

| Pl | tnr | Name | Jg | Verein | Zeit |
|------------------|-----|-----------------------|----|-----------------------|---------|
| H19L (19) | | | | 5,7 km 22 P | |
| 1 | 20 | Andrej Sonnenberg | 83 | Osnabrücker TB | 31:30 |
| 2 | 2 | Christian Teich | 84 | SSV Planeta Radebeul | 32:42 |
| 3 | 4 | Michael Finkenstädt | 65 | OLV Uslar | 33:32 |
| 4 | 9 | Eike Bruns | 75 | MTK Bad Harzburg | 33:38 |
| 5 | 19 | Joachim Stamer | 72 | MTK Bad Harzburg | 36:33 |
| 6 | 13 | Leon Kollenbach | 96 | Ski-Club Helsa | 37:46 |
| 7 | 8 | Rolf Breckle | 71 | Bielefelder TG | 37:48 |
| 8 | 12 | Markus Dresel | 92 | SC Klecken | 37:49 |
| 9 | 18 | Christian Duesmann | 91 | TUS Lübbecke | 39:32 |
| 10 | 6 | Björn Frieling | 78 | RCEH Celle | 41:58 |
| 11 | 10 | Jan Schliebener | 95 | OLV Uslar | 47:19 |
| 12 | 5 | Jakob Schach | 91 | SV Wannweil | 47:41 |
| 13 | 14 | Malte Finkenstädt | 94 | OLV Uslar | 48:46 |
| 14 | 16 | Sebastian Diehsner | 89 | TUS Lübbecke | 56:27 |
| | 15 | Yannic Lippross | 93 | OSC Kassel | N Ang |
| | 17 | Michael Steube | 85 | TK Hannover | N Ang |
| | 7 | Lennart Weckeck | 92 | SC Klecken | N Ang |
| | 11 | Tobiasz Warmuz | 87 | o.V. | N Ang |
| | 3 | Bastian Dumnitz | 88 | OLV Uslar | N Ang |
| H35 (1) | | | | 5,2 km 19 P | |
| 1 | 22 | Jesus Hervas | | CDCEBE Frankfurt | 52:03 |
| H19K (8) | | | | 4,1 km 17 P | |
| 1 | 27 | Patrik Dresel | 92 | SC Klecken | 31:15 |
| 2 | 26 | Tim Kühnhold | 96 | WSV Braunlage | 32:32 |
| 3 | 29 | Nils Holthoff | 95 | SC Klecken | 33:11 |
| 4 | 31 | Kilian Lilje | 95 | TSV Worpswede | 38:11 |
| 5 | 32 | Gunnar Grote | 72 | OLV Uslar | 52:41 |
| 6 | 30 | Mark Nitsche | 66 | OLV Uslar | 1:09:17 |
| | 25 | Benjamin Schweizer | 96 | Lübecker Turnerschaft | N Ang |
| | 28 | Nikola Zahariev | 84 | TK Hannover | N Ang |
| H40 (7) | | | | 5,2 km 19 P | |
| 1 | 37 | Christoph Freudenfeld | 74 | TSV Worpswede | 32:58 |
| 2 | 38 | Gert Johannsson | 73 | OK PAN Arhus | 35:25 |
| 3 | 43 | Martin Hennisler | 71 | MTV Seesen | 42:59 |
| 4 | 44 | Bjarke Rasmussen | 73 | Mariagerfjord OK | 51:25 |
| 5 | 36 | Christoph Napp | 72 | Braunschweiger MTV | 52:07 |
| 6 | 35 | Kirsten Tolksdorf | 75 | TK Hannover | 1:01:38 |
| | 42 | Lars Klode | 73 | Herning OK | N Ang |
| H45 (5) | | | | 4,6 km 17 P | |
| 1 | 39 | Mads Mikkelsen | 70 | Horsens OK | 35:46 |
| 2 | 40 | Jörg Kühnhold | 67 | WSV Braunlage | 44:12 |
| 3 | 46 | Matthias Riebisch | 63 | SV TU Ilmenau | 47:35 |
| 4 | 45 | Rene Wandelt | 69 | MTV Seesen | 49:42 |
| 5 | 41 | Jörn Antonischki | 70 | OK Orion | 49:43 |

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| H50 (6) | | | | 4,1 km 17 P | |
| 1 | 49 | Werner Drese | 61 | OLV Uslar | 31:58 |
| 2 | 50 | Frank Hasse | 63 | TK Hannover | 34:55 |
| 3 | 48 | Elmar Tosch | 64 | TUS Lübbecke | 45:08 |
| 4 | 51 | Thomas Binsch | 62 | OLG Südheide | 47:52 |
| 5 | 53 | Thomas Freyer | 64 | Laufen und Gutes Tun | 57:19 |
| | 52 | Frank Leppla | 64 | TV Alsbach | N Ang |
| H55 (8) | | | | 4,1 km 17 P | |
| 1 | 58 | Horst von Gaza | 59 | OLV Uslar | 30:24 |
| 2 | 59 | Arne Kristensen | 59 | Herlufsholm OK | 31:30 |
| 3 | 56 | Sergej sen. Sonnenberg | 56 | Osnabrücker TB | 33:18 |
| 4 | 63 | Uwe Dresel | 57 | SC Klecken | 34:51 |
| 5 | 64 | Stephan Schliebener | 59 | OLV Uslar | 36:53 |
| 6 | 60 | Uwe Bürger | 56 | TSC Eintracht Dortmund | 45:37 |
| 7 | 61 | Erik Andersen | 56 | Odense OK | 50:21 |
| | 62 | Achim Glowka | 58 | TSC Eintracht Dortmund | N Ang |
| H60 (11) | | | | 3,4 km 12 P | |
| 1 | 68 | Udo Sobczak | 55 | MTV Soltau | 26:50 |
| 2 | 69 | Reinhard In der Stroth | 51 | Osnabrücker TB | 27:06 |
| 3 | 74 | Bjarne Christensen | 52 | Silkeborg OK | 28:38 |
| 4 | 72 | Peter Norgaard | | Ballerup Orientering | 31:01 |
| 5 | 66 | Detlef Much | 53 | OLV Uslar | 32:49 |
| 6 | 75 | Detlev Friedrichs | 51 | MTV Seesen | 36:50 |
| 7 | 71 | Karl-Heinz Seefeld | 53 | OLV Uslar | 37:19 |
| 8 | 76 | Ferdinand Hanses | 53 | Eintracht Neuenkirchen | 37:47 |
| 9 | 70 | Manfred Thallner | 52 | TSC Eintracht Dortmund | 40:19 |
| 10 | 67 | Bernd Höfner | 54 | OLV Uslar | 47:33 |
| 11 | 73 | Wolfgang Matziol | 51 | SC Klecken | 1:01:39 |
| H65 (7) | | | | 3,0 km 13 P | |
| 1 | 83 | Hans Cristian Strib | 48 | Ballerup Orientering | 25:54 |
| 2 | 78 | Helmut Conrad | 40 | USV TU Dresden | 26:10 |
| 3 | 80 | Hans Aage Hvalsoe | 48 | Polizei Fünen | 28:17 |
| 4 | 84 | KarlHeinz Niescken | 46 | SSV Langenhagen | 30:26 |
| 5 | 79 | Heinz Friedrich Pape | | OL Team Lippe | 31:40 |
| 6 | 81 | Gerhard Niederland | 49 | TSV Schloß Ricklingen | 32:34 |
| 7 | 82 | Rainer Pieper | 50 | SSV Langenhagen | 32:43 |
| H70 (5) | | | | 3,0 km 13 P | |
| 1 | 88 | Gerrit Krause | | SV Bayer Wuppertal | 30:44 |
| 2 | 87 | Finn Hother Madsen | 42 | OK PAN Aarhus | 34:36 |
| 3 | 89 | Günter Gohde | 39 | TK Hannover | 41:08 |
| 4 | 86 | Reinhard Jahn | 42 | Braunschweiger MTV | 42:55 |
| 5 | 90 | Albrecht Bergt | 43 | TSV Fischerhude | 1:14:19 |
| H75 (3) | | | | 2,4 km 13 P | |
| 1 | 93 | Eberhard Höfer | 39 | ASG Teuteburger Wald | 40:22 |
| 2 | 94 | Dieter Brockfeld | 35 | Osnabrücker TB | 43:30 |
| 3 | 92 | Karl -Heinz Binsch | 39 | OLG Südheide | 47:33 |

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| H-10 (3) | | | 1,8 km 8 P | | |
| 1 | 98 | Mika Pikutzki | 06 | TUS Lübbecke | 13:45 |
| 2 | 96 | Thore Napp | 05 | Braunschweiger MTV | 15:11 |
| 3 | 97 | Sean Nitsche | 06 | OLV Uslar | 19:08 |
| H-12 (3) | | | 2,5 km 10 P | | |
| 1 | 100 | Till Buchberger | 05 | MTV Seesen | 18:54 |
| 2 | 102 | Julius Wandelt | 04 | MTV Seesen | 19:54 |
| 3 | 101 | Bennet Grote | 04 | OLV Uslar | 22:58 |
| H-14 (9) | | | 2,9 km 14 P | | |
| 1 | 109 | Jacob Mikkelsen | 03 | Horsens OK | 19:06 |
| 2 | 111 | Matti Bruns | 01 | MTK Bad Harzburg | 19:38 |
| 3 | 110 | Theo Hennseler | 03 | MTV Seesen | 22:00 |
| 4 | 104 | Tom Buchholz | 02 | MTK Bad Harzburg | 26:21 |
| 5 | 106 | Aaron Wandelt | 03 | MTV Seesen | 26:36 |
| 6 | 108 | Nilas Stamer | 01 | SV Hildesia Diekholzen | 26:38 |
| 7 | 107 | Leander Büskens | 02 | TSV Worpswede | 31:06 |
| 8 | 105 | Jarle Overbeck | 02 | TSV Worpswede | 34:50 |
| 9 | 112 | Jan Jonas Nitsche | 02 | OLV Uslar | 1:17:40 |
| H-16 (5) | | | 3,9 km 14 P | | |
| 1 | 118 | Hendrik Holzauer | | Ski-Club Helsa | 25:00 |
| 2 | 115 | Levin Büskens | 99 | TSV Worpswede | 34:10 |
| 3 | 116 | Valentin Kollenbach | 00 | Ski-Club Helsa | 36:51 |
| 4 | 117 | Thorge Alt | 00 | TSV Worpswede | 37:12 |
| | 114 | Dorian Tosch | 00 | TUS Lübbecke | Fehlst |
| H-18 (9) | | | 4,6 km 17 P | | |
| 1 | 129 | Ole Hennseler | 98 | MTV Seesen | 26:14 |
| 2 | 121 | Till Finkenstädt | 97 | OLV Uslar | 32:12 |
| 3 | 123 | Fabian Ulbrich | 97 | OLV Uslar | 32:31 |
| 4 | 122 | Felix Drese | 98 | OLV Uslar | 34:30 |
| 5 | 127 | Max Sonneborn | 98 | TSV Worpswede | 36:33 |
| 6 | 124 | Jannis Koch | 98 | Bielefelder TG | 41:52 |
| 7 | 128 | Gerrit Denecke | 98 | WSV Braunlage | 45:06 |
| | 125 | Arne Schliebener | 98 | OLV Uslar | N Ang |
| | 126 | Jan Saß | 97 | SC Klecken | N Ang |
| Offen A (2) | | | 2,5 km 10 P | | |
| | 131 | Robin von Gaza | 91 | OLV Uslar | Fehlst |
| | 132 | Carolina Bergmann Avila | 97 | OLV Uslar | Aufg |
| Offen K (3) | | | 1,8 km 8 P | | |
| 1 | 136 | Tara mit Ruby Stockinger | 06 | SV Henstedt-ULzburg | 19:41 |
| 2 | 135 | Jonas Mikkelsen | 10 | Horsens OK | 25:37 |
| 3 | 134 | Joshua Stockinger | 10 | SV Henstedt-ULzburg | 45:48 |

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| Offen T (4) | | | 3,3 km 15 P | | |
| 1 | 139 | Jogesh mit Gabri Stockinger | 63 | Tura Harksheide | 41:12 |
| 2 | 141 | Heiner Hoffmann | 43 | Tura Harksheide | 50:04 |
| 3 | 140 | Familie Sohr | | SC Poppenbüttel | 59:12 |
| 4 | 142 | Mireille Höft | 69 | LG Alsternord | 1:06:58 |
| D-10 (5) | | | 1,8 km 8 P | | |
| 1 | 147 | Louisa Kollenbach | 05 | Ski-Club Helsa | 12:20 |
| 2 | 148 | Sophia Schweizer | 05 | Lübecker Turnerschaft | 17:10 |
| 3 | 144 | Ella Mikkelsen | 06 | Horsens OK | 19:33 |
| 4 | 146 | Karla Breckle | 07 | Bielefelder TG | 20:08 |
| | 145 | Annika Stamer | 06 | Preetzer TSV | N Ang |
| D-12 (1) | | | 2,5 km 10 P | | |
| 1 | 150 | Anna Castilho Marcao | 04 | SV Hildesia Diekholzen | 23:50 |
| D-14 (4) | | | 2,9 km 14 P | | |
| 1 | 152 | Lina Buchberger | 02 | MTV Seesen | 27:59 |
| 2 | 155 | Elin Antonischki | 01 | OK Orion | 28:47 |
| 3 | 154 | Mareike Blohm | 02 | TSV Worpswede | 34:04 |
| 4 | 153 | Kiana Meisel | 02 | OLV Uslar | 41:33 |
| D-16 (7) | | | 3,0 km 13 P | | |
| 1 | 157 | Kaatje Fantini | 00 | TUS Lübbecke | 25:05 |
| 2 | 163 | Pia Buchholz | 00 | MTK Bad Harzburg | 28:49 |
| 3 | 159 | Inga Hollmann | 99 | Bielefelder TG | 30:35 |
| 4 | 161 | Solia Stamer | 00 | MTK Bad Harzburg | 30:51 |
| 5 | 158 | Johanna Gamenik | 00 | WSV Braunlage | 34:05 |
| 6 | 162 | Anna-Lena Engelmann | 99 | TSV Worpswede | 37:57 |
| 7 | 160 | Jordan Sophie Meisel | 99 | OLV Uslar | 41:55 |
| D-18 (2) | | | 3,9 km 14 P | | |
| 1 | 166 | Birte Friedrichs | 98 | MTV Seesen | 28:24 |
| 2 | 165 | Karolin Kühnhold | 98 | WSV Braunlage | 45:07 |
| D19K (5) | | | 3,0 km 13 P | | |
| 1 | 168 | Anne Winkelmann | 95 | SC Klecken | 35:45 |
| 2 | 170 | Jana-Elena Koser | 82 | Haugesund Idrettslag | 36:30 |
| 3 | 171 | Sandra Wendt | 77 | TK Hannover | 38:08 |
| 4 | 172 | Johanna Drese | 95 | OLV Uslar | 42:30 |
| 5 | 169 | Ulricke Breckle | 72 | Bielefelder TG | 1:04:21 |
| D19L (6) | | | 4,6 km 17 P | | |
| 1 | 174 | Kerstin Kahmann | 73 | OVF Ostercappeln | 37:32 |
| 2 | 175 | Jessica Drese | 93 | OLV Uslar | 39:13 |
| 3 | 176 | Esther Stamer | 75 | MTK Bad Harzburg | 40:24 |
| 4 | 177 | Helena Olsson | 91 | SC Klecken | 41:55 |
| 5 | 178 | Karen Much | 91 | OLV Uslar | 49:43 |
| 6 | 173 | Sara Hansson | | OK Skogsmunken | 58:21 |

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| D40 (8) | | | | 3,9 km 14 P | |
| 1 | 189 | Anke von Gaza | 71 | OLV Uslar | 30:33 |
| 2 | 184 | Heidrun Finke | 57 | OLV Uslar | 33:31 |
| 3 | 185 | Michaela Bruns | 72 | MTK Bad Harzburg | 41:47 |
| 4 | 182 | Petra Schneider | 74 | SV Hildesia Diekholzen | 44:44 |
| 5 | 187 | Silke Napp | 71 | Braunschweiger MTV | 50:57 |
| 6 | 183 | Tanja Buchholz | 72 | MTK Bad Harzburg | 52:16 |
| 7 | 188 | Sandra Castilho Marcao | 75 | SV Hildesia Diekholzen | 53:50 |
| | 186 | Irene Mikkelsen | 72 | Horsens OK | Aufg |
| D45 (4) | | | | 3,4 km 12 P | |
| 1 | 193 | Evi Drese | 70 | OLV Uslar | 27:51 |
| 2 | 194 | Brigitte Dersch | 67 | Ski-Club Helsa | 29:49 |
| 3 | 192 | Janna Mertens | 67 | ESV Lok Schönweide | 46:21 |
| 4 | 191 | Sylke Höfner | 69 | OLV Uslar | 58:33 |
| D50 (4) | | | | 3,0 km 13 P | |
| 1 | 198 | Ulrike Korff | 63 | SC Achmer | 31:08 |
| 2 | 199 | Anne Hanses | 61 | Eintracht Neuenkirchen | 58:10 |
| 3 | 197 | Martina Hollmann | 65 | Bielefelder TG | 1:00:56 |
| | 196 | Liisa Rihko-Struckmann, Liisa | 64 | Braunschweiger MTV | N Ang |
| D55 (7) | | | | 2,7 km 13 P | |
| 1 | 204 | Ayoe Berg | 57 | Odense OK | 21:48 |
| 2 | 206 | Ulrike Friedrichs | 59 | MTV Seesen | 29:00 |
| 3 | 202 | Britt Hermanrud | 57 | Silkeborg OK | 29:15 |
| 4 | 203 | Alice Brodsgaard | | Ballerup Orientering | 41:44 |
| 5 | 201 | Hanne Frost | 57 | Farum OK | 46:11 |
| 6 | 207 | Joanna Arnold | 58 | TSC Eintracht Dortmund | 53:33 |
| | 205 | Barbara Glowka | 60 | TSC Eintracht Dortmund | N Ang |
| D60 (3) | | | | 2,7 km 13 P | |
| 1 | 209 | Antje Sobczak | 54 | MTV Soltau | 31:39 |
| 2 | 208 | Irmela Bergt | 47 | TSV Fischerhude | 33:17 |
| 3 | 211 | Kornelia Mock | 55 | TSC Eintracht Dortmund | 37:19 |
| H-12 LM (4) | | | | 2,5 km 10 P | |
| 1 | 215 | Konrad Stamer | 03 | Preetzer TSV | 18:58 |
| 2 | 214 | Bennet Kloth | 03 | Lübecker Turnerschaft | 22:31 |
| 3 | 216 | Finn Morten Nolte | 03 | TSV Nusse | 25:47 |
| 4 | 217 | Jan Kahl | 04 | Preetzer TSV | 28:26 |
| H-14 LM (1) | | | | 2,9 km 14 P | |
| 1 | 219 | Max Kahl | 02 | Preetzer TSV | 1:10:19 |
| D/H15-18 LM (7) | | | | 3,9 km 14 P | |
| 1 | 222 | Jacob Maaß | 98 | TSV Nusse | 34:20 |
| 2 | 223 | Leonie Zembold | 99 | VFL Hitzhusen | 43:30 |
| 3 | 227 | Justin Schwarz | 98 | Preetzer TSV | 47:35 |

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| | | D/H15-18 LM (7) | 3,9 km 14 P | | <i>(Forts.)</i> |
| 4 | 224 | Leif Leo Dittmers | 00 | SVG Pönitz | 57:57 |
| 5 | 225 | Tom Holste | 00 | VFL Hitzhusen | 59:36 |
| | 226 | Max Hoffmann | 99 | TSV Nusse | N Ang |
| | 221 | Lennart Höft | 00 | LG Alsternord | N Ang |
| | | H19 LM (6) | 5,7 km 22 P | | |
| 1 | 232 | Torben Timmermann | 85 | Lübecker Turnerschaft | 39:23 |
| 2 | 230 | Frederik Requate | 95 | Preetzer TSV | 43:47 |
| 3 | 233 | Moritz Walter | 81 | TSV Malente | 47:28 |
| 4 | 231 | Jonas Rädisch | 96 | Preetzer TSV | 48:37 |
| 5 | 228 | Thorsten Bäumer | 83 | TSV Nord Harrislee | 1:04:27 |
| | 229 | Wilhelm Duits | 83 | Preetzer TSV | N Ang |
| | | D35 LM (3) | 4,1 km 17 P | | |
| 1 | 235 | Beate Stamer | 72 | Preetzer TSV | 43:10 |
| 2 | 237 | Anke Suhr | 74 | TSV Malente | 47:47 |
| 3 | 236 | Kerstin Stelzer | 71 | Tura Harksheide | 49:56 |
| | | H35 LM (3) | 5,2 km 19 P | | |
| 1 | 241 | Christian Stamer | 70 | Preetzer TSV | 35:52 |
| 2 | 239 | Thomas Lässig | 77 | Preetzer TSV | 1:04:07 |
| | 240 | Carsten Ripke | 77 | Phönix Lübeck | N Ang |
| | | D45 LM (5) | 3,4 km 12 P | | |
| 1 | 244 | Silvia Nolte | 68 | TSV Nusse | 35:51 |
| 2 | 246 | Hilke Andersson | 70 | TSV Malente | 37:31 |
| 3 | 243 | Martina Simon | 64 | Preetzer TSV | 45:31 |
| 4 | 245 | Kirsten Kock | 65 | Preetzer TSV | 46:05 |
| | 247 | Christine Hoffmann | 66 | TSV Nusse | N Ang |
| | | H45 LM (7) | 4,6 km 17 P | | |
| 1 | 252 | Christian Nolte | 63 | TSV Nusse | 36:17 |
| 2 | 255 | Dirk Andersson | 67 | TSV Malente | 39:17 |
| 3 | 251 | Oliver Seifert | 65 | TSV Malente | 40:34 |
| 4 | 253 | Matthias Dittmers | 53 | TSV Malente | 43:29 |
| 5 | 249 | Jochen Morawietz | 61 | Preetzer TSV | 55:49 |
| 6 | 250 | Björn Hansen | 61 | Lübecker Turnerschaft | 58:10 |
| 7 | 254 | Wolfgang Kloth | 66 | Lübecker Turnerschaft | 1:10:18 |
| | | D55 LM (4) | 2,7 km 13 P | | |
| 1 | 258 | Claudia Leibbrandt | 58 | TSV Malente | 33:25 |
| 2 | 260 | Irmtraut Schröder | 50 | TSV Malente | 46:38 |
| 3 | 259 | Sabine Rethorst | 58 | Preetzer TSV | 56:14 |
| | 257 | Edeltraut Mevius | 35 | Lübecker Turnerschaft | N Ang |

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| H55 LM (5) | | | 3,9 km 14 P | | |
| 1 | 264 | Rüdiger Reischuk | | Lübecker Turnerschaft | 34:45 |
| 2 | 263 | Peter Grunwald | 54 | ESV Büchen | 45:36 |
| 3 | 265 | Uwe Andersson | 55 | TSV Malente | 48:04 |
| 4 | 57 | Andreas Bothmann | | TSV Holm | 51:16 |
| 5 | 262 | Reinhard Schröder | 51 | TSV Malente | 56:38 |
| H75 LM (4) | | | 2,4 km 13 P | | |
| 1 | 267 | Peter Lippold | 40 | Tura Harksheide | 47:58 |
| 2 | 269 | Bernd Allers | 40 | Tura Harksheide | 51:49 |
| 3 | 268 | Rudi Taurit | 34 | Phönix Lübeck | 52:31 |
| | 270 | Horst Mevius | 34 | Lübecker Turnerschaft | N Ang |
| D75 (1) | | | 2,4 km 13 P | | |
| 1 | 271 | Aloisia Taurit | 40 | Phönix Lübeck | 1:34:04 |