

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	3103	Dolle, Luis	MSC Oenetal	00:46.49	4	01:01.23	6	01:57.72	30
2	902	Kiewel, Paul	Briloner AC	00:58.29	2	00:57.98		01:58.27	27
3	408	Kasanzew, Leon	MSC Lennetal-Bameno hl	00:51.84		00:56.71	10	01:58.55	24
4	1021	Obenlüneschloß, Leonie	AMC Burbach	00:57.11		01:02.60		01:59.71	22
5	2801	Jagic, David	MSF Netphen	00:58.23	4	00:58.27		02:00.50	20
6	4505	Grotmann, Nelio	MSC Süd Sauerland	00:52.57		01:09.90		02:02.47	18
7	4902	Schwarzkopf, Michael	Kiersper RC	00:52.17	6	01:04.59	2	02:04.76	16
8	4701	Frielinghaus, Julian	MSC Oeventrop	00:56.66	2	01:06.12		02:04.78	14
9	3513	Albers, Dominik	MSC Schmallenberg	01:01.97	6	01:00.61		02:08.58	13
10	4305	Polat, Esad	AC Hohenseelbachskopf	00:57.00	22	00:58.96		02:17.96	12
11	3603	Kallweit, Siri	OC Siegerland-Nord	01:00.24	8	01:07.52	4	02:19.76	11
12	608	Walter, Florian	AMC Wittgenstein Bad Berl	00:61.58	12	01:04.25	6	02:23.83	10
13	4707	Frielinghaus, Felix	MSC Oeventrop	00:58.07	26	01:04.09		02:28.16	9
14	402	Bitzer, Julian	MSC Lennetal-Bameno hl	00:49.42	28	01:15.12	14	02:46.54	8

Zeitnahme:
Auswertung:

Schnellster Lauf: 00:50.49
(Dolle, Luis - 1 / 3103)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	612	Walter, Jan-Erik	AMC Wittgenstein Bad Berl	00:44.46		00:44.90		01:29.36	30
2	620	Funk, Fabian	AMC Wittgenstein Bad Berl	00:46.32		00:47.26		01:33.58	27
3	618	Adler, Tim	AMC Wittgenstein Bad Berl	00:48.12		00:46.14		01:34.26	24
4	1017	Rothe, Luis	AMC Burbach	00:47.08	4	00:47.47		01:38.55	22
5	1019	Kwasnik, Lukas	AMC Burbach	00:47.54	2	00:47.62	2	01:39.16	20
6	4515	Nöcker, Tobias	MSC Süd Sauerland	00:50.49	4	00:45.12		01:39.61	18
7	4911	Schuh, Jamie	Kiersper RC	00:46.89	4	00:46.57	4	01:41.46	16
8	1218	Reimer, Julian	MSF Cobbenrode	00:52.82		00:47.16	2	01:41.98	14
9	4921	Schwarzkopf, Peter	Kiersper RC	00:46.55	6	00:50.05		01:42.60	13
10	1020	Kringe, Ben Lukas	AMC Burbach	00:54.64		00:49.03		01:43.67	12
11	3425	Stahlhacke, Theo	Olper AC	00:49.90	2	00:49.83	2	01:43.73	11
12	907	Rust, Sebastian	Briloner AC	00:48.07	8	00:48.28		01:44.35	10
13	401	Di Marco, Daniel	MSC Lennetal-Bamenohl	00:49.74		00:48.75	8	01:46.49	9
14	1004	Schneider, Leon Odin	AMC Burbach	00:49.50	8	00:48.65	2	01:48.15	8
15	911	Menke, Phil	Briloner AC	00:48.76		00:56.52	4	01:49.28	7
16	4704	Siedhoff, Laura	MSC Oeventrop	00:53.04		00:54.37	4	01:51.41	6
17	3511	Heimes, Fabio	MSC Schmallenberg	00:52.45	6	00:55.55		01:54.00	5
18	3607	Lindenschmidt, Hannes	OC Siegerland-Nord	00:49.93	2	00:59.25	8	01:59.18	4
19	4510	Lauer, Kevin	MSC Süd Sauerland	00:55.20	6	00:55.99	2	01:59.19	3
20	403	Bitzer, Niklas	MSC Lennetal-Bamenohl	00:50.65	22	00:49.12		02:01.77	2
21	4716	Achtermann, Tessa	MSC Oeventrop	00:53.27	4	00:58.29	10	02:05.56	1

Zeitnahme:
Auswertung:

Schnellster Lauf: 00:44.46
(Walter, Jan-Erik - 1 / 612)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	4912	de Padova, Davide	Kiersper RC	00:45.77		00:45.70		01:31.47	30
2	3503	Schmidt, Kevin	MSC Schmallenberg	00:46.31		00:45.35		01:31.66	27
3	915	Laudien, Kai	Briloner AC	00:45.88	2	00:45.19		01:33.07	24
4	1002	Schulze, Justin	AMC Burbach	00:47.57		00:46.79		01:34.36	22
5	3703	Bunte, Jonas	MSC Oberruhr Velmede	00:47.65		00:47.14		01:34.79	20
6	2804	Galbas, Leon Benedikt	MSF Netphen	00:47.31		00:47.60		01:34.91	18
7	1012	Huber, Valentin	AMC Burbach	00:44.54	4	00:44.47	2	01:35.01	16
8	610	Fuchs, Nico	AMC Wittgenstein Bad Berl	00:47.02	4	00:45.54		01:36.56	14
9	1011	Schmal, Tim	AMC Burbach	00:45.65	6	00:44.95		01:36.60	13
10	1009	Lasota, Julian	AMC Burbach	00:45.17	6	00:46.23		01:37.40	12
11	3109	Frey, Maximilian	MSC Oenetal	00:50.01		00:45.41	2	01:37.42	11
12	2903	Glowick, Mats	AMC Obernau	00:49.53		00:48.43		01:37.96	10
13	602	Adler, Torben	AMC Wittgenstein Bad Berl	00:48.34	2	00:47.18	2	01:39.52	9
14	4308	Grunewald, Max	AC Hohenseelbachkopf	00:44.15	2	00:45.28	10	01:41.43	8
15	603	Funk, Daniel	AMC Wittgenstein Bad Berl	00:50.02	2	00:48.09	2	01:42.11	7
16	4304	Engel, Paul	AC Hohenseelbachkopf	00:47.57	6	00:48.86		01:42.43	6
17	4503	Lauer, Merle Kathleen	MSC Süd Sauerland	00:46.64	8	00:46.44	2	01:43.08	5
18	916	Mittmann, Malik	Briloner AC	00:46.26	2	00:44.93	10	01:43.19	4
19	2901	Böhmer, Niklas	AMC Obernau	00:47.01	6	00:48.30	2	01:43.31	3
20	4725	Wirßing, Connor	MSC Oeventrop	00:54.16	2	00:50.55		01:46.71	2
21	1008	Murali, Geethan	AMC Burbach	00:48.83	6	00:51.44	2	01:48.27	1
22	409	Berghaus, Hannah	MSC Lennetal-Bamenohl	00:52.69	6	00:52.91		01:51.60	1
23	3401	Brüggemann, Eric	Olper AC	00:56.92	2	00:49.15	6	01:54.07	1
24	4306	Polat, Enes	AC Hohenseelbachkopf	00:56.70	6	00:50.05	2	01:54.75	1
25	2913	Palzer, Leon	AMC Obernau	00:52.57	16	00:48.07	2	01:58.64	1
26	3111	Ruschke, Jan	MSC Oenetal	00:55.95	14	00:48.22	8	02:06.17	1
27	1014	Burchert, Nico	AMC Burbach	00:54.96	28	00:54.44		02:17.40	1
28	4712	Lemos, Robin	MSC Oeventrop	00:52.86	10	00:43.93	36	02:22.79	1
29	4322	Stief, Maximilian	AC Hohenseelbachkopf	00:50.50	10	00:57.26	28	02:25.76	1
30	4512	Lehmann-Döring, Rene	MSC Süd Sauerland	00:54.32		01:07.56	34	02:35.88	1

Zeitnahme:
Auswertung:

Schnellster Lauf: 00:44.95
(Schmal, Tim - 9 / 1011)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	1013	Berg, Maximilian	AMC Burbach	00:45.03		00:44.04		01:29.07	30
2	4501	Neuhaus, Alexander	MSC Süd Sauerland	00:42.81	4	00:43.65		01:30.46	27
3	3605	Kallweit, Mika	OC Siegerland-Nord	00:44.59		00:45.98		01:30.57	24
4	4913	de Padova, Noah	Kiersper RC	00:45.30		00:44.08	2	01:31.38	22
5	3501	Koch, Michael	MSC Schmallenberg	00:45.47	2	00:44.78		01:32.25	20
6	912	van Dijk, Jana	Briloner AC	00:44.51	2	00:44.64	2	01:33.15	18
7	410	Voß, Nico	MSC Lennetal-Bameno hl	00:45.38	2	00:44.48	2	01:33.86	16
8	4507	Schüttler, Niclas	MSC Süd Sauerland	00:43.23	6	00:42.71	2	01:33.94	14
9	3102	Sauer, Nils	MSC Oenetal	00:48.47		00:45.69		01:34.16	13
10	910	Löhr, Tim Niklas	Briloner AC	00:46.77	2	00:46.28		01:35.05	12
11	4715	Wirßing, Marlon	MSC Oeventrop	00:47.26		00:48.70	2	01:37.96	11
12	913	van Dijk, Eileen	Briloner AC	00:48.06		00:50.27		01:38.33	10
13	1016	Böhm, Lukas	AMC Burbach	00:45.58	6	00:47.99		01:39.57	9
14	3606	Piontek, Linda	OC Siegerland-Nord	00:48.03		00:52.58		01:40.61	8
15	4517	Lauer, Lena Marie	MSC Süd Sauerland	00:47.62	6	00:44.73	4	01:42.35	7
16	3127	Blaschke, Justin	MSC Oenetal	00:45.45		00:44.32	14	01:43.77	6
17	3517	Niederstraßer, David	MSC Schmallenberg	00:47.32	10	00:47.58		01:44.90	5
18	3619	Schönfelder, Maximilian	OC Siegerland-Nord	00:48.32	4	00:49.71	4	01:46.03	4
19	412	Berghaus, Leon	MSC Lennetal-Bameno hl	00:58.52	8	00:44.33	4	01:54.85	3
20	3106	Runge, Andre	MSC Oenetal	00:56.27	14	00:47.56		01:57.83	2
21	617	Fuchs, Kevin	AMC Wittgenstein Bad Berl	00:52.86	8	00:47.79	10	01:58.65	1
22	4705	Ely, Tim	MSC Oeventrop	00:54.84	12	00:54.52		02:01.36	1
23	3406	Heik, Robin	Olper AC	00:52.97	18	00:44.62	8	02:03.59	1

Zeitnahme:
Auswertung:

Schnellster Lauf: 00:43.65
(Neuhaus, Alexander - 2 / 4501)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	4511	Peuser, Shareen	MSC Süd Sauerland	00:43.70		00:43.11		01:26.81	30
2	1001	Eckhardt, Lorenz	AMC Burbach	00:44.38		00:43.33		01:27.71	27
3	2922	Heupel, Franziska	AMC Obernau	00:43.97		00:43.84		01:27.81	24
4	903	Günther, Jannik	Briloner AC	00:42.39	2	00:42.12	2	01:28.51	22
5	909	van Dijk, Yannick-Bastiaan	Briloner AC	00:42.72	4	00:42.43		01:29.15	20
6	901	Gross, Jan	Briloner AC	00:43.35		00:46.50		01:29.85	18
7	4906	Müller, Elina	Kiersper RC	00:45.61		00:44.29		01:29.90	16
8	601	Biegler, Jens	AMC Wittgenstein Bad Berl	00:43.00		00:42.91	4	01:29.91	14
9	604	Kuhmichel, Lea-Marie	AMC Wittgenstein Bad Berl	00:43.89	2	00:44.61		01:30.50	13
10	1029	Obenlüneschloß, Robin	AMC Burbach	00:44.77		00:43.30	4	01:32.07	12
11	4920	Schwarzkopf, Rudolf	Kiersper RC	00:45.13	2	00:45.01		01:32.14	11
12	4916	Fischer, Jacques	Kiersper RC	00:45.66		00:46.57		01:32.23	10
13	3123	Bischopink, Alexander	MSC Oenetal	00:44.89	2	00:42.70	4	01:33.59	9
14	2904	Schelhas, Vera	AMC Obernau	00:46.38	2	00:44.55	4	01:36.93	8
15	3101	Sauer, Lars	MSC Oenetal	00:45.89	6	00:45.63	2	01:39.52	7
16	613	Fuchs, Katja	AMC Wittgenstein Bad Berl	00:46.94	10	00:44.37	6	01:47.31	6
17	4727	Hoffmann, Fabian	MSC Oeventrop	00:45.05	4	00:52.90	16	01:57.95	5
18	4508	Dumke, Timo	MSC Süd Sauerland	00:49.99	28	00:47.28	22	02:27.27	4

Zeitnahme:
Auswertung:

Schnellster Lauf: 00:42.43
(van Dijk, Yannick-Bastiaan - 5 / 909)

Platz	Ortsclub		Starter	gewertet	Punkte
1	AMC Burbach	94	Berg, Maximilian (30) Eckhardt, Lorenz (27) Kwasnik, Lukas (20) Huber, Valentin (16) Murali, Geethan (1)	77	30
2	MSC Süd Sauerland	97	Peuser, Shareen (30) Neuhaus, Alexander (27) Grotmann, Nelio (18) Nöcker, Tobias (18) Dumke, Timo (4)	75	27
3	Briloner AC	99	Kiewel, Paul (27) Günther, Jannik (22) van Dijk, Yannick-Bastiaan (20) Gross, Jan (18) Löhr, Tim Niklas (12)	69	24
4	Kiersper RC	92	de Padova, Davide (30) de Padova, Noah (22) Müller, Elina (16) Schwarzkopf, Peter (13) Schwarzkopf, Rudolf (11)	68	22
5	MSC Schmallenberg	70	Schmidt, Kevin (27) Koch, Michael (20) Albers, Dominik (13) Heimes, Fabio (5) Niederstraßer, David (5)	60	20
6	AMC Wittgenstein Bad Berleburg	81	Walter, Jan-Erik (30) Fuchs, Nico (14) Biegler, Jens (14) Kuhmichel, Lea-Marie (13) Walter, Florian (10)	58	18
7	MSC Oenetal	69	Dolle, Luis (30) Sauer, Nils (13) Frey, Maximilian (11) Bischopink, Alexander (9) Blaschke, Justin (6)	54	16
8	MSC Lennetal-Bamenohl	59	Kasanzew, Leon (24) Voß, Nico (16) Di Marco, Daniel (9) Bitzer, Julian (8) Bitzer, Niklas (2)	49	14
9	OC Siegerland-Nord	51	Kallweit, Mika (24) Kallweit, Siri (11) Piontek, Linda (8) Lindenschmidt, Hannes (4) Schönfelder, Maximilian (4)	43	13
10	AMC Obernau	43	Heupel, Franziska (24) Glowick, Mats (10) Schelhas, Vera (8) Palzer, Leon (1) , (0)	42	12
11	MSF Netphen	38	Jagic, David (20) Galbas, Leon Benedikt (18) , (0) , (0) , (0)	38	11
12	MSC Oeventrop	41	Frielinghaus, Julian (14) Wirßing, Marlon (11) Frielinghaus, Felix (9) Hoffmann, Fabian (5) Wirßing, Connor (2)	34	10
13	AC Hohenseelbachskopf	28	Polat, Esad (12) Grunewald, Max (8) Engel, Paul (6) Polat, Enes (1) Stief, Maximilian (1)	26	9
14	MSC Oberruhr Velmede	20	Bunte, Jonas (20) , (0) , (0) , (0) , (0)	20	8
15	Olper AC	13	Stahlhacke, Theo (11) Brüggemann, Eric (1) Heik, Robin (1) , (0) , (0)	13	7