

Ergebnis – NTB-LRL-Finale 2020

2020-10-11

| D/H10b | | (4 / 4) | | Zeit | Rückstand | |
|---------------|--|----------------------------------|-------------|-------------|------------------------|------------------------------|
| 1. | Hanno Ciba 1:48 (1:48) 0:23 (11:07) | TSV Schlutup 2:24 (4:12) | 0:49 (5:01) | 11:07 | 2:07 (7:08) | 1:49 (10:44) |
| 2. | Elisa Ciba 2:07 (2:07) 0:43 (13:07) | TSV Schlutup 2:44 (4:51) | 0:59 (5:50) | 13:07 | +2:00 1:52 (7:42) | 2:39 (10:21) 2:03 (12:24) |
| 3. | Matias Cuesta Montero 2:36 (2:36) 0:56 (21:16) | TV Jahn Wolfsburg 2:40 (5:16) | 1:30 (6:46) | 21:16 | +10:09 9:00 (15:46) | 2:41 (18:27) 1:53 (20:20) |
| | Felix Ripke – (–) – (–) | LBV Phönix Lübeck – (–) | – (–) | Nicht Ang. | – (–) | – (–) |

| D/H10 | | (4 / 4) | | Zeit | Rückstand | |
|--------------|--|---------------------------------------|--------------|-------------|------------------------|------------------------------|
| 1. | Constantin Freudenfeld 1:03 (1:03) 0:22 (7:55) | TSV Worpswede 1:46 (2:49) | 0:47 (3:36) | 7:55 | 1:25 (5:01) | 1:15 (6:16) 1:17 (7:33) |
| 2. | Miguel Castilho Marcao 1:24 (1:24) 0:20 (9:13) | SV Hildesia Diekholzen 1:43 (3:07) | 0:55 (4:02) | 9:13 | +1:18 1:25 (5:27) | 1:55 (7:22) 1:31 (8:53) |
| 3. | Ria Wittke 1:25 (1:25) 0:25 (9:15) | SV Hildesia Diekholzen 1:43 (3:08) | 0:55 (4:03) | 9:15 | +1:20 1:25 (5:28) | 1:51 (7:19) 1:31 (8:50) |
| 4. | Helena Warmuz 5:45 (5:45) 3:33 (40:47) | | 2:22 (17:02) | 40:47 | +32:52 5:49 (22:51) | 5:32 (28:23) 8:51 (37:14) |

| D12 | | (1 / 1) | | Zeit | Rückstand | |
|------------|------------------------------|--------------------------------------|----------------|-------------|------------------|-------|
| | Jana Knaup – (–) – (–) | Braunschweiger MTV – (–) – (–) | – (–) – (–) | Nicht Ang. | – (–) – (–) | – (–) |

| H12 | | (3 / 3) | | Zeit | Rückstand | |
|------------|--|---|-----------------------------|-------------|---------------------------------------|--|
| 1. | Johannes Eckel 1:58 (1:58) 1:28 (7:57) | OLV Uslar 1:00 (2:58) 1:52 (9:49) | 0:42 (3:40) 1:40 (11:29) | 13:20 | 0:32 (4:12) 1:22 (12:51) | 0:40 (4:52) 0:29 (13:20) 1:37 (6:29) |
| 2. | Finn Ostendorff 3:36 (3:36) 2:07 (13:52) | TSV Worpswede 0:59 (4:35) 13:57 (27:49) | 0:59 (5:34) 0:51 (28:40) | 30:13 | +16:53 0:41 (6:15) 1:12 (29:52) | 0:58 (7:13) 0:21 (30:13) 4:32 (11:45) |
| 3. | Maik Schweizer 2:46 (2:46) 2:24 (35:33) | MTV Seesen 2:12 (4:58) 2:58 (38:31) | 1:36 (6:34) 1:54 (40:25) | 43:16 | +29:56 0:58 (7:32) 2:25 (42:50) | 1:01 (8:33) 0:26 (43:16) 24:36 (33:09) |

| D14 | | (4 / 4) | | Zeit | Rückstand | |
|------------|---|---|------------------------------|-------------|--|------------------------------|
| 1. | Rut Stark 3:00 (3:00) 1:52 (16:02) | MTV Seesen 2:35 (5:35) 1:47 (17:49) | 3:38 (9:13) 1:28 (19:17) | 19:38 | 2:07 (11:20) 0:21 (19:38) | 0:34 (11:54) 2:16 (14:10) |
| 2. | Jule Weigert 3:10 (3:10) 2:23 (18:47) | TV Jahn Wolfsburg 3:08 (6:18) 1:47 (20:34) | 5:18 (11:36) 1:43 (22:17) | 22:40 | +3:02 2:15 (13:51) 0:23 (22:40) | 0:36 (14:27) 1:57 (16:24) |
| 3. | Maren Strauß 2:53 (2:53) 3:19 (19:19) | SV Hildesia Diekholzen 3:04 (5:57) 2:09 (21:28) | 4:30 (10:27) 1:30 (22:58) | 23:20 | +3:42 2:46 (13:13) 0:22 (23:20) | 0:33 (13:46) 2:14 (16:00) |
| 4. | Anna Weigert 6:50 (6:50) 4:17 (30:59) | TV Jahn Wolfsburg 4:24 (11:14) 3:01 (34:00) | 7:43 (18:57) 3:29 (37:29) | 38:22 | +18:44 3:22 (22:19) 0:53 (38:22) | 1:05 (23:24) 3:18 (26:42) |

| H14 | | (5 / 5) | | Zeit | Rückstand | |
|------------|---|--|------------------------------|-------------|--|------------------------------|
| 1. | Aaron Niazi 2:03 (2:03) 1:40 (13:18) | TSV Worpswede 1:57 (4:00) 1:24 (14:42) | 3:53 (7:53) 1:20 (16:02) | 16:19 | 1:35 (9:28) 0:17 (16:19) | 0:36 (10:04) 1:34 (11:38) |
| 2. | Till Raake 2:54 (2:54) 2:01 (15:18) | MTV Seesen 2:27 (5:21) 1:35 (16:53) | 3:46 (9:07) 1:17 (18:10) | 18:30 | +2:11 1:47 (10:54) 0:20 (18:30) | 0:38 (11:32) 1:45 (13:17) |
| 3. | Felix Salau 5:08 (5:08) 2:28 (21:47) | MTV Seesen 2:45 (7:53) 1:43 (23:30) | 7:08 (15:01) 1:42 (25:12) | 25:34 | +9:15 1:57 (16:58) 0:22 (25:34) | 0:35 (17:33) 1:46 (19:19) |
| 4. | Sven-Guido Schulze 3:03 (3:03) 2:51 (23:09) | TV Jahn Wolfsburg 2:52 (5:55) 2:39 (25:48) | 9:16 (15:11) 1:42 (27:30) | 27:54 | +11:35 1:59 (17:10) 0:24 (27:54) | 0:50 (18:00) 2:18 (20:18) |
| | Jonas Knaup – (–) – (–) | Braunschweiger MTV – (–) – (–) | – (–) – (–) | Nicht Ang. | – (–) – (–) | – (–) |

| D16 | | (4 / 4) | | Zeit | Rückstand | |
|-------------|---------------------------|-------------------|-----------------|-------------|------------------|----------------|
| 1. | Annika Stamer | Preetzer TSV | | 27:47 | | |
| | 1:42 (1:42) | 2:06 (3:48) | 0:57 (4:45) | | 0:38 (5:23) | 4:29 (12:21) |
| | 4:16 (16:37) | 2:22 (18:59) | 1:16 (20:15) | | 1:06 (21:21) | 4:21 (25:42) |
| | 0:29 (27:47) | | | | | 1:36 (27:18) |
| 2. | Louisa Kollenbach | Ski-Club Helsa | | 40:09 | +12:22 | |
| | 1:58 (1:58) | 2:55 (4:53) | 1:23 (6:16) | | 0:53 (7:09) | 6:14 (17:13) |
| | 6:02 (23:15) | 3:51 (27:06) | 1:32 (28:38) | | 1:59 (30:37) | 5:56 (36:33) |
| | 0:42 (40:09) | | | | | 2:54 (39:27) |
| 3. | Lena-Maria Klose | MTV Seesen | | 57:02 | +29:15 | |
| | 2:41 (2:41) | 4:06 (6:47) | 2:09 (8:56) | | 0:44 (9:40) | 7:10 (20:45) |
| | 10:52 (31:37) | 11:15 (42:52) | 1:41 (44:33) | | 1:52 (46:25) | 7:47 (54:12) |
| | 0:43 (57:02) | | | | | 2:07 (56:19) |
| | Lilly Hintz | MTV Seesen | | Nicht Ang. | | |
| | – (–) | – (–) | – (–) | | – (–) | – (–) |
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| | – (–) | | | | | |
| H16 | | (7 / 7) | | Zeit | Rückstand | |
| 1. | Till Buchberger | MTV Seesen | | 30:03 | | |
| | 3:19 (3:19) | 2:14 (5:33) | 2:05 (7:38) | | 0:44 (8:22) | 0:35 (9:51) |
| | 2:49 (12:40) | 4:59 (17:39) | 5:06 (22:45) | | 0:31 (23:16) | 0:52 (24:08) |
| | 1:23 (29:30) | 0:33 (30:03) | | | | 3:59 (28:07) |
| 2. | Julius Wandelt | MTV Seesen | | 36:58 | +6:55 | |
| | 2:20 (2:20) | 3:48 (6:08) | 2:38 (8:46) | | 0:51 (9:37) | 1:12 (10:49) |
| | 2:43 (14:17) | 5:39 (19:56) | 8:28 (28:24) | | 0:39 (29:03) | 1:02 (30:05) |
| | 1:43 (36:19) | 0:39 (36:58) | | | | 4:31 (34:36) |
| 3. | Bennet Grote | OLV Uslar | | 44:38 | +14:35 | |
| | 3:14 (3:14) | 8:06 (11:20) | 3:00 (14:20) | | 1:02 (15:22) | 1:16 (16:38) |
| | 3:21 (20:54) | 6:24 (27:18) | 7:00 (34:18) | | 0:50 (35:08) | 1:21 (36:29) |
| | 2:05 (43:56) | 0:42 (44:38) | | | | 5:22 (41:51) |
| 4. | Thore Napp | TV Jahn Wolfsburg | | 47:43 | +17:40 | |
| | 3:36 (3:36) | 6:03 (9:39) | 3:07 (12:46) | | 1:35 (14:21) | 1:25 (15:46) |
| | 3:44 (20:19) | 7:52 (28:11) | 8:27 (36:38) | | 0:59 (37:37) | 1:43 (39:20) |
| | 2:14 (47:04) | 0:39 (47:43) | | | | 5:30 (44:50) |
| 5. | Inigo Cuesta Monterd | TV Jahn Wolfsburg | | 1:16:09 | +46:06 | |
| | 4:08 (4:08) | 8:17 (12:25) | 5:52 (18:17) | | 6:34 (24:51) | 1:58 (26:49) |
| | 7:20 (35:49) | 10:22 (46:11) | 14:20 (1:00:31) | | 5:09 (1:05:40) | 2:19 (1:07:59) |
| | 2:15 (1:15:21) | 0:48 (1:16:09) | | | | 5:07 (1:13:06) |
| | Jannis Gerling | TG 1860 Münden | | Nicht Ang. | | |
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| | Jussi Bruns | MTK Bad Harzburg | | Nicht Ang. | | |
| | – (–) | – (–) | – (–) | | – (–) | – (–) |
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| D18 | | (1 / 1) | | Zeit | Rückstand | |
| 1. | Carolin Bernsdorf | MTV Seesen | | 56:54 | | |
| | 18:16 (18:16) | 3:02 (21:18) | 3:19 (24:37) | | 0:51 (25:28) | 1:05 (26:33) |
| | 2:54 (30:07) | 7:46 (37:53) | 10:11 (48:04) | | 0:40 (48:44) | 1:21 (50:05) |
| | 1:59 (56:13) | 0:41 (56:54) | | | | 4:09 (54:14) |
| H18 | | (5 / 5) | | Zeit | Rückstand | |
| 1. | Jan Klose | MTV Seesen | | 33:04 | | |
| | 3:57 (3:57) | 2:12 (6:09) | 1:28 (7:37) | | 2:32 (10:09) | 1:05 (11:14) |
| | 0:37 (13:19) | 0:45 (14:04) | 1:44 (15:48) | | 4:27 (20:15) | 3:57 (24:12) |
| | 0:49 (26:32) | 0:33 (27:05) | 4:02 (31:07) | | 1:26 (32:33) | 0:31 (33:04) |
| 2. | Tom Buchholz | MTK Bad Harzburg | | 33:47 | +0:43 | |
| | 2:12 (2:12) | 5:09 (7:21) | 1:44 (9:05) | | 3:04 (12:09) | 1:10 (13:19) |
| | 0:47 (15:38) | 0:42 (16:20) | 1:31 (17:51) | | 4:15 (22:06) | 3:15 (25:21) |
| | 1:02 (27:44) | 0:35 (28:19) | 3:44 (32:03) | | 1:15 (33:18) | 0:29 (33:47) |
| 3. | Aaron Wandelt | MTV Seesen | | 34:21 | +1:17 | |
| | 3:21 (3:21) | 4:47 (8:08) | 1:35 (9:43) | | 2:36 (12:19) | 1:20 (13:39) |
| | 0:37 (15:48) | 0:43 (16:31) | 1:41 (18:12) | | 4:19 (22:31) | 3:20 (25:51) |
| | 0:53 (28:08) | 0:32 (28:40) | 3:48 (32:28) | | 1:20 (33:48) | 0:33 (34:21) |
| 4. | Lion Bernsdorf | MTV Seesen | | 59:23 | +26:19 | |
| | 6:45 (6:45) | 4:59 (11:44) | 3:22 (15:06) | | 3:53 (18:59) | 2:17 (21:16) |
| | 1:11 (24:43) | 0:52 (25:35) | 6:13 (31:48) | | 5:57 (37:45) | 5:34 (43:19) |
| | 1:20 (47:24) | 0:33 (47:57) | 8:33 (56:30) | | 2:08 (58:38) | 0:45 (59:23) |
| | Theo Hensseler | MTV Seesen | | Nicht Ang. | | |
| | – (–) | – (–) | – (–) | | – (–) | – (–) |
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| D19L | | (9 / 9) | | Zeit | Rückstand | |
| 1. | Ann-Charlotte Spangenberg | TG 1860 Münden | | 30:15 | | |

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| 1:31 (1:31) | 3:56 (5:27) | 1:52 (7:19) | 1:40 (8:59) | 2:06 (11:05) | 0:46 (11:51) |
| 1:21 (13:12) | 4:23 (17:35) | 3:47 (21:22) | 1:33 (22:55) | 0:58 (23:53) | 0:27 (24:20) |
| 4:07 (28:27) | 1:15 (29:42) | 0:33 (30:15) | | | |
| 2. Birte Friedrichs | MTV Seesen | 30:37 | +0:22 | | |
| 1:24 (1:24) | 4:20 (5:44) | 2:03 (7:47) | 1:07 (8:54) | 2:06 (11:00) | 0:44 (11:44) |
| 1:16 (13:00) | 4:29 (17:29) | 4:00 (21:29) | 1:26 (22:55) | 0:54 (23:49) | 0:29 (24:18) |
| 4:24 (28:42) | 1:22 (30:04) | 0:33 (30:37) | | | |
| 3. Lina Buchberger | MTV Seesen | 36:25 | +6:10 | | |
| 1:39 (1:39) | 4:57 (6:36) | 3:11 (9:47) | 1:10 (10:57) | 2:20 (13:17) | 0:48 (14:05) |
| 1:46 (15:51) | 5:57 (21:48) | 4:12 (26:00) | 1:50 (27:50) | 0:58 (28:48) | 0:42 (29:30) |
| 4:34 (34:04) | 1:40 (35:44) | 0:41 (36:25) | | | |
| 4. Annika Strauß | SV Hildesia Diekholzen | 41:40 | +11:25 | | |
| 1:48 (1:48) | 5:32 (7:20) | 5:13 (12:33) | 1:31 (14:04) | 2:39 (16:43) | 0:55 (17:38) |
| 2:28 (20:06) | 5:51 (25:57) | 4:34 (30:31) | 2:05 (32:36) | 1:16 (33:52) | 0:44 (34:36) |
| 4:49 (39:25) | 1:33 (40:58) | 0:42 (41:40) | | | |
| 5. Pia Buchholz | MTK Bad Harzburg | 41:47 | +11:32 | | |
| 1:53 (1:53) | 5:48 (7:41) | 2:15 (9:56) | 1:21 (11:17) | 2:32 (13:49) | 0:56 (14:45) |
| 1:45 (16:30) | 6:39 (23:09) | 4:53 (28:02) | 2:40 (30:42) | 1:01 (31:43) | 2:57 (34:40) |
| 4:49 (39:29) | 1:36 (41:05) | 0:42 (41:47) | | | |
| 6. Anna Castilho Marcao | SV Hildesia Diekholzen | 43:09 | +12:54 | | |
| 1:46 (1:46) | 5:22 (7:08) | 2:20 (9:28) | 1:17 (10:45) | 2:40 (13:25) | 0:50 (14:15) |
| 4:30 (18:45) | 7:20 (26:05) | 4:40 (30:45) | 2:10 (32:55) | 1:05 (34:00) | 0:33 (34:33) |
| 6:21 (40:54) | 1:39 (42:33) | 0:36 (43:09) | | | |
| 7. Jelena Topp | TSV Worpswede | 47:00 | +16:45 | | |
| 1:34 (1:34) | 7:32 (9:06) | 6:09 (15:15) | 1:16 (16:31) | 2:28 (18:59) | 0:56 (19:55) |
| 1:38 (21:33) | 6:11 (27:44) | 4:19 (32:03) | 2:03 (34:06) | 1:03 (35:09) | 2:51 (38:00) |
| 6:36 (44:36) | 1:45 (46:21) | 0:39 (47:00) | | | |
| 8. Irina Berard | OSC Hamburg | 53:37 | +23:22 | | |
| 1:57 (1:57) | 7:22 (9:19) | 3:00 (12:19) | 1:53 (14:12) | 3:24 (17:36) | 1:09 (18:45) |
| 1:57 (20:42) | 11:24 (32:06) | 5:28 (37:34) | 4:23 (41:57) | 1:30 (43:27) | 0:39 (44:06) |
| 6:54 (51:00) | 1:57 (52:57) | 0:40 (53:37) | | | |
| 9. Katharina Linke | MTV Seesen | 1:22:34 | +52:19 | | |
| 1:58 (1:58) | 7:02 (9:00) | 3:37 (12:37) | 2:44 (15:21) | 3:17 (18:38) | 0:49 (19:27) |
| 4:51 (24:18) | 23:46 (48:04) | 12:59 (1:01:03) | 2:26 (1:03:29) | 1:50 (1:05:19) | 10:23 (1:15:42) |
| 4:49 (1:20:31) | 1:30 (1:22:01) | 0:33 (1:22:34) | | | |

D19K**(6 / 6)****Zeit****Rückstand**

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| 1. Anna-Lena Engelmann | TSV Worpswede | 37:35 | | | |
| 2:18 (2:18) | 2:46 (5:04) | 1:15 (6:19) | 0:47 (7:06) | 3:33 (10:39) | 6:09 (16:48) |
| 5:56 (22:44) | 3:39 (26:23) | 1:10 (27:33) | 1:15 (28:48) | 5:29 (34:17) | 2:29 (36:46) |
| 0:49 (37:35) | | | | | |
| 2. Lea Reppnow | OLV Uslar | 39:22 | +1:47 | | |
| 2:59 (2:59) | 2:31 (5:30) | 1:09 (6:39) | 1:10 (7:49) | 3:54 (11:43) | 6:09 (17:52) |
| 5:55 (23:47) | 3:23 (27:10) | 1:02 (28:12) | 1:47 (29:59) | 6:21 (36:20) | 2:25 (38:45) |
| 0:37 (39:22) | | | | | |
| 3. Jordan Sophie Meisel | OLV Uslar | 40:07 | +2:32 | | |
| 2:13 (2:13) | 2:43 (4:56) | 1:26 (6:22) | 1:20 (7:42) | 3:54 (11:36) | 7:46 (19:22) |
| 5:54 (25:16) | 3:00 (28:16) | 1:21 (29:37) | 1:22 (30:59) | 6:02 (37:01) | 2:16 (39:17) |
| 0:50 (40:07) | | | | | |
| 4. Laura Finkenstädt | OLV Uslar | 41:05 | +3:30 | | |
| 2:19 (2:19) | 2:49 (5:08) | 1:23 (6:31) | 1:01 (7:32) | 3:41 (11:13) | 6:52 (18:05) |
| 6:13 (24:18) | 3:01 (27:19) | 1:10 (28:29) | 2:08 (30:37) | 7:07 (37:44) | 2:23 (40:07) |
| 0:58 (41:05) | | | | | |
| 5. Frida Maaß | TSV Nusse | 55:42 | +18:07 | | |
| 2:50 (2:50) | 3:50 (6:40) | 2:13 (8:53) | 0:57 (9:50) | 4:40 (14:30) | 12:30 (27:00) |
| 9:57 (36:57) | 4:03 (41:00) | 1:34 (42:34) | 1:53 (44:27) | 7:19 (51:46) | 3:04 (54:50) |
| 0:52 (55:42) | | | | | |
| Kiana Meisel | OLV Uslar | Nicht Ang. | | | |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
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H19L**(17 / 17)****Zeit****Rückstand**

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| 1. Konrad Stamer | Preetzer TSV | 33:03 | | | |
| 1:54 (1:54) | 1:53 (3:47) | 2:39 (6:26) | 0:22 (6:48) | 1:44 (8:32) | 2:01 (10:33) |
| 0:57 (11:30) | 1:42 (13:12) | 1:01 (14:13) | 3:37 (17:50) | 3:03 (20:53) | 1:10 (22:03) |
| 2:28 (24:31) | 0:49 (25:20) | 2:23 (27:43) | 0:50 (28:33) | 2:57 (31:30) | 1:06 (32:36) |
| 0:27 (33:03) | | | | | |
| 2. Kilian Lilje | TSV Worpswede | 38:47 | +5:44 | | |
| 1:55 (1:55) | 2:27 (4:22) | 3:22 (7:44) | 0:25 (8:09) | 1:52 (10:01) | 3:19 (13:20) |
| 1:00 (14:20) | 1:56 (16:16) | 1:14 (17:30) | 4:13 (21:43) | 3:54 (25:37) | 1:45 (27:22) |
| 2:38 (30:00) | 0:56 (30:56) | 2:33 (33:29) | 0:40 (34:09) | 3:10 (37:19) | 1:02 (38:21) |
| 0:26 (38:47) | | | | | |
| 3. Arne Nilas Schröder | Braunschweiger MTV | 40:43 | +7:40 | | |
| 2:01 (2:01) | 3:16 (5:17) | 3:07 (8:24) | 0:24 (8:48) | 1:50 (10:38) | 2:18 (12:56) |
| 1:08 (14:04) | 1:48 (15:52) | 1:05 (16:57) | 5:55 (22:52) | 3:43 (26:35) | 1:32 (28:07) |
| 3:25 (31:32) | 0:52 (32:24) | 2:46 (35:10) | 0:49 (35:59) | 3:11 (39:10) | 1:03 (40:13) |
| 0:30 (40:43) | | | | | |

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|-----|--------------------|--------------------|--------------|--------------|--------------|--------------|
| 4. | Tobiasz Warmuz | | 42:31 | +9:28 | | |
| | 2:06 (2:06) | 2:20 (4:26) | 3:29 (7:55) | 0:26 (8:21) | 1:54 (10:15) | 2:20 (12:35) |
| | 1:06 (13:41) | 4:22 (18:03) | 1:12 (19:15) | 4:39 (23:54) | 3:18 (27:12) | 1:43 (28:55) |
| | 3:07 (32:02) | 1:05 (33:07) | 2:55 (36:02) | 1:12 (37:14) | 3:22 (40:36) | 1:23 (41:59) |
| | 0:32 (42:31) | | | | | |
| 5. | Jan Felix Topp | TSV Worpswede | 43:19 | +10:16 | | |
| | 1:53 (1:53) | 2:20 (4:13) | 5:14 (9:27) | 0:26 (9:53) | 2:32 (12:25) | 2:40 (15:05) |
| | 1:08 (16:13) | 1:59 (18:12) | 1:10 (19:22) | 4:24 (23:46) | 4:01 (27:47) | 1:48 (29:35) |
| | 3:51 (33:26) | 1:00 (34:26) | 2:49 (37:15) | 0:48 (38:03) | 3:09 (41:12) | 1:32 (42:44) |
| | 0:35 (43:19) | | | | | |
| 6. | Sergei Roskop | Braunschweiger MTV | 46:28 | +13:25 | | |
| | 2:04 (2:04) | 2:23 (4:27) | 4:09 (8:36) | 0:22 (8:58) | 1:58 (10:56) | 3:30 (14:26) |
| | 1:02 (15:28) | 3:52 (19:20) | 1:13 (20:33) | 5:31 (26:04) | 3:39 (29:43) | 1:46 (31:29) |
| | 4:13 (35:42) | 1:14 (36:56) | 2:48 (39:44) | 0:55 (40:39) | 3:59 (44:38) | 1:17 (45:55) |
| | 0:33 (46:28) | | | | | |
| 7. | Till Finkenstädt | OLV Uslar | 46:30 | +13:27 | | |
| | 2:17 (2:17) | 3:30 (5:47) | 4:15 (10:02) | 0:26 (10:28) | 2:10 (12:38) | 2:37 (15:15) |
| | 1:15 (16:30) | 2:34 (19:04) | 1:22 (20:26) | 4:45 (25:11) | 4:02 (29:13) | 2:01 (31:14) |
| | 3:26 (34:40) | 1:07 (35:47) | 3:51 (39:38) | 0:57 (40:35) | 4:06 (44:41) | 1:24 (46:05) |
| | 0:25 (46:30) | | | | | |
| 8. | Christian Stamer | Preetzer TSV | 47:06 | +14:03 | | |
| | 2:19 (2:19) | 3:28 (5:47) | 4:09 (9:56) | 0:30 (10:26) | 1:59 (12:25) | 5:12 (17:37) |
| | 1:06 (18:43) | 2:06 (20:49) | 1:13 (22:02) | 4:59 (27:01) | 3:44 (30:45) | 1:40 (32:25) |
| | 3:20 (35:45) | 0:58 (36:43) | 3:11 (39:54) | 1:06 (41:00) | 3:51 (44:51) | 1:38 (46:29) |
| | 0:37 (47:06) | | | | | |
| 9. | Max Sonneborn | TSV Worpswede | 48:10 | +15:07 | | |
| | 2:39 (2:39) | 2:20 (4:59) | 3:56 (8:55) | 0:27 (9:22) | 4:02 (13:24) | 3:57 (17:21) |
| | 1:21 (18:42) | 4:09 (22:51) | 1:20 (24:11) | 4:35 (28:46) | 4:34 (33:20) | 1:46 (35:06) |
| | 2:31 (37:37) | 0:56 (38:33) | 3:15 (41:48) | 0:53 (42:41) | 3:34 (46:15) | 1:23 (47:38) |
| | 0:32 (48:10) | | | | | |
| 10. | Fabian Ulbrich | OLV Uslar | 48:34 | +15:31 | | |
| | 2:13 (2:13) | 2:47 (5:00) | 4:36 (9:36) | 0:31 (10:07) | 2:19 (12:26) | 2:55 (15:21) |
| | 1:25 (16:46) | 2:21 (19:07) | 1:36 (20:43) | 5:09 (25:52) | 4:03 (29:55) | 2:33 (32:28) |
| | 3:37 (36:05) | 1:15 (37:20) | 4:03 (41:23) | 1:03 (42:26) | 4:15 (46:41) | 1:27 (48:08) |
| | 0:26 (48:34) | | | | | |
| 11. | Steve Eibner | OSC Hamburg | 56:03 | +23:00 | | |
| | 2:57 (2:57) | 3:10 (6:07) | 5:50 (11:57) | 0:24 (12:21) | 2:06 (14:27) | 4:30 (18:57) |
| | 1:19 (20:16) | 3:12 (23:28) | 1:29 (24:57) | 5:43 (30:40) | 3:46 (34:26) | 3:59 (38:25) |
| | 5:17 (43:42) | 1:12 (44:54) | 3:15 (48:09) | 1:19 (49:28) | 4:32 (54:00) | 1:32 (55:32) |
| | 0:31 (56:03) | | | | | |
| 12. | Hauke Scharfenberg | TuS Bergen | 56:54 | +23:51 | | |
| | 2:38 (2:38) | 3:11 (5:49) | 5:17 (11:06) | 0:37 (11:43) | 2:32 (14:15) | 5:53 (20:08) |
| | 1:59 (22:07) | 2:24 (24:31) | 1:38 (26:09) | 6:16 (32:25) | 4:05 (36:30) | 1:54 (38:24) |
| | 5:01 (43:25) | 1:19 (44:44) | 4:13 (48:57) | 1:12 (50:09) | 4:20 (54:29) | 1:42 (56:11) |
| | 0:43 (56:54) | | | | | |
| 13. | Lennart Gooß | SC Klecken | 57:57 | +24:54 | | |
| | 2:38 (2:38) | 4:12 (6:50) | 5:11 (12:01) | 0:33 (12:34) | 3:49 (16:23) | 4:25 (20:48) |
| | 1:24 (22:12) | 2:29 (24:41) | 1:44 (26:25) | 6:04 (32:29) | 4:26 (36:55) | 2:21 (39:16) |
| | 4:00 (43:16) | 2:11 (45:27) | 4:21 (49:48) | 1:30 (51:18) | 4:17 (55:35) | 1:46 (57:21) |
| | 0:36 (57:57) | | | | | |
| | Christian Teich | OSC Hamburg | Nicht Ang. | | | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | Leif Leo Dittmers | OSC Hamburg | Nicht Ang. | | | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | Matti Bruns | MTK Bad Harzburg | Nicht Ang. | | | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | Ole Hensseler | MTV Seesen | Nicht Ang. | | | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |

| H19K | (4 / 4) | Zeit | Rückstand | | | |
|------|-----------------|--------------|--------------|--------------|--------------|--------------|
| 1. | Florian Schulte | SC Melle 03 | 39:09 | | | |
| | 3:11 (3:11) | 3:03 (6:14) | 2:31 (8:45) | 1:59 (10:44) | 1:14 (11:58) | 0:45 (12:43) |
| | 2:56 (15:39) | 6:03 (21:42) | 7:50 (29:32) | 1:01 (30:33) | 1:23 (31:56) | 4:53 (36:49) |
| | 1:38 (38:27) | 0:42 (39:09) | | | | |
| 2. | Jonas Wöldecke | SC Melle 03 | 39:24 | +0:15 | | |
| | 2:37 (2:37) | 3:06 (5:43) | 3:23 (9:06) | 0:50 (9:56) | 1:10 (11:06) | 0:49 (11:55) |
| | 3:05 (15:00) | 6:19 (21:19) | 8:20 (29:39) | 0:37 (30:16) | 1:18 (31:34) | 5:23 (36:57) |
| | 1:53 (38:50) | 0:34 (39:24) | | | | |

| | | | | | | |
|----|--------------------------|------------------------|-----------------|----------------|----------------|----------------|
| 3. | Robert Nuske | Turn-Klubb zu Hannover | 50:17 | +11:08 | | |
| | 3:02 (3:02) | 4:01 (7:03) | 4:13 (11:16) | 1:15 (12:31) | 1:28 (13:59) | 0:57 (14:56) |
| | 3:47 (18:43) | 8:38 (27:21) | 10:49 (38:10) | 1:23 (39:33) | 1:38 (41:11) | 5:47 (46:58) |
| | 2:40 (49:38) | 0:39 (50:17) | | | | |
| 4. | Alfonso Cuesta Hernandez | TV Jahn Wolfsburg | 1:18:15 | +39:06 | | |
| | 5:11 (5:11) | 9:31 (14:42) | 4:42 (19:24) | 1:28 (20:52) | 3:59 (24:51) | 1:58 (26:49) |
| | 17:36 (44:25) | 8:34 (52:59) | 12:49 (1:05:48) | 1:42 (1:07:30) | 2:28 (1:09:58) | 5:15 (1:15:13) |
| | 2:14 (1:17:27) | 0:48 (1:18:15) | | | | |

| D35 | | (8 / 8) | Zeit | Rückstand | | |
|------------|------------------------|------------------------|----------------|------------------|--------------|--------------|
| 1. | Marika Ciba | Lübecker Turnerschaft | 34:03 | | | |
| | 1:45 (1:45) | 2:16 (4:01) | 2:43 (6:44) | 2:03 (8:47) | 0:51 (9:38) | 1:18 (10:56) |
| | 1:02 (11:58) | 0:36 (12:34) | 5:07 (17:41) | 5:18 (22:59) | 2:03 (25:02) | 1:11 (26:13) |
| | 0:35 (26:48) | 5:31 (32:19) | 1:04 (33:23) | 0:40 (34:03) | | |
| 2. | Alexandra Nuske | Turn-Klubb zu Hannover | 40:51 | +6:48 | | |
| | 2:01 (2:01) | 3:19 (5:20) | 3:58 (9:18) | 2:14 (11:32) | 0:49 (12:21) | 1:18 (13:39) |
| | 1:10 (14:49) | 0:42 (15:31) | 6:42 (22:13) | 5:28 (27:41) | 2:38 (30:19) | 1:18 (31:37) |
| | 0:59 (32:36) | 6:29 (39:05) | 1:11 (40:16) | 0:35 (40:51) | | |
| 3. | Claudia Weigert | TV Jahn Wolfsburg | 54:11 | +20:08 | | |
| | 2:41 (2:41) | 3:14 (5:55) | 4:18 (10:13) | 2:39 (12:52) | 0:55 (13:47) | 2:00 (15:47) |
| | 1:20 (17:07) | 0:44 (17:51) | 7:10 (25:01) | 6:02 (31:03) | 9:23 (40:26) | 1:52 (42:18) |
| | 0:57 (43:15) | 8:37 (51:52) | 1:31 (53:23) | 0:48 (54:11) | | |
| 4. | Kerstin Wittke | SV Hildesia Diekholzen | 59:08 | +25:05 | | |
| | 6:40 (6:40) | 3:54 (10:34) | 4:36 (15:10) | 2:34 (17:44) | 0:58 (18:42) | 1:50 (20:32) |
| | 1:19 (21:51) | 0:48 (22:39) | 7:15 (29:54) | 6:05 (35:59) | 9:31 (45:30) | 1:45 (47:15) |
| | 1:02 (48:17) | 8:36 (56:53) | 1:28 (58:21) | 0:47 (59:08) | | |
| 5. | Dorothea Kirves | TG 1860 Münden | 1:00:50 | +26:47 | | |
| | 2:32 (2:32) | 3:13 (5:45) | 7:57 (13:42) | 2:15 (15:57) | 0:52 (16:49) | 2:09 (18:58) |
| | 1:39 (20:37) | 0:46 (21:23) | 7:28 (28:51) | 6:42 (35:33) | 6:48 (42:21) | 1:59 (44:20) |
| | 3:14 (47:34) | 11:06 (58:40) | 1:20 (1:00:00) | 0:50 (1:00:50) | | |
| 6. | Myrea Gerling | TG 1860 Münden | 1:07:58 | +33:55 | | |
| | 2:34 (2:34) | 3:56 (6:30) | 10:21 (16:51) | 3:31 (20:22) | 1:34 (21:56) | 2:52 (24:48) |
| | 1:52 (26:40) | 1:12 (27:52) | 8:52 (36:44) | 6:14 (42:58) | 6:27 (49:25) | 2:00 (51:25) |
| | 3:16 (54:41) | 10:53 (1:05:34) | 1:29 (1:07:03) | 0:55 (1:07:58) | | |
| | Maria Schefer | OSC Hamburg | Nicht Ang. | | | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | Sandra Castilho Marcao | SV Hildesia Diekholzen | Nicht Ang. | | | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |

| H35 | | (7 / 7) | Zeit | Rückstand | | |
|------------|-------------------|------------------------|--------------|------------------|----------------|--------------|
| 1. | Thorsten Weigert | TV Jahn Wolfsburg | 35:26 | | | |
| | 2:10 (2:10) | 3:05 (5:15) | 3:20 (8:35) | 3:16 (11:51) | 1:11 (13:02) | 1:27 (14:29) |
| | 0:47 (15:16) | 0:45 (16:01) | 1:47 (17:48) | 4:05 (21:53) | 3:45 (25:38) | 1:51 (27:29) |
| | 0:57 (28:26) | 1:15 (29:41) | 3:48 (33:29) | 1:23 (34:52) | 0:34 (35:26) | |
| 2. | Torben Timmermann | OSC Hamburg | 38:25 | +2:59 | | |
| | 2:16 (2:16) | 3:30 (5:46) | 1:55 (7:41) | 4:19 (12:00) | 2:18 (14:18) | 1:43 (16:01) |
| | 0:44 (16:45) | 0:48 (17:33) | 1:45 (19:18) | 4:16 (23:34) | 3:47 (27:21) | 1:39 (29:00) |
| | 0:56 (29:56) | 1:32 (31:28) | 4:47 (36:15) | 1:36 (37:51) | 0:34 (38:25) | |
| 3. | Carsten Ripke | OSC Hamburg | 40:55 | +5:29 | | |
| | 2:40 (2:40) | 3:32 (6:12) | 1:53 (8:05) | 3:50 (11:55) | 1:26 (13:21) | 1:56 (15:17) |
| | 0:53 (16:10) | 0:56 (17:06) | 2:01 (19:07) | 5:07 (24:14) | 5:10 (29:24) | 1:52 (31:16) |
| | 1:03 (32:19) | 0:48 (33:07) | 5:41 (38:48) | 1:28 (40:16) | 0:39 (40:55) | |
| 4. | Björn Frieling | TuS Bergen | 41:29 | +6:03 | | |
| | 2:13 (2:13) | 2:21 (4:34) | 1:49 (6:23) | 2:29 (8:52) | 1:14 (10:06) | 1:31 (11:37) |
| | 0:51 (12:28) | 1:16 (13:44) | 1:45 (15:29) | 4:40 (20:09) | 3:46 (23:55) | 1:57 (25:52) |
| | 0:52 (26:44) | 8:42 (35:26) | 4:05 (39:31) | 1:25 (40:56) | 0:33 (41:29) | |
| 5. | Axel Entrup | SC Klecken | 50:26 | +15:00 | | |
| | 3:22 (3:22) | 3:55 (7:17) | 2:34 (9:51) | 3:44 (13:35) | 1:40 (15:15) | 5:45 (21:00) |
| | 0:58 (21:58) | 0:59 (22:57) | 2:17 (25:14) | 5:31 (30:45) | 5:24 (36:09) | 2:31 (38:40) |
| | 2:05 (40:45) | 0:38 (41:23) | 6:55 (48:18) | 1:29 (49:47) | 0:39 (50:26) | |
| 6. | Thomas Laessig | Pretzer TSV | 51:15 | +15:49 | | |
| | 4:06 (4:06) | 3:57 (8:03) | 2:22 (10:25) | 3:34 (13:59) | 1:48 (15:47) | 2:01 (17:48) |
| | 1:21 (19:09) | 1:06 (20:15) | 2:38 (22:53) | 9:25 (32:18) | 5:25 (37:43) | 3:02 (40:45) |
| | 1:18 (42:03) | 0:39 (42:42) | 5:58 (48:40) | 1:58 (50:38) | 0:37 (51:15) | |
| | Jens Wittke | SV Hildesia Diekholzen | Fehlst. | | | |
| | 8:39 (8:39) | 2:51 (11:30) | 1:46 (13:16) | 3:48 (17:04) | 1:58 (19:02) | 1:40 (20:42) |
| | 0:44 (21:26) | 0:53 (22:19) | 2:13 (24:32) | 4:35 (29:07) | - (-) | - (-) |
| | - (-) | - (-) | - (1:10:23) | 1:22 (1:11:45) | 0:29 (1:12:14) | |

| D45 | | (16 / 16) | Zeit | Rückstand | | |
|------------|--------------------|------------------|--------------|------------------|--------------|--------------|
| 1. | Andrea Finkenstädt | OLV Uslar | 37:16 | | | |
| | 2:42 (2:42) | 2:31 (5:13) | 1:19 (6:32) | 1:32 (8:04) | 4:38 (12:42) | 5:42 (18:24) |
| | 5:18 (23:42) | 2:41 (26:23) | 1:05 (27:28) | 1:45 (29:13) | 5:11 (34:24) | 1:58 (36:22) |
| | 0:54 (37:16) | | | | | |

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|-----|----------------------------|------------------------|---------------|--------------|-----------------|----------------|
| 2. | Michaela Bruns | MTK Bad Harzburg | 37:57 | +0:41 | | |
| | 2:03 (2:03) | 3:01 (5:04) | 1:14 (6:18) | 1:01 (7:19) | 3:47 (11:06) | 6:02 (17:08) |
| | 6:14 (23:22) | 2:36 (25:58) | 1:27 (27:25) | 1:54 (29:19) | 5:42 (35:01) | 2:06 (37:07) |
| | 0:50 (37:57) | | | | | |
| 3. | Silvia Nolte | TSV Nusse | 38:31 | +1:15 | | |
| | 2:41 (2:41) | 2:28 (5:09) | 1:12 (6:21) | 0:48 (7:09) | 3:23 (10:32) | 9:02 (19:34) |
| | 5:00 (24:34) | 2:47 (27:21) | 2:11 (29:32) | 1:18 (30:50) | 4:59 (35:49) | 1:58 (37:47) |
| | 0:44 (38:31) | | | | | |
| 4. | Beate Stamer | Preetzer TSV | 38:42 | +1:26 | | |
| | 2:51 (2:51) | 2:42 (5:33) | 1:23 (6:56) | 0:56 (7:52) | 4:27 (12:19) | 6:45 (19:04) |
| | 6:09 (25:13) | 2:28 (27:41) | 1:07 (28:48) | 1:08 (29:56) | 5:36 (35:32) | 2:08 (37:40) |
| | 1:02 (38:42) | | | | | |
| 5. | Petra Schneider | SV Hildesia Diekholzen | 40:26 | +3:10 | | |
| | 2:22 (2:22) | 2:46 (5:08) | 1:24 (6:32) | 0:57 (7:29) | 3:45 (11:14) | 6:23 (17:37) |
| | 6:04 (23:41) | 3:40 (27:21) | 1:12 (28:33) | 2:01 (30:34) | 6:34 (37:08) | 2:33 (39:41) |
| | 0:45 (40:26) | | | | | |
| 6. | Irene Buchberger | MTV Seesen | 41:22 | +4:06 | | |
| | 3:03 (3:03) | 2:58 (6:01) | 1:52 (7:53) | 0:48 (8:41) | 3:08 (11:49) | 8:10 (19:59) |
| | 5:41 (25:40) | 3:45 (29:25) | 1:22 (30:47) | 1:44 (32:31) | 5:56 (38:27) | 2:08 (40:35) |
| | 0:47 (41:22) | | | | | |
| 7. | Tanja Buchholz | MTK Bad Harzburg | 45:23 | +8:07 | | |
| | 2:45 (2:45) | 3:06 (5:51) | 1:20 (7:11) | 1:03 (8:14) | 4:20 (12:34) | 8:36 (21:10) |
| | 7:09 (28:19) | 3:23 (31:42) | 1:53 (33:35) | 2:03 (35:38) | 5:59 (41:37) | 2:54 (44:31) |
| | 0:52 (45:23) | | | | | |
| 8. | Silke Napp | TV Jahn Wolfsburg | 54:55 | +17:39 | | |
| | 2:29 (2:29) | 3:10 (5:39) | 1:30 (7:09) | 1:07 (8:16) | 4:22 (12:38) | 10:18 (22:56) |
| | 7:35 (30:31) | 4:50 (35:21) | 1:15 (36:36) | 2:06 (38:42) | 12:47 (51:29) | 2:33 (54:02) |
| | 0:53 (54:55) | | | | | |
| 9. | Brigitte Dersch-Kollenbach | Ski-Club Helsa | 1:01:29 | +24:13 | | |
| | 5:46 (5:46) | 5:10 (10:56) | 2:11 (13:07) | 2:17 (15:24) | 5:39 (21:03) | 10:37 (31:40) |
| | 8:22 (40:02) | 3:52 (43:54) | 1:31 (45:25) | 2:21 (47:46) | 8:55 (56:41) | 3:24 (1:00:05) |
| | 1:24 (1:01:29) | | | | | |
| 10. | Stefanie Krebs | Turn-Klubb zu Hannover | 1:06:39 | +29:23 | | |
| | 11:20 (11:20) | 3:54 (15:14) | 11:28 (26:42) | 3:19 (30:01) | 3:52 (33:53) | 8:59 (42:52) |
| | 6:22 (49:14) | 3:27 (52:41) | 1:19 (54:00) | 2:01 (56:01) | 6:39 (1:02:40) | 2:25 (1:05:05) |
| | 1:34 (1:06:39) | | | | | |
| 11. | Kristine Schulze | TV Jahn Wolfsburg | 1:09:51 | +32:35 | | |
| | 3:31 (3:31) | 7:40 (11:11) | 1:55 (13:06) | 1:12 (14:18) | 10:38 (24:56) | 8:25 (33:21) |
| | 9:15 (42:36) | 10:53 (53:29) | 1:34 (55:03) | 2:06 (57:09) | 8:39 (1:05:48) | 2:55 (1:08:43) |
| | 1:08 (1:09:51) | | | | | |
| 12. | Meike Ackermann | TSV Nusse | 1:10:05 | +32:49 | | |
| | 3:13 (3:13) | 25:02 (28:15) | 1:42 (29:57) | 0:53 (30:50) | 4:03 (34:53) | 8:39 (43:32) |
| | 5:34 (49:06) | 6:08 (55:14) | 1:11 (56:25) | 1:37 (58:02) | 5:03 (1:03:05) | 6:17 (1:09:22) |
| | 0:43 (1:10:05) | | | | | |
| 13. | Sylke Höfner | OLV Uslar | 1:15:47 | +38:31 | | |
| | 5:02 (5:02) | 4:49 (9:51) | 2:09 (12:00) | 3:22 (15:22) | 6:39 (22:01) | 16:32 (38:33) |
| | 9:03 (47:36) | 4:22 (51:58) | 1:54 (53:52) | 3:21 (57:13) | 12:46 (1:09:59) | 4:04 (1:14:03) |
| | 1:44 (1:15:47) | | | | | |
| | Iris Hennseler | MTV Seesen | (53:51) | +16:35 | | |
| | 6:57 (6:57) | 8:19 (15:16) | 1:20 (16:36) | 1:50 (18:26) | 3:38 (22:04) | 7:14 (29:18) |
| | 5:25 (34:43) | 3:27 (38:10) | 3:52 (42:02) | 1:59 (44:01) | 6:14 (50:15) | 2:47 (53:02) |
| | 0:49 (53:51) | | | | | |
| | Katja Eckel | OLV Uslar | Fehlst. | | | |
| | 5:03 (5:03) | 2:56 (7:59) | 1:15 (9:14) | 0:53 (10:07) | 3:43 (13:50) | – (–) |
| | – (23:00) | 3:19 (26:19) | 1:37 (27:56) | 1:37 (29:33) | 13:56 (43:29) | 2:19 (45:48) |
| | 0:40 (46:28) | | | | | |
| | Sonja Kunze | OLV Uslar | Nicht Ang. | | | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| | – (–) | | | | | |

H45 (11 / 11) Zeit Rückstand

| | | | | | | |
|----|-----------------------|------------------|--------------|--------------|--------------|--------------|
| 1. | Christoph Freudenfeld | TSV Worpswede | 29:48 | | | |
| | 1:59 (1:59) | 2:39 (4:38) | 1:31 (6:09) | 2:34 (8:43) | 1:50 (10:33) | 0:40 (11:13) |
| | 3:32 (14:45) | 0:24 (15:09) | 4:05 (19:14) | 3:00 (22:14) | 1:25 (23:39) | 0:32 (24:11) |
| | 0:50 (25:01) | 3:34 (28:35) | 0:44 (29:19) | 0:29 (29:48) | | |
| 2. | Martin Hennseler | MTV Seesen | 31:01 | +1:13 | | |
| | 2:17 (2:17) | 2:39 (4:56) | 1:57 (6:53) | 3:25 (10:18) | 2:06 (12:24) | 0:43 (13:07) |
| | 1:15 (14:22) | 0:30 (14:52) | 3:54 (18:46) | 3:45 (22:31) | 1:22 (23:53) | 0:28 (24:21) |
| | 0:56 (25:17) | 4:20 (29:37) | 0:53 (30:30) | 0:31 (31:01) | | |
| 3. | Eike Bruns | MTK Bad Harzburg | 34:52 | +5:04 | | |
| | 3:12 (3:12) | 3:27 (6:39) | 1:47 (8:26) | 2:59 (11:25) | 2:32 (13:57) | 0:41 (14:38) |
| | 1:37 (16:15) | 0:31 (16:46) | 4:38 (21:24) | 4:21 (25:45) | 1:33 (27:18) | 0:35 (27:53) |
| | 1:06 (28:59) | 4:19 (33:18) | 0:56 (34:14) | 0:38 (34:52) | | |
| 4. | Oliver Hillebrandt | OLV Uslar | 40:39 | +10:51 | | |
| | 2:36 (2:36) | 3:30 (6:06) | 2:10 (8:16) | 3:33 (11:49) | 3:12 (15:01) | 1:21 (16:22) |
| | 1:50 (18:12) | 0:48 (19:00) | 5:39 (24:39) | 4:59 (29:38) | 2:01 (31:39) | 0:37 (32:16) |
| | 1:21 (33:37) | 5:18 (38:55) | 1:05 (40:00) | 0:39 (40:39) | | |

| | | | | | | |
|-----|----------------|--------------------|--------------|---------------|--------------|--------------|
| 5. | Juha Heikkilä | TSV Worpswede | 41:28 | +11:40 | | |
| | 2:50 (2:50) | 3:26 (6:16) | 2:14 (8:30) | 3:34 (12:04) | 2:52 (14:56) | 1:03 (15:59) |
| | 2:44 (18:43) | 0:47 (19:30) | 6:15 (25:45) | 4:55 (30:40) | 2:05 (32:45) | 0:48 (33:33) |
| | 1:12 (34:45) | 5:01 (39:46) | 1:05 (40:51) | 0:37 (41:28) | | |
| 6. | Frank Leppla | Braunschweiger MTV | 44:18 | +14:30 | | |
| | 3:47 (3:47) | 3:29 (7:16) | 2:23 (9:39) | 4:08 (13:47) | 2:36 (16:23) | 1:09 (17:32) |
| | 1:35 (19:07) | 0:48 (19:55) | 5:13 (25:08) | 4:43 (29:51) | 2:03 (31:54) | 0:49 (32:43) |
| | 1:33 (34:16) | 8:24 (42:40) | 1:04 (43:44) | 0:34 (44:18) | | |
| 7. | Hartmut Höra | | 48:54 | +19:06 | | |
| | 12:20 (12:20) | 4:54 (17:14) | 2:19 (19:33) | 3:09 (22:42) | 2:32 (25:14) | 0:48 (26:02) |
| | 1:35 (27:37) | 0:49 (28:26) | 5:01 (33:27) | 4:36 (38:03) | 1:53 (39:56) | 0:43 (40:39) |
| | 1:22 (42:01) | 5:13 (47:14) | 0:58 (48:12) | 0:42 (48:54) | | |
| 8. | Gunnar Grote | OLV Uslar | 49:07 | +19:19 | | |
| | 2:47 (2:47) | 6:29 (9:16) | 2:39 (11:55) | 5:10 (17:05) | 7:24 (24:29) | 0:53 (25:22) |
| | 1:31 (26:53) | 0:38 (27:31) | 5:13 (32:44) | 4:34 (37:18) | 1:50 (39:08) | 0:38 (39:46) |
| | 1:24 (41:10) | 5:06 (46:16) | 2:21 (48:37) | 0:30 (49:07) | | |
| 9. | Sven Buchholz | MTK Bad Harzburg | 56:50 | +27:02 | | |
| | 3:29 (3:29) | 4:30 (7:59) | 2:06 (10:05) | 13:36 (23:41) | 3:36 (27:17) | 2:54 (30:11) |
| | 1:58 (32:09) | 1:02 (33:11) | 7:29 (40:40) | 5:38 (46:18) | 2:07 (48:25) | 0:47 (49:12) |
| | 1:28 (50:40) | 4:40 (55:20) | 0:54 (56:14) | 0:36 (56:50) | | |
| 10. | Christoph Napp | TV Jahn Wolfsburg | 57:28 | +27:40 | | |
| | 4:06 (4:06) | 7:44 (11:50) | 2:50 (14:40) | 4:25 (19:05) | 6:09 (25:14) | 1:44 (26:58) |
| | 2:07 (29:05) | 0:49 (29:54) | 7:16 (37:10) | 5:34 (42:44) | 2:11 (44:55) | 0:56 (45:51) |
| | 1:32 (47:23) | 7:53 (55:16) | 1:24 (56:40) | 0:48 (57:28) | | |
| | Olaf Handtrack | SV Munster | Nicht Ang. | | | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |

| D55 | (5 / 5) | Zeit | Rückstand | | | |
|-----|-------------------|------------------|-----------------|----------------|----------------|--------------|
| 1. | Heidrun Finke | OLV Uslar | 33:56 | | | |
| | 4:27 (4:27) | 1:48 (6:15) | 0:53 (7:08) | 1:55 (9:03) | 7:09 (16:12) | 5:03 (21:15) |
| | 2:14 (23:29) | 1:34 (25:03) | 6:54 (31:57) | 1:15 (33:12) | 0:44 (33:56) | |
| 2. | Ulrike Korff | SC Achmer | 44:33 | +10:37 | | |
| | 9:20 (9:20) | 1:17 (10:37) | 0:58 (11:35) | 1:53 (13:28) | 8:21 (21:49) | 5:55 (27:44) |
| | 5:01 (32:45) | 1:45 (34:30) | 7:59 (42:29) | 1:18 (43:47) | 0:46 (44:33) | |
| 3. | Esther Knoblauch | MTK Bad Harzburg | 52:04 | +18:08 | | |
| | 9:42 (9:42) | 1:53 (11:35) | 1:18 (12:53) | 2:14 (15:07) | 8:54 (24:01) | 7:04 (31:05) |
| | 6:59 (38:04) | 1:53 (39:57) | 9:27 (49:24) | 1:41 (51:05) | 0:59 (52:04) | |
| 4. | Ulrike Friedrichs | MTV Seesen | 59:54 | +25:58 | | |
| | 5:38 (5:38) | 1:23 (7:01) | 1:26 (8:27) | 2:11 (10:38) | 22:20 (32:58) | 7:46 (40:44) |
| | 3:13 (43:57) | 3:07 (47:04) | 9:59 (57:03) | 1:49 (58:52) | 1:02 (59:54) | |
| 5. | Theresia Schulte | SC Melle 03 | 1:14:47 | +40:51 | | |
| | 10:48 (10:48) | 7:02 (17:50) | 1:54 (19:44) | 3:13 (22:57) | 10:52 (33:49) | 9:07 (42:56) |
| | 5:01 (47:57) | 11:28 (59:25) | 11:55 (1:11:20) | 1:56 (1:13:16) | 1:31 (1:14:47) | |

| H55 | (16 / 16) | Zeit | Rückstand | | | |
|-----|----------------------|------------------------|--------------|--------------|--------------|--------------|
| 1. | Horst von Gaza | OLV Uslar | 34:34 | | | |
| | 1:33 (1:33) | 2:20 (3:53) | 3:23 (7:16) | 1:54 (9:10) | 1:09 (10:19) | 1:23 (11:42) |
| | 0:57 (12:39) | 0:31 (13:10) | 4:42 (17:52) | 3:51 (21:43) | 3:35 (25:18) | 0:59 (26:17) |
| | 1:20 (27:37) | 5:28 (33:05) | 0:54 (33:59) | 0:35 (34:34) | | |
| 2. | Michael Schwien | SC Klecken | 36:22 | +1:48 | | |
| | 1:45 (1:45) | 3:21 (5:06) | 2:55 (8:01) | 1:52 (9:53) | 0:37 (10:30) | 1:10 (11:40) |
| | 1:06 (12:46) | 0:55 (13:41) | 5:57 (19:38) | 4:42 (24:20) | 2:56 (27:16) | 1:06 (28:22) |
| | 0:44 (29:06) | 5:47 (34:53) | 0:52 (35:45) | 0:37 (36:22) | | |
| 3. | Henning Bruns | MTK Bad Harzburg | 37:31 | +2:57 | | |
| | 1:38 (1:38) | 2:27 (4:05) | 3:54 (7:59) | 2:01 (10:00) | 0:48 (10:48) | 1:47 (12:35) |
| | 1:09 (13:44) | 0:38 (14:22) | 4:57 (19:19) | 4:11 (23:30) | 3:55 (27:25) | 1:46 (29:11) |
| | 0:56 (30:07) | 5:44 (35:51) | 1:03 (36:54) | 0:37 (37:31) | | |
| 4. | Christian Nolte | TSV Nusse | 40:11 | +5:37 | | |
| | 1:43 (1:43) | 4:39 (6:22) | 2:19 (8:41) | 1:59 (10:40) | 0:47 (11:27) | 1:13 (12:40) |
| | 1:01 (13:41) | 0:40 (14:21) | 5:30 (19:51) | 7:57 (27:48) | 3:09 (30:57) | 1:22 (32:19) |
| | 0:40 (32:59) | 5:32 (38:31) | 0:59 (39:30) | 0:41 (40:11) | | |
| 5. | Björn Hansen | Lübecker Turnerschaft | 40:22 | +5:48 | | |
| | 2:02 (2:02) | 2:47 (4:49) | 3:02 (7:51) | 2:05 (9:56) | 0:53 (10:49) | 2:57 (13:46) |
| | 1:07 (14:53) | 0:47 (15:40) | 5:27 (21:07) | 4:23 (25:30) | 2:34 (28:04) | 1:18 (29:22) |
| | 2:21 (31:43) | 6:43 (38:26) | 1:12 (39:38) | 0:44 (40:22) | | |
| 6. | Stephan Schliebener | OLV Uslar | 41:53 | +7:19 | | |
| | 2:14 (2:14) | 3:03 (5:17) | 3:24 (8:41) | 2:27 (11:08) | 0:56 (12:04) | 1:58 (14:02) |
| | 1:25 (15:27) | 0:51 (16:18) | 6:27 (22:45) | 5:17 (28:02) | 2:35 (30:37) | 1:23 (32:00) |
| | 0:47 (32:47) | 7:01 (39:48) | 1:19 (41:07) | 0:46 (41:53) | | |
| 7. | Christian Buchberger | MTV Seesen | 42:55 | +8:21 | | |
| | 6:21 (6:21) | 3:37 (9:58) | 2:48 (12:46) | 3:15 (16:01) | 0:45 (16:46) | 1:46 (18:32) |
| | 1:08 (19:40) | 0:44 (20:24) | 4:46 (25:10) | 4:51 (30:01) | 2:18 (32:19) | 1:35 (33:54) |
| | 0:41 (34:35) | 5:33 (40:08) | 2:07 (42:15) | 0:40 (42:55) | | |
| 8. | Rochus Souan | SV Hildesia Diekholzen | 44:59 | +10:25 | | |
| | 2:17 (2:17) | 2:49 (5:06) | 3:36 (8:42) | 2:35 (11:17) | 1:04 (12:21) | 1:37 (13:58) |
| | 1:17 (15:15) | 0:46 (16:01) | 6:35 (22:36) | 6:42 (29:18) | 2:53 (32:11) | 1:37 (33:48) |
| | 1:29 (35:17) | 7:38 (42:55) | 1:19 (44:14) | 0:45 (44:59) | | |

| | | | | | | |
|-----|------------------------|---------------------------|----------------|----------------|--------------|--------------|
| 9. | Peter Kollenbach | Ski-Club Helsa | 45:23 | +10:49 | | |
| | 2:16 (2:16) | 2:53 (5:09) | 9:24 (14:33) | 2:27 (17:00) | 0:50 (17:50) | 1:14 (19:04) |
| | 1:13 (20:17) | 0:54 (21:11) | 5:20 (26:31) | 5:02 (31:33) | 3:09 (34:42) | 1:22 (36:04) |
| | 1:06 (37:10) | 6:14 (43:24) | 1:16 (44:40) | 0:43 (45:23) | | |
| 10. | Thomas Görtelmeyer | MTK Bad Harzburg | 50:54 | +16:20 | | |
| | 2:37 (2:37) | 3:41 (6:18) | 3:36 (9:54) | 2:54 (12:48) | 0:56 (13:44) | 1:53 (15:37) |
| | 1:38 (17:15) | 1:23 (18:38) | 8:02 (26:40) | 7:24 (34:04) | 2:45 (36:49) | 1:49 (38:38) |
| | 1:01 (39:39) | 8:34 (48:13) | 1:31 (49:44) | 1:10 (50:54) | | |
| 11. | Wilf Holloway | | 54:34 | +20:00 | | |
| | 2:57 (2:57) | 4:26 (7:23) | 4:37 (12:00) | 2:36 (14:36) | 1:35 (16:11) | 1:50 (18:01) |
| | 1:36 (19:37) | 0:53 (20:30) | 7:46 (28:16) | 7:09 (35:25) | 3:36 (39:01) | 2:30 (41:31) |
| | 2:47 (44:18) | 7:36 (51:54) | 1:52 (53:46) | 0:48 (54:34) | | |
| 12. | Dirk Strauß | SV Hildesia Diekholzen | 56:10 | +21:36 | | |
| | 3:26 (3:26) | 2:08 (5:34) | 2:31 (8:05) | 2:18 (10:23) | 0:43 (11:06) | 1:14 (12:20) |
| | 1:01 (13:21) | 0:32 (13:53) | 25:55 (39:48) | 4:08 (43:56) | 1:53 (45:49) | 1:20 (47:09) |
| | 0:40 (47:49) | 6:38 (54:27) | 1:03 (55:30) | 0:40 (56:10) | | |
| 13. | Christian Wittenbecher | Turn-Klubb zu Hannover | 56:16 | +21:42 | | |
| | 2:14 (2:14) | 2:45 (4:59) | 7:16 (12:15) | 2:33 (14:48) | 1:03 (15:51) | 1:25 (17:16) |
| | 1:09 (18:25) | 1:08 (19:33) | 5:53 (25:26) | 7:17 (32:43) | 7:59 (40:42) | 1:41 (42:23) |
| | 3:12 (45:35) | 8:40 (54:15) | 1:29 (55:44) | 0:32 (56:16) | | |
| 14. | Rüdiger Reischuk | Lübecker Turnerschaft | 1:04:43 | +30:09 | | |
| | 2:20 (2:20) | 3:35 (5:55) | 3:32 (9:27) | 2:44 (12:11) | 0:53 (13:04) | 1:32 (14:36) |
| | 1:17 (15:53) | 0:45 (16:38) | 21:15 (37:53) | 5:18 (43:11) | 5:30 (48:41) | 1:22 (50:03) |
| | 4:50 (54:53) | 7:56 (1:02:49) | 1:08 (1:03:57) | 0:46 (1:04:43) | | |
| | Franz-Josef Dirkes | SV Eintracht Neuenkirchen | Nicht Ang. | | | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | Peter Schmidt | Preetzer TSV | Nicht Ang. | | | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |

| D65 | (3 / 3) | Zeit | Rückstand | | | |
|-----|----------------|-------------------|--------------|---------------|--------------|--------------|
| 1. | Birgitt Michel | TV Jahn Wolfsburg | 36:25 | | | |
| | 3:17 (3:17) | 8:11 (11:28) | 3:59 (15:27) | 5:54 (21:21) | 3:09 (24:30) | 1:32 (26:02) |
| | 1:41 (27:43) | 2:33 (30:16) | 1:16 (31:32) | 3:41 (35:13) | 1:12 (36:25) | |
| 2. | Antje Sobczak | MTV Soltau | 46:45 | +10:20 | | |
| | 5:07 (5:07) | 9:17 (14:24) | 6:04 (20:28) | 6:09 (26:37) | 3:06 (29:43) | 2:03 (31:46) |
| | 1:32 (33:18) | 3:06 (36:24) | 4:49 (41:13) | 4:45 (45:58) | 0:47 (46:45) | |
| 3. | Ingrid Müssen | SuS Vehrte | 53:39 | +17:14 | | |
| | 3:27 (3:27) | 8:30 (11:57) | 4:54 (16:51) | 6:20 (23:11) | 3:08 (26:19) | 1:28 (27:47) |
| | 2:33 (30:20) | 2:59 (33:19) | 1:00 (34:19) | 15:14 (49:33) | 4:06 (53:39) | |

| H65 | (10 / 10) | Zeit | Rückstand | | | |
|-----|--------------------|--------------|---------------|----------------|-----------------|-----------------|
| 1. | Udo Sobczak | MTV Soltau | 29:18 | | | |
| | 4:44 (4:44) | 1:07 (5:51) | 0:47 (6:38) | 1:25 (8:03) | 6:40 (14:43) | 4:20 (19:03) |
| | 1:47 (20:50) | 1:10 (22:00) | 5:44 (27:44) | 0:56 (28:40) | 0:38 (29:18) | |
| 2. | Erhard Jübermann | SC Klecken | 35:59 | +6:41 | | |
| | 4:11 (4:11) | 1:15 (5:26) | 0:50 (6:16) | 1:44 (8:00) | 7:00 (15:00) | 4:46 (19:46) |
| | 5:27 (25:13) | 1:13 (26:26) | 7:14 (33:40) | 1:16 (34:56) | 1:03 (35:59) | |
| 3. | Detlev Friedrichs | MTV Seesen | 41:54 | +12:36 | | |
| | 4:58 (4:58) | 1:33 (6:31) | 1:14 (7:45) | 1:44 (9:29) | 6:48 (16:17) | 6:15 (22:32) |
| | 6:06 (28:38) | 2:06 (30:44) | 8:57 (39:41) | 1:19 (41:00) | 0:54 (41:54) | |
| 4. | Matthias Dittmers | OSC Hamburg | 44:43 | +15:25 | | |
| | 5:48 (5:48) | 1:32 (7:20) | 1:04 (8:24) | 2:03 (10:27) | 7:59 (18:26) | 7:12 (25:38) |
| | 2:49 (28:27) | 2:05 (30:32) | 11:55 (42:27) | 1:23 (43:50) | 0:53 (44:43) | |
| 5. | Karl-Heinz Seefeld | OLV Uslar | 48:28 | +19:10 | | |
| | 5:48 (5:48) | 1:17 (7:05) | 1:05 (8:10) | 2:00 (10:10) | 8:39 (18:49) | 6:17 (25:06) |
| | 7:12 (32:18) | 2:00 (34:18) | 11:36 (45:54) | 1:28 (47:22) | 1:06 (48:28) | |
| 6. | Siegfried May | RSV Hannover | 49:07 | +19:49 | | |
| | 5:39 (5:39) | 1:26 (7:05) | 1:24 (8:29) | 2:00 (10:29) | 7:55 (18:24) | 6:40 (25:04) |
| | 10:08 (35:12) | 2:27 (37:39) | 9:28 (47:07) | 1:13 (48:20) | 0:47 (49:07) | |
| 7. | Ferdinand Hanses | TuS Bramsche | 50:24 | +21:06 | | |
| | 5:26 (5:26) | 1:22 (6:48) | 1:16 (8:04) | 1:57 (10:01) | 7:45 (17:46) | 15:36 (33:22) |
| | 2:54 (36:16) | 1:19 (37:35) | 10:32 (48:07) | 1:24 (49:31) | 0:53 (50:24) | |
| 8. | Bernd Höfner | OLV Uslar | 51:46 | +22:28 | | |
| | 6:35 (6:35) | 1:31 (8:06) | 1:03 (9:09) | 1:37 (10:46) | 6:25 (17:11) | 4:47 (21:58) |
| | 4:08 (26:06) | 1:22 (27:28) | 22:37 (50:05) | 1:12 (51:17) | 0:29 (51:46) | |
| | Johannes Müssen | SuS Vehrte | Fehlst. | | | |
| | 14:22 (14:22) | 3:22 (17:44) | 12:39 (30:23) | 6:35 (36:58) | 24:11 (1:01:09) | 13:39 (1:14:48) |
| | 9:29 (1:24:17) | - (-) | - (1:58:39) | 3:46 (2:02:25) | 2:21 (2:04:46) | |
| | Wilhelm Holz | OLV Uslar | Nicht Ang. | | | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |

| H75 | (4 / 4) | Zeit | Rückstand | | | |
|-----|--------------|------------------------|--------------|--------------|--------------|--------------|
| 1. | Günter Gohde | Turn-Klubb zu Hannover | 34:37 | | | |
| | 3:12 (3:12) | 8:16 (11:28) | 3:16 (14:44) | 5:14 (19:58) | 3:03 (23:01) | 1:28 (24:29) |
| | 1:24 (25:53) | 2:55 (28:48) | 0:55 (29:43) | 3:58 (33:41) | 0:56 (34:37) | |

| | | | | | | |
|----|----------------------|-----------------------|--------------|----------------|----------------|--------------|
| 2. | Dieter Brockfeld | Osnabrücker TB | 1:00:47 | +26:10 | | |
| | 4:38 (4:38) | 11:18 (15:56) | 5:30 (21:26) | 15:17 (36:43) | 6:12 (42:55) | 2:35 (45:30) |
| | 2:04 (47:34) | 3:58 (51:32) | 1:22 (52:54) | 6:35 (59:29) | 1:18 (1:00:47) | |
| 3. | Karl-Heinz Binsch | TSV Ahlden | 1:02:56 | +28:19 | | |
| | 8:28 (8:28) | 11:11 (19:39) | 4:54 (24:33) | 9:57 (34:30) | 6:01 (40:31) | 2:21 (42:52) |
| | 2:45 (45:37) | 4:18 (49:55) | 2:57 (52:52) | 8:36 (1:01:28) | 1:28 (1:02:56) | |
| 4. | Horst-Richard Mevius | Lübecker Turnerschaft | 1:03:16 | +28:39 | | |
| | 3:57 (3:57) | 11:32 (15:29) | 5:18 (20:47) | 21:00 (41:47) | 4:07 (45:54) | 1:52 (47:46) |
| | 2:43 (50:29) | 3:29 (53:58) | 1:06 (55:04) | 7:01 (1:02:05) | 1:11 (1:03:16) | |

Offen Mittel**(6 / 6)****Zeit****Rückstand**

| | | | | | | |
|----|-------------------------|-----------------------|----------------|----------------|----------------|----------------|
| 1. | Jana Schröder | | 36:26 | | | |
| | 5:47 (5:47) | 4:56 (10:43) | 6:47 (17:30) | 3:09 (20:39) | 1:20 (21:59) | 4:16 (26:15) |
| | 3:40 (29:55) | 3:14 (33:09) | 2:40 (35:49) | 0:37 (36:26) | | |
| 2. | Monterd Melisa | TV Jahn Wolfsburg | 43:42 | +7:16 | | |
| | 4:06 (4:06) | 8:31 (12:37) | 12:45 (25:22) | 4:56 (30:18) | 1:12 (31:30) | 3:31 (35:01) |
| | 3:00 (38:01) | 2:24 (40:25) | 2:49 (43:14) | 0:28 (43:42) | | |
| 3. | Vanessa Ho | | 1:25:32 | +49:06 | | |
| | 11:02 (11:02) | 7:09 (18:11) | 40:10 (58:21) | 8:32 (1:06:53) | 1:19 (1:08:12) | 4:36 (1:12:48) |
| | 6:13 (1:19:01) | 3:31 (1:22:32) | 2:25 (1:24:57) | 0:35 (1:25:32) | | |
| 4. | Lovisa Landström Ruhnau | | 1:25:34 | +49:08 | | |
| | 11:06 (11:06) | 6:50 (17:56) | 40:21 (58:17) | 8:36 (1:06:53) | 1:23 (1:08:16) | 4:30 (1:12:46) |
| | 6:15 (1:19:01) | 3:11 (1:22:12) | 2:46 (1:24:58) | 0:36 (1:25:34) | | |
| | Edeltraut Mevius | Lübecker Turnerschaft | Fehlst. | | | |
| | 8:35 (8:35) | 7:37 (16:12) | 9:50 (26:02) | 6:00 (32:02) | 1:55 (33:57) | 6:14 (40:11) |
| | - (-) | - (-) | - (-) | - (1:07:54) | | |
| | Hans Simon | | Nicht Ang. | | | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | | |

Offen Leicht**(1 / 1)****Zeit****Rückstand**

| | | | | | | |
|----|-----------------|---------------------|--------------|--------------|--------------|--------------|
| 1. | Kerstin Schmidt | SV Rot Weiß Lucklum | 27:39 | | | |
| | 4:10 (4:10) | 1:03 (5:13) | 0:47 (6:00) | 0:37 (6:37) | 0:51 (7:28) | 4:34 (12:02) |
| | 10:23 (22:25) | 2:03 (24:28) | 1:06 (25:34) | 1:33 (27:07) | 0:32 (27:39) | |