

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	2801	Jagic, David	MSF Netphen	00:41.38		00:42.42		01:23.80	30
2	3513	Albers, Dominik	MSC Schmallenberg	00:40.96		00:43.43	2	01:26.39	27
3	616	Treude, Marcel	AMC Wittgenstein Bad Berli	00:42.75	2	00:41.45	2	01:28.20	24
4	4305	Polat, Esad	AC Hohenseelbachkopf	00:44.49		00:41.97	2	01:28.46	22
5	608	Walter, Florian	AMC Wittgenstein Bad Berli	00:40.31	10	00:40.05	2	01:32.36	20
6	4701	Frielinghaus, Julian	MSC Oeventrop	00:46.37	2	00:45.13		01:33.50	18
7	4707	Frielinghaus, Felix	MSC Oeventrop	00:43.88	4	00:45.22	4	01:37.10	16
8	3103	Dolle, Luis	MSC Oenetal	00:46.56	2	00:52.22	2	01:42.78	14
9	408	Kasanzew, Leon	MSC Lennetal-Bamenohl	00:49.58	6	00:48.31	4	01:47.89	13
10	3603	Kallweit, Siri	OC Siegerland-Nord	00:49.88	6	00:49.75	6	01:51.63	12
11	402	Bitzer, Julian	MSC Lennetal-Bamenohl	00:44.64	12	00:43.85	16	01:56.49	11
12	3611	Rerich, Maxim	OC Siegerland-Nord	00:46.72	6	00:51.37	16	02:00.09	10
13	621	Zacharias, Ben Luka	AMC Wittgenstein Bad Berli	00:48.22	6	00:55.06	12	02:01.28	9
14	4902	Schwarzkopf, Michael	Kiersper RC	00:43.94	18	00:50.87	10	02:02.81	8
15	1021	Obenlüneschloß, Leonie	AMC Burbach	00:51.42	10	00:52.07	26	02:19.49	7

Zeitnahme: Michael Peuser
 Auswertung: Susanne Peuser

Schnellster Lauf: 00:40.96
 (Albers, Dominik - 2 / 3513)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	3730	Siewers, Kimi	MSC Oberruhr Velmede	00:36.60		00:36.76		01:13.36	30
2	4515	Nöcker, Tobias	MSC Süd Sauerland	00:36.96		00:37.48		01:14.44	27
3	1218	Reimer, Julian	MSF Cobbenrode	00:37.73		00:37.08		01:14.81	24
4	612	Walter, Jan-Erik	AMC Wittgenstein Bad Berl	00:37.50	2	00:36.30		01:15.80	22
5	4510	Lauer, Kevin	MSC Süd Sauerland	00:37.94		00:37.99		01:15.93	20
6	401	Di Marco, Daniel	MSC Lennetal-Bamenohl	00:36.02	2	00:36.01	2	01:16.03	18
7	620	Funk, Fabian	AMC Wittgenstein Bad Berl	00:38.34	2	00:37.92		01:18.26	16
8	4921	Schwarzkopf, Peter	Kiersper RC	00:38.13		00:38.26	2	01:18.39	14
9	907	Rust, Sebastian	Briloner AC	00:39.49		00:39.45		01:18.94	13
10	618	Adler, Tim	AMC Wittgenstein Bad Berl	00:37.34	6	00:37.15		01:20.49	12
11	3425	Stahlhacke, Theo	Olper AC	00:35.51	6	00:35.73	4	01:21.24	11
12	1019	Kwasnik, Lukas	AMC Burbach	00:35.97	6	00:35.53	4	01:21.50	10
13	3607	Lindenschmidt, Hannes	OC Siegerland-Nord	00:40.35		00:41.72		01:22.07	9
14	4506	Hein, Maddox	MSC Süd Sauerland	00:39.85	4	00:39.27		01:23.12	8
15	3706	Kunze, Mathis	MSC Oberruhr Velmede	00:39.19	2	00:40.11	2	01:23.30	7
16	3707	Koerdts, Paul	MSC Oberruhr Velmede	00:40.50	4	00:40.58		01:25.08	6
17	4911	Schuh, Jamie	Kiersper RC	00:38.77	2	00:38.79	6	01:25.56	5
18	4704	Siedhoff, Laura	MSC Oeventrop	00:40.51	6	00:42.02		01:28.53	4
19	403	Bitzer, Niklas	MSC Lennetal-Bamenohl	00:40.89	4	00:40.52	6	01:31.41	3
20	1020	Kringe, Ben Lukas	AMC Burbach	00:37.89	14	00:39.02	4	01:34.91	2
21	4716	Achtermann, Tessa	MSC Oeventrop	00:47.44	4	00:43.79	6	01:41.23	1
22	1004	Schneider, Leon Odin	AMC Burbach	00:35.33	22	00:37.96	8	01:43.29	1
23	4703	Skrotzki, Anika	MSC Oeventrop	00:45.59	12	00:46.38	2	01:45.97	1
24	911	Menke, Phil	Briloner AC	00:46.17	26	00:38.14	4	01:54.31	1
25	3612	Scherer, Niko	OC Siegerland-Nord	00:46.29	26	00:46.75	20	02:19.04	1
26	3511	Heimes, Fabio	MSC Schmallenberg	00:48.01	42	00:47.64	2	02:19.65	1

Zeitnahme: Michael Peuser
Auswertung: Susanne Peuser

Schnellster Lauf: 00:36.30
(Walter, Jan-Erik - 4 / 612)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	610	Fuchs, Nico	AMC Wittgenstein Bad Berl	00:34.54		00:34.17		01:08.71	30
2	1008	Murali, Geethan	AMC Burbach	00:33.70	2	00:33.96		01:09.66	27
3	1012	Huber, Valentin	AMC Burbach	00:34.32	2	00:33.60		01:09.92	24
4	4308	Grunewald, Max	AC Hohenseelbachkopf	00:35.39		00:34.62		01:10.01	22
5	2903	Glowick, Mats	AMC Obernau	00:35.15		00:34.98		01:10.13	20
6	3109	Frey, Maximilian	MSC Oenetal	00:35.11		00:35.06		01:10.17	18
7	603	Funk, Daniel	AMC Wittgenstein Bad Berl	00:34.38		00:34.84	2	01:11.22	16
8	2901	Böhmer, Niklas	AMC Obernau	00:36.56		00:34.76		01:11.32	14
9	4306	Polat, Enes	AC Hohenseelbachkopf	00:35.73		00:35.85		01:11.58	13
10	3503	Schmidt, Kevin	MSC Schmallenberg	00:36.03		00:35.62		01:11.65	12
11	4304	Engel, Paul	AC Hohenseelbachkopf	00:34.65		00:35.19	2	01:11.84	11
12	3703	Bunte, Jonas	MSC Oberruhr Velmede	00:35.85		00:36.02		01:11.87	10
13	1011	Schmal, Tim	AMC Burbach	00:33.67	2	00:34.45	2	01:12.12	9
14	1009	Lasota, Julian	AMC Burbach	00:34.22	2	00:34.48	2	01:12.70	8
15	3417	Kataneck, Jasmin	Olper AC	00:36.55		00:36.83		01:13.38	7
16	4711	Bolzenius, Max	MSC Oeventrop	00:36.61		00:36.82		01:13.43	6
17	411	Fischer, Tim Luca	MSC Lennetal-Bamenohl	00:36.59		00:37.07		01:13.66	5
18	602	Adler, Torben	AMC Wittgenstein Bad Berl	00:36.52		00:35.26	2	01:13.78	4
19	2804	Galbas, Leon Benedikt	MSF Netphen	00:35.23	4	00:34.79		01:14.02	3
20	4503	Lauer, Merle Kathleen	MSC Süd Sauerland	00:35.83	2	00:36.22		01:14.05	2
21	915	Laudien, Kai	Briloner AC	00:36.10	2	00:36.28		01:14.38	1
22	1007	Gajewski, Fynn Luca	AMC Burbach	00:36.13	2	00:36.55		01:14.68	1
23	4912	de Padova, Davide	Kiersper RC	00:35.45		00:35.89	6	01:17.34	1
24	1014	Burchert, Nico	AMC Burbach	00:36.82		00:36.52	4	01:17.34	1
25	4512	Lehmann-Döring, Rene	MSC Süd Sauerland	00:35.84	4	00:35.69	2	01:17.53	1
26	3111	Ruschke, Jan	MSC Oenetal	00:38.66	2	00:37.32		01:17.98	1
27	4712	Lemos, Robin	MSC Oeventrop	00:39.19		00:37.79	4	01:20.98	1
28	4725	Wirßing, Connor	MSC Oeventrop	00:39.59	2	00:38.34	2	01:21.93	1
29	2913	Palzer, Leon	AMC Obernau	00:36.14	10	00:36.07		01:22.21	1
30	4322	Stief, Maximilian	AC Hohenseelbachkopf	00:40.30	12	00:37.84	6	01:36.14	1
31	3401	Brüggemann, Eric	Olper AC	00:38.18	6	00:41.22	14	01:39.40	1
32	1002	Schulze, Justin	AMC Burbach	00:37.35		00:42.79	20	01:40.14	1
33	2810	Huhn, Alexander	MSF Netphen	00:35.89	32	00:35.67		01:43.56	1
34	409	Berghaus, Hannah	MSC Lennetal-Bamenohl	00:46.89	8	00:42.84	10	01:47.73	1

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	3127	Blaschke, Justin	MSC Oenetal	00:33.48		00:33.55		01:07.03	30
2	4913	de Padova, Noah	Kiersper RC	00:33.51		00:33.58		01:07.09	27
3	3501	Koch, Michael	MSC Schmalleberg	00:34.27		00:33.56		01:07.83	24
4	4507	Schüttler, Niclas	MSC Süd Sauerland	00:33.49		00:34.45		01:07.94	22
5	3605	Kallweit, Mika	OC Siegerland-Nord	00:34.52		00:34.30		01:08.82	20
6	1013	Berg, Maximilian	AMC Burbach	00:33.24		00:33.95	2	01:09.19	18
7	4517	Lauer, Lena Marie	MSC Süd Sauerland	00:34.84		00:34.50		01:09.34	16
8	3102	Sauer, Nils	MSC Oenetal	00:34.47		00:35.20		01:09.67	14
9	3406	Heik, Robin	Olper AC	00:35.35		00:35.33		01:10.68	13
10	3619	Schönfelder, Maximilian	OC Siegerland-Nord	00:36.27		00:34.43		01:10.70	12
11	913	van Dijk, Eileen	Briloner AC	00:35.25		00:35.80		01:11.05	11
12	1016	Böhm, Lukas	AMC Burbach	00:35.58		00:34.36	2	01:11.94	10
13	3606	Piontek, Linda	OC Siegerland-Nord	00:35.41	2	00:34.98		01:12.39	9
14	912	van Dijk, Jana	Briloner AC	00:35.43		00:35.34	2	01:12.77	8
15	910	Löhr, Tim Niklas	Briloner AC	00:35.33	2	00:35.52	2	01:14.85	7
16	3517	Niederstraßer, David	MSC Schmalleberg	00:36.09	2	00:36.79	2	01:16.88	6
17	4501	Neuhaus, Alexander	MSC Süd Sauerland	00:32.66	6	00:33.21	6	01:17.87	5
18	617	Fuchs, Kevin	AMC Wittgenstein Bad Berl	00:34.38	6	00:35.71	2	01:18.09	4
19	406	Di Marco, Salvatore	MSC Lennetal-Bamenohl	00:38.64		00:37.64	2	01:18.28	3
20	4715	Wirßing, Marlon	MSC Oeventrop	00:37.72		00:37.00	4	01:18.72	2
21	3106	Runge, Andre	MSC Oenetal	00:37.84	4	00:37.74		01:19.58	1
22	412	Berghaus, Leon	MSC Lennetal-Bamenohl	00:37.59	2	00:37.68	6	01:23.27	1
23	2908	Hofmann, Nick	AMC Obernau	00:35.24	8	00:35.19	10	01:28.43	1
24	410	Voß, Nico	MSC Lennetal-Bamenohl	00:32.78	4	00:33.68	22	01:32.46	1
25	4705	Ely, Tim	MSC Oeventrop	00:43.69	4	00:41.36	4	01:33.05	1
26	3404	Grebe, Alexander	Olper AC	00:36.09	4	00:49.99	12	01:42.08	1

Zeitnahme: Michael Peuser
 Auswertung: Susanne Peuser

Schnellster Lauf: 00:33.24
 (Berg, Maximilian - 6 / 1013)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	4511	Peuser, Shareen	MSC Süd Sauerland	00:33.15		00:32.62		01:05.77	30
2	601	Biegler, Jens	AMC Wittgenstein Bad Berl	00:32.67		00:33.17		01:05.84	27
3	4508	Dumke, Timo	MSC Süd Sauerland	00:32.99		00:33.54		01:06.53	24
4	4702	Sölken, Christian	MSC Oeventrop	00:33.76		00:33.54		01:07.30	22
5	4920	Schwarzkopf, Rudolf	Kiersper RC	00:33.56		00:34.04		01:07.60	20
6	2904	Schelhas, Vera	AMC Obernau	00:34.15		00:33.85		01:08.00	18
7	3123	Bischopink, Alexander	MSC Oenetal	00:33.13		00:33.03	2	01:08.16	16
8	909	van Dijk, Yannick-Bastiaan	Briloner AC	00:34.25		00:33.99		01:08.24	14
9	901	Gross, Jan	Briloner AC	00:34.79		00:34.40		01:09.19	13
10	2922	Heupel, Franziska	AMC Obernau	00:33.67	2	00:33.81		01:09.48	12
11	3101	Sauer, Lars	MSC Oenetal	00:34.87		00:34.90		01:09.77	11
12	4916	Fischer, Jacques	Kiersper RC	00:34.85		00:35.15		01:10.00	10
13	4502	Laux, Fabian	MSC Süd Sauerland	00:33.36		00:33.51	4	01:10.87	9
14	1001	Eckhardt, Lorenz	AMC Burbach	00:33.91	2	00:33.50	2	01:11.41	8
15	4727	Hoffmann, Fabian	MSC Oeventrop	00:35.18	2	00:34.58		01:11.76	7
16	4729	Kromer, Robin	MSC Oeventrop	00:34.70	2	00:35.30		01:12.00	6
17	604	Kuhmichel, Lea-Marie	AMC Wittgenstein Bad Berl	00:34.36	4	00:33.66		01:12.02	5
18	3512	Mache, Brian	MSC Schmallenberg	00:34.50	2	00:34.48	2	01:12.98	4
19	4309	Grunewald, Nico	AC Hohenseelbachkopf	00:35.39		00:35.60	2	01:12.99	3
20	613	Fuchs, Katja	AMC Wittgenstein Bad Berl	00:34.40		00:34.94	6	01:15.34	2
21	903	Günther, Jannik	Briloner AC	00:33.98	14	00:33.41	4	01:25.39	1
22	4906	Müller, Elina	Kiersper RC	00:35.11	12	00:35.47	6	01:28.58	1
23	4710	Heying, Victoria	MSC Oeventrop	00:38.60	4	00:39.10	10	01:31.70	1

Zeitnahme: Michael Peuser
Auswertung: Susanne Peuser

Schnellster Lauf: 00:32.62
(Peuser, Shareen - 1 / 4511)

Platz	Ortsclub	Starter	gewertet	Punkte
1	MSC Süd Sauerland	108 Peuser, Shareen (30) Nöcker, Tobias (27) Dumke, Timo (24) Schüttler, Niclas (22) Neuhaus, Alexander (5)	81	30
2	AMC Wittgenstein Bad Berleburg	111 Fuchs, Nico (30) Biegler, Jens (27) Walter, Jan-Erik (22) Walter, Florian (20) Adler, Tim (12)	79	27
3	AMC Burbach	87 Murali, Geethan (27) Huber, Valentin (24) Berg, Maximilian (18) Kwasnik, Lukas (10) Eckhardt, Lorenz (8)	69	24
4	MSC Oenetal	92 Blaschke, Justin (30) Frey, Maximilian (18) Bischopink, Alexander (16) Dolle, Luis (14) Sauer, Nils (14)	64	22
5	MSC Schmallenberg	73 Albers, Dominik (27) Koch, Michael (24) Schmidt, Kevin (12) Niederstraßeer, David (6) Mache, Brian (4)	63	20
6	Kiersper RC	70 de Padova, Noah (27) Schwarzkopf, Rudolf (20) Schwarzkopf, Peter (14) Schwarzkopf, Michael (8) de Padova, Davide (1)	61	18
7	AC Hohenseelbachkopf	71 Polat, Esad (22) Grunewald, Max (22) Polat, Enes (13) Engel, Paul (11) Grunewald, Nico (3)	57	16
8	AMC Obernau	52 Glowick, Mats (20) Schelhas, Vera (18) Heupel, Franziska (12) Palzer, Leon (1) Hofmann, Nick (1)	50	14
9	MSC Oberruhr Velmede	53 Siewers, Kimi (30) Bunte, Jonas (10) Kunze, Mathis (7) Koerd, Paul (6) , (0)	47	13
10	OC Siegerland-Nord	62 Kallweit, Mika (20) Kallweit, Siri (12) Schönfelder, Maximilian (12) Lindenschmidt, Hannes (9) Piontek, Linda (9)	44	12
11	MSC Oeventrop	49 Frielinghaus, Julian (18) Frielinghaus, Felix (16) Hoffmann, Fabian (7) Bolzenius, Max (6) Wirßing, Marlon (2)	41	11
12	MSC Lennetal-Bamenohl	37 Di Marco, Daniel (18) Kasanzew, Leon (13) Fischer, Tim Luca (5) Voß, Nico (1) , (0)	36	10
13	MSF Netphen	34 Jagic, David (30) Galbas, Leon Benedikt (3) Huhn, Alexander (1) , (0) , (0)	34	9
14	Briloner AC	35 Rust, Sebastian (13) Gross, Jan (13) Löhr, Tim Niklas (7) Laudien, Kai (1) Günther, Jannik (1)	33	8
15	Olper AC	33 Heik, Robin (13) Stahlhacke, Theo (11) Kataneck, Jasmin (7) Brüggemann, Eric (1) Grebe, Alexander (1)	31	7