

Pfg.	Plm	Plw	St.Nr	Name,Vorname	Verein	Ak	AKm	AKw	Endzeit	Schwimmen	Radzeit	Schw+Rad	.Laufzeit	Rückst.	Bem
1	1		345	Weber, Sven	TSV Bokeloh	mJun	1		01:02:27	0:09:01(2)	0:34:11(4)	0:43:12(1)	0:19:15(1)	00:00:00	7aL
2	2		118	Frank, Arne	Eintracht Hildesheim	M20	2		01:04:40	0:08:35(1)	00:00:00	00:00:00	00:00:00	00:02:13	5
3	3		109	Sonntag, Thomas	SC Langenhagen I.Herren	M40	1		01:04:49	0:10:09(18)	0:34:12(5)	0:44:21(5)	0:20:28(10)	00:02:22	5
4	4		138	Niepötter, Thomas	TSV Bokeloh	M20	3		01:07:05	0:10:12(20)	0:36:24(14)	0:46:36(11)	0:20:29(11)	00:04:38	5
5	5		333	Scharf, Henrik	TSV Bokeloh	mJun	3		01:07:15	0:09:11(4)	0:36:31(17)	0:45:42(8)	0:21:33(33)	00:04:48	7aL
6	6		143	Wellmann, Christian	TSV Bokeloh	M20	4		01:07:23	0:09:56(11)	0:36:25(15)	0:46:21(9)	0:21:02(22)	00:04:56	5
7	7		58	Böger, Frank	Luhdener SV Men	M35	2		01:07:58	0:11:45(78)	0:36:39(19)	0:48:24(30)	0:19:34(3)	00:05:31	4
8	8		50	Schmidt, Christian	1.TCO Die Bären Oldenburg	M20	6		01:08:01	0:11:25(60)	00:00:00	00:00:00	00:00:00	00:05:34	3
9	9		63	Fürle, Fabian	SG Bad Gandersheim/Freiheit	M25	2		01:08:06	0:11:26(61)	0:36:15(13)	0:47:41(16)	0:20:25(9)	00:05:39	4
10	10		131	Hoffmann, Peter	Team Thiemann	M40	2		01:08:32	0:12:14(107)	0:36:13(11)	0:48:27(31)	0:20:05(4)	00:06:05	5
11	11		34	Seidel, Rüdiger	Lehrter SV / TV Meppen	M35	3		01:08:47	0:12:50(138)	0:35:26(6)	0:48:16(26)	0:20:31(13)	00:06:20	3
12	12		354	Schneider, Martin	TSV Bokeloh	mJugA	2		01:08:50	00:00:00	00:00:00	0:47:06(12)	0:21:44(40)	00:06:23	7aL
13	13		29	Bächle, Wolfgang	SG LindWuRM	M40	4		01:09:13	0:10:02(15)	0:37:23(30)	0:47:25(13)	0:21:48(45)	00:06:46	3
14	14		91	Sandek, Dirk	VFB Hannover/SV Altenc.	M25	3		01:09:17	0:12:22(112)	0:35:42(8)	0:48:04(23)	0:21:13(25)	00:06:50	4
15	15		136	Thois, Andreas	SC Langenhagen I.Herren	M35	4		01:09:19	0:11:50(85)	0:36:44(21)	0:48:34(34)	0:20:45(16)	00:06:52	5
16	16		137	Marhauer, Andre	Eintracht Hildesheim	M30	2		01:09:45	0:11:48(83)	0:36:41(20)	0:48:29(32)	0:21:16(26)	00:07:18	5
17	17		40	Neumann, Christian	TriAs Hildesheim II	M30	3		01:09:47	0:12:20(110)	00:00:00	00:00:00	00:00:00	00:07:20	3
18	18		343	Faulhaber, Jan	TSV Bokeloh	mJugA	5		01:09:51	0:10:20(24)	0:37:21(28)	0:47:41(16)	0:22:10(52)	00:07:24	7aL
19	19		110	Schierack, Arne	SC Langenhagen I.Herren	M35	5		01:09:56	0:10:58(43)	0:37:00(24)	0:47:58(21)	0:21:58(49)	00:07:29	5
20	20		149	Kulbe, Sascha	TSV Bokeloh	M25	4		01:10:06	0:12:22(112)	0:35:33(7)	0:47:55(20)	0:22:11(53)	00:07:39	5
21	21		25	Markgraf, Bernd	TSV Anderten (Herren)	M40	6		01:10:08	0:11:50(85)	0:37:10(26)	0:49:00(41)	0:21:08(23)	00:07:41	3
22	22		90	Kramer, Lars	VFB Hannover/SV Altenc.	M25	5		01:10:11	0:10:50(40)	0:37:27(31)	0:48:17(27)	0:21:54(47)	00:07:44	4
23	23		348	Eberhardt, Jan	Tri-Speedys Peine	mJun	4		01:10:26	0:10:26(28)	0:38:14(44)	0:48:40(36)	0:21:46(43)	00:07:59	7aL
24	24		132	Seegers, Tim	BS/WF - Das Team	M30	4		01:10:36	0:10:29(30)	0:37:30(33)	0:47:59(22)	0:22:37(62)	00:08:09	5
25	25		351	Rentschka, Markus	SG Bad Gandersheim/Freiheit	mJun	5		01:10:41	0:11:02(47)	0:39:07(67)	0:50:09(50)	0:20:32(14)	00:08:14	7aL
26	26		111	Butterbrodt, Dr., Tobias	Eintracht Hildesheim	M30	5		01:10:44	0:13:00(144)	0:37:39(35)	0:50:39(56)	0:20:05(4)	00:08:17	5
27	27		129	Schultz, Raimund	SC Langenhagen I.Herren	M50	1		01:10:49	0:11:30(64)	0:37:21(28)	0:48:51(37)	0:21:58(49)	00:08:22	5
28	28		357	Kley, Sören	SG Bad Gandersheim/Freiheit	mJun	7		01:11:01	0:10:48(39)	0:38:48(54)	0:49:36(46)	0:21:25(30)	00:08:34	7aL
29	29		119	Timm, Frank	Team Thiemann	M35	6		01:11:04	0:09:58(13)	0:38:24(48)	0:48:22(28)	0:22:42(66)	00:08:37	5
30	30		3	Siebum, Thomas	Lehrter SV / TV Meppen	M30	6		01:11:10	0:10:59(44)	0:36:47(23)	0:47:46(18)	0:23:24(80)	00:08:43	3
31	31		55	Gibas, Lutz	Hannover 96 III	M25	6		01:11:15	0:10:56(42)	0:38:54(57)	0:49:50(47)	0:21:25(30)	00:08:48	4
32	32		114	Schander, Gerd-Peter	VFB Hannover/SV Altenc.	M45	1		01:11:28	0:11:55(90)	0:37:59(39)	0:49:54(48)	0:21:34(34)	00:09:01	5
33	33		76	Krohne, Holger	Tri-Speedys Peine	M30	7		01:11:31	0:12:06(99)	0:39:12(69)	0:51:18(68)	0:20:13(7)	00:09:04	4
34	34		77	Lange, Marko	Luhdener SV Men	M25	7		01:11:44	0:11:35(70)	0:37:45(37)	0:49:20(42)	0:22:24(58)	00:09:17	4
35	35		83	Wrobel, Oliver	Die Herzöge aus Wolfenbüttel	M25	8		01:11:47	0:12:37(126)	0:38:15(45)	0:50:52(58)	0:20:55(18)	00:09:20	4
36	36		151	Bahnstedt, Sven	BS/WF - Das Team	M30	8		01:12:00	0:11:46(81)	0:37:08(25)	0:48:54(38)	0:23:06(75)	00:09:33	5
37	37		99	Sander, Ingo	Hannover 96 III	M45	2		01:12:02	0:10:43(35)	0:39:17(71)	0:50:00(49)	0:22:02(51)	00:09:35	4
38	38		128	Thiede, Martin	VFL Wolfsburg 2	M35	7		01:12:28	0:14:50(198)	0:36:28(16)	0:51:18(68)	0:21:10(24)	00:10:01	5
39	39		140	Saracino, Franco	VFL Wolfsburg 2	M35	8		01:12:35	0:13:11(149)	0:38:06(41)	0:51:17(66)	0:21:18(28)	00:10:08	5

40	40	12 Fest, Joachim	TriAs Hildesheim II	M25	9	01:12:40	0:11:13(52)	0:40:02(85)	0:51:15(64)	0:21:25(32)	00:10:13	3
41	41	117 Adolf, Claus	SC Langenhagen I.Herren	M35	9	01:12:40	0:12:23(114)	0:38:03(40)	0:50:26(52)	0:22:14(54)	00:10:13	5
42	42	18 Lippels, Yves	TriAs Hildesheim II	M40	8	01:12:55	0:12:18(108)	0:39:02(63)	0:51:20(72)	0:21:35(35)	00:10:28	3
43	43	123 Brunck, Holger	SC Langenhagen I.Herren	M30	9	01:13:00	0:13:13(151)	00:00:00	00:00:00	00:00:00	00:10:33	5
44	44	23 Majoni, Christian	SG LindWuRM	M35	10	01:13:05	0:12:33(123)	0:38:44(51)	0:51:17(66)	0:21:48(45)	00:10:38	3
45	1	369 Schwarz, Katharina	Tri-Team-Braunschweig	wJugA	1	01:13:37	0:09:43(9)	0:39:52(82)	0:49:35(45)	0:24:02(94)	00:11:10	7aL
46	45	46 Wortmann, Jens	SG LindWuRM	M35	11	01:13:47	0:11:26(62)	0:39:00(60)	0:50:26(52)	0:23:21(79)	00:11:20	3
47	46	124 Störmer, Dag	Eintracht Hildesheim	M20	7	01:13:57	0:11:39(73)	0:40:42(97)	0:52:21(86)	0:21:36(36)	00:11:30	5
48	47	350 Schlichting, Björn	Lehrter SV / TV Meppen	mJugA	8	01:13:59	0:09:57(12)	0:39:02(63)	0:48:59(40)	0:25:00(117)	00:11:32	7aL
49	48	122 Wegener, Axel	VFL Wolfsburg 2	M35	12	01:14:02	0:10:33(32)	0:40:05(86)	0:50:38(55)	0:23:24(81)	00:11:35	5
50	49	152 Haeger, Heinz	TSV Bokeloh	M40	9	01:14:16	0:12:46(136)	0:39:43(79)	0:52:29(90)	0:21:47(44)	00:11:49	5
51	50	85 Strehlau, Hans-Joachim	VFB Hannover/SV Altenc.	M40	10	01:14:18	0:12:44(134)	0:39:54(83)	0:52:38(93)	0:21:40(37)	00:11:51	4
52	51	135 Behr, Steffen	SC Langenhagen I.Herren	M25	10	01:14:18	0:11:56(92)	0:40:26(91)	0:52:22(88)	0:21:56(48)	00:11:51	5
53	52	97 Dannebaum, Uwe	VFB Hannover/SV Altenc.	M40	11	01:14:21	0:13:08(145)	0:38:10(43)	0:51:18(68)	0:23:03(72)	00:11:54	4
54	53	116 Czornik, Benjamin	VFL Wolfsburg 2	M25	11	01:14:24	0:11:45(79)	0:38:46(53)	0:50:31(54)	0:23:53(89)	00:11:57	5
55	54	72 Lorenz, Rolf	Die Herzöge aus Wolfenbüttel	M40	12	01:14:33	0:13:32(160)	0:40:30(93)	0:54:02(113)	0:20:31(12)	00:12:06	4
56	55	95 Wrebel, Dennis	Die Herzöge aus Wolfenbüttel	M20	8	01:14:46	0:13:09(147)	0:38:57(59)	0:52:06(79)	0:22:40(64)	00:12:19	4
57	56	14 Trusheim, Matthias	SC Langenhagen 2.Herren	M20	9	01:14:47	0:13:20(155)	0:38:48(54)	0:52:08(81)	0:22:39(63)	00:12:20	3
58	57	88 Forche, Roland	Luhdener SV Men	M40	13	01:14:53	0:12:29(119)	0:39:49(80)	0:52:18(85)	0:22:35(61)	00:12:26	4
59	58	65 Dobrinsky, Thomas	Luhdener SV Men	M30	11	01:14:54	0:12:56(142)	0:39:18(73)	0:52:14(84)	0:22:40(65)	00:12:27	4
60	59	139 Marder, Florian	Team Thiemann	M20	10	01:14:56	0:11:45(79)	0:39:02(62)	0:50:47(57)	0:24:09(98)	00:12:29	5
61	60	104 Bondzio, Thomas	VFB Hannover/SV Altenc.	M35	13	01:14:59	0:12:14(106)	0:40:16(88)	0:52:30(91)	0:22:29(59)	00:12:32	4
62	61	112 Gebensleben, Frank	Team Thiemann	M40	14	01:15:13	0:11:40(74)	0:39:38(78)	0:51:18(68)	0:23:55(90)	00:12:46	5
63	62	134 Dittrich, Rainer	VFL Wolfsburg 2	M40	15	01:15:38	0:13:14(153)	0:39:07(67)	0:52:21(86)	0:23:17(78)	00:13:11	5
64	63	64 Hoff, Hinnerk	Tri-Speedys Peine	M30	12	01:15:41	0:13:00(143)	00:00:00	00:00:00	00:00:00	00:13:14	4
65	64	19 Hellwig, Rainer	TSV Anderten (Herren)	mJun	8	01:15:44	0:12:20(110)	0:41:04(112)	0:53:24(103)	0:22:20(56)	00:13:17	3aL
66	65	56 Mackenrodt, Florian	SG Bad Gandersheim/Freiheit	M25	12	01:15:53	0:11:40(74)	0:39:37(77)	0:51:17(65)	0:24:36(107)	00:13:26	4
67	66	113 Flechtner, Olaf	BS/WF - Das Team	M35	14	01:15:58	0:14:18(186)	0:37:34(34)	0:51:52(75)	0:24:06(97)	00:13:31	5
68	67	358 Tandler, Roland	TSV Bokeloh	mJun	9	01:16:02	0:11:00(46)	0:41:01(108)	0:52:01(78)	0:24:01(93)	00:13:35	7aL
69	68	59 Wüppenhorst, Michael	Die Herzöge aus Wolfenbüttel	M40	16	01:16:07	0:11:50(85)	0:41:47(120)	0:53:37(107)	0:22:30(60)	00:13:40	4
70	69	176 Broeger, Birgit	Team Thiemann	M25	13	01:16:17	0:13:41(166)	0:40:51(103)	0:54:32(120)	0:21:45(41)	00:13:50	6
71	70	37 Brower, Dirk	1.TCO Die Bären Oldenburg	M25	14	01:16:24	0:10:23(26)	0:41:06(113)	0:51:29(73)	0:24:55(115)	00:13:57	3
72	71	126 Köpp, Andreas	BS/WF - Das Team	M25	15	01:16:29	0:13:08(145)	0:39:33(75)	0:52:41(95)	0:23:48(88)	00:14:02	5
73	72	86 Kehe, Nicholas	Hannover 96 III	M20	11	01:16:30	0:12:32(122)	0:38:23(47)	0:50:55(59)	0:25:35(135)	00:14:03	4
74	73	352 Gewinn, Marius	Lehrter SV / TV Meppen	mJugA	10	01:16:32	0:11:53(88)	0:40:43(98)	0:52:36(92)	0:23:56(91)	00:14:05	7aL
75	74	60 Vinzelberg, Friedhelm	Die Herzöge aus Wolfenbüttel	M40	17	01:16:34	0:12:43(132)	0:40:47(100)	0:53:30(106)	0:23:04(73)	00:14:07	4
76	75	127 Schlums, Christian	BS/WF - Das Team	M40	18	01:16:42	0:14:26(189)	0:40:32(94)	0:54:58(130)	0:21:44(39)	00:14:15	5
77	76	147 Baks, Andreas	SC Langenhagen I.Herren	M30	13	01:16:57	0:12:08(101)	0:40:36(95)	0:52:44(97)	0:24:13(99)	00:14:30	5
78	2	164 Spaudl, Kerstin	Tri-Team-Braunschweig	W25	1	01:16:59	0:12:27(118)	0:40:12(87)	0:52:39(94)	0:24:20(101)	00:14:32	6a
79	77	80 Hens, Balthasar	Hannover 96 III	M20	12	01:17:08	0:11:46(81)	0:39:17(71)	0:51:03(61)	0:26:05(153)	00:14:41	4

80	3	194 Baks, Nadine	SC Langenhagen-Damen	W25	2	01:17:16	0:11:02(47)	0:42:35(133)	0:53:37(107)	0:23:39(84)	00:14:49	6a
81	78	48 Widera, Christian	TSV Anderten (Herren)	M20	13	01:17:20	0:11:30(64)	0:40:22(90)	0:51:52(75)	0:25:28(129)	00:14:53	3
82	79	84 Sonemann, Dirk	VFB Hannover/SV Altenc.	M40	19	01:17:24	0:12:40(129)	0:40:21(89)	0:53:01(99)	0:24:23(102)	00:14:57	4
83	4	170 Glage, Silke	Hannover 96 II(Damen)	W30	1	01:17:27	0:12:25(116)	0:41:02(109)	0:53:27(104)	0:24:00(92)	00:15:00	6a
84	80	145 Stürzer, Henning	BS/WF - Das Team	M45	3	01:17:38	0:14:20(187)	0:38:22(46)	0:52:42(96)	0:24:56(116)	00:15:11	5
85	5	207 Peters, Stefanie	VfL Wolfsburg Damen	W30	2	01:17:41	0:15:02(203)	0:38:35(50)	0:53:37(107)	0:24:04(95)	00:15:14	6a
86	81	61 Clemens, Danny	VFB Hannover/SV Altenc.	M30	14	01:17:44	0:11:08(51)	0:41:02(109)	0:52:10(83)	0:25:34(133)	00:15:17	4
87	82	150 Franke, Bernd	BS/WF - Das Team	M35	15	01:18:01	0:12:53(139)	0:42:23(130)	0:55:16(137)	0:22:45(67)	00:15:34	5
88	83	349 Rezo, Jerko	Hannover 96 III	mJugA	12	01:18:09	0:12:23(114)	0:40:57(107)	0:53:20(102)	0:24:49(112)	00:15:42	7aL
89	84	66 Wolf, Fabian	Die Herzöge aus Wolfenbüttel	M35	16	01:18:12	0:12:54(140)	0:41:38(115)	0:54:32(120)	0:23:40(85)	00:15:45	4
90	85	70 Kaiser, Diethard	Tri-Speedys Peine	M35	17	01:18:13	0:13:40(164)	0:38:45(52)	0:52:25(89)	0:25:48(145)	00:15:46	4
91	86	98 Brandt, Dirk	Hannover 96 III	M30	15	01:18:37	0:12:12(103)	0:40:52(104)	0:53:04(100)	0:25:33(132)	00:16:10	4
92	87	5 Karp, Uwe	TriAs Hildesheim II	M40	20	01:18:47	0:14:16(185)	0:41:06(113)	0:55:22(139)	0:23:25(82)	00:16:20	3
93	88	125 Lemeter, Andreas	Team Thiemann	M40	21	01:18:48	0:11:06(49)	0:41:03(111)	0:52:09(82)	0:26:39(160)	00:16:21	5
94	6	177 Nowack, Ivonne	Tri-Stone-Girls Hildesh.	W25	3	01:18:55	0:13:56(175)	0:39:51(81)	0:53:47(112)	0:25:08(120)	00:16:28	6a
95	89	81 Perlebach, Andreas	Tri-Speedys Peine	M30	16	01:19:01	0:14:05(178)	0:41:46(117)	0:55:51(148)	0:23:10(76)	00:16:34	4
96	90	9 Hilmer, Christoph	TSR Olympia Wilhelmshaven	M25	16	01:19:12	0:11:18(58)	0:43:05(143)	0:54:23(118)	0:24:49(112)	00:16:45	3
97	7	165 Ostermeier, Maren	Luhdener SV Damen	W20	2	01:19:21	0:12:43(132)	0:42:05(126)	0:54:48(124)	0:24:33(105)	00:16:54	6a
98	8	203 Von Oehsen, Inga	Tri-Stone-Girls Hildesh.	W30	3	01:19:25	0:10:20(23)	0:43:20(148)	0:53:40(110)	0:25:45(143)	00:16:58	6a
99	91	71 Bültmann, Andreas	Luhdener SV Men	M25	17	01:19:31	0:13:35(162)	0:40:53(105)	0:54:28(119)	0:25:03(118)	00:17:04	4
100	92	17 Gärtner, Jens	SG LindWuRM	M40	22	01:19:33	0:16:14(221)	0:39:33(75)	0:55:47(144)	0:23:46(87)	00:17:06	3
101	93	24 Wittenberg, Kay	TriAs Hildesheim II	M30	17	01:19:44	0:15:04(205)	0:39:05(65)	0:54:09(115)	0:25:35(135)	00:17:17	3
102	9	213 Peters, Antje	VfL Wolfsburg Damen	W30	4	01:19:51	0:12:06(99)	0:40:49(102)	0:52:55(98)	0:26:56(163)	00:17:24	6a
103	94	89 Becker, Timo	Die Herzöge aus Wolfenbüttel	M20	14	01:19:56	0:10:44(37)	0:42:43(134)	0:53:27(105)	0:26:29(158)	00:17:29	4
104	95	141 Munko, Tobias	SC Langenhagen I.Herren	M25	18	01:20:13	0:13:48(170)	0:39:55(84)	0:53:43(111)	0:26:30(159)	00:17:46	5
105	10	325 Stielow, Kristina	SC Langenhagen-Damen	wJun	3	01:20:13	0:11:17(57)	0:42:51(136)	0:54:08(114)	0:26:05(153)	00:17:46	7aL
106	11	195 Worgitzki, Ingrid	SG BS/WF/PE - Das Team	W35	1	01:20:21	0:15:22(211)	0:43:14(144)	0:58:36(182)	0:21:45(41)	00:17:54	6a
107	96	20 Straßburger, Gunnar	SC Langenhagen 2.Herren	M35	18	01:20:22	0:12:33(123)	0:44:44(174)	0:57:17(163)	0:23:05(74)	00:17:55	3
108	97	49 Fruchtenicht, Henning	1.TCO Die Bären Oldenburg	M40	23	01:20:24	0:14:15(184)	0:40:56(106)	0:55:11(134)	0:25:13(122)	00:17:57	3
109	12	179 Bartels, Kirstin	SC Langenhagen-Damen	W30	5	01:20:26	0:11:28(63)	0:44:11(167)	0:55:39(141)	0:24:47(111)	00:17:59	6a
110	98	130 Kondziela, Andre	Eintracht Hildesheim	M30	19	01:20:30	0:13:16(154)	0:41:54(123)	0:55:10(133)	0:25:20(127)	00:18:03	5
111	99	120 König, Andreas	BS/WF - Das Team	M30	20	01:20:33	0:13:09(147)	0:41:50(121)	0:54:59(131)	0:25:34(133)	00:18:06	5
112	13	184 Harenberg, Silke	SG BS/WF/PE - Das Team	W35	2	01:20:38	0:11:32(66)	0:43:24(151)	0:54:56(128)	0:25:42(138)	00:18:11	6a
113	100	45 Postner, Marc	SG LindWuRM	M35	19	01:20:51	0:14:01(177)	0:42:15(127)	0:56:16(151)	0:24:35(106)	00:18:24	3
114	101	1 Stephan, Jochen	SC Langenhagen 2.Herren	M35	20	01:21:04	0:13:54(173)	0:41:55(124)	0:55:49(147)	0:25:15(123)	00:18:37	3
115	102	36 Braumann, Jürgen	TriAs Hildesheim II	M40	24	01:21:12	0:11:37(71)	0:40:29(92)	0:52:06(79)	0:29:06(184)	00:18:45	3
116	103	7 Marineße, Brian	1.TCO Die Bären Oldenburg	M30	21	01:21:19	0:13:56(175)	0:41:52(122)	0:55:48(145)	0:25:31(131)	00:18:52	3
117	104	93 Schönemeier, Andre	Hannover 96 III	M25	19	01:21:27	0:13:11(149)	0:42:17(128)	0:55:28(140)	0:25:59(149)	00:19:00	4
118	105	68 Grüner, Thomas	Hannover 96 III	M25	20	01:21:34	0:12:30(121)	0:38:31(49)	0:51:01(60)	0:30:33(198)	00:19:07	4
119	14	214 Wegener, Ulrike	Tri-Team-Braunschweig	W30	6	01:21:43	0:11:54(89)	0:43:48(155)	0:55:42(142)	0:26:01(151)	00:19:16	6a

120	106	73 Eulberg, Michael	Die Herzöge aus Wolfenbüttel	M20	15	01:21:48	0:14:08(181)	0:42:34(132)	0:56:42(159)	0:25:06(119)	00:19:21	4
121	107	27 Ruchay, Martin	TSR Olympia Wilhelmshaven	M35	21	01:21:54	0:12:19(109)	0:44:18(169)	0:56:37(155)	0:25:17(124)	00:19:27	3
122	15	186 Silver, Sabine	SC Langenhagen-Damen	W30	7	01:22:08	0:13:43(168)	0:43:47(154)	0:57:30(167)	0:24:38(109)	00:19:41	6a
123	108	96 Beinhoff, Gunter	VFB Hannover/SV Altenc.	M35	22	01:22:10	0:15:17(210)	0:42:22(129)	0:57:39(168)	0:24:31(104)	00:19:43	4
124	109	142 Richers, Jürgen	Eintracht Hildesheim	M40	25	01:22:21	0:14:31(190)	0:44:39(171)	0:59:10(187)	0:23:11(77)	00:19:54	5
125	110	148 Van Hove, Derk	Eintracht Hildesheim	M20	16	01:22:23	00:00:00	00:00:00	0:59:35(190)	0:22:48(69)	00:19:56	5
126	111	22 Paulus, Jens	Lehrter SV / TV Meppen	M25	21	01:22:28	0:11:07(50)	0:44:06(164)	0:55:13(135)	0:27:15(167)	00:20:01	3
127	16	198 Brandes, Alexandra	SG BS/WF/PE - Das Team	W30	8	01:22:29	0:11:34(68)	0:43:24(149)	0:54:58(129)	0:27:31(169)	00:20:02	6a
128	112	32 Hüter, Ehrenfried	SC Langenhagen 2.Herren	M50	3	01:22:31	0:12:04(96)	0:44:42(172)	0:56:46(160)	0:25:45(144)	00:20:04	3
129	113	16 Scheibe, Bastian	Lehrter SV / TV Meppen	M20	17	01:22:35	0:16:31(226)	0:41:46(117)	0:58:17(175)	0:24:18(100)	00:20:08	3
130	114	11 Busse, Frank	SG LindWuRM	M40	26	01:22:39	0:16:55(227)	0:42:03(125)	0:58:58(186)	0:23:41(86)	00:20:12	3
131	115	62 Werner, Markus	Hannover 96 III	M30	22	01:22:41	0:13:42(167)	0:44:14(168)	0:57:56(173)	0:24:45(110)	00:20:14	4
132	17	172 Meyer, Janin	Luhdener SV Damen	W20	3	01:22:59	0:12:54(140)	0:43:41(153)	0:56:35(154)	0:26:24(156)	00:20:32	6a
133	116	102 Schmolke, Andreas	VFB Hannover/SV Altenc.	M45	4	01:23:05	0:13:40(164)	0:43:01(142)	0:56:41(158)	0:26:24(156)	00:20:38	4
134	117	74 König, Lars	Hannover 96 III	M30	23	01:23:09	00:00:00	00:00:00	0:56:03(149)	0:27:06(164)	00:20:42	4
135	18	183 Timm, Sabine	Tri-Stone-Girls Hildesh.	W35	3	01:23:24	0:13:51(172)	0:43:51(159)	0:57:42(169)	0:25:42(139)	00:20:57	6a
136	19	168 Feitsmann, Anita	SG BS/WF/PE - Das Team	W20	4	01:23:54	0:14:47(197)	0:43:50(158)	0:58:37(185)	0:25:17(124)	00:21:27	6a
137	118	33 Erbe, Michael	TSR Olympia Wilhelmshaven	M35	23	01:23:56	0:13:13(151)	0:45:08(180)	0:58:21(177)	0:25:35(135)	00:21:29	3
138	20	210 Kinsey, Deborah Jayne	SC Langenhagen-Damen	W40	2	01:23:57	0:15:16(208)	0:42:59(141)	0:58:15(174)	0:25:42(139)	00:21:30	6a
139	119	67 Klinge, Andreas	Die Herzöge aus Wolfenbüttel	M45	5	01:24:05	0:13:34(161)	0:43:20(147)	0:56:54(161)	0:27:11(165)	00:21:38	4
140	120	21 Müller-Deck, Andreas	TSR Olympia Wilhelmshaven	M40	27	01:24:18	0:14:43(194)	0:43:53(160)	0:58:36(184)	0:25:42(139)	00:21:51	3
141	121	87 Reinsch, Hans-Herbert	Tri-Speedys Peine	M45	6	01:24:32	0:14:45(196)	0:43:49(157)	0:58:34(180)	0:25:58(147)	00:22:05	4
142	21	190 Ristau, Elke	SG BS/WF/PE - Das Team	W30	9	01:24:38	0:14:35(192)	0:44:01(163)	0:58:36(182)	0:26:02(152)	00:22:11	6a
143	122	75 Barkow, Torsten	SG Bad Gandersheim/Freiheit	M40	28	01:24:43	0:15:29(212)	0:44:06(164)	0:59:35(189)	0:25:08(120)	00:22:16	4
144	22	175 Baehr, Katy	Hannover 96 II(Damen)	W30	10	01:24:43	0:12:13(105)	0:42:54(138)	0:55:07(132)	0:29:36(189)	00:22:16	6a
145	123	4 Beermann, Frank	SG LindWuRM	M40	29	01:25:22	0:16:13(220)	0:44:42(172)	1:00:55(197)	0:24:27(103)	00:22:55	3
146	124	146 Zenke, Eike Björn	Eintracht Hildesheim	M25	22	01:25:39	0:11:13(52)	0:45:03(178)	0:56:16(151)	0:29:23(187)	00:23:12	5
147	23	205 Struck, Sieglinde	VfL Wolfsburg Damen	W35	4	01:25:49	0:14:53(200)	0:46:07(191)	1:01:00(198)	0:24:49(112)	00:23:22	6a
148	24	197 Parrer, Nicole	VfL Wolfsburg Damen	W30	11	01:25:56	0:12:40(129)	0:44:49(176)	0:57:29(166)	0:28:27(178)	00:23:29	6a
149	125	2 Bormann, Robert	TSR Olympia Wilhelmshaven	M55	2	01:26:07	0:14:07(180)	0:44:23(170)	0:58:30(178)	0:27:37(172)	00:23:40	3
150	126	47 Söhlke, Jan	TriAs Hildesheim II	M20	18	01:26:09	0:14:09(182)	0:42:30(131)	0:56:39(157)	0:29:30(188)	00:23:42	3
151	127	133 Diekmann, Lars	BS/WF - Das Team	mJugA	14	01:26:29	0:12:05(97)	0:45:07(179)	0:57:12(162)	0:29:17(186)	00:24:02	5
152	128	92 Stüber, Bernd	Hannover 96 III	M50	4	01:26:34	0:15:32(213)	0:46:25(195)	1:01:57(205)	0:24:37(108)	00:24:07	4
153	129	41 Wahrenholz, Enno	TSV Anderten (Herren)	M30	24	01:26:42	0:11:33(67)	0:44:10(166)	0:55:43(143)	0:30:59(204)	00:24:15	3
154	25	163 Goeman, Evelien	Tri-Stone-Girls Hildesh.	W45	1	01:26:48	0:12:26(117)	0:45:22(183)	0:57:48(171)	0:29:00(182)	00:24:21	6a
155	130	28 Ahrens, Hans	Lehrter SV / TV Meppen	M50	5	01:26:54	0:15:08(206)	0:45:41(186)	1:00:49(195)	0:26:05(153)	00:24:27	3
156	26	181 Rubehn, Birthe	Hannover 96 II(Damen)	W20	5	01:27:10	0:12:05(97)	0:45:20(182)	0:57:25(165)	0:29:45(192)	00:24:43	6a
157	131	344 Wolf, Dennis	Die Herzöge aus Wolfenbüttel	mJugA	16	01:27:11	0:12:37(126)	0:44:47(175)	0:57:24(164)	0:29:47(193)	00:24:44	7aL
158	132	39 Meyer, Uwe	SG LindWuRM	M45	8	01:27:12	0:14:51(199)	0:44:49(176)	0:59:40(191)	0:27:32(171)	00:24:45	3
159	27	188 Siggelkow, Sabine	Hannover 96 II(Damen)	W35	5	01:27:20	0:12:42(131)	0:43:55(161)	0:56:37(155)	0:30:43(200)	00:24:53	6a

160	133	101 Ruf, Kai	Die Herzöge aus Wolfenbüttel	M40	31	01:27:31	0:15:01(202)	0:47:13(202)	1:02:14(206)	0:25:17(124)	00:25:04	4
161	28	189 Vollrath, Vera	Tri-Stone-Girls Hildesh.	W25	4	01:28:03	0:10:59(44)	0:45:30(185)	0:56:29(153)	0:31:34(209)	00:25:36 6a	
162	29	166 Altrogge, Annette	SC Langenhagen-Damen	W35	6	01:28:25	0:12:00(94)	0:45:45(187)	0:57:45(170)	0:30:40(199)	00:25:58 6a	
163	30	180 Staats, Silke	TSV Anderten(Damen)	W30	12	01:28:49	0:15:10(207)	0:45:45(187)	1:00:55(196)	0:27:54(173)	00:26:22 6a	
164	134	69 Quint, Volker	SG Bad Gandersheim/Freiheit	M30	25	01:29:07	0:13:49(171)	0:44:00(162)	0:57:49(172)	0:31:18(205)	00:26:40	4
165	135	26 Schultz, Helmut	SC Langenhagen 2.Herren	M40	32	01:29:16	0:15:02(203)	0:45:22(183)	1:00:24(194)	0:28:52(179)	00:26:49	3
166	31	173 Kettentzsch, Karina	SC Langenhagen-Damen	W30	13	01:29:27	0:14:40(193)	0:46:24(194)	1:01:04(199)	0:28:23(177)	00:27:00 6a	
167	136	6 Abmeyer, Cord	TSV Anderten (Herren)	M30	26	01:29:45	0:11:55(90)	0:42:54(138)	0:54:49(125)	0:34:56(219)	00:27:18	3
168	32	208 Tandler, Bianca	VfL Wolfsburg Damen	W35	7	01:30:03	0:15:16(208)	0:45:50(189)	1:01:06(200)	0:28:57(180)	00:27:36 6a	
169	137	103 Funke, Carsten	VFB Hannover/SV Altenc.	M40	33	01:30:43	0:14:43(194)	0:46:47(197)	1:01:30(204)	0:29:13(185)	00:28:16	4
170	33	193 Hauenschild, Julia	Tri-Stone-Girls Hildesh.	W20	6	01:30:43	0:13:26(159)	0:49:00(213)	1:02:26(209)	0:28:17(175)	00:28:16 6a	
171	138	78 Kurtz, Oliver	Die Herzöge aus Wolfenbüttel	M30	27	01:31:38	0:15:52(218)	0:46:49(198)	1:02:41(210)	0:28:57(180)	00:29:11	4
172	34	211 Wohlfahrt, Carmen	Hannover 96 II(Damen)	W25	5	01:31:39	0:12:37(126)	0:48:47(212)	1:01:24(201)	0:30:15(195)	00:29:12 6a	
173	35	199 Kallenbach, Nicole	VfL Wolfsburg Damen	W30	14	01:31:49	0:16:29(224)	0:48:39(211)	1:05:08(220)	0:26:41(161)	00:29:22 6a	
174	36	169 Dumke, Caren	VfL Wolfsburg Damen	W45	2	01:31:55	0:15:41(214)	0:48:15(207)	1:03:56(214)	0:27:59(174)	00:29:28 6a	
175	37	187 Tiedtke-Crede, Angelika	TSV Anderten(Damen)	W45	3	01:32:20	0:13:37(163)	0:46:20(193)	0:59:57(193)	0:32:23(213)	00:29:53 6a	
176	38	212 Grützmann, Ines	Hannover 96 II(Damen)	W20	7	01:32:36	0:12:35(125)	0:43:14(144)	0:55:49(146)	0:36:47(222)	00:30:09 6a	
177	39	182 Kosanke, Ina	SG BS/WF/PE - Das Team	W30	15	01:32:49	0:15:44(216)	0:46:35(196)	1:02:19(208)	0:30:30(196)	00:30:22 6a	
178	40	171 Leseberg, Julia	Tri-Stone-Girls Hildesh.	W25	6	01:33:00	0:13:45(169)	0:47:41(204)	1:01:26(202)	0:31:34(209)	00:30:33 6a	
179	139	15 Kasig, Detlef	TSR Olympia Wilhelmshaven	M40	34	01:33:03	0:16:05(219)	0:48:36(209)	1:04:41(217)	0:28:22(176)	00:30:36	3
180	41	196 Kiel, Jennifer	Tri-Team-Braunschweig	W20	8	01:33:08	0:16:31(225)	0:46:49(198)	1:03:20(213)	0:29:48(194)	00:30:41 6a	
181	140	38 Reinhardt, Dietmar	SC Langenhagen 2.Herren	M45	9	01:33:31	0:14:53(200)	0:47:53(205)	1:02:46(211)	0:30:45(201)	00:31:04	3
182	42	174 Rode, Simone	TSV Anderten(Damen)	W20	9	01:34:24	0:12:09(102)	0:47:10(201)	0:59:19(188)	0:35:05(220)	00:31:57 6a	
183	141	353 Klinge, Jonas	Die Herzöge aus Wolfenbüttel	mJugA	18	01:34:38	0:13:25(157)	0:46:19(192)	0:59:44(192)	0:34:54(218)	00:32:11 7aL	
184	43	200 Oks, Stefanie	Tri-Stone-Girls Hildesh.	wJugA	8	01:34:42	00:00:00	00:00:00	1:02:55(212)	0:31:47(211)	00:32:15 6aL	
185	44	167 Beckmann, Babara	TSV Anderten(Damen)	W35	9	01:36:05	0:16:27(223)	0:48:39(210)	1:05:06(219)	0:30:59(203)	00:33:38 6a	
186	142	82 Feldner, Knut	Luhdener SV Men	M60	1	01:36:26	0:17:26(229)	0:47:36(203)	1:05:02(218)	0:31:24(206)	00:33:59	4
187	143	100 Winter, Jürgen	Tri-Speedys Peine	M45	10	01:37:18	0:13:21(156)	0:50:44(214)	1:04:05(215)	0:33:13(215)	00:34:51	4
188	45	204 Lorenz, Gesine	SG BS/WF/PE - Das Team	wJugA	9	01:42:12	0:14:21(188)	0:52:10(215)	1:06:31(221)	0:35:41(221)	00:39:45 6aL	
189	46	206 Homann, Carolin	SG BS/WF/PE - Das Team	wJugA	10	01:42:26	0:14:09(182)	0:55:57(217)	1:10:06(222)	0:32:20(212)	00:39:59 6aL	
190	47	185 Giesecke, Gaby	SC Langenhagen-Damen	W35	10	01:44:36	00:00:00	00:00:00	1:10:12(223)	0:34:24(217)	00:42:09 6a	
191	48	209 Böttcher, Roswitha	SC Langenhagen-Damen	W40	3	01:47:40	0:16:22(222)	0:53:57(216)	1:10:19(224)	0:37:21(223)	00:45:13 6a	
		30 Emmel, Christian	TriAs Hildesheim II	M35		00:00:00	0:13:55(174)	00:00:00	00:00:00	00:00:00	00:00:00	3
		202 Wagner, Dana	Hannover 96 II(Damen)	W20		00:00:00	0:11:34(68)	00:00:00	00:00:00	00:00:00	00:00:00 6a	
		337 Lohrberg, Daniel	SG Bad Gandersheim/Freiheit	mJun		00:00:00	0:10:23(26)	00:00:00	00:00:00	00:00:00	00:00:00 7aL	
		340 Tegtmeier, Falco	TSV Bokeloh	mJun		00:00:00	0:09:13(5)	00:00:00	00:00:00	00:00:00	00:00:00 7aL	