

| Pl | Stnr | Name | Zeit | | | | | | | | | | | | | | |
|-----------------|------|--|---------|---------------------------|---------|---------|---------|---------|--------|---------|---------|---------|---------|---------|---------|---------|---------|
| D10 (1) | | | | 2.3 km 55 Hm 10 P | | | | | | | | | | | | | |
| | | | | 1(101) | 2(105) | 3(114) | 4(75) | 5(74) | 6(115) | 7(77) | 8(69) | 9(78) | 10(100) | Z | | | |
| 1 | 2 | Holthoff Annika OLV Steinberg | 38:20 | 2:30 | 6:17 | 10:26 | 18:35 | 19:43 | 20:45 | 25:05 | 29:04 | 33:39 | 36:39 | 38:20 | | | |
| | | | | 2:30 | 3:47 | 4:09 | 8:09 | 1:08 | 1:02 | 4:20 | 3:59 | 4:35 | 3:00 | 1:41 | | | |
| D12 (1) | | | | 3.0 km 95 Hm 13 P | | | | | | | | | | | | | |
| | | | | 1(101) | 2(105) | 3(114) | 4(75) | 5(74) | 6(115) | 7(77) | 8(65) | 9(72) | 10(69) | 11(70) | 12(78) | 13(100) | Z |
| 1 | 3 | Gierlach Julia WOLF Haltern | 56:46 | 1:58 | 6:06 | 9:07 | 13:21 | 14:34 | 15:20 | 28:20 | 31:50 | 37:41 | 44:22 | 50:32 | 52:42 | 55:35 | 56:46 |
| | | | | 1:58 | 4:08 | 3:01 | 4:14 | 1:13 | 0:46 | 13:00 | 3:30 | 5:51 | 6:41 | 6:10 | 2:10 | 2:53 | 1:11 |
| D14 (4) | | | | 3.0 km 95 Hm 13 P | | | | | | | | | | | | | |
| | | | | 1(101) | 2(105) | 3(111) | 4(112) | 5(115) | 6(77) | 7(73) | 8(65) | 9(56) | 10(71) | 11(70) | 12(78) | 13(100) | Z |
| 1 | 8 | Beckmann Linda DJK Adler Bottrop | 29:30 | 1:12 | 3:43 | 5:28 | 7:08 | 8:12 | 10:23 | 12:56 | 13:54 | 18:15 | 21:17 | 24:46 | 26:36 | 28:34 | 29:30 |
| | | | | 1:12 | 2:31 | 1:45 | 1:40 | 1:04 | 2:11 | 2:33 | 0:58 | 4:21 | 3:02 | 3:29 | 1:50 | 1:58 | 0:56 |
| 2 | 6 | Gierlach Anna WOLF Haltern | 39:13 | 1:36 | 4:51 | 7:33 | 10:05 | 12:03 | 14:20 | 18:49 | 20:04 | 26:08 | 30:14 | 34:15 | 35:53 | 38:10 | 39:13 |
| | | | | 1:36 | 3:15 | 2:42 | 2:32 | 1:58 | 2:17 | 4:29 | 1:15 | 6:04 | 4:06 | 4:01 | 1:38 | 2:17 | 1:03 |
| 3 | 5 | Fuchs Marie OLG Siegerland | 42:40 | 1:20 | 3:50 | 5:14 | 7:10 | 8:17 | 22:29 | 25:00 | 25:52 | 33:04 | 35:12 | 38:23 | 39:41 | 41:34 | 42:40 |
| | | | | 1:20 | 2:30 | 1:24 | 1:56 | 1:07 | 14:12 | 2:31 | 0:52 | 7:12 | 2:08 | 3:11 | 1:18 | 1:53 | 1:06 |
| 4 | 9 | Menn Natalie OLG Siegerland | 43:42 | 1:33 | 10:09 | 12:08 | 13:45 | 15:07 | 17:44 | 19:48 | 22:52 | 27:17 | 33:47 | 38:01 | 40:42 | 42:40 | 43:42 |
| | | | | 1:33 | 8:36 | 1:59 | 1:37 | 1:22 | 2:37 | 2:04 | 3:04 | 4:25 | 6:30 | 4:14 | 2:41 | 1:58 | 1:02 |
| D16 (1) | | | | 4.2 km 170 Hm 14 P | | | | | | | | | | | | | |
| | | | | 1(104) | 2(109) | 3(107) | 4(106) | 5(111) | 6(74) | 7(115) | 8(73) | 9(76) | 10(71) | 11(67) | 12(61) | 13(78) | 14(100) |
| | | | | Z | | | | | | | | | | | | | |
| 1 | 10 | Dreisbach Gesa OLG Siegerland | 1:30:58 | 5:08 | 10:03 | 21:03 | 22:51 | 36:17 | 39:15 | 39:43 | 54:57 | 58:43 | 1:18:41 | 1:21:21 | 1:24:06 | 1:27:54 | 1:30:14 |
| | | | | 5:08 | 4:55 | 11:00 | 1:48 | 13:26 | 2:58 | 0:28 | 15:14 | 3:46 | 19:58 | 2:40 | 2:45 | 3:48 | 2:20 |
| | | | | 1:30:58 | | | | | | | | | | | | | |
| | | | | 0:44 | | | | | | | | | | | | | |
| D18 (2) | | | | 5.3 km 275 Hm 15 P | | | | | | | | | | | | | |
| | | | | 1(102) | 2(107) | 3(106) | 4(108) | 5(113) | 6(112) | 7(115) | 8(62) | 9(124) | 10(125) | 11(56) | 12(67) | 13(69) | 14(78) |
| | | | | 15(100) | Z | | | | | | | | | | | | |
| 1 | 14 | Urbanietz Sandra DJK Adler Bottrop | 1:31:23 | 3:23 | 17:57 | 19:52 | 23:38 | 32:46 | 40:59 | 42:58 | 1:01:08 | 1:12:42 | 1:15:12 | 1:21:03 | 1:24:02 | 1:26:07 | 1:28:26 |
| | | | | 3:23 | 14:34 | 1:55 | 3:46 | 9:08 | 8:13 | 1:59 | 18:10 | 11:34 | 2:30 | 5:51 | 2:59 | 2:05 | 2:19 |
| | | | | 1:30:19 | 1:31:23 | | | | | | | | | | | | |
| | | | | 1:53 | 1:04 | | | | | | | | | | | | |
| | 12 | Schönebeck Grete DJK Adler Bottrop | Fehlst | 6:34 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- |
| | | | | 6:34 | | | | | | | | | | | | | |
| | | | | ----- | 1:20:46 | | | | | | | | | | | | |
| | | | | ----- | 1:14:12 | | | | | | | | | | | | |
| D17K (5) | | | | 4.3 km 190 Hm 16 P | | | | | | | | | | | | | |
| | | | | 1(103) | 2(104) | 3(108) | 4(109) | 5(113) | 6(114) | 7(75) | 8(115) | 9(73) | 10(76) | 11(56) | 12(71) | 13(77) | 14(70) |
| | | | | 15(78) | 16(100) | Z | | | | | | | | | | | |
| 1 | 20 | Pratzka Jana MTV Seesen | 56:35 | 2:10 | 6:31 | 10:35 | 16:58 | 19:13 | 24:32 | 28:17 | 29:39 | 33:42 | 37:50 | 41:05 | 43:16 | 47:01 | 51:05 |
| | | | | 2:10 | 4:21 | 4:04 | 6:23 | 2:15 | 5:19 | 3:45 | 1:22 | 4:03 | 4:08 | 3:15 | 2:11 | 3:45 | 4:04 |
| | | | | 53:13 | 55:21 | 56:35 | | | | | | | | | | | |
| | | | | 2:08 | 2:08 | 1:14 | | | | | | | | | | | |
| 2 | 17 | Schmetzke Annika Bielefelder TG | 1:09:45 | 2:12 | 20:29 | 25:15 | 32:01 | 33:58 | 39:39 | 42:41 | 44:20 | 47:38 | 51:03 | 53:48 | 56:19 | 59:56 | 1:04:19 |
| | | | | 2:12 | 18:17 | 4:46 | 6:46 | 1:57 | 5:41 | 3:02 | 1:39 | 3:18 | 3:25 | 2:45 | 2:31 | 3:37 | 4:23 |
| | | | | 1:06:23 | 1:08:39 | 1:09:45 | | | | | | | | | | | |
| | | | | 2:04 | 2:16 | 1:06 | | | | | | | | | | | |
| 3 | 18 | Ahl Lisa TV Eichen | 1:39:13 | 3:59 | 11:33 | 18:04 | 33:22 | 35:35 | 43:30 | 56:21 | 58:37 | 1:02:32 | 1:08:44 | 1:13:22 | 1:17:33 | 1:25:01 | 1:32:25 |
| | | | | 3:59 | 7:34 | 6:31 | 15:18 | 2:13 | 7:55 | 12:51 | 2:16 | 3:55 | 6:12 | 4:38 | 4:11 | 7:28 | 7:24 |
| | | | | 1:34:59 | 1:37:47 | 1:39:13 | | | | | | | | | | | |
| | | | | 2:34 | 2:48 | 1:26 | | | | | | | | | | | |
| 4 | 15 | Kanis Lena TV Eichen | 1:51:13 | 16:01 | 23:31 | 29:47 | 45:18 | 47:30 | 55:26 | 1:08:14 | 1:10:40 | 1:14:29 | 1:20:40 | 1:25:25 | 1:29:31 | 1:37:08 | 1:44:22 |
| | | | | 16:01 | 7:30 | 6:16 | 15:31 | 2:12 | 7:56 | 12:48 | 2:26 | 3:49 | 6:11 | 4:45 | 4:06 | 7:37 | 7:14 |
| | | | | 1:46:59 | 1:49:49 | 1:51:13 | | | | | | | | | | | |
| | | | | 2:37 | 2:50 | 1:24 | | | | | | | | | | | |
| | 21 | Maltig Susanne DJK Adler Bottrop | Fehlst | 4:25 | 11:58 | 17:44 | 28:40 | 30:58 | 37:43 | 44:25 | 46:42 | 51:17 | 57:22 | 1:00:24 | 1:08:58 | 1:14:41 | ----- |
| | | | | 4:25 | 7:33 | 5:46 | 10:56 | 2:18 | 6:45 | 6:42 | 2:17 | 4:35 | 6:05 | 3:02 | 8:34 | 5:43 | |
| | | | | 1:20:19 | 1:23:00 | 1:24:39 | | | | | | | | | | | |
| | | | | 5:38 | 2:41 | 1:39 | | | | | | | | | | | |
| D19L (6) | | | | 6.3 km 325 Hm 18 P | | | | | | | | | | | | | |
| | | | | 1(103) | 2(107) | 3(106) | 4(108) | 5(109) | 6(113) | 7(112) | 8(115) | 9(62) | 10(124) | 11(125) | 12(64) | 13(57) | 14(58) |
| | | | | 15(67) | 16(61) | 17(78) | 18(100) | Z | | | | | | | | | |
| 1 | 22 | Depta Monika OLG Siegerland | 58:37 | 1:23 | 10:12 | 11:10 | 12:52 | 16:39 | 17:41 | 22:39 | 23:29 | 33:28 | 35:51 | 37:28 | 41:15 | 44:44 | 46:31 |
| | | | | 1:23 | 8:49 | 0:58 | 1:42 | 3:47 | 1:02 | 4:58 | 0:50 | 9:59 | 2:23 | 1:37 | 3:47 | 3:29 | 1:47 |
| | | | | 52:48 | 54:44 | 56:25 | 57:52 | 58:37 | | | | | | | | | |
| | | | | 6:17 | 1:56 | 1:41 | 1:27 | 0:45 | | | | | | | | | |
| 2 | 29 | Schlaefke Bettina DJK Adler Bottrop | 1:07:47 | 1:43 | 14:10 | 15:12 | 17:16 | 21:39 | 23:10 | 28:45 | 29:54 | 39:21 | 44:40 | 46:40 | 50:50 | 55:10 | 57:08 |
| | | | | 1:43 | 12:27 | 1:02 | 2:04 | 4:23 | 1:31 | 5:35 | 1:09 | 9:27 | 5:19 | 2:00 | 4:10 | 4:20 | 1:58 |
| | | | | 1:01:16 | 1:03:16 | 1:05:25 | 1:06:58 | 1:07:47 | | | | | | | | | |
| | | | | 4:08 | 2:00 | 2:09 | 1:33 | 0:49 | | | | | | | | | |
| 3 | 27 | Freigang Farina Bielefelder TG | 1:14:02 | 1:47 | 14:04 | 15:11 | 18:05 | 23:30 | 24:53 | 31:08 | 32:30 | 43:01 | 47:11 | 50:04 | 56:11 | 1:00:52 | 1:02:31 |
| | | | | 1:47 | 12:17 | 1:07 | 2:54 | 5:25 | 1:23 | 6:15 | 1:22 | 10:31 | 4:10 | 2:53 | 6:07 | 4:41 | 1:39 |
| | | | | 1:06:50 | 1:09:03 | 1:11:43 | 1:13:18 | 1:14:02 | | | | | | | | | |
| | | | | 4:19 | 2:13 | 2:40 | 1:35 | 0:44 | | | | | | | | | |
| 4 | 24 | Kempin Tatjana SC Oberodenthal | 1:45:11 | 1:47 | 18:46 | 20:20 | 23:37 | 30:06 | 31:54 | 39:45 | 41:10 | 56:50 | 1:01:18 | 1:04:58 | 1:12:49 | 1:19:57 | 1:22:57 |
| | | | | 1:47 | 16:59 | 1:34 | 3:17 | 6:29 | 1:48 | 7:51 | 1:25 | 15:40 | 4:28 | 3:40 | 7:51 | 7:08 | 3:00 |
| | | | | 1:34:46 | 1:38:00 | 1:41:23 | 1:43:59 | 1:45:11 | | | | | | | | | |
| | | | | 11:49 | 3:14 | 3:23 | 2:36 | 1:12 | | | | | | | | | |

| Pl | Stnr | Name | Zeit | | | | | | | | | | | | | | |
|-----------------|------|---|---------|---------------------------------------|----------------------------------|--------------------------|--------------------------|--------------------------|------------------|-----------------|------------------|------------------|------------------|------------------|-----------------|-----------------|-----------------|
| D19L (6) | | | | 6.3 km | 325 Hm | 18 P | <i>(Forts.)</i> | | | | | | | | | | |
| | | | | 1(103) 15(67) | 2(107) 16(61) | 3(106) 17(78) | 4(108) 18(100) | 5(109) Z | 6(113) | 7(112) | 8(115) | 9(62) | 10(124) | 11(125) | 12(64) | 13(57) | 14(58) |
| 5 | 28 | Schneider Petra OLG Siegerland | 1:01:48 | 2:19 1:50:44 6:10 | 18:01 1:53:36 2:52 | 19:23 1:56:50 3:14 | 22:14 2:00:48 3:58 | 28:46 2:01:48 1:00 | 30:49 2:03 | 53:06 22:17 | 54:29 1:23 | 1:21:13 26:44 | 1:24:49 3:36 | 1:27:46 2:57 | 1:35:08 7:22 | 1:41:24 6:16 | 1:44:34 3:10 |
| AK | 25 | Stötzel Sabine OLG Siegerland | 1:15:56 | 1:31 1:08:17 4:27 | 14:08 12:37 2:15 | 15:16 1:08 2:58 | 17:51 2:35 1:45 | 22:47 4:56 0:41 | 24:35 1:48 | 30:16 5:41 | 31:34 1:18 | 43:21 11:47 | 47:05 3:44 | 49:53 2:48 | 56:16 6:23 | 1:01:23 5:07 | 1:03:50 2:27 |
| D35 (2) | | | | 5.3 km | 275 Hm | 15 P | | | | | | | | | | | |
| | | | | 1(102) 15(100) | 2(107) Z | 3(106) | 4(108) | 5(113) | 6(112) | 7(115) | 8(62) | 9(124) | 10(125) | 11(56) | 12(67) | 13(69) | 14(78) |
| 1 | 33 | Kolbe Kirsten Eintracht Dortmund | 1:15:28 | 2:01 1:14:25 1:49 | 16:12 1:15:28 1:03 | 17:35 1:23 | 19:39 2:04 | 29:38 9:59 | 36:07 6:29 | 38:05 1:58 | 51:52 13:47 | 57:23 5:31 | 59:45 2:22 | 1:05:21 5:36 | 1:08:01 2:40 | 1:09:59 1:58 | 1:12:36 2:37 |
| | 31 | Fuchs Heike OLG Siegerland | Fehlst | 3:12 3:12 ----- 15:19 | 27:04 23:52 2:41:44 | 29:28 2:24 | 33:59 4:31 | 45:57 11:58 | 1:23:43 37:46 | 1:25:55 2:12 | 2:00:37 34:42 | 2:07:03 6:26 | 2:14:28 7:25 | 2:26:25 11:57 | ----- | ----- | ----- |
| D45 (4) | | | | 4.2 km | 170 Hm | 14 P | | | | | | | | | | | |
| | | | | 1(104) Z | 2(109) | 3(107) | 4(106) | 5(111) | 6(74) | 7(115) | 8(73) | 9(76) | 10(71) | 11(67) | 12(61) | 13(78) | 14(100) |
| 1 | 38 | Glowka Barbara Eintracht Dortmund | 1:02:02 | 5:42 1:02:02 1:08 | 11:34 5:52 | 19:00 7:26 | 20:50 1:50 | 32:23 11:33 | 36:57 4:34 | 37:51 0:54 | 41:10 3:19 | 44:31 3:21 | 47:54 3:23 | 51:30 3:36 | 55:16 3:46 | 58:45 3:29 | 1:00:54 2:09 |
| 2 | 36 | Rehorst Hildegard Eintracht Dortmund | 1:17:08 | 7:24 1:17:08 1:09 | 13:20 5:56 | 23:43 10:23 | 25:49 2:06 | 40:50 15:01 | 45:18 4:28 | 46:08 0:50 | 49:18 3:10 | 52:48 3:30 | 1:03:04 10:16 | 1:05:44 2:40 | 1:10:43 4:59 | 1:13:51 3:08 | 1:15:59 2:08 |
| 3 | 35 | Kempin Silvia SC Oberodenthal | 1:34:01 | 7:08 1:34:01 2:07 | 14:23 7:15 | 22:18 7:55 | 24:35 2:17 | 41:41 17:06 | 46:16 4:35 | 47:19 1:03 | 1:05:28 18:09 | 1:11:46 6:18 | 1:16:47 5:01 | 1:20:07 3:20 | 1:24:37 4:30 | 1:28:41 4:04 | 1:31:54 3:13 |
| | 34 | Mock Kornelia Eintracht Dortmund | Fehlst | 5:44 5:44 1:16:10 0:58 | 12:05 6:21 | 19:24 7:19 | 21:18 1:54 | 40:13 18:55 | 44:19 4:06 | ----- | 49:29 5:10 | 53:34 4:05 | 58:08 4:34 | 1:05:37 7:29 | 1:09:41 4:04 | 1:12:51 3:10 | 1:15:12 2:21 |
| D55 (6) | | | | 3.6 km | 125 Hm | 15 P | | | | | | | | | | | |
| | | | | 1(104) 15(100) | 2(110) Z | 3(109) | 4(113) | 5(111) | 6(112) | 7(115) | 8(73) | 9(76) | 10(71) | 11(67) | 12(69) | 13(61) | 14(78) |
| 1 | 39 | Deuber Kathy Bielefelder TG | 51:51 | 5:38 5:38 50:54 2:25 0:57 | 10:12 4:34 51:51 0:57 | 12:39 2:27 | 14:28 1:49 | 21:21 6:53 | 23:41 2:20 | 0.00 | 28:07 4:26 | 31:28 3:21 | 36:10 4:42 | 40:23 4:13 | 42:41 2:18 | 45:07 2:26 | 48:29 3:22 |
| 2 | 46 | Schlaefke Karin DJK Adler Bottrop | 1:01:50 | 8:34 8:34 1:00:39 2:52 | 13:15 4:41 1:01:50 1:11 | 15:46 2:31 | 17:55 2:09 | 25:06 7:11 | 27:48 2:42 | 30:14 2:26 | 33:33 3:19 | 39:12 5:39 | 43:35 4:23 | 47:31 3:56 | 51:15 3:44 | 54:17 3:02 | 57:47 3:30 |
| 3 | 42 | Breckle Uta Bielefelder TG | 1:02:50 | 5:50 5:50 1:01:24 2:26 | 12:43 6:53 1:02:50 1:26 | 14:33 1:50 | 16:47 2:14 | 25:01 8:14 | 27:41 2:40 | 29:32 1:51 | 33:02 3:30 | 36:46 3:44 | 40:40 3:54 | 44:36 3:56 | 53:23 8:47 | 55:32 2:09 | 58:58 3:26 |
| 4 | 43 | Franke Christa OLG Siegerland | 1:05:16 | 7:03 7:03 1:04:07 2:19 | 10:58 3:55 1:05:16 1:09 | 21:15 10:17 | 23:19 2:04 | 29:26 6:07 | 34:08 4:42 | 36:04 1:56 | 40:05 4:01 | 43:29 3:24 | 47:01 3:32 | 50:46 3:45 | 55:12 4:26 | 58:27 3:15 | 1:01:48 3:21 |
| 5 | 44 | Renner Ruth Bielefelder TG | 1:15:04 | 10:49 10:49 1:13:27 3:04 | 14:43 3:54 1:15:04 1:37 | 17:17 2:34 | 19:23 2:06 | 37:58 18:35 | 40:49 2:51 | 42:37 1:48 | 47:31 4:54 | 51:21 3:50 | 55:43 4:22 | 58:57 3:14 | 1:03:53 4:56 | 1:06:38 2:45 | 1:10:23 3:45 |
| | 45 | Drexhage Elisabeth SU Annen | Fehlst | 7:48 7:48 ----- 22:50 | 13:15 5:27 1:26:12 | 16:04 2:49 | 19:07 3:03 | 29:03 9:56 | 32:34 3:31 | 40:20 7:46 | 46:49 6:29 | 52:53 6:04 | 57:53 5:00 | 1:03:22 5:29 | ----- | ----- | ----- |
| H10 (2) | | | | 2.3 km | 55 Hm | 10 P | | | | | | | | | | | |
| | | | | 1(101) | 2(105) | 3(114) | 4(75) | 5(74) | 6(115) | 7(77) | 8(69) | 9(78) | 10(100) | Z | | | |
| 1 | 48 | Hoffmann Johannes OLV Siegerland | 33:40 | 1:40 1:40 | 4:30 2:50 | 7:09 2:39 | 15:03 7:54 | 18:01 2:58 | 18:48 0:47 | 22:25 3:37 | 26:01 3:36 | 30:17 4:16 | 32:28 2:11 | 33:40 1:12 | | | |
| 2 | 50 | Kolbe Colin Eintracht Dortmund | 40:56 | 1:53 1:53 | 4:56 3:03 | 7:57 3:01 | 12:04 4:07 | 13:40 1:36 | 14:43 1:03 | 31:04 16:21 | 33:57 2:53 | 38:05 4:08 | 40:08 2:03 | 40:56 0:48 | | | |
| H12 (5) | | | | 3.0 km | 95 Hm | 13 P | | | | | | | | | | | |
| | | | | 1(101) | 2(105) | 3(114) | 4(75) | 5(74) | 6(115) | 7(77) | 8(65) | 9(72) | 10(69) | 11(70) | 12(78) | 13(100) | Z |
| 1 | 57 | Holthoff Nils OLV Steinberg | 30:17 | 1:33 1:33 | 4:16 2:43 | 6:52 2:36 | 9:22 2:30 | 10:01 0:39 | 10:37 0:36 | 12:21 1:44 | 14:48 2:27 | 17:36 2:48 | 22:26 4:50 | 25:41 3:15 | 27:21 1:40 | 29:16 1:55 | 30:17 1:01 |
| 2 | 56 | Schmitt Oliver OLG Siegerland | 34:21 | 1:53 1:53 | 5:16 3:23 | 9:06 3:50 | 13:32 4:26 | 14:12 0:40 | 14:46 0:34 | 16:30 1:44 | 19:01 2:31 | 21:45 2:44 | 26:35 4:50 | 29:44 3:09 | 31:25 1:41 | 33:25 2:00 | 34:21 0:56 |

| Pl | Stnr | Name | Zeit | | | | | | | | | | | | | | | | |
|----|---|--|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|--|--|
| | | | | 8.8 km | 445 Hm | 25 P | | | | | | | | | | | | | |
| | | | | 1(102) | 2(107) | 3(106) | 4(108) | 5(109) | 6(112) | 7(115) | 8(116) | 9(117) | 10(118) | 11(119) | 12(120) | 13(121) | 14(122) | | |
| | | | | 15(123) | 16(124) | 17(125) | 18(56) | 19(57) | 20(58) | 21(59) | 22(60) | 23(61) | 24(78) | 25(100) | Z | | | | |
| 1 | 86 | Roßnegger Christia LG Lage-Detmold | 1:19:16 | 1:45 | 10:28 | 11:19 | 12:43 | 16:58 | 22:34 | 23:21 | 31:30 | 33:12 | 37:19 | 41:09 | 48:20 | 50:16 | 52:30 | | |
| | | | | 1:45 | 8:43 | 0:51 | 1:24 | 4:15 | 5:36 | 0:47 | 8:09 | 1:42 | 4:07 | 3:50 | 7:11 | 1:56 | 2:14 | | |
| | | | | 55:21 | 58:47 | 1:00:44 | 1:04:43 | 1:08:47 | 1:10:21 | 1:12:56 | 1:13:33 | 1:15:28 | 1:17:14 | 1:18:36 | 1:19:16 | | | | |
| | | | | 2:51 | 3:26 | 1:57 | 3:59 | 4:04 | 1:34 | 2:35 | 0:37 | 1:55 | 1:46 | 1:22 | 0:40 | | | | |
| 1 | 84 | Schulte-Zurhausen DJK Adler Bottrop | 1:19:16 | 1:17 | 10:06 | 10:57 | 12:27 | 15:51 | 21:10 | 22:00 | 30:51 | 32:45 | 36:18 | 40:01 | 46:45 | 48:30 | 50:32 | | |
| | | | | 1:17 | 8:49 | 0:51 | 1:30 | 3:24 | 5:19 | 0:50 | 8:51 | 1:54 | 3:33 | 3:43 | 6:44 | 1:45 | 2:02 | | |
| | | | | 55:09 | 57:55 | 59:30 | 1:04:09 | 1:08:04 | 1:09:26 | 1:11:49 | 1:12:24 | 1:15:30 | 1:17:15 | 1:18:36 | 1:19:16 | | | | |
| | | | | 4:37 | 2:46 | 1:35 | 4:39 | 3:55 | 1:22 | 2:23 | 0:35 | 3:06 | 1:45 | 1:21 | 0:40 | | | | |
| 3 | 88 | Zenke Johannes Bielefelder TG | 1:19:54 | 1:25 | 11:39 | 12:38 | 14:28 | 18:28 | 25:01 | 26:03 | 35:17 | 37:07 | 41:06 | 45:09 | 52:14 | 53:29 | 55:25 | | |
| | | | | 1:25 | 10:14 | 0:59 | 1:50 | 4:00 | 6:33 | 1:02 | 9:14 | 1:50 | 3:59 | 4:03 | 7:05 | 1:15 | 1:56 | | |
| | | | | 57:49 | 59:20 | 1:00:49 | 1:04:54 | 1:09:26 | 1:11:05 | 1:13:30 | 1:14:06 | 1:16:05 | 1:17:45 | 1:19:10 | 1:19:54 | | | | |
| | | | | 2:24 | 1:31 | 1:29 | 4:05 | 4:32 | 1:39 | 2:25 | 0:36 | 1:59 | 1:40 | 1:25 | 0:44 | | | | |
| 4 | 87 | Schulte-Zurhausen DJK Adler Bottrop | 1:31:21 | 1:09 | 11:08 | 12:01 | 13:47 | 18:04 | 24:45 | 25:28 | 37:19 | 41:42 | 46:49 | 50:52 | 58:57 | 1:01:24 | 1:03:50 | | |
| | | | | 1:09 | 9:59 | 0:53 | 1:46 | 4:17 | 6:41 | 0:43 | 11:51 | 4:23 | 5:07 | 4:03 | 8:05 | 2:27 | 2:26 | | |
| | | | | 1:06:51 | 1:08:25 | 1:10:32 | 1:14:09 | 1:19:18 | 1:21:14 | 1:24:37 | 1:25:19 | 1:27:20 | 1:29:27 | 1:30:46 | 1:31:21 | | | | |
| | | | | 3:01 | 1:34 | 2:07 | 3:37 | 5:09 | 1:56 | 3:23 | 0:42 | 2:01 | 2:07 | 1:19 | 0:35 | | | | |
| 5 | 83 | Dombert Philipp Bielefelder TG | 1:32:40 | 1:19 | 11:31 | 12:39 | 14:52 | 19:40 | 27:42 | 28:56 | 42:39 | 44:59 | 49:26 | 53:59 | 1:02:05 | 1:03:43 | 1:05:34 | | |
| | | | | 1:19 | 10:12 | 1:08 | 2:13 | 4:48 | 8:02 | 1:14 | 13:43 | 2:20 | 4:27 | 4:33 | 8:06 | 1:38 | 1:51 | | |
| | | | | 1:08:38 | 1:10:03 | 1:12:05 | 1:16:27 | 1:21:23 | 1:23:05 | 1:25:57 | 1:26:33 | 1:28:18 | 1:30:14 | 1:31:48 | 1:32:40 | | | | |
| | | | | 3:04 | 1:25 | 2:02 | 4:22 | 4:56 | 1:42 | 2:52 | 0:36 | 1:45 | 1:56 | 1:34 | 0:52 | | | | |
| 6 | 85 | Glowka Torben Eintracht Dortmund | 1:37:53 | 1:22 | 11:36 | 12:38 | 14:34 | 19:03 | 25:49 | 26:46 | 36:50 | 39:07 | 44:05 | 50:33 | 58:51 | 1:00:53 | 1:04:29 | | |
| | | | | 1:22 | 10:14 | 1:02 | 1:56 | 4:29 | 6:46 | 0:57 | 10:04 | 2:17 | 4:58 | 6:28 | 8:18 | 2:02 | 3:36 | | |
| | | | | 1:07:29 | 1:09:35 | 1:12:21 | 1:18:49 | 1:25:57 | 1:27:44 | 1:30:42 | 1:31:34 | 1:33:38 | 1:35:42 | 1:37:12 | 1:37:53 | | | | |
| | | | | 3:00 | 2:06 | 2:46 | 6:28 | 7:08 | 1:47 | 2:58 | 0:52 | 2:04 | 2:04 | 1:30 | 0:41 | | | | |
| 7 | 82 | Glowka Niklas Eintracht Dortmund | 1:40:42 | 1:32 | 11:34 | 12:51 | 16:02 | 20:23 | 29:13 | 30:33 | 41:08 | 44:49 | 48:44 | 53:33 | 1:01:47 | 1:04:01 | 1:08:24 | | |
| | | | | 1:32 | 10:02 | 1:17 | 3:11 | 4:21 | 8:50 | 1:20 | 10:35 | 3:41 | 3:55 | 4:49 | 8:14 | 2:14 | 4:23 | | |
| | | | | 1:11:27 | 1:15:50 | 1:18:01 | 1:22:19 | 1:27:20 | 1:29:23 | 1:33:05 | 1:34:09 | 1:36:29 | 1:38:28 | 1:39:58 | 1:40:42 | | | | |
| | | | | 3:03 | 4:23 | 2:11 | 4:18 | 5:01 | 2:03 | 3:42 | 1:04 | 2:20 | 1:59 | 1:30 | 0:44 | | | | |
| | | | | 7.0 km | 340 Hm | 21 P | | | | | | | | | | | | | |
| | | | | 1(104) | 2(110) | 3(109) | 4(107) | 5(106) | 6(111) | 7(112) | 8(115) | 9(62) | 10(117) | 11(63) | 12(118) | 13(123) | 14(125) | | |
| | | | | 15(56) | 16(57) | 17(58) | 18(60) | 19(69) | 20(78) | 21(100) | Z | | | | | | | | |
| 1 | 98 | Holthoff Stefan OLV Steinberg | 1:00:57 | 3:09 | 5:17 | 6:28 | 10:43 | 11:34 | 19:10 | 20:12 | 21:08 | 29:25 | 31:48 | 32:19 | 36:08 | 41:00 | 43:18 | | |
| | | | | 3:09 | 2:08 | 1:11 | 4:15 | 0:51 | 7:36 | 1:02 | 0:56 | 8:17 | 2:23 | 0:31 | 3:49 | 4:52 | 2:18 | | |
| | | | | 46:57 | 51:01 | 52:36 | 55:17 | 56:46 | 58:39 | 1:00:10 | 1:00:57 | | | | | | | | |
| | | | | 3:39 | 4:04 | 1:35 | 2:41 | 1:29 | 1:53 | 1:31 | 0:47 | | | | | | | | |
| 2 | 95 | Depta Peter SU Annen | 1:05:54 | 3:11 | 5:12 | 6:36 | 11:03 | 12:09 | 20:03 | 21:37 | 22:28 | 29:48 | 32:44 | 33:31 | 36:58 | 41:35 | 45:03 | | |
| | | | | 3:11 | 2:01 | 1:24 | 4:27 | 1:06 | 7:54 | 1:34 | 0:51 | 7:20 | 2:56 | 0:47 | 3:27 | 4:37 | 3:28 | | |
| | | | | 50:19 | 54:36 | 56:08 | 59:26 | 1:01:33 | 1:03:41 | 1:05:11 | 1:05:54 | | | | | | | | |
| | | | | 5:16 | 4:17 | 1:32 | 3:18 | 2:07 | 2:08 | 1:30 | 0:43 | | | | | | | | |
| 3 | 96 | Maltig Andreas DJK Adler Bottrop | 1:08:58 | 3:10 | 5:47 | 6:57 | 11:49 | 12:46 | 21:19 | 22:39 | 23:54 | 32:35 | 35:07 | 36:15 | 40:41 | 45:54 | 48:16 | | |
| | | | | 3:10 | 2:37 | 1:10 | 4:52 | 0:57 | 8:33 | 1:20 | 1:15 | 8:41 | 2:32 | 1:08 | 4:26 | 5:13 | 2:22 | | |
| | | | | 52:20 | 57:05 | 58:43 | 1:02:26 | 1:04:44 | 1:06:42 | 1:08:13 | 1:08:58 | | | | | | | | |
| | | | | 4:04 | 4:45 | 1:38 | 3:43 | 2:18 | 1:58 | 1:31 | 0:45 | | | | | | | | |
| 4 | 91 | Stöwhaas Jens SU Annen | 1:15:20 | 3:11 | 5:37 | 6:43 | 10:47 | 11:48 | 19:17 | 21:29 | 22:28 | 33:28 | 36:38 | 37:22 | 41:50 | 46:24 | 53:02 | | |
| | | | | 3:11 | 2:26 | 1:06 | 4:04 | 1:01 | 7:29 | 2:12 | 0:59 | 11:00 | 3:10 | 0:44 | 4:28 | 4:34 | 6:38 | | |
| | | | | 57:28 | 1:02:29 | 1:04:23 | 1:08:14 | 1:10:29 | 1:12:41 | 1:14:27 | 1:15:20 | | | | | | | | |
| | | | | 4:26 | 5:01 | 1:54 | 3:51 | 2:15 | 2:12 | 1:46 | 0:53 | | | | | | | | |
| 5 | 92 | Fuchs Wolfgang OLG Siegerland | 1:27:27 | 3:29 | 6:37 | 7:55 | 12:14 | 13:20 | 23:18 | 25:03 | 26:30 | 41:24 | 44:53 | 45:40 | 50:05 | 55:36 | 58:21 | | |
| | | | | 3:29 | 3:08 | 1:18 | 4:19 | 1:06 | 9:58 | 1:45 | 1:27 | 14:54 | 3:29 | 0:47 | 4:25 | 5:31 | 2:45 | | |
| | | | | 1:06:54 | 1:12:33 | 1:14:54 | 1:19:07 | 1:21:28 | 1:24:46 | 1:26:34 | 1:27:27 | | | | | | | | |
| | | | | 8:33 | 5:39 | 2:21 | 4:13 | 2:21 | 3:18 | 1:48 | 0:53 | | | | | | | | |
| 6 | 90 | Stuckenbrock Norb Bielefeld/Düsseldor | 1:39:11 | 4:53 | 7:14 | 9:04 | 14:00 | 15:57 | 25:29 | 27:32 | 29:13 | 42:25 | 47:24 | 48:29 | 53:09 | 59:17 | 1:06:00 | | |
| | | | | 4:53 | 2:21 | 1:50 | 4:56 | 1:57 | 9:32 | 2:03 | 1:41 | 13:12 | 4:59 | 1:05 | 4:40 | 6:08 | 6:43 | | |
| | | | | 1:15:54 | 1:22:17 | 1:25:38 | 1:29:53 | 1:32:58 | 1:36:16 | 1:38:11 | 1:39:11 | | | | | | | | |
| | | | | 9:54 | 6:23 | 3:21 | 4:15 | 3:05 | 3:18 | 1:55 | 1:00 | | | | | | | | |
| 94 | Gräfenstein Marcel Bielefeld/Düsseldor | Fehlst | 5:24 | 9:01 | 10:23 | 16:19 | 17:51 | 29:37 | 31:20 | 33:38 | 53:20 | 1:07:07 | 1:07:43 | 1:29:28 | 1:36:54 | 1:47:34 | | | |
| | | | | 5:24 | 3:37 | 1:22 | 5:56 | 1:32 | 11:46 | 1:43 | 2:18 | 19:42 | 13:47 | 0:36 | 21:45 | 7:26 | 10:40 | | |
| | | | | 1:53:17 | 2:08:05 | 2:11:53 | 2:17:22 | ----- | 2:32:37 | 2:34:38 | 2:35:34 | | | | | | | | |
| | | | | 5:43 | 14:48 | 3:48 | 5:29 | | 15:15 | 2:01 | 0:56 | | | | | | | | |
| | | | | 6.3 km | 325 Hm | 18 P | | | | | | | | | | | | | |
| | | | | 1(103) | 2(107) | 3(106) | 4(108) | 5(109) | 6(113) | 7(112) | 8(115) | 9(62) | 10(124) | 11(125) | 12(64) | 13(57) | 14(58) | | |
| | | | | 15(67) | 16(61) | 17(78) | 18(100) | Z | | | | | | | | | | | |
| 1 | 103 | Prunsche Klaus TUS Lübbecke | 1:12:05 | 1:26 | 11:44 | 12:59 | 14:49 | 19:31 | 21:00 | 27:48 | 28:46 | 38:31 | 43:03 | 46:33 | 50:45 | 1:00:07 | 1:02:01 | | |
| | | | | 1:26 | 10:18 | 1:15 | 1:50 | 4:42 | 1:29 | 6:48 | 0:58 | 9:45 | 4:32 | 3:30 | 4:12 | 9:22 | 1:54 | | |
| | | | | 1:05:42 | 1:07:33 | 1:09:38 | 1:11:08 | 1:12:05 | | | | | | | | | | | |
| | | | | 3:41 | 1:51 | 2:05 | 1:30 | 0:57 | | | | | | | | | | | |
| 2 | 104 | Glowka Hans-Joach Eintracht Dortmund | 1:14:43 | 1:27 | 11:46 | 12:53 | 15:51 | 20:59 | 22:33 | 31:10 | 32:09 | 44:18 | 49:58 | 52:37 | 57:13 | 1:01:43 | 1:03:52 | | |
| | | | | 1:27 | 10:19 | 1:07 | 2:58 | 5:08 | 1:34 | 8:37 | 0:59 | 12:09 | 5:40 | 2:39 | 4:36 | 4:30 | 2:09 | | |
| | | | | 1:07:32 | 1:09:30 | 1:11:54 | 1:13:50 | 1:14:43 | | | | | | | | | | | |
| | | | | 3:40 | 1:58 | 2:24 | 1:56 | 0:53 | | | | | | | | | | | |
| 3 | 99 | Gierlach Peter WOLF Haltern | 1:22:55 | 1:47 | 13:49 | 15:10 | 18:17 | 23:57 | 25:29 | 33:16 | 34:37 | 48:06 | 51:19 | 54:23 | 59:54 | 1:05:00 | 1:08:52 | | |
| | | | | 1:47 | 12:02 | 1:21 | 3:07 | 5:40 | 1:32 | 7:47 | 1:21 | 13:29 | 3:13 | 3:04 | 5:31 | 5:06 | 3:52 | | |
| | | | | 1:15:04 | 1:18:02 | 1:20:15 | 1:22:02 | 1:22:55 | | | | | | | | | | | |
| | | | | 6:12 | 2:58 | 2:13 | 1:47 | 0:53 | | | | | | | | | | | |
| 4 | 101 | Bürger Uwe Eintracht Dortmund | 1:37:25 | 2:14 | 14:25 | 15:55 | 19:46 | 24:58 | 26:36 | 34:14 | 35:49 | 52:11 | 1:02:14 | 1:06:20 | 1:13:31 | 1:18:52 | 1:23:38 | | |
| | | | | 2:14 | 12:11 | 1:30 | 3:51 | 5:12 | 1:38 | 7:38 | 1:35 | 16:22 | 10:03 | 4:06 | 7:11 | 5:21 | 4:46 | | |
| | | | | 1:29:56 | 1:32:40 | 1:35:05 | 1:36:42 | 1:37:25 | | | | | | | | | | | |
| | | | | 6:18 | 2:44 | 2:25 | 1:37 | 0:43 | | | | | | | | | | | |
| 5 | 100 | Werhoefer-Bersuck Bielefelder TG | 1:41:29 | 2:04 | 16:06 | 17:48 | 21:29 | 27:03 | 29:42 | 38:57 | 40:27 | 55:26 | 1:06:04 | 1:09:29 | 1:16:52 | 1:22:34 | 1:27:35 | | |
| | | | | 2:04 | 14:02 | 1:42 | 3:41 | 5:34 | 2:39 | 9:15 | 1:30 | 14:59 | 10:38 | 3:25 | 7:23 | 5:42 | 5:01 | | |
| | | | | 1:33:52 | 1:36:22 | 1:39:00 | 1:40:41 | 1:41:29 | | | | | | | | | | | |
| | | | | 6:17 | 2:30 | 2:38 | 1:41 | 0:48 | | | | | | | | | | | |

| Pl | Stnr | Name | Zeit | | | | | | | | | | | | | | |
|---------------------|------------|---|----------------|---|--|---|---|---|----------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------|----------------------|------------------------|-----------------------------|-----------------------------|
| H45 (6) | | | | 6.3 km | 325 Hm | 18 P | | | <i>(Forts.)</i> | | | | | | | | |
| | | | | 1(103) 15(67) | 2(107) 16(61) | 3(106) 17(78) | 4(108) 18(100) | 5(109) Z | 6(113) | 7(112) | 8(115) | 9(62) | 10(124) | 11(125) | 12(64) | 13(57) | 14(58) |
| | 105 | Krämer Werner SC Oberodenthal | Fehlst | 2:38 2:38 2:09:44 13:15 | 22:45 20:07 ----- ----- | 24:48 2:03 ----- ----- | 27:51 3:03 ----- ----- | 37:04 9:13 | 39:04 2:00 | 48:42 9:38 | 51:10 2:28 | 1:19:05 27:55 | 1:24:22 5:17 | 1:28:47 4:25 | 1:37:01 8:14 | 1:51:45 14:44 | 1:56:29 4:44 |
| H55 (5) | | | | 5.4 km | 275 Hm | 18 P | | | | | | | | | | | |
| | | | | 1(101) 15(60) | 2(107) 16(61) | 3(106) 17(78) | 4(108) 18(100) | 5(110) Z | 6(109) | 7(113) | 8(75) | 9(115) | 10(116) | 11(124) | 12(125) | 13(64) | 14(59) |
| 1 | 112 | Risch Nikolaus ASG Teutoburger W | l:06:01 | 1:06 1:06 | 11:20 10:14 | 12:34 1:14 | 15:39 3:05 | 21:08 5:29 | 22:33 1:25 | 24:19 1:46 | 30:10 5:51 | 31:08 0:58 | 46:28 15:20 | 49:13 2:45 | 51:44 2:31 | 56:46 5:02 | 58:21 1:35 |
| | 2 | Schlaefke Dieter DJK Adler Bottrop | l:09:46 | 1:27 1:42 1:02:15 0:56 | 12:42 11:15 1:04:42 2:27 | 13:49 1:07 1:07:19 2:37 | 16:01 2:12 1:08:57 1:38 | 19:54 3:53 1:09:46 0:49 | 21:29 1:35 | 23:01 1:32 | 31:10 8:09 | 32:30 1:20 | 48:07 15:37 | 51:09 3:02 | 53:52 2:43 | 58:57 5:05 | 1:01:19 2:22 |
| 3 | 108 | Hirschhäuser Walte ASC Breidenbach 1 | l:23:46 | 1:42 1:13:34 1:43 | 19:51 1:18:31 4:57 | 21:05 1:20:54 2:23 | 24:06 1:22:51 1:57 | 28:10 1:23:46 0:55 | 29:24 1:14 | 30:50 1:26 | 39:30 8:40 | 40:42 1:12 | 56:21 15:39 | 58:58 2:37 | 1:01:50 2:52 | 1:08:56 7:06 | 1:11:51 2:55 |
| 4 | 113 | Herbrand Jörg Ski Klub Duisburg | l:23:56 | 1:38 1:13:14 1:02 | 15:20 1:16:49 3:35 | 17:02 1:20:25 3:36 | 19:31 1:22:43 2:18 | 26:39 1:23:56 1:13 | 28:56 2:17 | 30:54 1:58 | 38:54 8:00 | 40:18 1:24 | 54:25 14:07 | 59:18 4:53 | 1:01:36 2:18 | 1:09:59 8:23 | 1:12:12 2:13 |
| 5 | 109 | Drexhage Karl SU Annen | l:26:32 | 2:12 2:12 1:16:45 1:18 | 15:45 13:33 1:20:39 3:54 | 17:37 1:52 1:23:36 2:57 | 21:40 4:03 1:25:40 2:04 | 26:45 5:05 1:26:32 0:52 | 28:40 1:55 | 30:54 2:14 | 41:47 10:53 | 43:04 1:17 | 58:38 15:34 | 1:02:35 3:57 | 1:06:07 3:32 | 1:13:02 6:55 | 1:15:27 2:25 |
| H65 (4) | | | | 3.6 km | 125 Hm | 15 P | | | | | | | | | | | |
| | | | | 1(104) 15(100) | 2(110) Z | 3(109) | 4(113) | 5(111) | 6(112) | 7(115) | 8(73) | 9(76) | 10(71) | 11(67) | 12(69) | 13(61) | 14(78) |
| 1 | 115 | Keddy Karl Eintracht Dortmund | 40:26 | 6:30 6:30 39:35 1:37 | 9:22 2:52 40:26 0:51 | 10:52 1:30 | 12:32 1:40 | 18:44 6:12 | 20:23 1:39 | 21:35 1:12 | 24:09 2:34 | 27:00 2:51 | 29:51 2:51 | 31:59 2:08 | 33:51 1:52 | 35:36 1:45 | 37:58 2:22 |
| 2 | 117 | Gehrmann Peter ASG Teutoburger W | 41:24 | 4:01 39:47 2:04 | 7:18 41:24 1:37 | 9:01 1:43 | 10:31 1:30 | 17:33 7:02 | 19:17 1:44 | 20:27 1:10 | 22:43 2:16 | 25:13 2:30 | 28:21 3:08 | 30:32 2:11 | 33:03 2:31 | 35:05 2:02 | 37:43 2:38 |
| 3 | 119 | Breckle Siegmар Bielefelder TG | 57:35 | 5:13 5:13 56:32 1:58 | 8:34 3:21 57:35 1:03 | 14:11 5:37 | 15:49 1:38 | 26:56 11:07 | 28:59 2:03 | 30:54 1:55 | 35:26 4:32 | 38:19 2:53 | 41:15 2:56 | 47:44 6:29 | 49:40 1:56 | 51:29 1:49 | 54:34 3:05 |
| 4 | 116 | Krause Gerrit SK Düsseldorf | l:04:51 | 4:28 4:28 1:03:33 1:58 | 12:46 8:18 1:04:51 1:18 | 14:20 1:34 | 16:01 1:41 | 21:53 5:52 | 23:32 1:39 | 25:05 1:33 | 38:37 13:32 | 46:17 7:40 | 51:41 5:24 | 54:05 2:24 | 56:27 2:22 | 58:38 2:11 | 1:01:35 2:57 |
| Anfänger (1) | | | | 3.0 km | 95 Hm | 13 P | | | | | | | | | | | |
| | | | | 1(101) | 2(105) | 3(111) | 4(112) | 5(115) | 6(77) | 7(73) | 8(65) | 9(56) | 10(71) | 11(70) | 12(78) | 13(100) | Z |
| | 121 | Fam Bär Fam Bär | Fehlst | 41:51 41:51 | 50:10 8:19 59:05 *114 | ----- *75 | ----- *74 | 1:17:10 27:00 1:31:41 *69 | 1:25:27 8:17 | ----- | ----- | ----- | ----- | ----- | 1:38:37 13:10 | 1:41:42 3:05 | 1:43:06 1:24 |