

## Sprint, Gesamt (alle Wertungsklassen)

Platz_Ges	Wertung	Platz_WK	Teamname	SNr	Vorname 1	Nachname 1	AK 1	Vorname 2	Nachname 2	AK 2	swim	t1	run&bike	Gesamt
1	SM	1	SV Aegir 09 Hannover	23	Charlotte	Engelbrecht	W30	Daniel	Riechers	MH	13:28 (1:14, 1:14, 1:19, 1:16, 1:26, 1:17, 1:31, 1:18, 1:34, 1:19)	2:13	38:07 (18:57, 18:48, 0:22)	53:48
2	SM	2	Enricos Erben	38	Daniel	Hilker	M35	Hannah	Deuring	WH	14:32 (1:26, 1:20, 1:27, 1:25, 1:30, 1:25, 1:31, 1:28, 1:32, 1:28)	2:20	39:35 (19:52, 19:18, 0:25)	56:27
3	SM	3	Fredje	20	Minje	Jüttner	WH	Frederik	Eden	MH	15:13 (1:16, 1:32, 1:21, 1:37, 1:27, 1:38, 1:26, 1:42, 1:30, 1:44)	2:30	39:08 (19:30, 19:18, 0:20)	56:51
4	SD	1	Uschi's Zwei	5	Elida	Cabalar	W35	Mareike	Klisch	W35	15:50 (1:30, 1:24, 1:38, 1:34, 1:39, 1:35, 1:37, 1:36, 1:37, 1:40)	1:42	40:16 (19:55, 19:56, 0:25)	57:48
5	SH	1	Mindestgeschwindigkeit	10	Louis	Rittmeier	MH	Felix	Krimm	MH	15:42 (1:30, 1:24, 1:36, 1:26, 1:43, 1:29, 1:44, 1:31, 1:45, 1:34)	2:12	40:12 (20:25, 19:24, 0:23)	58:06
6	SM	4	SV Aegir 09 Hannover Duo	32	Ulrike	Bosman	W50	Ingo	Schultz	M55	16:30 (1:43, 1:26, 1:45, 1:29, 1:47, 1:32, 1:44, 1:38, 1:47, 1:39)	2:30	40:26 (20:14, 19:51, 0:21)	59:26
7	SH	2	Felix Spagath	11	Fin	Schwedes	MH	Manuel	Hadaschik	MH	18:06 (1:41, 1:21, 1:56, 1:31, 2:11, 1:36, 2:21, 1:35, 2:15, 1:39)	1:17	40:27 (20:17, 19:42, 0:28)	59:50
8	SM	5	Pummeluff und Schiggy	28	Luka Pauline	Sackmann	W30	Hannes	Schmidt	M30	14:53 (1:21, 1:27, 1:31, 1:28, 1:34, 1:27, 1:36, 1:26, 1:32, 1:31)	2:18	43:43 (21:24, 21:50, 0:29)	1:00:54
9	SM	6	Das blühende Leben	30	Markus	Zirklewski	M35	Mira	Stenzel	W30	14:51 (1:18, 1:27, 1:27, 1:31, 1:32, 1:29, 1:35, 1:28, 1:32, 1:32)	1:59	44:30 (22:44, 21:13, 0:33)	1:01:20
10	SM	7	Tapir	27	Lisa	Ellmers	W30	Martin	Ellmers	M30	13:08 (1:05, 1:14, 1:12, 1:20, 1:16, 1:26, 1:17, 1:25, 1:23, 1:30)	1:44	47:13 (24:03, 22:35, 0:35)	1:02:05
11	SH	3	Agegrouper	18	Dirk	Bockisch	M55	Stephan	Fabig	M55	16:56 (1:20, 1:40, 1:36, 1:42, 1:38, 1:45, 1:49, 1:51, 1:45, 1:50)	2:12	43:02 (21:26, 21:09, 0:27)	1:02:10
12	SM	8	Pokahontas reloaded	35	Michael	Lücke	M40	Sabrina	Schulz	W30	15:35 (1:23, 1:37, 1:25, 1:41, 1:26, 1:40, 1:26, 1:42, 1:28, 1:47)	2:39	45:10 (22:00, 22:34, 0:36)	1:03:24
13	SD	2	Power Girls	4	Inga	Fluchtmann	WH	Isabelle	Märtens	WH	14:59 (1:15, 1:31, 1:22, 1:38, 1:22, 1:38, 1:22, 1:38, 1:22, 1:42, 1:25, 1:44)	1:32	47:49 (23:43, 23:32, 0:34)	1:04:20
14	SH	4	Die Rübenläufer	14	Michael	Märtens	M50	Karsten	Völkening	M50	20:20 (2:13, 1:32, 2:31, 1:35, 2:29, 1:32, 2:34, 1:37, 2:37, 1:40)	2:13	42:40 (20:34, 21:36, 0:30)	1:05:13
15	SM	9	Butterblume	39	Svenja Nike	Hoffmann	WH	Janick Leo	Birkemeyer	M30	17:10 (1:29, 1:24, 1:31, 1:26, 3:11, 1:39, 1:34, 1:39, 1:36, 1:41)	3:08	46:02 (23:20, 22:10, 0:32)	1:06:20
16	SM	10	HumuHumuNukuNukuApua'A	36	Karin	Michaelis	W55	Marcus	Meyer-Bertram	M45	16:35 (1:34, 1:32, 1:36, 1:39, 1:40, 1:46, 1:39, 1:46, 1:38, 1:45)	2:36	47:22 (23:58, 22:45, 0:39)	1:06:33
17	SH	5	Stark am Glas	13	Stefan	Leunig	M45	Alexander	Luft	M45	16:06 (1:24, 1:31, 1:26, 1:42, 1:32, 1:48, 1:31, 1:50, 1:32, 1:50)	3:21	48:02 (24:26, 22:54, 0:42)	1:07:29
18	SH	6	Die Nachtschwärmer	17	Dirk	Blissenbach	M45	Alfred	Weiner	M50	20:51 (1:36, 1:53, 1:50, 2:29, 1:52, 2:29, 1:55, 2:22, 1:59, 2:26)	3:05	43:57 (22:03, 21:28, 0:26)	1:07:53
19	SH	7	Team OHG	41	Oliver	Metzele	MH	Cedric	Weiner	MH	20:49 (1:59, 1:24, 2:41, 1:54, 2:23, 2:02, 2:03, 2:04, 2:13, 2:06)	2:57	44:19 (23:22, 20:27, 0:30)	1:08:05
20	SM	11	R W Racing-Team	33	Ralf	Weier	M60	Silke	Weier	W55	16:17 (1:38, 1:18, 1:53, 1:21, 1:57, 1:23, 1:59, 1:24, 2:00, 1:24)	2:52	49:12 (24:58, 23:35, 0:39)	1:08:21
21	SM	12	Terror & Chaos	29	Claas	Witthöft	M30	Tina	Sonnenberg	W30	17:43 (1:30, 1:36, 1:47, 1:46, 1:50, 1:52, 1:48, 1:51, 1:47, 1:56)	2:04	48:59 (24:29, 23:59, 0:31)	1:08:46
22	SH	8	Game Changer	12	Stephan	Corwin	M40	Andreas	Selinger	M45	15:51 (1:41, 1:15, 1:52, 1:23, 1:48, 1:26, 1:45, 1:26, 1:46, 1:29)	4:23	48:36 (25:15, 22:48, 0:33)	1:08:50
23	SD	3	Die Gesundheitssportlerinnen	1	Britta	Kersten	W50	Nicole	Buron	W50	17:11 (1:28, 1:40, 1:36, 1:53, 1:37, 1:57, 1:37, 1:53, 1:35, 1:55)	2:33	49:48 (24:40, 24:22, 0:46)	1:09:32
24	SM	13	Rabea-Duck	37	Rabea-Sophie	Söffker	W35	Kai	Ludewig	M45	18:26 (1:40, 1:40, 1:53, 1:49, 1:53, 1:52, 1:55, 1:53, 1:55, 1:56)	3:23	48:48 (24:29, 23:47, 0:32)	1:10:37
25	SH	9	Team Player	15	Thomas	Henke	M55	Timon	Krüger	MH	21:06 (1:30, 2:07, 1:49, 2:16, 2:06, 2:17, 2:13, 2:17, 2:11, 2:20)	2:31	47:41 (24:17, 22:54, 0:30)	1:11:18
26	SM	14	AdriAnto	25	Adriana	Wöhler	W35	Antonio	Cascio	M50	19:07 (3:18, 2:02, 1:37, 2:09, 1:46, 2:03, 1:47, 2:06, 1:50, 0:29)	2:44	49:42 (24:24, 24:41, 0:37)	1:11:33
27	SM	15	FunSeeker	34	Unda	Karlshaus	W50	Matthias	Karlshaus	M55	16:49 (1:32, 1:34, 1:40, 1:40, 1:46, 1:40, 1:46, 1:40, 1:45, 1:46)	3:30	52:33 (26:05, 25:47, 0:41)	1:12:52
28	SM	16	Go for cake	19	Jochen	Stephan	M55	Lya	Großmaß	W35	17:52 (1:27, 1:48, 1:32, 2:01, 1:33, 2:06, 1:31, 2:10, 1:33, 2:11)	2:16	52:48 (26:14, 25:58, 0:36)	1:12:56
29	SD	4	Titelverteidigerinnen	6	Rebekka	Jakob	W35	Katja	König	W50	19:55 (1:46, 1:38, 1:55, 1:42, 1:56, 1:46, 1:55, 1:44, 1:58, 3:35)	0:48	54:07 (27:01, 26:15, 0:51)	1:14:50
30	SD	5	Dolores	3	Mara	Gerrits	W45	Ines	Kluschak	W55	18:04 (1:37, 1:45, 1:45, 1:53, 1:47, 1:52, 1:49, 1:55, 1:48, 1:53)	3:08	55:22 (28:28, 26:09, 0:45)	1:16:34
31	SM	17	Inklusion	26	Tina	Deeken	W45	Ingo	Renner	M55	16:28 (1:34, 1:28, 1:40, 1:41, 1:42, 1:38, 1:42, 1:40, 1:39, 1:44)	4:19	55:57 (27:20, 27:50, 0:47)	1:16:44
32	SM	18	Versuchs mal mit Gemütlichkeit	31	Theresa	Kirchner	W30	Manuel	Elwenspeck	M35	21:57 (1:50, 2:21, 2:14, 2:17, 2:18, 2:11, 2:12, 2:10, 2:17, 2:07)	2:28	56:49 (29:19, 26:53, 0:37)	1:21:14
33	SD	6	Pünktchen	2	Desminte	Kruse	WH	Luise	Straeter	WH	18:13 (1:48, 1:26, 2:07, 1:35, 2:09, 1:37, 2:06, 1:37, 2:07, 1:41)	2:34	1:01:30 (31:00, 29:48, 0:42)	1:22:17
34	SD	7	Badenixen	7	Izabella	Bladt	W50	Nicola	Krüger	W55	25:40 (1:49, 2:42, 2:07, 3:30, 1:58, 3:19, 1:58, 3:17, 1:55, 3:05)	2:44	54:05 (27:00, 26:22, 0:43)	1:22:29
35	SH	10	ARTIVA SPORTS: Stephano & Jessica	21	Daniel	Arcati	M45	Stephan	Lehmann	M50	22:25 (1:52, 2:10, 1:47, 2:41, 1:57, 2:52, 1:51, 2:40, 1:59, 2:36)	2:33	58:27 (29:09, 28:37, 0:41)	1:23:25
36	SM	19	Die Nicen Zwei	40	Daniel	Kuhn	M35	Katharina	Leimbach	W30	25:43 (2:26, 2:17, 2:41, 2:21, 2:35, 2:29, 2:40, 2:27, 3:20, 2:27)	3:30	54:46 (27:22, 26:32, 0:52)	1:23:59
37	SM	20	Kleefelder Blitz	22	Burkhard	Liman	M55	Caroline	Kruse	W45	19:21 (1:33, 1:39, 1:50, 2:08, 1:50, 2:13, 1:48, 2:16, 1:45, 2:19)	4:53	1:00:13 (30:49, 28:38, 0:46)	1:24:27
38	SM	21	Selbstläufer	24	Sandra	Michaelis	W40	Ralf	Michaelis	M50	24:53 (2:18, 2:18, 2:22, 2:42, 2:23, 2:47, 2:22, 2:43, 2:21, 2:37)	3:59	1:01:43 (30:10, 30:38, 0:55)	1:30:35
39	SD	8	Cola-Korn	8	Ira	Maschmann	W50	Chrissi	Brüggmann-Rother	W45	25:30 (2:41, 1:56, 3:04, 1:58, 2:31, 3:18, 2:00, 3:07, 1:55, 3:00)	4:48	1:06:33 (32:28, 33:12, 0:53)	1:36:51

## Damen-Staffel 'Sprint'

Platz	Wertung	Platz, Ges.	Teamname	SNr	Vorname 1	Nachname 1	AK 1	Vorname 2	Nachname 2	AK 2	swim	t1	run&bike	Gesamt
1	SD	4	Uschi's Zwei	5	Elida	Cabalar	W35	Mareike	Klisch	W35	15:50 (1:30, 1:24, 1:38, 1:34, 1:39, 1:35, 1:37, 1:36, 1:37, 1:40)	1:42	40:16 (19:55, 19:56, 0:25)	57:48
2	SD	13	Power Girls	4	Inga	Fluchtmann	WH	Isabelle	Märtens	WH	14:59 (1:15, 1:31, 1:22, 1:38, 1:22, 1:38, 1:22, 1:42, 1:25, 1:44)	1:32	47:49 (23:43, 23:32, 0:34)	1:04:20
3	SD	23	Die Gesundheitssportlerinnen	1	Britta	Kersten	W50	Nicole	Buron	W50	17:11 (1:28, 1:40, 1:36, 1:53, 1:37, 1:57, 1:37, 1:53, 1:35, 1:55)	2:33	49:48 (24:40, 24:22, 0:46)	1:09:32
4	SD	29	Titelverteidigerinnen	6	Rebekka	Jakob	W35	Katja	König	W50	19:55 (1:46, 1:38, 1:55, 1:42, 1:56, 1:46, 1:55, 1:44, 1:58, 3:35)	0:48	54:07 (27:01, 26:15, 0:51)	1:14:50
5	SD	30	Dolores	3	Mara	Gerrits	W45	Ines	Kluschak	W55	18:04 (1:37, 1:45, 1:45, 1:53, 1:47, 1:52, 1:49, 1:55, 1:48, 1:53)	3:08	55:22 (28:28, 26:09, 0:45)	1:16:34
6	SD	33	Pünktchen	2	Desminte	Kruse	WH	Luise	Straeter	WH	18:13 (1:48, 1:26, 2:07, 1:35, 2:09, 1:37, 2:06, 1:37, 2:07, 1:41)	2:34	1:01:30 (31:00, 29:48, 0:42)	1:22:17
7	SD	34	Badenixen	7	Izabella	Bladt	W50	Nicola	Krüger	W55	25:40 (1:49, 2:42, 2:07, 3:30, 1:58, 3:19, 1:58, 3:17, 1:55, 3:05)	2:44	54:05 (27:00, 26:22, 0:43)	1:22:29
8	SD	39	Cola-Korn	8	Ira	Maschmann	W50	Chrissi	Brüggmann-Rother	W45	25:30 (2:41, 1:56, 3:04, 1:58, 2:31, 3:18, 2:00, 3:07, 1:55, 3:00)	4:48	1:06:33 (32:28, 33:12, 0:53)	1:36:51

## Herren-Staffel 'Sprint'

Platz	Wertung	Platz, Ges.	Teamname	SNr	Vorname 1	Nachname 1	AK 1	Vorname 2	Nachname 2	AK 2	swim	t1	run&bike	Gesamt
1	SH	5	Mindestgeschwindigkeit	10	Louis	Rittmeier	MH	Felix	Krimm	MH	15:42 (1:30, 1:24, 1:36, 1:26, 1:43, 1:29, 1:44, 1:31, 1:45, 1:34)	2:12	40:12 (20:25, 19:24, 0:23)	58:06
2	SH	7	Felix Spagath	11	Fin	Schwedes	MH	Manuel	Hadaschik	MH	18:06 (1:41, 1:21, 1:56, 1:31, 2:11, 1:36, 2:21, 1:35, 2:15, 1:39)	1:17	40:27 (20:17, 19:42, 0:28)	59:50
3	SH	11	Agegrouper	18	Dirk	Bockisch	M55	Stephan	Fabig	M55	16:56 (1:20, 1:40, 1:36, 1:42, 1:38, 1:45, 1:49, 1:51, 1:45, 1:50)	2:12	43:02 (21:26, 21:09, 0:27)	1:02:10
4	SH	14	Die Rübenläufer	14	Michael	Märtens	M50	Karsten	Völkening	M50	20:20 (2:13, 1:32, 2:31, 1:35, 2:29, 1:32, 2:34, 1:37, 2:37, 1:40)	2:13	42:40 (20:34, 21:36, 0:30)	1:05:13
5	SH	17	Stark am Glas	13	Stefan	Leunig	M45	Alexander	Luft	M45	16:06 (1:24, 1:31, 1:26, 1:42, 1:32, 1:48, 1:31, 1:50, 1:32, 1:50)	3:21	48:02 (24:26, 22:54, 0:42)	1:07:29
6	SH	18	Die Nachtschwärmer	17	Dirk	Blissenbach	M45	Alfred	Weiner	M50	20:51 (1:36, 1:53, 1:50, 2:29, 1:52, 2:29, 1:55, 2:22, 1:59, 2:26)	3:05	43:57 (22:03, 21:28, 0:26)	1:07:53
7	SH	19	Team OHG	41	Oliver	Metzele	MH	Cedric	Weiner	MH	20:49 (1:59, 1:24, 2:41, 1:54, 2:23, 2:02, 2:03, 2:04, 2:13, 2:06)	2:57	44:19 (23:22, 20:27, 0:30)	1:08:05
8	SH	22	Game Changer	12	Stephan	Corwin	M40	Andreas	Selinger	M45	15:51 (1:41, 1:15, 1:52, 1:23, 1:48, 1:26, 1:45, 1:26, 1:46, 1:29)	4:23	48:36 (25:15, 22:48, 0:33)	1:08:50
9	SH	25	Team Player	15	Thomas	Henke	M55	Timon	Krüger	MH	21:06 (1:30, 2:07, 1:49, 2:16, 2:06, 2:17, 2:13, 2:17, 2:11, 2:20)	2:31	47:41 (24:17, 22:54, 0:30)	1:11:18
10	SH	35	ARTIVA SPORTS: Stephano & Jessica	21	Daniel	Arcati	M45	Stephan	Lehmann	M50	22:25 (1:52, 2:10, 1:47, 2:41, 1:57, 2:52, 1:51, 2:40, 1:59, 2:36)	2:33	58:27 (29:09, 28:37, 0:41)	1:23:25

## Mixed-Staffel 'Sprint'

Platz	Wertung	Platz, Ges.	Teamname	SNr	Vorname 1	Nachname 1	AK 1	Vorname 2	Nachname 2	AK 2	swim	t1	run&bike	Gesamt
1	SM	1	SV Aegir 09 Hannover	23	Charlotte	Engelbrecht	W30	Daniel	Riechers	MH	13:28 (1:14, 1:14, 1:19, 1:16, 1:26, 1:17, 1:31, 1:18, 1:34, 1:19)	2:13	38:07 (18:57, 18:48, 0:22)	53:48
2	SM	2	Enricos Erben	38	Daniel	Hilker	M35	Hannah	Deuring	WH	14:32 (1:26, 1:20, 1:27, 1:25, 1:30, 1:25, 1:31, 1:28, 1:32, 1:28)	2:20	39:35 (19:52, 19:18, 0:25)	56:27
3	SM	3	Fredje	20	Minje	Jüttner	WH	Frederik	Eden	MH	15:13 (1:16, 1:32, 1:21, 1:37, 1:27, 1:38, 1:26, 1:42, 1:30, 1:44)	2:30	39:08 (19:30, 19:18, 0:20)	56:51
4	SM	6	SV Aegir 09 Hannover Duo	32	Ulrike	Bosman	W50	Ingo	Schultz	M55	16:30 (1:43, 1:26, 1:45, 1:29, 1:47, 1:32, 1:44, 1:38, 1:47, 1:39)	2:30	40:26 (20:14, 19:51, 0:21)	59:26
5	SM	8	Pummeluff und Schiggy	28	Luka Pauline	Sackmann	W30	Hannes	Schmidt	M30	14:53 (1:21, 1:27, 1:31, 1:28, 1:34, 1:27, 1:36, 1:26, 1:32, 1:31)	2:18	43:43 (21:24, 21:50, 0:29)	1:00:54
6	SM	9	Das blühende Leben	30	Markus	Zirklewski	M35	Mira	Stenzel	W30	14:51 (1:18, 1:27, 1:27, 1:31, 1:32, 1:29, 1:35, 1:28, 1:32, 1:32)	1:59	44:30 (22:44, 21:13, 0:33)	1:01:20
7	SM	10	Tapir	27	Lisa	Ellmers	W30	Martin	Ellmers	M30	13:08 (1:05, 1:14, 1:12, 1:20, 1:16, 1:26, 1:17, 1:25, 1:23, 1:30)	1:44	47:13 (24:03, 22:35, 0:35)	1:02:05
8	SM	12	Pokahontas reloaded	35	Michael	Lücke	M40	Sabrina	Schulz	W30	15:35 (1:23, 1:37, 1:25, 1:41, 1:26, 1:40, 1:26, 1:42, 1:28, 1:47)	2:39	45:10 (22:00, 22:34, 0:36)	1:03:24
9	SM	15	Butterblume	39	Svenja Nike	Hoffmann	WH	Janick Leo	Birkemeyer	M30	17:10 (1:29, 1:24, 1:31, 1:26, 3:11, 1:39, 1:34, 1:39, 1:36, 1:41)	3:08	46:02 (23:20, 22:10, 0:32)	1:06:20
10	SM	16	HumuHumuNukuNukuApua'A	36	Karin	Michaelis	W55	Marcus	Meyer-Bertram	M45	16:35 (1:34, 1:32, 1:36, 1:39, 1:40, 1:46, 1:39, 1:46, 1:38, 1:45)	2:36	47:22 (23:58, 22:45, 0:39)	1:06:33
11	SM	20	R W Racing-Team	33	Ralf	Weier	M60	Silke	Weier	W55	16:17 (1:38, 1:18, 1:53, 1:21, 1:57, 1:23, 1:59, 1:24, 2:00, 1:24)	2:52	49:12 (24:58, 23:35, 0:39)	1:08:21
12	SM	21	Terror & Chaos	29	Claas	Witthöft	M30	Tina	Sonnenberg	W30	17:43 (1:30, 1:36, 1:47, 1:46, 1:50, 1:52, 1:48, 1:51, 1:47, 1:56)	2:04	48:59 (24:29, 23:59, 0:31)	1:08:46
13	SM	24	Duffy Duck	37	Rabea-Sophie	Söffker	W35	Kai	Ludewig	M45	18:26 (1:40, 1:40, 1:53, 1:49, 1:53, 1:52, 1:55, 1:53, 1:55, 1:56)	3:23	48:48 (24:29, 23:47, 0:32)	1:10:37
14	SM	26	AdriAnto	25	Adriana	Wöhler	W35	Antonio	Cascio	M50	19:07 (3:18, 2:02, 1:37, 2:09, 1:46, 2:03, 1:47, 2:06, 1:50, 0:29)	2:44	49:42 (24:24, 24:41, 0:37)	1:11:33
15	SM	27	FunSeeker	34	Unda	Karlshaus	W50	Matthias	Karlshaus	M55	16:49 (1:32, 1:34, 1:40, 1:40, 1:46, 1:40, 1:46, 1:40, 1:45, 1:46)	3:30	52:33 (26:05, 25:47, 0:41)	1:12:52
16	SM	28	Go for cake	19	Jochen	Stephan	M55	Lya	Großmaß	W35	17:52 (1:27, 1:48, 1:32, 2:01, 1:33, 2:06, 1:31, 2:10, 1:33, 2:11)	2:16	52:48 (26:14, 25:58, 0:36)	1:12:56
17	SM	31	Inklusion	26	Tina	Deeken	W45	Ingo	Renner	M55	16:28 (1:34, 1:28, 1:40, 1:41, 1:42, 1:38, 1:42, 1:40, 1:39, 1:44)	4:19	55:57 (27:20, 27:50, 0:47)	1:16:44
18	SM	32	Versuchs mal mit Gemütlichkeit	31	Theresa	Kirchner	W30	Manuel	Elwenspeck	M35	21:57 (1:50, 2:21, 2:14, 2:17, 2:18, 2:11, 2:12, 2:10, 2:17, 2:07)	2:28	56:49 (29:19, 26:53, 0:37)	1:21:14
19	SM	36	Die Nicen Zwei	40	Daniel	Kuhn	M35	Katharina	Leimbach	W30	25:43 (2:26, 2:17, 2:41, 2:21, 2:35, 2:29, 2:40, 2:27, 3:20, 2:27)	3:30	54:46 (27:22, 26:32, 0:52)	1:23:59
20	SM	37	Kleefelder Blitz	22	Burkhard	Liman	M55	Caroline	Kruse	W45	19:21 (1:33, 1:39, 1:50, 2:08, 1:50, 2:13, 1:48, 2:16, 1:45, 2:19)	4:53	1:00:13 (30:49, 28:38, 0:46)	1:24:27
21	SM	38	Selbstläufer	24	Sandra	Michaelis	W40	Ralf	Michaelis	M50	24:53 (2:18, 2:18, 2:22, 2:42, 2:23, 2:47, 2:22, 2:43, 2:21, 2:37)	3:59	1:01:43 (30:10, 30:38, 0:55)	1:30:35