

| Pl | Stnr | Name | g | Verein | E1 | E2 | Zeit |
|----------------------------|------|-----------------------|----|------------------------|--------|----------|----------|
| D 19 Lang (6) | | | | | | | |
| 1 | 1004 | Kerstin Kahmann | 73 | OFV Ostercappeln | 18:38 | 1 20:34 | 1 39:12 |
| 2 | 1008 | Claudia Ann Graber | 81 | MTK Bad Harzburg | 22:18 | 2 23:59 | 2 46:17 |
| 3 | 1003 | Anne Winkelmann | 95 | SC Klecken | 31:38 | 3 26:50 | 3 58:28 |
| | 1007 | Melanie Günther | 86 | OL Team Köln | 28:11 | AK 27:43 | AK |
| | 1006 | Antje Katzsch | 90 | USC Magdeburg | N Ang | AK N Ang | AK |
| | 1005 | Jenny Seib | 86 | Turn-Klubb Hannover | N Ang | N Ang | |
| H 19 Lang (21) | | | | | | | |
| 1 | 1020 | Bjarne Friedrichs | 90 | MTV Seesen | 16:55 | 1 17:46 | 1 34:41 |
| 2 | 1024 | Andrej Sonnenberg | 83 | Osnabrücker TB | 17:27 | 2 18:11 | 3 35:38 |
| 3 | 1025 | Lennart Weckeck | 92 | SC Klecken | 18:12 | 3 18:07 | 2 36:19 |
| 4 | 1018 | Christoph Freudenfeld | 74 | TSV Worpswede | 19:35 | 4 18:48 | 4 38:23 |
| 5 | 1030 | Eike Bruns | 75 | MTK Bad Harzburg | 20:23 | 5 21:28 | 7 41:51 |
| 6 | 1027 | Winfried Schreiber | 90 | MTK Bad Harzburg | 20:27 | 6 22:47 | 9 43:14 |
| 7 | 1014 | Markus Dresel | 92 | SC Klecken | 22:01 | 7 21:23 | 5 43:24 |
| 8 | 1019 | Björn Frieling | 78 | RCEH Celle | 23:09 | 8 21:23 | 5 44:32 |
| 9 | 1013 | Lars Pieper | 80 | SSV Langenhagen | 23:21 | 9 22:26 | 8 45:47 |
| 10 | 1028 | Jörg Kleinholz-Mewes | 73 | TuS Bothfeld | 23:58 | 11 23:12 | 10 47:10 |
| 11 | 1026 | Martin Hensseler | 71 | MTV Seesen | 23:49 | 10 23:26 | 11 47:15 |
| 12 | 1017 | Malte Finkenstädt | 94 | OLV Uslar | 25:33 | 12 27:23 | 13 52:56 |
| 13 | 1016 | Hauke Scharfenberg | 87 | RCEH Celle | 26:23 | 13 26:43 | 12 53:06 |
| | 1011 | Rolf Breckle | 71 | Bielefelder TG | 21:15 | AK 22:20 | AK |
| | 1023 | Sören Riechers | 87 | Bielefelder TG | 17:16 | AK 17:08 | AK |
| | 1021 | Leon Kollenbach | 96 | Ski-Club Helsa | 19:03 | AK 19:37 | AK |
| | 1010 | Johan Sisell | 77 | OK Södertörn | 20:35 | AK N Ang | AK |
| | 1022 | Erik Riebeseel | 77 | ESV Lok Magdeburg | 26:26 | AK 26:36 | AK |
| | 1029 | Markus Harke | 87 | Eintracht Braunschweig | 23:57 | AK 23:11 | AK |
| | 1015 | Jan Voigt | 73 | TV 1898 Alsbach | 19:18 | AK 20:08 | AK |
| | 1012 | Bastian Dumnitz | 88 | OLV Uslar | N Ang | N Ang | |
| D -10 (2) | | | | | | | |
| 1 | 1032 | Nina Bräunig | 06 | TC Hameln | 17:12 | 1 13:15 | 1 30:27 |
| | 1031 | Jana Knaup | | Braunschweiger MTV | N Ang | 20:25 | 2 |
| D -10 begleitet (2) | | | | | | | |
| 1 | 1034 | Marlene Behling | 05 | Turn-Klubb Hannover | 23:17 | 1 14:09 | 1 37:26 |
| | 1035 | Karla Breckle | | Bielefelder TG | 16:12 | AK 14:09 | AK |
| H -10 (3) | | | | | | | |
| 1 | 1033 | Thore Napp | 05 | Braunschweiger MTV | 14:46 | 1 10:56 | 2 25:42 |
| 2 | 1037 | Sean Nitsche | 06 | OLV Uslar | 37:29 | 2 16:46 | 3 54:15 |
| | 1036 | Jonas Knaup | | Braunschweiger MTV | N Ang | 10:42 | 1 |
| D -12 (2) | | | | | | | |
| 1 | 1040 | Anna Castilho Marcao | 04 | SV Hildesia Diekholzen | 18:46 | 1 22:34 | 1 41:20 |
| | 1039 | Theresa Bachmann | 04 | OLV Uslar | Fehlst | AK 14:21 | AK |

| Pl | Stnr | Name | g | Verein | E1 | E2 | Zeit |
|-------------------|------|---------------------------|----|------------------------|-------|----------|---------|
| H -12 (7) | | | | | | | |
| 1 | 1045 | Jussi Bruns | 04 | MTK Bad Harzburg | 12:00 | 1 11:58 | 1 23:58 |
| 2 | 1044 | Bennet Grote | 04 | OLV Uslar | 14:14 | 2 12:48 | 2 27:02 |
| 3 | 1046 | Julius Wandelt | 04 | MTV Seesen | 15:43 | 4 13:03 | 3 28:46 |
| 4 | 1049 | Till Buchberger | 05 | MTV Seesen | 15:22 | 3 14:43 | 4 30:05 |
| 5 | 1047 | Tim Heuer | 03 | OLV Uslar | 19:06 | 5 16:36 | 5 35:42 |
| 6 | 1042 | Jakob Bachmann | 03 | OLV Uslar | 22:22 | 6 20:37 | 6 42:59 |
| 7 | 1048 | Frithjof Vogeley | 03 | TG 1860 Münden | 35:21 | 7 25:10 | 7 60:31 |
| D -14 (5) | | | | | | | |
| 1 | 1054 | Lina Buchberger | 02 | MTV Seesen | 12:47 | 2 17:26 | 2 30:13 |
| 2 | 1052 | Kiana Meisel | 02 | OLV Uslar | 12:43 | 1 18:04 | 3 30:47 |
| 3 | 1055 | Lina Behling | 02 | Turn-Klubb Hannover | 16:20 | 3 15:15 | 1 31:35 |
| | 1051 | Louisa Kollenbach | 05 | Ski-Club Helsa | 13:34 | AK 13:30 | AK |
| | 1053 | Marlene Steinhoff | 01 | ESV Lok Magdeburg | N Ang | AK N Ang | AK |
| H -14 (10) | | | | | | | |
| 1 | 1065 | Matti Bruns | 01 | MTK Bad Harzburg | 11:26 | 1 10:46 | 1 22:12 |
| 2 | 1061 | Theo Hennisler | 03 | MTV Seesen | 11:38 | 2 11:37 | 2 23:15 |
| 3 | 1059 | Leander Büskens | 02 | TSV Worpswede | 12:31 | 3 13:20 | 4 25:51 |
| 4 | 1063 | Aaron Wandelt | 02 | MTV Seesen | 13:24 | 5 13:13 | 3 26:37 |
| 5 | 1066 | Jannis Haun | 01 | TG 1860 Münden | 13:20 | 4 14:02 | 5 27:22 |
| 6 | 1058 | Tom Buchholz | 02 | MTK Bad Harzburg | 22:26 | 7 14:24 | 6 36:50 |
| 7 | 1057 | Jan-Jonas Nitsche | 02 | OLV Uslar | 21:26 | 6 18:56 | 7 40:22 |
| 8 | 1060 | Joshua Kroupa | 02 | SV Hildesia Diekholzen | 27:30 | 8 37:24 | 8 64:54 |
| | 1064 | Raphael Kostrewa | 02 | USK Gifhorn | 22:28 | AK 27:14 | AK |
| | 1062 | Maximilian Nißen | 01 | ESV Lok Magdeburg | N Ang | AK N Ang | AK |
| D -16 (9) | | | | | | | |
| 1 | 1068 | Ann-Charlotte Spangenberg | 99 | TG 1860 Münden | 13:58 | 1 11:40 | 2 25:38 |
| 2 | 1073 | Meike Hennisler | 00 | MTV Seesen | 15:31 | 2 11:31 | 1 27:02 |
| 3 | 1075 | Pia Buchholz | 02 | MTK Bad Harzburg | 17:03 | 3 13:51 | 3 30:54 |
| 4 | 1070 | Anna-Lena Engelmann | 99 | TSV Worpswede | 19:45 | 4 16:45 | 6 36:30 |
| 5 | 1071 | Johanna Gamenik | 00 | WSV Braunlage | 22:23 | 6 15:42 | 5 38:05 |
| 6 | 1072 | Theresa Offenhäuser | 99 | TSV Worpswede | 23:23 | 7 14:54 | 4 38:17 |
| 7 | 1074 | Jordan-Sophie Meisel | 99 | OLV Uslar | 21:37 | 5 17:04 | 7 38:41 |
| 8 | 1069 | Julia Richter | 00 | MTK Bad Harzburg | 25:33 | 8 17:16 | 8 42:49 |
| | 1067 | Daisy Rasch | 99 | ESV Lok Magdeburg | 16:01 | AK 13:42 | AK |
| H -16 (6) | | | | | | | |
| 1 | 1083 | Levin Büskens | 99 | TSV Worpswede | 18:31 | 1 21:29 | 1 40:00 |
| 2 | 1079 | Lennart Gooß | 99 | SC Klecken | 20:20 | 2 22:33 | 2 42:53 |
| 3 | 1081 | Thorge Alt | 00 | TSV Worpswede | 22:36 | 3 23:56 | 3 46:32 |
| 4 | 1080 | Florian Bräunig | 00 | TC Hameln | 33:10 | 4 30:19 | 4 63:29 |
| | 1078 | Cedric Kostrewa | 00 | USK Gifhorn | 25:07 | AK 24:44 | AK |
| | 1082 | Timo Kreyer | 00 | SC Klecken | N Ang | N Ang | |
| D -18 (3) | | | | | | | |
| 1 | 1086 | Birte Friedrichs | 98 | MTV Seesen | 12:34 | 1 10:30 | 1 23:04 |
| 2 | 1085 | Lea Leppla | 97 | Braunschweiger MTV | 18:18 | 2 14:55 | 2 33:13 |
| 3 | 1084 | Karola Schmidt | 98 | TG 1860 Münden | 21:37 | 3 16:56 | 3 38:33 |

| Pl | Stnr | Name | g | Verein | E1 | E2 | Zeit |
|----------------------|------|----------------------------|----|------------------------|-------|----------|----------|
| H -18 (9) | | | | | | | |
| 1 | 1096 | Jan Sass | 97 | SC Klecken | 15:25 | 1 17:10 | 1 32:35 |
| 2 | 1093 | Till Finkenstädt | 97 | OLV Uslar | 15:45 | 2 18:38 | 3 34:23 |
| 3 | 1089 | Fabian Ulbrich | 97 | OLV Uslar | 16:38 | 3 18:59 | 4 35:37 |
| 4 | 1094 | Max Sonneborn | 98 | TSV Worpsswede | 17:47 | 4 18:27 | 2 36:14 |
| 5 | 1090 | Gerrit Denecke | 98 | WSV Braunlage | 18:28 | 6 19:28 | 5 37:56 |
| 6 | 1091 | Felix Drese | 98 | OLV Uslar | 18:06 | 5 23:57 | 6 42:03 |
| 7 | 1095 | Arne Schliebener | 98 | OLV Uslar | 20:39 | 7 24:31 | 7 45:10 |
| 8 | 1087 | Marius Wienecke | 98 | OLV Uslar | 31:05 | 8 31:59 | 8 63:04 |
| | 1092 | Valentin Kollenbach | 00 | Ski-Club Helsa | 20:53 | AK 26:57 | AK |
| D 19 Kurz (5) | | | | | | | |
| 1 | 1100 | Laura Finkenstädt | 92 | OLV Uslar | 17:11 | 1 15:07 | 2 32:18 |
| 2 | 1098 | Cora Hubert | 87 | SV Hildesia Diekholzen | 21:56 | 2 13:00 | 1 34:56 |
| 3 | 1097 | Johanna Drese | 95 | OLV Uslar | 22:05 | 3 28:38 | 3 50:43 |
| | 1101 | Luisa Merkel | | NSV Wernigerode | 68:33 | AK 27:05 | AK |
| | 1099 | Kim-Jana Stückemann | 91 | ohne | N Ang | AK N Ang | AK |
| H 19 Kurz (7) | | | | | | | |
| 1 | 1106 | Patrick Dresel | 92 | SC Klecken | 14:00 | 1 10:04 | 1 24:04 |
| 2 | 1109 | Tim Kühnhold | 96 | WSV Braunlage | 14:09 | 2 11:10 | 2 25:19 |
| 3 | 1108 | Jonas Bräunig | 98 | TC Hameln | 19:16 | 3 15:39 | 4 34:55 |
| 4 | 1105 | Mark Nitsche | 66 | OLV Uslar | 21:51 | 4 15:45 | 5 37:36 |
| 5 | 1110 | Andreas Meisel | 69 | OLV Uslar | 22:22 | 5 17:48 | 6 40:10 |
| 6 | 1107 | Gunnar Grote | 72 | OLV Uslar | 28:55 | 7 13:47 | 3 42:42 |
| 7 | 1104 | Garvin Behling | 78 | Turn-Klubb Hannover | 22:23 | 6 21:08 | 7 43:31 |
| D 35 (3) | | | | | | | |
| | 1111 | Veronika Lange | 58 | USC Magdeburg | 20:59 | AK 21:53 | AK |
| | 1113 | Nadine Enoch | 76 | USC Magdeburg | 24:42 | AK 26:17 | AK |
| | 1112 | Olga August | 78 | USC Magdeburg | 22:46 | AK 23:45 | AK |
| D 40 (6) | | | | | | | |
| 1 | 1119 | Anke von Gaza | 71 | OLV Uslar | 20:23 | 1 21:45 | 1 42:08 |
| 2 | 1115 | Michaela Bruns | 72 | MTK Bad Harzburg | 24:38 | 2 26:55 | 2 51:33 |
| 3 | 1114 | Sandra Castilho Marcao | 75 | SV Hildesia Diekholzen | 27:38 | 3 31:32 | 3 59:10 |
| 4 | 1118 | Tanja Buchholz | 72 | MTK Bad Harzburg | 29:38 | 4 32:39 | 4 62:17 |
| 5 | 1116 | Sonja Bräunig | 72 | TC Hameln | 36:19 | 5 35:33 | 5 71:52 |
| | 1117 | Ulrike Breckle | 72 | Bielefelder TG | 29:48 | AK 28:50 | AK |
| D 45 (5) | | | | | | | |
| 1 | 1122 | Evi Drese | 70 | OLV Uslar | 16:46 | 1 13:37 | 1 30:23 |
| 2 | 1125 | Sylke Höfner | 69 | OLV Uslar | 22:28 | 2 19:39 | 2 42:07 |
| 3 | 1123 | Regine Klander-Strauß | 66 | SV Hildesia Diekholzen | 27:01 | 3 20:41 | 3 47:42 |
| | 1121 | Brigitte Dersch-Kollenbach | 67 | Ski-Club Helsa | 15:38 | AK 13:34 | AK |
| | 1124 | Irene Buchberger | 70 | MTV Seesen | N Ang | N Ang | |
| H 45 (10) | | | | | | | |
| 1 | 1133 | Henning Bruns | 61 | MTK Bad Harzburg | 16:32 | 1 17:18 | 1 33:50 |
| 2 | 1134 | Jörg Kühnhold | 67 | WSV Braunlage | 19:36 | 2 20:03 | 2 39:39 |
| 3 | 1135 | Luis Marcao | | SV Hildesia Diekholzen | 57:47 | 3 45:47 | 3 103:34 |

| Pl | Stnr | Name | g | Verein | E1 | E2 | Zeit |
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| H 45 (10) | | <i>(Forts.)</i> | | | | | |
| | 1131 | Hermann Schrader | 54 | USC Magdeburg | 22:29 AK | 24:42 AK | |
| | 1136 | Burkhard Otto | 66 | ESV Lok Magdeburg | 20:01 AK | 20:48 AK | |
| | 1137 | Sven Claudius | 69 | USC Magdeburg | 15:13 AK | 16:13 AK | |
| | 1132 | Peter Kollenbach | 65 | Ski-Club Helsa | 18:07 AK | 17:33 AK | |
| | 1130 | Jörg Kostrewa | 66 | USK Gifhorn | 65:01 AK | 28:14 AK | |
| | 1128 | René Wandelt | 69 | MTV Seesen | N Ang | N Ang | |
| | 1129 | Sven Buchholz | 70 | MTK Bad Harzburg | N Ang | N Ang | |
| D 50 (4) | | | | | | | |
| 1 | 1140 | Ulrike Korff | 63 | SC Achmer | 18:41 1 | 15:35 1 | 34:16 |
| 2 | 1142 | Barbara Dresel | 62 | SC Klecken | 22:27 2 | 17:11 2 | 39:38 |
| 3 | 1139 | Esther Knoblauch | 64 | MTK Bad Harzburg | 24:15 3 | 21:03 3 | 45:18 |
| | 1141 | Bianca Dähnn | 65 | MTK Bad Harzburg | 24:25 4 | Fehlst | |
| H 50 (10) | | | | | | | |
| 1 | 1145 | Werner Drese | 61 | OLV Uslar | 15:42 1 | 18:05 2 | 33:47 |
| 2 | 1148 | Gottfried Labuhn | 65 | MTV Seesen | 18:19 3 | 17:18 1 | 35:37 |
| 3 | 1144 | Dirk Strauß | 65 | SV Hildesia Diekholzen | 17:50 2 | 20:14 4 | 38:04 |
| 4 | 1153 | Uli Bandt | 61 | TSV Worpswede | 20:47 4 | 19:11 3 | 39:58 |
| 5 | 1151 | Jens Borm | 62 | TuS Bramsche | 22:22 5 | 24:23 5 | 46:45 |
| 6 | 1146 | Gerhard Kottschlag | 63 | SV Hildesia Diekholzen | 31:05 6 | 34:16 6 | 65:21 |
| | 1149 | Frank Leppla | 64 | TV 1898 Alsbach | 15:22 AK | 16:07 AK | |
| | 1147 | Ingo Hursie | 62 | USC Magdeburg | Aufg AK | 25:09 AK | |
| | 1150 | Christian Buchberger | 65 | MTV Seesen | N Ang | N Ang | |
| | 1152 | Roland Krebs | 62 | WSV Braunlage | N Ang | N Ang | |
| D 55 (4) | | | | | | | |
| 1 | 1157 | Heidrun Finke | 57 | OLV Uslar | 10:47 1 | 9:23 1 | 20:10 |
| 2 | 1155 | Olga Sonnenberg | 58 | Osnabrücker TB | 13:01 2 | 11:42 2 | 24:43 |
| 3 | 1156 | Antje Sobczak | 54 | MTV Soltau | 14:46 3 | 12:13 3 | 26:59 |
| | 1158 | Veronika Bode | 55 | SC Melle 03 | N Ang | N Ang | |
| H 55 (6) | | | | | | | |
| 1 | 1164 | Horst von Gaza | 59 | OLV Uslar | 14:40 2 | 10:36 1 | 25:16 |
| 2 | 1163 | Uwe Dresel | 57 | SC Klecken | 14:35 1 | 11:07 2 | 25:42 |
| 3 | 1165 | Sergej Sonnenberg | 56 | Osnabrücker TB | 15:31 3 | 12:30 3 | 28:01 |
| 4 | 1161 | Stephan Schliebener | 59 | OLV Uslar | 16:06 4 | 13:04 4 | 29:10 |
| | 1162 | Gerhard Bader | 55 | ESV Lok Magdeburg | 19:07 AK | 14:14 AK | |
| | 1160 | Holger Jurack | 59 | ESV Lok Magdeburg | N Ang AK | N Ang AK | |
| H 60 (7) | | | | | | | |
| 1 | 1172 | Reinhard In der Stroth | 51 | Osnabrücker TB | 17:13 1 | 14:21 3 | 31:34 |
| 2 | 1171 | Bernd Höfner | 54 | OLV Uslar | 19:12 2 | 14:35 4 | 33:47 |
| 3 | 1168 | Udo Sobczak | 55 | MTV Soltau | 23:14 5 | 12:10 1 | 35:24 |
| 4 | 1167 | Karl-Heinz Seefeld | 53 | OLV Uslar | 20:06 3 | 15:56 5 | 36:02 |
| 5 | 1169 | Detlev Friedrichs | 51 | MTV Seesen | 21:15 4 | 17:45 6 | 39:00 |
| | 1170 | Rainer Scholz | | IK Vista | 16:45 AK | 13:49 AK | |
| | 1173 | Erhard Jüermann | 53 | RSV Hannover | Fehlst | 12:13 2 | |

| Pl | Stnr | Name | g | Verein | E1 | | E2 | | Zeit |
|-------------------------|------|-------------------------|----|------------------------|-------|----|-------|----|-------|
| D 65 (2) | | | | | | | | | |
| | 1176 | Hannelore Laugwitz | 45 | USC Magdeburg | N Ang | AK | N Ang | AK | |
| | 1175 | Irma Riebeseel | 39 | ESV Lok Magdeburg | N Ang | AK | N Ang | AK | |
| H 65 (9) | | | | | | | | | |
| 1 | 1184 | Gerhard Niederland | 49 | TSV Schloss Ricklingen | 14:24 | 1 | 13:48 | 4 | 28:12 |
| 2 | 1180 | Wilhelm Holz | 50 | OLV Uslar | 17:11 | 2 | 12:41 | 1 | 29:52 |
| 3 | 1183 | Rainer Pieper | 50 | SSV Langenhagen | 17:30 | 3 | 13:05 | 2 | 30:35 |
| 4 | 1186 | Karlheinz Niescken | 46 | SSV Langenhagen | 19:06 | 4 | 13:32 | 3 | 32:38 |
| 5 | 1185 | Frank Finkenstädt | 43 | OLV Uslar | 32:38 | 5 | 25:21 | 6 | 57:59 |
| 6 | 1187 | Wolf Fehlig | 45 | MTV Gittelde | 50:43 | 6 | 16:50 | 5 | 67:33 |
| | 1182 | Helmut Conrad | 40 | USV TU Dresden | 12:52 | AK | 11:09 | AK | |
| | 1181 | Rainer Enoch | 50 | USC Magdeburg | 21:36 | AK | 19:13 | AK | |
| | 1179 | Friedemann Laugwitz | 42 | USC Magdeburg | N Ang | AK | N Ang | AK | |
| H 75 (5) | | | | | | | | | |
| 1 | 1189 | Günter Gohde | 39 | Turn-Klubb Hannover | 19:05 | 1 | 15:41 | 1 | 34:46 |
| 2 | 1190 | Dieter Brockfeld | 35 | Osnabrücker TB | 23:07 | 2 | 22:17 | 2 | 45:24 |
| 3 | 1192 | Karl-Heinz Binsch | 39 | OLG Südheide | 29:17 | 3 | 23:18 | 3 | 52:35 |
| | 1191 | Eberhard Höfer | 39 | ASG Teutoburger Wald | 20:17 | AK | 17:48 | AK | |
| | 1193 | Walter Rehbein | 36 | TG 1860 Münden | Aufg | | N Ang | | |
| Offen leicht (7) | | | | | | | | | |
| 1 | 1194 | Anne-Katrin Behling | 76 | Turn-Klubb Hannover | 14:00 | 1 | 14:10 | 1 | 28:10 |
| 2 | 1195 | Sonja Kunze | 70 | OLV Uslar | 16:00 | 2 | 14:56 | 2 | 30:56 |
| 3 | 1050 | Fam. Wiese | | Volkssport Wolfsburg | 24:32 | 5 | 21:50 | 3 | 46:22 |
| 4 | 1198 | Jana Borm | 00 | TuS Bramsche | 23:56 | 4 | 24:16 | 4 | 48:12 |
| 5 | 1196 | Marion Borm | 63 | TuS Bramsche | 27:21 | 6 | 26:11 | 5 | 53:32 |
| 6 | 1199 | Robin von Gaza | 91 | OLV Uslar | 34:41 | 7 | 31:36 | 6 | 66:17 |
| | 1197 | Carolina Bergmann Avila | 97 | OLV Uslar | 17:34 | 3 | Aufg | | |