

	Name	Vorname	Jg		Verein	Zeit	Pkt	Faktor	Pkt	Zeit	Pkt	Zeit	Pkt	Zeit	Pkt	Punkte
						VH		WH		OV		BR		Bau		Gesamt
1.	Selchow	Jasmina	2004	W 8	LG Reinhardswald	05:48,0	1	05:17,0	0	04:59,0	0	06:41,0	1	05:04,0	1	3
2.	Peter	Lilith	2004	W 8	TSV Niederelsungen	00:00,0	0	05:14,0	1	04:49,0	1	06:45,0	0	05:19,0	2	4
3.	Winning	Antonia	2004	W 8	TSV Niederelsungen	00:00,0	0	05:18,0	3	05:11,0	0	07:11,0	3	05:41,0	3	9
4.	Schinköthe	Melanie	2004	W 8	TSV Niederelsungen	00:00,0	0	06:05,0	4	05:26,0	0	07:24,0	4	05:43,0	4	12
1.	Sünder	Merle	2003	W 9	LAV Kassel	00:00,0	0	00:00,0	0	04:13,0	1	05:42,0	1	04:34,0	2	4
2.	Froemer	Michaela	2003	W 9	LG Reinhardswald	06:42,0	1	05:17,0	3	04:54,0	0	06:43,0	3	05:14,0	0	7
3.	Schnitzerling	Melissa	2003	W 9	LG Baunatal/Fuldabrück	00:00,0	0	00:00,0	0	04:27,0	3	05:29,0	2	04:56,0	4	9
4.	Willenweber	Lea	2003	W 9	LAV Kassel	00:00,0	0	00:00,0	0	04:50,0	5	07:04,0	4	05:41,0	8	17
5.	Paparella	Maria-Stella	2003	W 9	LG Baunatal/Fuldabrück	00:00,0	0	00:00,0	0	05:17,0	7	07:04,0	5	05:23,0	7	19
1.	Schwarz	Anne	2002	W 10	TSV Niederelsungen	04:39,0	1	04:07,0	1	03:49,0	1	00:00,0	0	04:14,0	0	3
2.	Scholz	Anna Leena	2002	W 10	PSV Grün-Weiß Kassel	04:56,0	0	04:11,0	2	03:51,0	2	05:11,0	1	04:25,0	0	5
3.	Braun	Malin	2002	W 10	LG Baunatal/Fuldabrück	04:53,0	3	04:18,0	0	03:53,0	3	05:13,0	2	04:29,0	0	8
4.	Grimm	Jessica	2002	W 10	LG Reinhardswald	04:52,0	2	04:16,0	3	00:00,0	0	05:24,0	4	04:23,0	0	9
5.	Dolstra	Zoe Marie	2002	W 10	LG Reinhardswald	05:11,0	5	04:21,0	5	04:01,0	6	05:30,0	0	04:30,0	0	16
5.	Kramm	Anna-Sophie	2002	W 10	LG Reinhardswald	05:36,0	6	00:00,0	0	03:59,0	5	05:25,0	5	04:32,0	0	16
7.	Hägele	Laura	2002	W 10	SSC Vellmar	00:00,0	0	04:26,0	6	04:06,0	8	05:49,0	8	04:31,0	0	22
8.	Pflüger	Elena	2002	W 10	LG Kaufungen	00:00,0	0	04:30,0	7	04:08,0	9	05:39,0	7	04:32,0	0	23
1.	Bottcher	Zoe Martine	2001	W 11	SSC Vellmar	04:23,0	1	03:38,0	1	03:29,0	1	04:56,0	0	03:48,0	0	3
2.	Sälzer	Hannah	2001	W 11	LAV Kassel	04:24,0	2	03:54,0	2	03:37,0	0	04:53,0	1	04:00,0	0	5
3.	Löber	Lovina	2001	W 11	SSC Vellmar	04:54,0	0	04:01,0	3	03:43,0	3	05:08,0	3	04:24,0	0	9
4.	Klebe	Lara	2001	W 11	LAV Kassel	04:47,0	5	04:17,0	6	00:00,0	0	05:27,0	7	04:25,0	0	18
4.	Eckhardt	Helena	2001	W 11	LAV Kassel	04:57,0	7	04:14,0	5	00:00,0	0	05:26,0	6	04:31,0	0	18
6.	Watteeuw	Sari	2001	W 11	TSV Niederelsungen	05:10,0	9	04:29,0	7	00:00,0	0	05:23,0	5	04:36,0	0	21
7.	Schwarz	Jana	2001	W 11	TSV Niederelsungen	00:00,0	0	05:03,0	9	04:25,0	9	05:59,0	9	05:01,0	0	27
8.	Blößer	Celina	2001	W 11	TSV Niederelsungen	05:08,0	8	04:36,0	8	00:00,0	0	00:00,0	0	04:35,0	14	30
9.	Hofer	Imke	2001	W 11	LG Reinhardswald	05:32,0	11	00:00,0	0	04:46,0	13	06:07,0	10	00:00,0	0	34
1.	Schwarz	Marie	2000	W 12	TSV Niederelsungen	09:27,0	1	07:50,0	1	06:59,0	1	00:00,0	0	08:50,0	0	3
2.	Ruppert	Anna	2000	W 12	TSV Niederelsungen	09:49,0	0	08:12,0	2	07:08,0	0	11:24,0	1	08:53,0	2	5
3.	Thier	Livia	2000	W 12	LAV Kassel	10:44,0	0	08:53,0	3	07:48,0	5	12:40,0	2	09:50,0	0	10
4.	Reiß	Lea-Marie	2000	W 12	LG Reinhardswald	10:37,0	4	08:54,0	4	07:56,0	0	12:46,0	4	09:50,0	0	12
5.	Schulz	Hannah	2000	W 12	LAV Kassel	10:31,0	3	08:59,0	7	07:54,0	7	00:00,0	0	09:54,0	0	17
6.	Bagaric	Antonia	2000	W 12	LAV Kassel	10:43,0	5	08:56,0	5	08:08,0	0	00:00,0	0	09:53,0	9	19
7.	Müller	Julia	2000	W 12	LG Kaufungen	11:35,0	7	09:28,0	8	00:00,0	0	14:08,0	7	10:12,0	0	22
7.	Ninnemann	Merle	2000	W 12	LAV Kassel	00:00,0	0	00:00,0	0	07:49,0	6	12:41,0	3	10:16,0	13	22
9.	Knoblauch	Laea-Christin	2000	W 12	TSV Niederelsungen	12:08,0	8	09:33,0	9	08:25,0	0	14:15,0	8	10:36,0	0	25
10.	Saidy	Lisa	2000	W 12	LG Reinhardswald	00:00,0	0	09:34,0	10	08:27,0	13	14:06,0	6	10:44,0	0	29
11.	Mäkel	Jenny	2000	W 12	LAV Kassel	12:28,0	9	00:00,0	0	08:34,0	14	00:00,0	0	11:04,0	18	41

1.	Hüppe	Frederike	1999	W 13	TSV Niederelsungen	11:14,0	2	08:46,0	1	07:49,0	0	12:28,0	1	00:00,0	0	4
2.	Göbel	Marieke	1999	W 13	TSV Korbach	00:00,0	0	08:55,0	2	07:41,0	2	00:00,0	0	10:05,0	5	9
3.	Scholz	Leonie Victoria	1999	W 13	PSV Grün-Weiß Kassel	12:30,0	3	00:00,0	0	09:06,0	7	14:45,0	2	11:35,0	0	12
1.	Strege	Kristin	1998	W 14	LG Reinhardswald	10:21,0	1	08:20,0	1	07:19,0	2	12:04,0	0	09:30,0	0	4
2.	Placht	Ina	1998	W 14	TSV Frankenberg	00:00,0	0	08:34,0	2	07:13,0	1	12:20,0	3	00:00,0	0	6
3.	Röcher	Esther	1998	W 14	LG Kaufungen	10:44,0	2	09:01,0	0	08:04,0	3	12:23,0	4	00:00,0	0	9
4.	Meister	Anne	1998	W 14	LAV Kassel	00:00,0	0	08:42,0	3	00:00,0	0	13:15,0	5	09:38,0	4	12
5.	Bade	Helena	1998	W 14	LAV Kassel	11:00,0	3	00:00,0	0	08:21,0	4	13:26,0	6	00:00,0	0	13
6.	Baberuxki	Mascha	1998	W 14	LG Reinhardswald	11:37,0	4	09:46,0	6	00:00,0	0	14:40,0	7	11:16,0	0	17
1.	Grunwald	Celine	1997	W 15	SSC Vellmar	10:47,0	1	08:42,0	1	07:36,0	1	00:00,0	0	09:47,0	0	3
2.	Frantz	Annika	1997	W 15	TV Hess.-Lichtenau	00:00,0	0	00:00,0	0	08:09,0	3	12:49,0	1	10:02,0	4	8
1.	Bade	Elisa	1996	WJ U18	LAV Kassel	9.35,0	1	08:10,0	1	07:02,0	1	11:32,0	2	00:00,0	0	5
2.	Alter	Madita	1996	WJ U18	LG Baunatal / Fuldabrück	09:51,0	2	00:00,0	0	07:24,0	2	11:40,0	3	09:28,0	6	13
3.	Opper	Mandy	1996	WJ U18	LG Kaufungen	11:07,0	4	09:10,0	4	07:55,0	3	12:45,0	6	10:01,0	0	17
4.	Hollstein	Julia	1995	WJ U18	LG Kaufungen	10:11,0	3	08:30,0	2	00:00,0	0	12:24,0	4	09:51,0	9	18
1.	Macik	Sabrina	1994	WJ U20	TSV Niederelsungen	09:47,0	1	08:04,0	0	06:55,0	1	11:09,0	1	09:07,0	2	5
2.	Stemmler	Antje	1993	WJ U20	TSV Obervorschütz	10:17,0	2	08:16,0	4	07:20,0	2	00:00,0	0	09:26,0	6	14
3.	Hagen	Neele	1993	WJ U20	TSV Niederelsungen	00:00,0	0	08:25,0	5	07:23,0	3	12:23,0	3	09:24,0	5	16
4.	Wenzel	Berit	1994	WJ U20	LAV Kassel	10.29,0	3	09:09,0	6	07:48,0	4	12:41,0	4	00:00,0	0	17
5.	Frantz	Wiebke	1993	WJ U20	TV Hess.-Lichtenau	00:00,0	0	09:15,0	7	08:15,0	7	13:08,0	5	10:37,0	7	26
6.	Müller	Martina	1994	WJ U20	TSV Niederelsungen	11.53,0	5	00:00,0	0	08:35,0	8	13:52,0	7	10:52,0	9	29
1.	Nadler	Dörte	1988	W 20	PSV Grün-Weiß Kassel	00:00,0	0	18:39,0	1	18:43,0	1	20:05,0	1	16:06,0	1	4
2.	Fischer	Jana	1991	W 20	PSV Grün-Weiß Kassel	20:49,0	2	21:17,0	2	00:00,0	0	22:21,0	2	17:52,0	3	9
3.	Müller	Kathrin	1992	W 20	TSV Niederelsungen	29:32,0	3	31:57,0	3	33:38,0	3	35:44,0	3	26:12,0	0	12
1.	Dolstra	Silke	1973	W 35	LAG Wesertal	23:24,0	2	24:32,0	2	25:06,0	1	26:25,0	3	00:00,0	0	8
1.	Nehme	Tanja	1968	W 40	PSV Grün-Weiß Kassel	18:24,0	1	19:30,0	1	20:02,0	1	21:01,0	1	16:44,0	0	4
1.	Schminke-Fischer	Birgit	1963	W 45	TSV Obervorschütz	21:43,0	1	22:12,0	1	00:00,0	0	24:15,0	1	18:59,0	2	5
1.	Schütz	Monika	1953	W 55	LG Baunatal/Fuldabrück	25:25,0	1	26:24,0	1	27:15,0	1	28:22,0	1	22:18,0	0	4
1.	Gödel	Marianne	1951	W 60	LG Baunatal/Fuldabrück	25:51,0	1	28:04,0	1	29:02,0	1	30:24,0	1	23:29,0	0	4
1.	Böttcher	Fynn-Mikka	2004	U 9	SSC Vellmar	05:17,0	1	04:37,0	1	04:21,0	0	05:55,0	1	04:38,0	0	3
2.	Kramm	Robin	2004	U 9	LG Reinhardswald	05:24,0	2	00:00,0		04:18,0	2	00:00,0		04:55,0	5	9
1.	Röhl	Jonas	2003	M 9	TSV Niederelsungen	05:15,0	2	04:32,0	1	04:17,0	0	05:53,0	1	04:31,0	0	4
2.	Frömring	Sigmar	2003	M 9	LG Reinhardswald	05:14,0	1	04:54,0	5	04:30,0	4	00:00,0	0	00:00,0	0	10

2.	Seegel	Roman	2003	M 9	TSV Niederelsungen	00:00,0	0	00:00,0	0	04:27,0	3	05:59,0	2	04:46,0	5	10
4.	Gleichner	Lorenz	2003	M 9	LG Bauantal/Fuldabrück	00:00,0	0	00:00,0	0	04:34,0	5	06:08,0	3	04:34,0	4	12
5.	Steger	Oskar-Paul	2003	M 9	LG Bauantal/Fuldabrück	00:00,0	0	00:00,0	0	04:36,0	6	06:09,0	4	05:02,0	6	16
1.	Terek	Ün	2002	M 10	LG Baunatal/Fuldabrück	04:28,0	1	04:01,0	0	00:00,0	0	04:48,0	1	03:55,0	1	3
2.	Rinder	Noah	2002	M 10	LAV Kassel	04:50,0	2	04:21,0	0	03:44,0	0	04:57,0	2	04:06,0	2	6
3.	Deichmann	Ludwig	2002	M 10	LG Reinhardswald	00:00,0	0	04:01,0	2	03:39,0	1	00:00,0	0	04:18,0	8	11
4.	Mrochen	Bastian	2002	M 10	LG Reinhardswald	05:00,0	3	00:00,0	0	00:00,0	0	05:18,0	4	04:20,0	9	16
5.	Bernhard	Louis	2002	M 10	LG Reinhardswald	05:42,0	4	00:00,0	0	04:31,0	8	06:18,0	6	00:00,0	0	18
6.	Döhne	Niklas	2002	M 10	TSV Obervorschütz	00:00,0	0	00:00,0	0	04:07,0	7	05:46,0	5	04:45,0	18	30
1.	Koch	Ole	2001	M 11	LG Baunatal/Fuldabrück	04:27,0	0	03:55,0	0	03:31,0	1	04:47,0	1	03:52,0	1	3
2.	Pflüger	Jonathan	2001	M 11	LG Kaufungen	04:47,0	0	04:00,0	0	03:38,0	3	04:52,0	2	04:01,0	3	8
3.	Löber	Karl	2001	M 11	TSV Niederelsungen	04:42,0	3	03:59,0	3	03:42,0	0	04:56,0	3	04:03,0	0	9
4.	Kilian	Jonas	2001	M 11	TSV Obervorschütz	04:38,0	2	04:07,0	6	03:52,0	0	05:03,0	4	04:06,0	0	12
5.	Schinköthe	Stefan	2001	M 11	TSV Niederelsungen	04:56,0	6	04:03,0	5	03:43,0	5	05:13,0	0	04:10,0	0	16
6.	Lenhardt	Peter	2001	M 11	TSV Niederelsungen	00:00,0	0	04:21,0	8	04:06,0	9	05:21,0	8	04:28,0	0	25
6.	Henok	Alemu	2001	M 11	LAV Kassel	04:52,0	5	00:00,0	0	04:04,0	8	00:00,0	0	04:19,0	12	25
8.	Bohle	Aaron	2001	M 11	LG Reinhardswald	05:20,0	9	04:46,0	12	04:09,0	11	00:00,0	0	04:49,0	0	32
8.	Seegel	Silas	2001	M 11	TSV Niederelsungen	00:00,0	0	00:00,0	0	03:57,0	7	05:17,0	7	04:34,0	18	32
10.	Dummer	Fabian	2001	M 11	TSV Niederelsungen	05:03,0	7	00:00,0	0	04:08,0	10	00:00,0	0	04:31,0	17	34
1.	Reimer	Leon	2000	M 12	LG Kaufungen	09:39,0	1	08:04,0	1	06:55,0	0	00:00,0	0	08:52,0	1	3
2.	Eckhardt	Marten	2000	M 12	LAV Kassel	00:00,0	0	08:18,0	0	07:09,0	2	11:46,0	1	09:17,0	3	6
3.	Radke	Martin	2000	M 12	LG Reinhardswald	10:07,0	3	08:28,0	0	07:39,0	0	12:15,0	2	09:24,0	4	9
4.	Meder	Fynn	2000	M 12	LG Reinhardswald	09:51,0	2	08:20,0	4	07:26,0	4	00:00,0	0	09:40,0	0	10
5.	Riedel	Aaron	2000	M 12	TSV Ihringshausen	10:30,0	4	08:49,0	7	07:47,0	0	12:31,0	3	09:41,0	0	14
6.	Scherling	Björn	2000	M 12	LAV Kassel	10:45,0	5	08:44,0	6	07:55,0	8	00:00,0	0	00:00,0	0	19
1.	Koch	Jonas	1999	M 13	LG Baunatal/Fuldabrück	00:00,0	0	07:32,0	1	00:00,0	0	10:42,0	1	08:22,0	1	3
2.	Ziegler	Lukas	1999	M 13	TSV Frankenberg	09:09,0	1	07:50,0	2	06:44,0	1	11:00,0	0	08:35,0	0	4
3.	Sünder	Jonas	1999	M 13	LAV Kassel	00:00,0	0	00:00,0	0	07:08,0	2	11:29,0	4	09:01,0	7	13
4.	Coste'	Leon	1999	M 13	LG Reinhardswald	10:40,0	3	08:40,0	6	00:00,0	0	12:24,0	6	09:08,0	0	15
5.	Hofer	Jan	1999	M 13	LG Reinhardswald	11:19,0	6	00:00,0	0	08:11,0	5	13:13,0	8	00:00,0	0	19
6.	Persch	Rene'	1999	M 13	LG Reinhardswald	00:00,0	0	00:00,0	0	07:28,0	3	11:43,0	5	09:22,0	14	22
7.	Reinhard	Fin	1999	M 13	LAV Kassel	10:48,0	4	00:00,0	0	00:00,0	0	13:11,0	7	10:18,0	20	31
8.	Oberhofer	Christian	1999	M 13	LG Reinhardswald	11:11,0	5	00:00,0	0	00:00,0	0	13:14,0	9	10:22,0	21	35
1.	Ertner	Jannik	1998	M 14	LAV Kassel	08:40,0	1	07:15,0	1	06:22,0	1	00:00,0	0	08:13,0	0	3
2.	Ernst	Dario	1998	M 14	TSV Ihringshausen	00:00,0	0	07:27,0	2	00:00,0	0	10:38,0	1	08:03,0	2	5
3.	Sälzer	Tom	1998	M 14	LG Baunatal/Fuldabrück	09:11,0	3	07:59,0	0	06:40,0	3	10:50,0	2	08:35,0	0	8
4.	Hertel	Luca	1998	M 14	SSC Vellmar	09:02,0	2	00:00,0	0	06:30,0	2	00:00,0	0	08:21,0	6	10
5.	Hartmann	Henrik	1998	M 14	TSV Niederelsungen	09:38,0	4	08:02,0	5	06:43,0	4	11:13,0	0	08:26,0	0	13
6.	Ayyadi	Mohamed	1998	M 14	LG Baunatal/Fuldabrück	09:42,0	5	00:00,0	0	07:04,0	5	11:30,0	6	08:52,0	0	16
7.	Ninnemann	Bjarne	1998	M 14	LAV Kassel	00:00,0	0	08:23,0	6	07:16,0	6	11:38,0	7	09:16,0	0	19
8.	Klebe	Jonas	1998	M 14	LAV Kassel	10:42,0	6	08:47,0	8	00:00,0	0	12:41,0	8	09:47,0	0	22

9.	Schauenburg	Jan	1998	M 14	LG Reinhardswald	00:00,0	0	08:43,0	7	07:52,0	7	00:00,0	0	09:51,0	19	33
10.	Lorenz	Philipp	1998	M 14	LAV Kassel	00:00,0	0	00:00,0	0	08:10,0	8	13:22,0	10	10:15,0	21	39
1.	Gerland	Yannik	1997	M 15	LAV Kassel	08:12,0	1	06:50,0	1	00:00,0	0	09:58,0	1	07:43,0	0	3
2.	Wolkonski	Nils	1997	M 15	TSV Niederelsungen	08:37,0	2	07:39,0	0	06:17,0	1	10:30,0	3	07:55,0	0	6
3.	Radke	Clemens	1997	M 15	LG Reinhardswald	09:08,0	3	07:29,0	3	06:36,0	2	11:01,0	0	08:27,0	0	8
4.	Brahm	Bastian	1997	M 15	LG Reinhardswald	10:03,0	4	08:41,0	6	07:07,0	4	12:08,0	0	00:00,0	0	14
1.	Bohnes	Tony	1996	MJ U18	LG Reinhardswald	00:00,0	0	14:27,0	1	13:46,0	1	14:02,0	2	15:27,0	2	6
2.	Auel	Dominik	1995	MJ U18	LG Baunatal/Fuldabrück	18:22,0	4	00:00,0	0	14:32,0	2	14:29,0	4	16:32,0	7	17
3.	Knauf	Pascal	1995	MJ U18	LG Reinhardswald	20:23,0	5	00:00,0	0	16:17,0	4	16:38,0	5	18:04,0	13	27
1.	Schein	Henning	1993	MJ U20	TSV Obervorschütz	15:49,0	1	13:36,0	1	12:53,0	1	14:06,0	0	14:00,0	1	4
2.	Fuchs	Max	1994	MJ U20	LG Reinhardswald	16:57,0	2	00:00,0	0	13:48,0	3	13:30,0	1	15:11,0	3	9
3.	Westermann	Björn	1993	MJ U20	LG Reinhardswald	00:00,0	0	14:48,0	2	13:56,0	4	14:41,0	4	15:48,0	4	14
4.	Schmidt	Robin	1994	MJ U20	TSV Niederelsungen	00:00,0	0	15:35,0	3	14:07,0	5	14:11,0	3	15:54,0	5	16
1.	Jakob	Simon	1991	MM	LG Baunatal/Fuldabrück	16:13,0	4	00:00,0	0	12:49,0	2	12:58,0	2	14:20,0	3	11
2.	Riedel	Reiner	1966	MM	TSV Ihringshausen	23:43,0	0	20:01,0	6	19:03,0	5	19:06,0	5	20:35,0	9	25
3.	Kilian	Hermann	1965	MM	TSV Obervorschütz	19:50,0	9	17:08,0	5	00:00,0	0	17:11,0	4	18:39,0	8	26
1.	Kistner	Jan-Eike	1989	M 20	TV Friedrichsstein	30:58,0	1	27:43,0	1	28:06,0	3	27:16,0	0	29:45,0	1	6
1.	Wagner	Michael	1976	M 35	PSV Grün-Weiß Kassel	00:00,0	0	27:54,0	2	27:33,0	1	28:17,0	1	31:02,0	2	6
2.	Priester	Christian	1977	M 35	TuSpo Borken	30:17,0	2	00:00,0	0	28:55,0	2	28:57,0	2	31:17,0	4	10
3.	Meder	Jörg	1975	M 35	LAG Wesertal	32:02,0	3	31:11,0	3	30:52,0	5	00:00,0	0	33:36,0	6	17
4.	Bogatsch	Michael	1977	M 35	Eschweger TSV	33:59,0	5	33:10,0	4	32:52,0	6	31:31,0	3	33:43,0	0	18
1.	Biedermann	Michael	1970	M 40	LAG Wesertal	29:36,0	1	29:24,0	1	00:00,0	0	29:59,0	1	31:35,0	1	4
2.	Gumbel	Holger	1968	M 40	TSV Obervorschütz	33:14,0	3	32:30,0	4	32:13,0	1	33:23,0	3	00:00,0	0	11
3.	Itter	Stefan	1968	M 40	LG Baunatal/Fuldabrück	00:00,0	0	33:44,0	6	33:31,0	3	32:57,0	2	36:36,0	5	16
1.	Fiess	Michael	1966	M 45	LAG Wesertal	29:57,0	1	29:12,0	1	00:00,0	0	28:37,0	1	31:21,0	1	4
2.	Schauenburg	Sven	1967	M 45	LAG Wesertal	34:29,0	2	32:58,0	3	32:38,0	3	00:00,0	0	35:33,0	3	11
3.	Schmid	Christoph	1964	M 45	ohne Verein	35:12,0	3	34:17,0	5	34:05,0	5	33:14,0	3	37:19,0	0	16
4.	Lorenz	Jörg	1967	M 45	LG Baunatal/Fuldabrück	00:00,0	0	35:49,0	6	35:01,0	8	35:12,0	5	38:12,0	10	29
1.	Schenker	Martin	1962	M 50	LAG Wesertal	17:15,0	0	18:25,0	1	18:55,0	1	19:44,0	1	19:20,0	1	4
2.	Wilke	Herbert	1960	M 50	TSV Korbach	17:29,0	2	18:35,0	2	00:00,0	0	19:59,0	2	19:39,0	2	8
3.	Krieger	Dietmar	1959	M 50	LG Baunatal/Fuldabrück	19:53,0	4	22:07,0	4	21:44,0	5	23:05,0	6	22:36,0	0	19
4.	Rihm	Herbert	1962	M 50	LG Baunatal/Fuldabrück	23:11,0	7	24:51,0	6	25:03,0	8	25:28,0	9	00:00,0	0	30
1.	Bräuler	Helmut	1954	M 55	TSV Obervorschütz	19:21,0	1	20:14,0	1	20:35,0	1	22:19,0	2	21:37,0	0	5
2.	Kleinmann	Helmut	1957	M 55	TuSpo Borken	19:49,0	2	21:22,0	3	21:40,0	3	22:35,0	3	22:49,0	0	11
3.	Franke	Wolfgang	1956	M 55	TSV Obervorschütz	20:17,0	4	20:59,0	2	21:19,0	2	22:50,0	4	22:02,0	0	12

4.	Biskamp	Martin	1953	M 55	TSV Obervorschütz	20:12,0	3	21:30,0	4	00:00,0	0	23:41,0	5	22:14,0	6	18
5.	Jünemann	Michael	1955	M 55	LG Baunatal/Fuldabrück	00:00,0	0	22:23,0	5	22:19,0	5	23:45,0	6	23:25,0	9	25
6.	Egler	Bernd	1955	M 55	TSV Niederelsungen	20:54,0	5	00:00,0	0	22:10,0	4	24:14,0	7	23:34,0	11	27
7.	Erben	Michael	1956	M 55	LG Baunatal/Fuldabrück	21:18,0	6	23:12,0	6	00:00,0	0	24:44,0	8	25:06,0	14	34
8.	Thiele	Robert	1957	M 55	PSV Grün-Weiß Kassel	21:18,0	7	00:00,0	0	27:16,0	7	28:31,0	8	27:07,0	16	38
1.	Hennig	Hubertus	1951	M 60	TSV Korbach	17:34,0	1	18:44,0	1	00:00,0	0	20:12,0	1	19:47,0	1	4
2.	Dietzel	Jürgen	1952	M 60	LG Baunatal/Fuldabrück	20:39,0	5	21:43,0	3	22:12,0	2	00:00,0	0	23:05,0	3	13
3.	Gerland	Achim	1952	M 60	TuSpo Rengershausen	24:01,0	7	25:24,0	5	26:33,0	4	28:43,0	4	27:06,0	0	20
4.	Kramm	Horst	1952	M 60	LG Baunatal/Fuldabrück	27:26,0	10	30:36,0	7	28:55,0	5	30:16,0	5	00:00,0	0	27
1.	Knauff	Bernd	1947	M 65	TSV Obervorschütz	21:38,0	1	22:35,0	1	23:11,0	1	24:53,0	1	23:43,0	0	4
1.	Eck	Karl-Heinz	1942	M 70	LC Bad Arolsen	00:00,0	0	28:19,0	2	28:23,0	1	30:15,0	2	30:08,0	3	8
1.	Nadler	Dörte	1988	W 20	PSV Grün-Weiß Kassel	00:00,0	0	18:39,0	1	18:43,0	1	20:05,0	1	16:06,0	1	4
2.	Nehme	Tanja	1968	W 40	PSV Grün-Weiß Kassel	18:24,0	0	19:30,0	2	20:02,0	2	21:01,0	2	16:44,0	2	8
3.	Fischer	Jana	1991	W 20	PSV Grün-Weiß Kassel	20:49,0	4	21:17,0	3	00:00,0	0	22:21,0	4	17:52,0	4	15
4.	Schminke-Fischer	Birgit	1963	W 45	TSV Obervorschütz	21:43,0	6	22:12,0	5	00:00,0	0	24:15,0	6	18:59,0	7	24
5.	Dolstra	Silke	1973	W 35	LAG Wesertal	23:24,0	7	24:32,0	8	25:06,0	4	26:25,0	9	00:00,0	0	28
6.	Schütz	Monika	1953	W 55	LG Baunatal/Fuldabrück	25:25,0	8	26:24,0	9	27:15,0	6	28:22,0	11	22:18,0	0	34
7.	Gödel	Marianne	1951	W 60	LG Baunatal/Fuldabrück	25:51,0	9	28:04,0	10	29:02,0	7	30:24,0	12	23:29,0	0	38
8.	Müller	Kathrin	1992	W 20	TSV Niederelsungen	29:32,0	11	31:57,0	11	33:38,0	8	35:44,0	13	26:12,0	0	43
10.	Zinn	Astrid	1957	W 55	TG Wehlheiden	37:01,0	12	00:00,0	0	35:41,0	9	39:23,0	14	00:00,0	100	135
1.	Schein	Henning	1993	MJ U20	TSV Obervorschütz	15:49,0	3	13:36,0	4	12:53,0	3	14:06,0	0	14:00,0	1	11
2.	Jakob	Simon	1991	MM	LG Baunatal/Fuldabrück	16:13,0	5	00:00,0	0	12:49,0	2	12:58,0	2	14:20,0	4	13
3.	Bohnes	Tony	1996	MJ U18	LG Reinhardswald	00:00,0	0	14:27,0	5	13:46,0	5	14:02,0	4	15:27,0	7	21
4.	Fuchs	Max	1994	MJ U20	LG Reinhardswald	16:57,0	8	00:00,0	0	13:48,0	6	13:30,0	3	15:11,0	6	23
5.	Westermann	Björn	1993	MJ U20	LG Reinhardswald	00:00,0	0	14:48,0	6	13:56,0	7	14:41,0	9	15:48,0	8	30
6.	Schmidt	Robin	1994	MJ U20	TSV Niederelsungen	00:00,0	0	15:35,0	8	14:07,0	8	14:11,0	6	15:54,0	9	31
7.	Auel	Dominik	1995	MJ U18	LG Baunatal/Fuldabrück	18:22,0	10	00:00,0	0	14:32,0	9	14:29,0	8	16:32,0	12	39
8.	Knauf	Pascal	1995	MJ U18	LG Reinhardswald	20:23,0	13	00:00,0	0	16:17,0	10	16:38,0	10	18:04,0	14	47
9.	Kilian	Hermann	1965	MM	TSV Obervorschütz	19:50,0	12	17:08,0	9	00:00,0	0	17:11,0	11	18:39,0	15	47
10.	Riedel	Reiner	1966	MM	TSV Ihringshausen	23:43,0	14	20:01,0	10	19:03,0	12	19:06,0	12	20:35,0	0	48
1.	Kistner	Jan-Eike	1989	M 20	TV Friedrichsstein	30:58,0	0	27:43,0	2	28:06,0	4	27:16,0	5	29:45,0	1	12
2.	Wagner	Michael	1976	M 35	PSV Grün-Weiß Kassel	00:00,0	0	27:54,0	3	27:33,0	2	28:17,0	6	31:02,0	4	15
3.	Fiess	Michael	1966	M 45	LAG Wesertal	29:57,0	3	29:12,0	5	00:00,0	0	28:37,0	7	31:21,0	7	22
4.	Priester	Christian	1977	M 35	TuSpo Borken	30:17,0	4	00:00,0	0	28:55,0	6	28:57,0	8	31:17,0	6	24
5.	Biedermann	Michael	1970	M 40	LAG Wesertal	29:36,0	2	29:24,0	6	00:00,0	0	29:59,0	9	31:35,0	9	26
6.	Meder	Jörg	1975	M 35	LAG Wesertal	32:02,0	6	31:11,0	9	30:52,0	9	00:00,0	0	33:36,0	13	37
7.	Gumbel	Holger	1968	M 40	TSV Obervorschütz	33:14,0	8	32:30,0	11	32:13,0	11	33:23,0	14	00:00,0	0	44
8.	Bogatsch	Michael	1977	M 35	Eschweger TSV	33:59,0	10	33:10,0	0	32:52,0	15	31:31,0	11	33:43,0	14	50
9.	Schauenburg	Sven	1967	M 45	LAG Wesertal	34:29,0	11	32:58,0	13	32:38,0	14	00:00,0	0	35:33,0	16	54
10.	Schmid	Christoph	1964	M 45	ohne Verein	35:12,0	12	34:17,0	17	34:05,0	18	33:14,0	13	37:19,0	0	60

11.	Itter	Stefan	1968	M 40	LG Baunatal/Fuldabrück	00:00,0	0	33:44,0	15	33:31,0	17	32:57,0	12	36:36,0	20	64
12.	Lorenz	Jörg	1967	M 45	LG Baunatal/Fuldabrück	00:00,0	0	35:49,0	19	35:01,0	21	35:12,0	17	38:12,0	25	82