschke, Justin (27) Sauer, Nils (22) Schüttler, Niclas (14)	87	30
2	MSC Süd Sauerland	105 Peuser, Shareen (27) Dumke, Timo (24) Neuhaus, Alexander (20) Dumke, Patricia (20) Neubauer, Lino Tom (14)	71	27
3	MSC Schmalleberg	90 Koch, Michael (30) Schmidt, Kevin (27) Jungblut, Julian (13) Mache, Brian (11) Efe, Seymen (9)	70	24
4	AMC Wittgenstein Bad Berleburg	69 Biegler, Jens (27) Fuchs, Nico (24) Funk, Fabian (10) Adler, Torben (8) . (0)	61	22
5	AMC Burbach	58 Saar, Lukas (24) Schmal, Tim (14) Thanabalasingam, Janujan (13) Eckhard, Lorenz (6) Murali, Geethan (1)	51	20
6	MSC Lennetal-Bamenohl	60 Schmidt, Andre (22) Brandt, Johan (20) Voß, Nico (8) Rademacher, Tobias (8) Fischer, Tim Luca (2)	50	18
7	AC Hohenseelbachkopf	51 Grunewald, Max (22) Puche, Jan (18) Klappert, Nico (6) Völke, Leon (4) Grunewald, Nico (1)	46	16
8	MSC Oberruhr Velmede	50 Bunte, Jannik (18) McBride, Jan (14) Smorra, Gina-Maria (12) Bunte, Jonas (6) . (0)	44	14
9	MSF Netphen	46 Galbas, Leon Benedikt (18) Huhn, Alexander (16) Fick, Alexander (10) Fick, Markus (1) Kleiner, Jan Robin (1)	44	13
10	OC Siegerland-Nord	41 Kallweit, Mika (18) Gül, Cem (13) Piontek, Linda (9) Kessler, Maren (1) . (0)	40	12
11	MSF Cobbenrode	40 Reimer, Julian (27) Effey, Tobias (13) . (0) . (0) . (0)	40	11
12	Briloner AC	39 Günther, Jannik (22) Gross, Jan (14) Laudien, Kai (1) van Dijk, Yannick-Bastiaan (1) Becker, Leon (1)	37	10
13	MSC Oeventrop	37 Sölken, Christian (16) Bolzenius, Max (10) Koerdt, Philipp (10) Wirßing, Marlon (1) . (0)	36	9
14	AMC Obernau	36 Engel, Paul (20) Schelhas, Vera (11) Glowick, Mats (3) Palzer, Leon (1) Hofmann, Nick (1)	34	8
15	Kiersper RC	25 Lo Bello, Francesco (9) Müller, Stefan (7) Kohls, Maurice (5) Lo Bello, Federico (3) Müller, Elina (1)	21	7
16	Olper AC	5 Bernhardt, Florian (1) Springob, Jan-Philipp (1) Bauer, Maximilian (1) Verbücheln, Nico (1) Vogel, Lars (1)	3	6