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|----|----|----|---------------------|-----------------------|-------|----|---------|---------------|---------------|---------------|---------|---|
| 70 | 62 | 2 | Neugebauer, Peter | TG DDD Hannover | M60 | 3 | 1:32:40 | 0:12:28(75) | 0:50:33(64) | 0:29:39(65) | 0:29:56 | 1 |
| 71 | 9 | 34 | Eilermann, Kirsten | DLRG Barnstorf | wJugA | 2 | 1:33:18 | 0:08:39(18) | 0:55:51(73) | 0:28:48(61) | 0:30:34 | 1 |
| 72 | 63 | 19 | Knop, Andreas | SV Gehrder Volleyball | M35 | 17 | 1:33:38 | 0:10:24(51) | 0:54:09(69) | 0:29:05(63) | 0:30:54 | 1 |
| 73 | 10 | 38 | Brosch, Viola | Neustadt a.Rbg. | W35 | 2 | 1:33:57 | 0:00:00 | 0:00:00 | 0:00:00 | 0:31:13 | 1 |
| 74 | 64 | 7 | Goevert, Bernd | TSV-Tinum-Sylt | M45 | 10 | 1:35:16 | 0:10:30(52) | 0:51:49(67) | 0:32:57(73) | 0:32:32 | 2 |
| 75 | 65 | 89 | Kochsmeier, Ingo | Ludwigsburg | M35 | 18 | 1:36:00 | 0:09:43(39) | 0:53:37(68) | 0:32:40(72) | 0:33:16 | 3 |
| 76 | 66 | 15 | Partetzke, Gunther | Helstorf | M60 | 4 | 1:36:16 | 0:13:50(79) | 0:51:11(66) | 0:31:15(70) | 0:33:32 | 1 |
| 77 | 11 | 29 | Hoffmann, Sabine | VFB Fallersleben | W40 | 3 | 1:36:22 | 0:12:11(70) | 0:00:00 | 0:00:00 | 0:33:38 | 1 |
| 78 | 12 | 30 | Ohm, Diana | SC Hemmingen | W25 | 3 | 1:37:18 | 0:11:31(65) | 0:00:00 | 0:00:00 | 0:34:34 | 1 |
| 79 | 13 | 35 | Altkapp, Birgit | Hannover | W25 | 4 | 1:38:22 | 0:09:33(35) | 0:54:52(72) | 0:33:57(74) | 0:35:38 | 1 |
| 80 | 14 | 33 | Rensch, Daniela | WSV Wolfenbüttel | W30 | 2 | 1:39:49 | 0:14:36(81) | 0:50:41(65) | 0:34:32(77) | 0:37:05 | 1 |
| 81 | 15 | 32 | Tehfe, Anja | WSV Wolfenbüttel | W30 | 3 | 1:41:45 | 0:12:54(78) | 0:00:00 | 0:00:00 | 0:39:01 | 1 |
| 82 | 67 | 11 | Köhne, Manuel | DLRG Barnstorf | mJun | 2 | 1:42:05 | 0:09:38(37) | 1:01:33(75) | 0:30:54(67) | 0:39:21 | 1 |
| 83 | 68 | 3 | Pelikan, Hartmut | Mühlenberger SV | M65 | 2 | 1:42:28 | 0:17:02(83) | 0:54:23(70) | 0:31:03(68) | 0:39:44 | 1 |
| 84 | 16 | 45 | Noll, Heike | Wunstorf | W40 | 4 | 1:42:41 | 0:13:50(79) | 0:54:25(71) | 0:34:26(76) | 0:39:57 | 1 |
| 85 | 17 | 43 | Klar, Claudia | Neustadt a.Rbg. | W35 | 3 | 1:47:34 | 0:11:29(63) | 1:02:08(76) | 0:33:57(74) | 0:44:50 | 1 |
| 86 | 69 | 13 | Ackemann, Wilhelm | LGK Verden | M70+ | 1 | 1:48:04 | 0:00:00 | 0:00:00 | 0:00:00 | 0:45:20 | 1 |
| 87 | 18 | 42 | Schneider, Victoria | SC Langenhagen | wJugA | 3 | 1:49:41 | 0:11:30(64) | 0:59:43(74) | 0:38:28(78) | 0:46:57 | 1 |

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