

Ergebnis – Kick-off 2026

2026-02-08

| Bahn A | | (5 / 5) | | Zeit | RückstandZeit verloren | |
|---------------|--------------------|------------------------|----------------|-------------|-------------------------------|----------------|
| 1. | Noah Damerow | TSV Worpswede | | 30:09 | 00:00 | |
| | 1:51 (1:51) | 1:44 (3:35) | 3:54 (7:29) | | 2:12 (9:41) | 1:29 (11:10) |
| | 4:42 (17:38) | 5:48 (23:26) | 1:18 (24:44) | | 1:47 (26:31) | 2:41 (29:12) |
| | 0:23 (30:09) | | | | | 0:34 (29:46) |
| 2. | Felix Werner | OSC Hamburg | | 48:41 | +18:32 | 08:49 |
| | 4:11 (4:11) | 2:59 (7:10) | 6:59 (14:09) | | 4:09 (18:18) | 3:38 (21:56) |
| | 6:10 (31:24) | 6:15 (37:39) | 2:29 (40:08) | | 3:21 (43:29) | 3:42 (47:11) |
| | 0:37 (48:41) | | | | | 0:53 (48:04) |
| 2. | Moritz Walter | OSC Hamburg | | 48:41 | +18:32 | 08:48 |
| | 4:13 (4:13) | 3:00 (7:13) | 6:54 (14:07) | | 3:55 (18:02) | 3:49 (21:51) |
| | 6:10 (31:25) | 6:16 (37:41) | 2:28 (40:09) | | 3:20 (43:29) | 3:42 (47:11) |
| | 0:37 (48:41) | | | | | 0:53 (48:04) |
| | Laura Ulbricht | Eintracht Munster 2020 | | Nicht Ang. | | |
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| | Leonard Werner | OSC Hamburg | | Nicht Ang. | | |
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| Bahn B | | (6 / 6) | | Zeit | RückstandZeit verloren | |
| 1. | Oliver Schmälting | Preetzer TSV | | 39:13 | 01:26 | |
| | 1:32 (1:32) | 0:58 (2:30) | 3:54 (6:24) | | 4:30 (10:54) | 2:14 (13:08) |
| | 1:55 (17:10) | 2:23 (19:33) | 2:30 (22:03) | | 2:08 (24:11) | 4:12 (28:23) |
| | 1:04 (30:56) | 2:25 (33:21) | 0:53 (34:14) | | 1:48 (36:02) | 2:04 (38:06) |
| | 0:34 (39:13) | | | | | 0:33 (38:39) |
| 2. | Michael Lamprecht | TSV Nusse | | 59:36 | +20:23 | 18:09 |
| | 1:50 (1:50) | 0:48 (2:38) | 4:51 (7:29) | | 3:03 (10:32) | 2:43 (13:15) |
| | 9:09 (24:34) | 10:58 (35:32) | 2:36 (38:08) | | 2:31 (40:39) | 4:30 (45:09) |
| | 0:57 (47:44) | 2:34 (50:18) | 3:59 (54:17) | | 2:02 (56:19) | 2:01 (58:20) |
| | 0:46 (59:36) | | | | | 0:30 (58:50) |
| 3. | Mireille Höft | OSC Hamburg | | 1:20:52 | +41:39 | 10:11 |
| | 2:48 (2:48) | 1:03 (3:51) | 7:32 (11:23) | | 6:27 (17:50) | 4:38 (22:28) |
| | 3:44 (29:40) | 4:02 (33:42) | 4:44 (38:26) | | 8:29 (46:55) | 10:41 (57:36) |
| | 1:36 (1:03:10) | 5:45 (1:08:55) | 1:31 (1:10:26) | | 3:36 (1:14:02) | 4:52 (1:18:54) |
| | 0:57 (1:20:52) | | | | | 1:01 (1:19:55) |
| | Carsten Bockelmann | OSC Hamburg | | Fehlst. | | |
| | 3:06 (3:06) | 1:05 (4:11) | 7:16 (11:27) | | 4:28 (15:55) | 4:22 (20:17) |
| | – (–) | – (–) | – (–) | | – (27:48) | – (–) |
| | – (–) | – (30:38) | 1:40 (32:18) | | 3:49 (36:07) | 4:23 (40:30) |
| | 1:00 (42:49) | | | | | 1:19 (41:49) |
| | Antje Sobczak | Braunschweiger MTV | | Nicht Ang. | | |
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| | Nico Schilling | Preetzer TSV | | Nicht Ang. | | |
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| | – (–) | – (–) | – (–) | | – (–) | – (–) |
| | – (–) | – (–) | – (–) | | – (–) | – (–) |
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| Bahn C | | (14 / 14) | | Zeit | RückstandZeit verloren | |
| 1. | Andreas Katschanow | Eintracht Munster 2020 | | 43:11 | 01:15 | |
| | 1:40 (1:40) | 0:30 (2:10) | 3:09 (5:19) | | 3:39 (8:58) | 0:54 (9:52) |
| | 3:31 (14:56) | 5:28 (20:24) | 2:05 (22:29) | | 0:58 (23:27) | 1:45 (25:12) |
| | 2:23 (31:34) | 1:54 (33:28) | 1:22 (34:50) | | 3:12 (38:02) | 0:35 (38:37) |
| | 1:25 (42:27) | 0:22 (42:49) | 0:22 (43:11) | | | 2:25 (41:02) |
| 2. | Markus Dresel | SC Klecken | | 44:14 | +1:03 | 00:28 |
| | 1:23 (1:23) | 0:35 (1:58) | 3:26 (5:24) | | 3:39 (9:03) | 0:57 (10:00) |
| | 3:05 (14:38) | 5:26 (20:04) | 2:05 (22:09) | | 1:17 (23:26) | 2:17 (25:43) |
| | 1:56 (31:59) | 1:39 (33:38) | 1:09 (34:47) | | 3:28 (38:15) | 0:36 (38:51) |
| | 1:56 (43:19) | 0:28 (43:47) | 0:27 (44:14) | | | 2:32 (41:23) |
| 3. | Frank Gasdorf | OSC Hamburg | | 45:00 | +1:49 | 02:02 |
| | 1:21 (1:21) | 0:34 (1:55) | 3:09 (5:04) | | 3:30 (8:34) | 0:53 (9:27) |
| | 2:38 (13:34) | 5:21 (18:55) | 1:59 (20:54) | | 1:02 (21:56) | 1:48 (23:44) |
| | 1:57 (30:33) | 2:10 (32:43) | 2:40 (35:23) | | 3:40 (39:03) | 0:46 (39:49) |
| | 1:34 (44:00) | 0:29 (44:29) | 0:31 (45:00) | | | 2:37 (42:26) |
| 4. | Martin Nolte | OSC Hamburg | | 47:07 | +3:56 | 02:30 |
| | 1:21 (1:21) | 0:27 (1:48) | 3:33 (5:21) | | 3:38 (8:59) | 0:48 (9:47) |
| | 3:49 (15:03) | 5:57 (21:00) | 2:05 (23:05) | | 1:05 (24:10) | 1:49 (25:59) |
| | 1:41 (32:18) | 2:01 (34:19) | 1:37 (35:56) | | 4:05 (40:01) | 0:44 (40:45) |
| | 2:19 (46:15) | 0:27 (46:42) | 0:25 (47:07) | | | 3:11 (43:56) |

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| 5. | Stefan Ackermann | ESV Büchen | 53:57 | +10:46 | 03:37 | | |
| | 1:36 (1:36) | 0:33 (2:09) | 3:27 (5:36) | 4:00 (9:36) | 0:57 (10:33) | 1:39 (12:12) | |
| | 3:41 (15:53) | 6:59 (22:52) | 2:21 (25:13) | 1:37 (26:50) | 2:58 (29:48) | 4:46 (34:34) | |
| | 2:44 (37:18) | 2:51 (40:09) | 1:47 (41:56) | 4:07 (46:03) | 0:47 (46:50) | 3:51 (50:41) | |
| | 2:27 (53:08) | 0:24 (53:32) | 0:25 (53:57) | | | | |
| 6. | Tatiana Giletova | | 55:19 | +12:08 | 00:00 | | |
| | 1:42 (1:42) | 0:41 (2:23) | 4:16 (6:39) | 4:51 (11:30) | 1:08 (12:38) | 1:52 (14:30) | |
| | 3:46 (18:16) | 7:01 (25:17) | 2:32 (27:49) | 1:25 (29:14) | 2:18 (31:32) | 5:09 (36:41) | |
| | 2:19 (39:00) | 2:25 (41:25) | 1:52 (43:17) | 4:42 (47:59) | 0:49 (48:48) | 3:37 (52:25) | |
| | 1:46 (54:11) | 0:36 (54:47) | 0:32 (55:19) | | | | |
| 7. | Finn Morten Nolte | TSV Nusse | 55:32 | +12:21 | 03:35 | | |
| | 1:30 (1:30) | 0:34 (2:04) | 3:53 (5:57) | 5:04 (11:01) | 1:09 (12:10) | 1:45 (13:55) | |
| | 5:13 (19:08) | 6:48 (25:56) | 3:20 (29:16) | 1:20 (30:36) | 2:47 (33:23) | 5:38 (39:01) | |
| | 2:02 (41:03) | 2:15 (43:18) | 1:24 (44:42) | 4:09 (48:51) | 0:45 (49:36) | 3:05 (52:41) | |
| | 1:55 (54:36) | 0:33 (55:09) | 0:23 (55:32) | | | | |
| 8. | Erhard Jübermann | SC Klecken | 1:01:53 | +18:42 | 04:12 | | |
| | 1:54 (1:54) | 0:42 (2:36) | 4:52 (7:28) | 4:46 (12:14) | 1:16 (13:30) | 2:06 (15:36) | |
| | 5:12 (20:48) | 9:00 (29:48) | 2:36 (32:24) | 1:20 (33:44) | 3:08 (36:52) | 4:51 (41:43) | |
| | 2:12 (43:55) | 2:42 (46:37) | 1:36 (48:13) | 5:16 (53:29) | 1:00 (54:29) | 3:35 (58:04) | |
| | 2:36 (1:00:40) | 0:38 (1:01:18) | 0:35 (1:01:53) | | | | |
| 9. | Frida Maaß | TSV Nusse | 1:17:25 | +34:14 | 05:42 | | |
| | 2:01 (2:01) | 0:53 (2:54) | 5:15 (8:09) | 6:35 (14:44) | 1:22 (16:06) | 2:53 (18:59) | |
| | 5:57 (24:56) | 8:40 (33:36) | 4:00 (37:36) | 2:03 (39:39) | 4:33 (44:12) | 6:16 (50:28) | |
| | 5:31 (55:59) | 3:05 (59:04) | 2:52 (1:01:56) | 6:03 (1:07:59) | 1:11 (1:09:10) | 4:23 (1:13:33) | |
| | 2:38 (1:16:11) | 0:36 (1:16:47) | 0:38 (1:17:25) | | | | |
| 10. | Thomas Eichner | OSC Hamburg | 1:29:55 | +46:44 | 13:00 | | |
| | 2:39 (2:39) | 0:45 (3:24) | 5:03 (8:27) | 7:45 (16:12) | 1:29 (17:41) | 3:40 (21:21) | |
| | 6:58 (28:19) | 9:19 (37:38) | 3:27 (41:05) | 2:13 (43:18) | 6:18 (49:36) | 9:18 (58:54) | |
| | 3:20 (1:02:14) | 7:03 (1:09:17) | 2:41 (1:11:58) | 8:11 (1:20:09) | 1:09 (1:21:18) | 4:05 (1:25:23) | |
| | 2:33 (1:27:56) | 1:21 (1:29:17) | 0:38 (1:29:55) | | | | |
| 11. | Juliane Lehmann | OSC Hamburg | 1:49:40 | +66:29 | 10:19 | | |
| | 3:53 (3:53) | 1:05 (4:58) | 7:47 (12:45) | 7:47 (20:32) | 3:18 (23:50) | 4:18 (28:08) | |
| | 8:57 (37:05) | 14:27 (51:32) | 4:44 (56:16) | 5:03 (1:01:19) | 4:12 (1:05:31) | 10:04 (1:15:35) | |
| | 7:02 (1:22:37) | 4:37 (1:27:14) | 2:41 (1:29:55) | 6:46 (1:36:41) | 1:58 (1:38:39) | 5:26 (1:44:05) | |
| | 3:33 (1:47:38) | 0:56 (1:48:34) | 1:06 (1:49:40) | | | | |
| | Daniel Schilling | Preetzer TSV | Nicht Ang. | | | | |
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| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) | |
| | Olaf Handtrack | Eintracht Munster 2020 | Nicht Ang. | | | | |
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| | Olaf Hey | OSC Hamburg | Nicht Ang. | | | | |
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| Bahn D | | (24 / 24) | Zeit | Rückstand | Zeit verloren | | |
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| 1. | Guillaume Wyrsh | TSV Worpswede | 36:58 | | 00:00 | | |
| | 1:20 (1:20) | 2:10 (3:30) | 2:35 (6:05) | 1:02 (7:07) | 2:09 (9:16) | 2:08 (11:24) | |
| | 4:06 (15:30) | 1:23 (16:53) | 0:42 (17:35) | 1:14 (18:49) | 2:11 (21:00) | 1:08 (22:08) | |
| | 1:08 (23:16) | 1:08 (24:24) | 0:53 (25:17) | 2:46 (28:03) | 0:36 (28:39) | 1:11 (29:50) | |
| | 1:17 (31:07) | 2:01 (33:08) | 0:56 (34:04) | 1:04 (35:08) | 1:10 (36:18) | 0:19 (36:37) | |
| | 0:21 (36:58) | | | | | | |
| 2. | Lennart Weckeck | SC Klecken | 38:49 | +1:51 | 00:00 | | |
| | 1:30 (1:30) | 2:22 (3:52) | 2:43 (6:35) | 1:12 (7:47) | 2:11 (9:58) | 2:36 (12:34) | |
| | 3:51 (16:25) | 1:21 (17:46) | 0:45 (18:31) | 1:29 (20:00) | 2:12 (22:12) | 0:57 (23:09) | |
| | 1:12 (24:21) | 1:19 (25:40) | 0:59 (26:39) | 3:03 (29:42) | 0:36 (30:18) | 1:20 (31:38) | |
| | 1:21 (32:59) | 2:00 (34:59) | 1:03 (36:02) | 1:00 (37:02) | 1:08 (38:10) | 0:20 (38:30) | |
| | 0:19 (38:49) | | | | | | |
| 3. | Stefan Schmälting | Preetzer TSV | 43:29 | +6:31 | 00:00 | | |
| | 1:35 (1:35) | 2:33 (4:08) | 3:01 (7:09) | 1:18 (8:27) | 2:30 (10:57) | 2:40 (13:37) | |
| | 4:26 (18:03) | 2:01 (20:04) | 0:54 (20:58) | 1:44 (22:42) | 2:32 (25:14) | 1:02 (26:16) | |
| | 1:37 (27:53) | 1:26 (29:19) | 1:00 (30:19) | 3:16 (33:35) | 0:49 (34:24) | 1:23 (35:47) | |
| | 1:25 (37:12) | 2:18 (39:30) | 0:59 (40:29) | 1:10 (41:39) | 1:12 (42:51) | 0:19 (43:10) | |
| | 0:19 (43:29) | | | | | | |
| 4. | Gerrit Rode | TSV Worpswede | 44:59 | +8:01 | 01:21 | | |
| | 1:33 (1:33) | 2:48 (4:21) | 3:03 (7:24) | 1:24 (8:48) | 2:39 (11:27) | 2:43 (14:10) | |
| | 4:37 (18:47) | 1:31 (20:18) | 0:50 (21:08) | 1:24 (22:32) | 2:28 (25:00) | 2:03 (27:03) | |
| | 1:54 (28:57) | 1:34 (30:31) | 0:57 (31:28) | 3:20 (34:48) | 0:43 (35:31) | 1:28 (36:59) | |
| | 1:31 (38:30) | 2:23 (40:53) | 1:01 (41:54) | 1:11 (43:05) | 1:13 (44:18) | 0:20 (44:38) | |
| | 0:21 (44:59) | | | | | | |
| 5. | Lukas Fonk | Preetzer TSV | 45:17 | +8:19 | 00:59 | | |
| | 1:32 (1:32) | 3:07 (4:39) | 2:54 (7:33) | 1:20 (8:53) | 2:30 (11:23) | 2:59 (14:22) | |
| | 4:24 (18:46) | 2:11 (20:57) | 0:54 (21:51) | 1:28 (23:19) | 2:33 (25:52) | 1:10 (27:02) | |
| | 1:27 (28:29) | 1:35 (30:04) | 1:12 (31:16) | 3:38 (34:54) | 0:46 (35:40) | 1:30 (37:10) | |
| | 1:26 (38:36) | 2:35 (41:11) | 1:02 (42:13) | 1:11 (43:24) | 1:11 (44:35) | 0:21 (44:56) | |
| | 0:21 (45:17) | | | | | | |

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| 6. | Steve Eibner | OSC Hamburg | 47:44 | +10:46 | 02:47 | | |
| | 1:36 (1:36) | 2:43 (4:19) | 3:01 (7:20) | 1:19 (8:39) | 2:44 (11:23) | 2:37 (14:00) | |
| | 4:12 (18:12) | 1:54 (20:06) | 0:55 (21:01) | 1:34 (22:35) | 2:39 (25:14) | 2:44 (27:58) | |
| | 1:35 (29:33) | 1:28 (31:01) | 0:57 (31:58) | 3:34 (35:32) | 0:44 (36:16) | 2:43 (38:59) | |
| | 1:48 (40:47) | 2:38 (43:25) | 1:03 (44:28) | 1:19 (45:47) | 1:15 (47:02) | 0:24 (47:26) | |
| | 0:18 (47:44) | | | | | | |
| 7. | Robyn Astridge | Foothill Wanderers OC | 51:19 | +14:21 | 02:32 | | |
| | 1:39 (1:39) | 2:56 (4:35) | 3:12 (7:47) | 1:25 (9:12) | 2:53 (12:05) | 2:59 (15:04) | |
| | 4:52 (19:56) | 2:55 (22:51) | 1:38 (24:29) | 1:41 (26:10) | 2:46 (28:56) | 1:40 (30:36) | |
| | 1:39 (32:15) | 1:38 (33:53) | 1:19 (35:12) | 3:34 (38:46) | 0:42 (39:28) | 1:37 (41:05) | |
| | 2:22 (43:27) | 2:52 (46:19) | 1:23 (47:42) | 1:15 (48:57) | 1:32 (50:29) | 0:24 (50:53) | |
| | 0:26 (51:19) | | | | | | |
| 8. | Juha Heikkilä | TSV Worpswede | 53:54 | +16:56 | 00:42 | | |
| | 1:50 (1:50) | 3:30 (5:20) | 3:37 (8:57) | 1:36 (10:33) | 3:22 (13:55) | 3:05 (17:00) | |
| | 5:23 (22:23) | 1:51 (24:14) | 1:01 (25:15) | 1:47 (27:02) | 3:02 (30:04) | 2:04 (32:08) | |
| | 1:40 (33:48) | 1:49 (35:37) | 1:24 (37:01) | 4:26 (41:27) | 0:48 (42:15) | 1:41 (43:56) | |
| | 1:50 (45:46) | 3:18 (49:04) | 1:12 (50:16) | 1:28 (51:44) | 1:25 (53:09) | 0:25 (53:34) | |
| | 0:20 (53:54) | | | | | | |
| 9. | Michael Schwien | SC Klecken | 54:37 | +17:39 | 00:48 | | |
| | 1:41 (1:41) | 3:28 (5:09) | 3:30 (8:39) | 1:53 (10:32) | 3:24 (13:56) | 3:41 (17:37) | |
| | 5:44 (23:21) | 1:50 (25:11) | 1:07 (26:18) | 1:39 (27:57) | 3:21 (31:18) | 2:11 (33:29) | |
| | 1:33 (35:02) | 1:43 (36:45) | 1:22 (38:07) | 4:02 (42:09) | 0:46 (42:55) | 1:45 (44:40) | |
| | 2:06 (46:46) | 2:41 (49:27) | 1:24 (50:51) | 1:26 (52:17) | 1:30 (53:47) | 0:27 (54:14) | |
| | 0:23 (54:37) | | | | | | |
| 10. | Igor Uhilyantos | | 55:02 | +18:04 | 00:33 | | |
| | 1:59 (1:59) | 3:47 (5:46) | 3:54 (9:40) | 1:43 (11:23) | 3:10 (14:33) | 3:13 (17:46) | |
| | 5:54 (23:40) | 2:06 (25:46) | 1:03 (26:49) | 1:53 (28:42) | 3:22 (32:04) | 1:19 (33:23) | |
| | 1:30 (34:53) | 1:39 (36:32) | 1:21 (37:53) | 4:05 (41:58) | 0:49 (42:47) | 1:35 (44:22) | |
| | 1:53 (46:15) | 3:04 (49:19) | 1:20 (50:39) | 1:41 (52:20) | 1:38 (53:58) | 0:32 (54:30) | |
| | 0:32 (55:02) | | | | | | |
| 11. | Ann-Kathrin Brandt | Preetzer TSV | 56:10 | +19:12 | 01:11 | | |
| | 2:06 (2:06) | 3:55 (6:01) | 4:06 (10:07) | 1:41 (11:48) | 3:26 (15:14) | 3:43 (18:57) | |
| | 5:49 (24:46) | 1:49 (26:35) | 1:03 (27:38) | 2:26 (30:04) | 3:02 (33:06) | 1:22 (34:28) | |
| | 2:01 (36:29) | 1:46 (38:15) | 1:15 (39:30) | 4:09 (43:39) | 0:49 (44:28) | 1:31 (45:59) | |
| | 2:01 (48:00) | 3:01 (51:01) | 1:19 (52:20) | 1:32 (53:52) | 1:28 (55:20) | 0:26 (55:46) | |
| | 0:24 (56:10) | | | | | | |
| 12. | Ieva Grahl | Preetzer TSV | 57:08 | +20:10 | 02:57 | | |
| | 1:53 (1:53) | 3:12 (5:05) | 3:36 (8:41) | 1:45 (10:26) | 3:18 (13:44) | 3:07 (16:51) | |
| | 5:19 (22:10) | 3:51 (26:01) | 1:05 (27:06) | 2:04 (29:10) | 3:25 (32:35) | 2:32 (35:07) | |
| | 1:40 (36:47) | 1:58 (38:45) | 1:25 (40:10) | 4:00 (44:10) | 0:52 (45:02) | 1:50 (46:52) | |
| | 1:44 (48:36) | 3:19 (51:55) | 1:20 (53:15) | 1:33 (54:48) | 1:34 (56:22) | 0:24 (56:46) | |
| | 0:22 (57:08) | | | | | | |
| 13. | Mira Sandmeyer | Preetzer TSV | 59:55 | +22:57 | 03:31 | | |
| | 1:53 (1:53) | 4:07 (6:00) | 4:38 (10:38) | 1:52 (12:30) | 3:27 (15:57) | 4:01 (19:58) | |
| | 5:22 (25:20) | 1:54 (27:14) | 1:10 (28:24) | 2:31 (30:55) | 3:48 (34:43) | 1:51 (36:34) | |
| | 1:59 (38:33) | 2:48 (41:21) | 1:44 (43:05) | 4:10 (47:15) | 0:51 (48:06) | 1:49 (49:55) | |
| | 1:45 (51:40) | 3:08 (54:48) | 1:14 (56:02) | 1:27 (57:29) | 1:39 (59:08) | 0:24 (59:32) | |
| | 0:23 (59:55) | | | | | | |
| 14. | Axel Entrup | SC Klecken | 1:04:59 | +28:01 | 00:00 | | |
| | 2:11 (2:11) | 4:03 (6:14) | 4:06 (10:20) | 1:56 (12:16) | 3:47 (16:03) | 4:13 (20:16) | |
| | 6:57 (27:13) | 2:14 (29:27) | 1:24 (30:51) | 2:31 (33:22) | 4:05 (37:27) | 1:45 (39:12) | |
| | 2:11 (41:23) | 2:37 (44:00) | 1:28 (45:28) | 4:31 (49:59) | 1:12 (51:11) | 2:28 (53:39) | |
| | 2:11 (55:50) | 3:45 (59:35) | 1:11 (1:00:46) | 1:28 (1:02:14) | 1:48 (1:04:02) | 0:27 (1:04:29) | |
| | 0:30 (1:04:59) | | | | | | |
| 15. | Silvia Nolte | TSV Nusse | 1:06:29 | +29:31 | 02:36 | | |
| | 2:12 (2:12) | 3:53 (6:05) | 4:17 (10:22) | 1:53 (12:15) | 3:37 (15:52) | 3:47 (19:39) | |
| | 6:31 (26:10) | 4:07 (30:17) | 1:12 (31:29) | 2:48 (34:17) | 3:38 (37:55) | 2:05 (40:00) | |
| | 2:14 (42:14) | 1:57 (44:11) | 1:40 (45:51) | 5:00 (50:51) | 0:59 (51:50) | 1:49 (53:39) | |
| | 2:56 (56:35) | 3:48 (1:00:23) | 1:24 (1:01:47) | 1:51 (1:03:38) | 1:56 (1:05:34) | 0:27 (1:06:01) | |
| | 0:28 (1:06:29) | | | | | | |
| 16. | Meike Ackermann | TSV Nusse | 1:07:22 | +30:24 | 05:47 | | |
| | 2:29 (2:29) | 3:30 (5:59) | 3:52 (9:51) | 1:54 (11:45) | 3:15 (15:00) | 4:12 (19:12) | |
| | 5:17 (24:29) | 1:57 (26:26) | 1:13 (27:39) | 3:50 (31:29) | 3:53 (35:22) | 1:56 (37:18) | |
| | 2:30 (39:48) | 2:26 (42:14) | 1:53 (44:07) | 7:58 (52:05) | 0:48 (52:53) | 2:22 (55:15) | |
| | 2:49 (58:04) | 3:36 (1:01:40) | 1:21 (1:03:01) | 1:36 (1:04:37) | 1:57 (1:06:34) | 0:25 (1:06:59) | |
| | 0:23 (1:07:22) | | | | | | |
| 17. | Christian Nolte | TSV Nusse | 1:11:18 | +34:20 | 01:55 | | |
| | 2:12 (2:12) | 4:12 (6:24) | 4:30 (10:54) | 2:05 (12:59) | 4:25 (17:24) | 5:17 (22:41) | |
| | 6:14 (28:55) | 2:41 (31:36) | 1:13 (32:49) | 2:47 (35:36) | 4:24 (40:00) | 1:54 (41:54) | |
| | 2:30 (44:24) | 2:15 (46:39) | 1:55 (48:34) | 5:51 (54:25) | 1:05 (55:30) | 1:56 (57:26) | |
| | 2:37 (1:00:03) | 4:30 (1:04:33) | 1:36 (1:06:09) | 2:02 (1:08:11) | 2:06 (1:10:17) | 0:31 (1:10:48) | |
| | 0:30 (1:11:18) | | | | | | |
| 18. | Anna Paszkowska | | 1:14:29 | +37:31 | 06:44 | | |
| | 2:07 (2:07) | 4:40 (6:47) | 4:55 (11:42) | 2:23 (14:05) | 3:51 (17:56) | 5:38 (23:34) | |
| | 5:48 (29:22) | 2:21 (31:43) | 1:32 (33:15) | 2:13 (35:28) | 4:48 (40:16) | 1:55 (42:11) | |
| | 2:44 (44:55) | 3:58 (48:53) | 2:42 (51:35) | 6:01 (57:36) | 0:59 (58:35) | 2:49 (1:01:24) | |
| | 2:18 (1:03:42) | 4:36 (1:08:18) | 1:21 (1:09:39) | 1:47 (1:11:26) | 2:09 (1:13:35) | 0:27 (1:14:02) | |
| | 0:27 (1:14:29) | | | | | | |
| 18. | Yuma Iff | | 1:14:29 | +37:31 | 06:39 | | |
| | 2:06 (2:06) | 4:41 (6:47) | 4:52 (11:39) | 2:25 (14:04) | 3:51 (17:55) | 5:34 (23:29) | |
| | 5:53 (29:22) | 2:20 (31:42) | 1:32 (33:14) | 2:14 (35:28) | 4:47 (40:15) | 1:55 (42:10) | |
| | 2:42 (44:52) | 3:57 (48:49) | 2:41 (51:30) | 6:07 (57:37) | 0:59 (58:36) | 2:48 (1:01:24) | |
| | 2:14 (1:03:38) | 4:35 (1:08:13) | 1:27 (1:09:40) | 1:46 (1:11:26) | 2:04 (1:13:30) | 0:30 (1:14:00) | |
| | 0:29 (1:14:29) | | | | | | |

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| 20. | Mareike Brandt | TSV Mehedorf | | 1:14:30 | +37:32 | 02:52 | | |
| | 2:10 (2:10) | 4:08 (6:18) | 4:29 (10:47) | | 2:14 (13:01) | 4:09 (17:10) | 4:34 (21:44) | |
| | 6:55 (28:39) | 2:53 (31:32) | 1:42 (33:14) | | 3:23 (36:37) | 4:41 (41:18) | 2:12 (43:30) | |
| | 2:49 (46:19) | 3:25 (49:44) | 2:27 (52:11) | | 5:50 (58:01) | 1:05 (59:06) | 2:36 (1:01:42) | |
| | 2:25 (1:04:07) | 4:19 (1:08:26) | 1:35 (1:10:01) | | 1:45 (1:11:46) | 1:47 (1:13:33) | 0:30 (1:14:03) | |
| | 0:27 (1:14:30) | | | | | | | |
| 21. | Rüdiger Reischuk | Lübecker Turnerschaft | | 1:30:40 | +53:42 | 07:05 | | |
| | 2:48 (2:48) | 5:38 (8:26) | 7:04 (15:30) | | 2:37 (18:07) | 4:56 (23:03) | 5:39 (28:42) | |
| | 7:55 (36:37) | 2:43 (39:20) | 1:36 (40:56) | | 3:41 (44:37) | 4:26 (49:03) | 2:32 (51:35) | |
| | 2:47 (54:22) | 3:11 (57:33) | 2:06 (59:39) | | 6:10 (1:05:49) | 1:15 (1:07:04) | 8:34 (1:15:38) | |
| | 2:48 (1:18:26) | 4:36 (1:23:02) | 1:47 (1:24:49) | | 2:19 (1:27:08) | 2:17 (1:29:25) | 0:37 (1:30:02) | |
| | 0:38 (1:30:40) | | | | | | | |
| | Katharina Rode | | | Fehlst. | | | | |
| | 4:01 (4:01) | 3:54 (7:55) | 4:52 (12:47) | | 1:54 (14:41) | 4:07 (18:48) | 5:47 (24:35) | |
| | 6:21 (30:56) | 2:24 (33:20) | 2:20 (35:40) | | 4:38 (40:18) | — (—) | — (—) | |
| | — (—) | — (44:20) | 1:45 (46:05) | | 5:21 (51:26) | 0:59 (52:25) | 2:14 (54:39) | |
| | 2:12 (56:51) | 3:35 (1:00:26) | 1:30 (1:01:56) | | 1:47 (1:03:43) | 1:45 (1:05:28) | 0:43 (1:06:11) | |
| | 0:31 (1:06:42) | | | | | | | |
| | Udo Sobczak | Braunschweiger MTV | | Nicht Ang. | | | | |
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| | — (—) | | | | | | | |
| | Wiebke Malzahn | | | Nicht Ang. | | | | |
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