



Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	1006	Saar, Lukas	AMC Burbach	00:38.37		00:37.87		01:16.24	30
2	4314	Klappert, Nico	AC Hohenseelbachskopf	00:38.87	4	00:41.81		01:24.68	27
3	2816	Fick, Markus	MSF Netphen	00:41.92	2	00:40.54	2	01:26.46	24
4	3604	Neuhaus, Alexander	OC Siegerland-Nord	00:43.29	2	00:40.98	2	01:28.27	22
5	414	Klemm, Luis	MSC Lennetal-Bamenohl	00:44.25		00:43.75	2	01:30.00	20
6	2813	Morbach, Joschua	MSF Netphen	00:37.77	4	00:38.21	12	01:31.98	18
7	910	Löhr, Tim Niklas	Briloner AC	00:45.16	2	00:44.93		01:32.09	16
8	3411	Springob, Jan-Philipp	Olper AC	00:41.80	2	00:43.18	6	01:32.98	14
9	4315	Plate, Sophie	AC Hohenseelbachskopf	00:39.44	4	00:39.81	10	01:33.25	13
10	1211	Effey, Tobias	MSF Cobbenrode	00:40.28	4	00:41.58	8	01:33.86	12
11	606	Koch, Tanja	AMC Wittgenstein Bad Berl	00:43.47	12	00:41.21	4	01:40.68	11
12	3102	Sauer, Nils	MSC Oenetal	00:44.28	8	00:45.43	4	01:41.71	10
13	401	Lorek, Sebastian	MSC Lennetal-Bamenohl	00:48.57	2	00:50.20	4	01:44.77	9
14	3522	Birlenbach, Nico	MSC Schmallenberg	00:56.78	10	00:47.05	6	01:59.83	8
15	3107	Schüttler, Niclas	MSC Oenetal	01:02.87	18	00:46.38	10	02:17.25	7

Zeitnahme: Dominik Land
Auswertung: Malte Müns

Schnellster Lauf: 00:37.87
(Saar, Lukas - 1 / 1006)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	903	Günther, Jannik	Briloner AC	00:33.57		00:33.45		01:07.02	30
2	2808	Müller, Leon	MSF Netphen	00:33.02	2	00:33.60		01:08.62	27
3	612	Krämer, Stefanie	AMC Wittgenstein Bad Berl	00:33.13		00:34.02	2	01:09.15	24
4	4511	Peuser, Shareen	MSC Süd Sauerland	00:33.87		00:34.02	2	01:09.89	22
5	4508	Dumke, Timo	MSC Süd Sauerland	00:33.35	2	00:33.77	2	01:11.12	20
6	4502	Laux, Fabian	MSC Süd Sauerland	00:34.25	2	00:35.07		01:11.32	18
7	4514	Assmann, Michael	MSC Süd Sauerland	00:34.23	2	00:33.56	2	01:11.79	16
8	3123	Bischopink, Alexander	MSC Oenetal	00:34.00	2	00:34.34	2	01:12.34	14
9	627	Werner, Kevin	AMC Wittgenstein Bad Berl	00:36.46	2	00:34.25		01:12.71	13
10	1029	Obenlüneschloß, Robin	AMC Burbach	00:35.43	4	00:34.45		01:13.88	12
11	427	Springob, Yannic	MSC Lennetal-Bameno hl	00:35.98	2	00:36.20		01:14.18	11
12	4516	Maas, Marc-Pascal	MSC Süd Sauerland	00:37.30		00:35.55	2	01:14.85	10
13	926	Hilgenhoevel, Kevin	Briloner AC	00:37.01	2	00:36.04		01:15.05	9
14	901	Gross, Jan	Briloner AC	00:33.77	4	00:33.57	4	01:15.34	8
15	3408	Alba, Sandro	Olper AC	00:36.34	2	00:35.09	2	01:15.43	7
16	429	Bamberg, Damian	MSC Lennetal-Bameno hl	00:36.38	2	00:35.74	2	01:16.12	6
17	3104	Fuhlen, Tim	MSC Oenetal	00:34.46	6	00:35.72		01:16.18	5
18	3502	Hertel, Philip	MSC Schmalle nberg	00:37.90		00:36.72	2	01:16.62	4
19	4307	Völke, Leon	AC Hohenseelbachskopf	00:34.65	6	00:34.24	2	01:16.89	3
20	920	Metzner, Frederick	Briloner AC	00:37.00	4	00:35.93		01:16.93	2
21	902	Becker, Leon	Briloner AC	00:36.36	4	00:36.80		01:17.16	1
22	3714	Smorra, Gina-Maria	MSC Oberruhr Velmede	00:35.41	8	00:33.44	2	01:18.85	1
23	3616	Häusig, Lukas Marvin	OC Siegerland-Nord	00:36.85	4	00:36.72	2	01:19.57	1
24	604	Kuhmichel, Lea Marie	AMC Wittgenstein Bad Berl	00:37.88	6	00:36.31		01:20.19	1
25	4313	Plate, Sven	AC Hohenseelbachskopf	00:36.99	2	00:37.83	4	01:20.82	1
26	3523	Birlenbach, Florian	MSC Schmalle nberg	00:37.71	2	00:39.17	2	01:20.88	1
27	3617	Blöcher, Jannik	OC Siegerland-Nord	00:35.89	6	00:35.90	4	01:21.79	1
28	3414	Vogel, Lars	Olper AC	00:38.26	2	00:37.96	6	01:24.22	1
29	905	Risse, Bastian	Briloner AC	00:38.01	4	00:38.92	4	01:24.93	1
30	4310	Schlosser, Alina	AC Hohenseelbachskopf	00:33.92	14	00:33.73	4	01:25.65	1
31	3117	Janssen, Kevin	MSC Oenetal	00:35.14	12	00:34.98	8	01:30.12	1
32	3101	Sauer, Lars	MSC Oenetal	00:43.00		00:43.13	4	01:30.13	1
33	3724	Bunte, Jannik	MSC Oberruhr Velmede	00:41.75	6	00:40.54	4	01:32.29	1
34	2904	Schelhas, Vera	AMC Oberrau	00:35.77	6	00:35.07	20	01:36.84	1
35	124	Schüssler, Karl Henrik	MSC Altena	00:42.66	6	00:44.82	4	01:37.48	1
36	4303	Jung, Justin	AC Hohenseelbachskopf	00:40.68	16	00:38.68	6	01:41.36	1

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
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Zeitnahme: Dominik Land
Auswertung: Malte Müns

Schnellster Lauf: 00:33.13
(Krämer, Stefanie - 3 / 612)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	1032	Schon, Rouven	AMC Burbach	00:32.26		00:32.29		01:04.55	30
2	3613	Wagener, Marco	OC Siegerland-Nord	00:32.56		00:32.56		01:05.12	27
3	1026	Thanabalasingam, Janujan	AMC Burbach	00:32.17	2	00:31.76		01:05.93	24
4	605	Fuchs, Maik	AMC Wittgenstein Bad Berl	00:32.60	2	00:32.01		01:06.61	22
5	2922	Heupel, Franziska	AMC Obernau	00:33.48		00:33.85		01:07.33	20
6	3126	Fuhlen, Jonas	MSC Oenetal	00:34.11		00:33.64		01:07.75	18
7	3716	Steinmann, Johannes	MSC Oberruhr Velmede	00:34.16		00:33.60		01:07.76	16
8	601	Biegler, Jens	AMC Wittgenstein Bad Berl	00:32.29		00:32.32	4	01:08.61	14
9	923	Müntjes, Leon Lukas	Briloner AC	00:32.52	2	00:32.27	2	01:08.79	13
10	418	Rademacher, Tobias	MSC Lennetal-Bameno hl	00:32.73		00:32.38	4	01:09.11	12
11	3122	Pott, Niklas	MSC Oenetal	00:33.96		00:33.39	2	01:09.35	11
12	4507	Marques, Julio	MSC Süd Sauerland	00:33.69	2	00:33.80		01:09.49	10
13	619	Schaller, Manuel	AMC Wittgenstein Bad Berl	00:32.32	6	00:31.32		01:09.64	9
14	2819	Wittenberg, Kevin	MSF Netphen	00:35.34		00:35.56		01:10.90	8
15	3611	Neuhaus, Ann-Christin	OC Siegerland-Nord	00:34.39		00:34.54	2	01:10.93	7
16	4312	Kretzer, Alicia	AC Hohenseelbachkopf	00:34.69	2	00:35.04		01:11.73	6
17	4704	Wirth, Kevin	MSC Oeventrop	00:32.13	8	00:32.35		01:12.48	5
18	3410	Schneider, Tim	Olper AC	00:35.43		00:35.28	2	01:12.71	4
19	4506	Marques, Fabio	MSC Süd Sauerland	00:32.32	4	00:32.55	4	01:12.87	3
20	4726	Nimbs, Dennis	MSC Oeventrop	00:33.05	4	00:34.14	2	01:13.19	2
21	4509	Laux, Carolin	MSC Süd Sauerland	00:34.34	2	00:33.41	4	01:13.75	1
22	2906	Leifert, Lucas	AMC Obernau	00:33.13	2	00:32.97	6	01:14.10	1
23	626	Werner, Fabian	AMC Wittgenstein Bad Berl	00:35.17	4	00:36.05		01:15.22	1
24	3116	Oster, Steffen	MSC Oenetal	00:34.00	4	00:33.74	4	01:15.74	1
25	4305	Kring, Dean-Mario	AC Hohenseelbachkopf	00:33.13	8	00:33.50	2	01:16.63	1
26	2818	Fick, Alexander	MSF Netphen	00:38.77		00:38.39		01:17.16	1
27	3418	Alfes, Nico	Olper AC	00:38.63		00:37.14	2	01:17.77	1
28	3402	Alfes, Jana	Olper AC	00:37.72	2	00:36.75	2	01:18.47	1
29	4317	Reber, Nico	AC Hohenseelbachkopf	00:31.72	12	00:33.40	2	01:19.12	1
30	425	Schmidt, Andre	MSC Lennetal-Bameno hl	00:33.99	10	00:33.36	2	01:19.35	1
31	4301	Puche, Jan	AC Hohenseelbachkopf	00:31.68	6	00:31.15	12	01:20.83	1
32	405	Wilmes, Andre	MSC Lennetal-Bameno hl	00:50.21		00:37.39	4	01:31.60	1
33	128	Selle, Philipp	MSC Altena	00:45.33	2	00:43.34	4	01:34.67	1
34	110	Knecht, Patrick	MSC Altena	00:42.86		00:39.01	14	01:35.87	1
35	118	Malewski, André	MSC Altena	00:34.78	2	00:37.69	22	01:36.47	1
36	105	Busch-Rösner, Joshua	MSC Altena	00:44.39	8	00:36.64	14	01:43.03	1



Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
37	3615	Öztürk, Selin	OC Siegerland-Nord	00:41.20	16	00:38.90	8	01:44.10	1
38	1230	Hanses, Charlie	MSF Cobbenrode	00:37.00	10	00:35.07	28	01:50.07	1

Zeitnahme: Dominik Land

Auswertung: Malte Müns

Schnellster Lauf: 00:31.32

(Schaller, Manuel - 13 / 619)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	614	Rahrbach, Nico Jannis	AMC Wittgenstein Bad Berl	00:32.67		00:32.10		01:04.77	30
2	3403	Battaglia, David	Olper AC	00:33.09		00:32.70		01:05.79	27
3	1011	Klein, Marius	AMC Burbach	00:31.81	2	00:32.14		01:05.95	24
4	4727	Kaiser, Lars	MSC Oeventrop	00:33.53		00:33.14		01:06.67	22
5	2802	Giesler, Jonas	MSF Netphen	00:32.54	2	00:32.24		01:06.78	20
6	3529	Leidorf, Fabian	MSC Schmallenberg	00:33.87		00:33.15		01:07.02	18
7	3507	Spieler, Steffen	MSC Schmallenberg	00:33.52		00:33.66		01:07.18	16
8	3530	Wickel, Frederic	MSC Schmallenberg	00:33.21		00:32.30	2	01:07.51	14
9	1017	Oerter, Tim	AMC Burbach	00:31.81	2	00:31.96	2	01:07.77	13
10	4728	Kaiser, Caroline	MSC Oeventrop	00:31.77		00:32.09	4	01:07.86	12
11	1025	Stötzel, Fynn Lewis	AMC Burbach	00:33.86		00:34.17		01:08.03	11
12	404	Geyer, Fabian	MSC Lennetal-Bamenoehl	00:31.98	2	00:32.33	2	01:08.31	10
13	3614	Wiebelhaus, Christian	OC Siegerland-Nord	00:33.29		00:33.22	2	01:08.51	9
14	4504	Hanisch, Julian	MSC Süd Sauerland	00:32.43		00:32.24	4	01:08.67	8
15	1220	Stoll, Robin	MSF Cobbenrode	00:33.35	2	00:33.36		01:08.71	7
16	4513	Dumke, Patricia	MSC Süd Sauerland	00:33.21	2	00:33.66		01:08.87	6
17	1005	Fey, Henrik	AMC Burbach	00:33.50		00:33.59	2	01:09.09	5
18	2811	Steinseifer, Jannik	MSF Netphen	00:34.54		00:35.05		01:09.59	4
19	3114	Hoffmann, René	MSC Oenetal	00:33.76		00:34.25	2	01:10.01	3
20	2809	Schäffer, Julian	MSF Netphen	00:32.48	4	00:31.64	2	01:10.12	2
21	625	Stockmann, Daniel	AMC Wittgenstein Bad Berl	00:34.21		00:34.75	2	01:10.96	1
22	3407	Grabert, Peter	Olper AC	00:33.83	2	00:33.14	2	01:10.97	1
23	3707	Hötte, Tobias	MSC Oberruhr Velmede	00:33.82	4	00:33.18		01:11.00	1
24	624	Stockmann, Corinna	AMC Wittgenstein Bad Berl	00:33.15	2	00:32.32	4	01:11.47	1
25	4311	Puche, Michelle	AC Hohenseelbachskopf	00:33.49	2	00:33.57	4	01:13.06	1
26	3125	Andrzejewski, Lars	MSC Oenetal	00:33.33	4	00:33.32	4	01:14.65	1
27	1016	Obenlüneschloß, Sabrina	AMC Burbach	00:31.26	4	00:31.62	8	01:14.88	1
28	3421	Siscaro, Giuseppe	Olper AC	00:33.44	8	00:32.60	2	01:16.04	1
29	3708	Mc Bride, Jan	MSC Oberruhr Velmede	00:34.02	4	00:34.02	4	01:16.04	1
30	117	Mertins, Nico	MSC Altena	00:37.90	6	00:40.00	10	01:33.90	1
31	3610	Yanik, Reyhan	OC Siegerland-Nord	00:34.61	18	00:35.11	18	01:45.72	1

Zeitnahme: Dominik Land
Auswertung: Malte Müns

Schnellster Lauf: 00:31.77
(Kaiser, Caroline - 10 / 4728)

Platz	StNr	Teilnehmer	Ortsclub	Lauf 1	StS	Lauf 2	StS	Gesamt	Pkt
1	620	Schmitt, Jan	AMC Wittgenstein Bad Berl	00:32.11		00:32.08		01:04.19	30
2	1028	Weber, Felix	AMC Burbach	00:31.34	2	00:30.90		01:04.24	27
3	409	Krämer, Christopher	MSC Lennetal-Bamenohl	00:31.58		00:31.49	2	01:05.07	24
4	4503	Koperwas, Wiebke	MSC Süd Sauerland	00:31.51		00:31.85	2	01:05.36	22
5	421	Schneidersmann, Peter	MSC Lennetal-Bamenohl	00:31.87		00:31.84	2	01:05.71	20
6	1027	Thanabalasingam, Sinthujan	AMC Burbach	00:32.39	2	00:31.57		01:05.96	18
7	3605	Hahn, Julien	OC Siegerland-Nord	00:32.26		00:31.83	2	01:06.09	16
8	4708	Pöttgen, Niklas	MSC Oeventrop	00:31.43	4	00:31.40		01:06.83	14
9	4510	Peuser, Sina	MSC Süd Sauerland	00:31.59	2	00:31.42	2	01:07.01	13
10	3603	Opfer, Sabrina	OC Siegerland-Nord	00:33.00		00:32.08	2	01:07.08	12
11	2803	Grosser, Kevin	MSF Netphen	00:31.95	2	00:32.06	2	01:08.01	11
12	603	Dammüller, Kevin	AMC Wittgenstein Bad Berl	00:32.58	2	00:31.67	2	01:08.25	10
13	3505	Grell, Matthias	MSC Schmallenberg	00:32.31	4	00:31.96		01:08.27	9
14	402	Branscheid, Marcel	MSC Lennetal-Bamenohl	00:32.24		00:32.23	4	01:08.47	8
15	4720	Wiesehöfer, Andre	MSC Oeventrop	00:34.26	2	00:33.67		01:09.93	7
16	3609	Tiebe, Oliver	OC Siegerland-Nord	00:32.00	4	00:31.98	2	01:09.98	6
17	4709	Steimel, Patrick	MSC Oeventrop	00:32.88	6	00:32.37		01:11.25	5
18	602	Biegler, Nicole	AMC Wittgenstein Bad Berl	00:33.13	2	00:32.81	4	01:11.94	4
19	1234	Tebart, Jan	MSF Cobbenrode	00:34.40	4	00:33.83	6	01:18.23	3
20	413	Lindemann, Nils	MSC Lennetal-Bamenohl	00:33.12	18	00:32.29	4	01:27.41	2

Zeitnahme: Dominik Land
 Auswertung: Malte Müns

Schnellster Lauf: 00:30.90
 (Weber, Felix - 2 / 1028)

Platz	Ortsclub	Starter	gewertet	Punkte
1	AMC Burbach	129 Saar, Lukas (30) Schon, Rouven (30) Weber, Felix (27) Klein, Marius (24) Thanabalasingam, Sinthujan (18)	87	30
2	AMC Wittgenstein Bad Berleburg	107 Rahrbach, Nico Jannis (30) Schmitt, Jan (30) Krämer, Stefanie (24) Biegler, Jens (14) Schaller, Manuel (9)	84	27
3	OC Siegerland-Nord	80 Wagener, Marco (27) Neuhaus, Alexander (22) Hahn, Julien (16) Wiebelhaus, Christian (9) Tiebe, Oliver (6)	65	24
4	MSF Netphen	78 Müller, Leon (27) Giesler, Jonas (20) Morbach, Joschua (18) Grosser, Kevin (11) Schäffer, Julian (2)	65	22
5	Briloner AC	68 Günther, Jannik (30) Löhr, Tim Niklas (16) Müntjes, Leon Lukas (13) Gross, Jan (8) Becker, Leon (1)	59	20
6	MSC Lennetal-Bamenohl	73 Krämer, Christopher (24) Schneidersmann, Peter (20) Rademacher, Tobias (12) Springob, Yannic (11) Bamberg, Damian (6)	56	18
7	MSC Süd Sauerland	66 Peuser, Shareen (22) Dumke, Timo (20) Peuser, Sina (13) Hanisch, Julian (8) Marques, Fabio (3)	55	16
8	MSC Oeventrop	55 Kaiser, Lars (22) Pöttgen, Niklas (14) Kaiser, Caroline (12) Steimel, Patrick (5) Nimbs, Dennis (2)	48	14
9	Olper AC	50 Battaglia, David (27) Springob, Jan-Philipp (14) Alba, Sandro (7) Grabert, Peter (1) Siscaro, Giuseppe (1)	48	13
10	MSC Schmalleberg	51 Spieler, Steffen (16) Wickel, Frederic (14) Grell, Matthias (9) Birkenbach, Nico (8) Hertel, Philip (4)	39	12
11	MSC Oenetal	39 Bischopink, Alexander (14) Pott, Niklas (11) Sauer, Nils (10) Hofmann, René (3) Oster, Steffen (1)	35	11
12	MSF Cobbenrode	23 Effey, Tobias (12) Stoll, Robin (7) Tebart, Jan (3) Hanses, Charlie (1) , (0)	22	10
13	AMC Obernau	22 Heupel, Franziska (20) Schelhas, Vera (1) Leifert, Lucas (1) , (0) , (0)	22	9
14	MSC Oberruhr Velmede	20 Steinmann, Johannes (16) Smorra, Gina-Maria (1) Bunte, Jannik (1) Hötte, Tobias (1) Mc Bride, Jan (1)	18	8
15	AC Hohenseelbachskopf	5 Völke, Leon (3) Puche, Jan (1) Puche, Michelle (1) , (0) , (0)	5	7