

| | | | | | | | Wind | | |
|------------------------------|-------|-----|----|----------------------|----|---------------------|------|----------|------|
| Männer | 100 m | M20 | 1. | Karn, Julien | 86 | TV Norden | 0,0 | 11,41 | Sec. |
| Ergebnisse aus Zeitläufen | | M20 | 2. | Lange, Sven | 86 | LG Weserbergland | 0,0 | 11,43 | Sec. |
| | | M20 | 3. | Surmann, Christopher | 89 | LF Lühtringen | 0,0 | 12,73 | Sec. |
| | | M35 | 1. | Diederich, Thomas | 70 | TSV Ebergötzen | -0,4 | 13,71 | Sec. |
| | | M45 | 1. | Schunke, Matthias | 64 | SV Union Salzgitter | -0,4 | 14,19 | Sec. |
| | | M35 | 2. | Hans, Matthias | 73 | LF Lühtringen | | oh. Zeit | Sec. |

| | | | | | | | Wind | | |
|------------------------------|-------|-----|----|----------------------|----|---------------------|------|-------|------|
| Männer | 200 m | M20 | 1. | Surmann, Christopher | 89 | LF Lühtringen | -1,3 | 26,46 | Sec. |
| Ergebnisse aus Zeitläufen | | M35 | 1. | Diederich, Thomas | 70 | TSV Ebergötzen | -0,6 | 27,86 | Sec. |
| | | M45 | 1. | Schunke, Matthias | 64 | SV Union Salzgitter | -0,6 | 28,45 | Sec. |

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|------------------------------|-------|-----|----|----------------------|---------------|--------------------|-------------------|-------|------------|
| Männer | 400 m | M45 | 1. | Tute, Heiko | 61 | OTB Osnabrück | | 53,80 | Sec. |
| Ergebnisse aus Zeitläufen | | M40 | 1. | Tute, Karsten | 65 | OTB Osnabrück | | 55,40 | Sec. |
| | | M35 | 1. | Lippold, Harald | 73 | TSV Gronau | | 62,37 | Sec. |
| | | M55 | 1. | Müller, Frierich | 52 | LAV Zeven | | 64,44 | Sec. |
| | | M60 | 1. | Gebauer, Klaus-Peter | 49 | Post SV Holzminden | | 69,00 | Sec. |
| | | M50 | 1. | Peetz, Jürgen | 55 | TSV Gronau | | 77,55 | Sec. |
| | | M75 | 1. | Wehrmann, Wilhelm | 34 | Post SV Holzminden | | 78,48 | Sec. |
| | | | | | Theis, Harald | 64 | TSV Sachsenhausen | | n. angetr. |

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|------------------------------|--------|-----|----|----------------------|--------------------|--------------------|-----------------|---------|------------|------|
| Männer | 1000 m | M20 | 1. | Blumenstein, Daniel | 80 | TV 03 Breitenbach | | 2:42,11 | Min. | |
| Ergebnisse aus Zeitläufen | | M35 | 1. | Piech, Andreas | 71 | TSV Brunkensen | | 2:47,45 | Min. | |
| | | M40 | 1. | Fiess, Michael | 66 | LAG Wesertal | | 2:49,03 | Min. | |
| | | M45 | 1. | Schaake, Achim | 63 | LAG Wesertal | | 2:49,13 | Min. | |
| | | M40 | 2. | Simon, Alfred | 66 | LG Göttingen | | 2:50,75 | Min. | |
| | | M20 | 2. | Kerl, Fabian | 86 | LG Solling | | 2:52,33 | Min. | |
| | | M20 | 3. | Tute, Max | 88 | OTB Osnabrück | | 2:55,49 | Min. | |
| | | M50 | 1. | Kassner, Uwe | 57 | LG Göttingen | | 3:00,91 | Min. | |
| | | M45 | 2. | Lohrengel, Rolf | 63 | LG Osterode | | 3:01,32 | Min. | |
| | | M50 | 2. | Schalk, Ullrich | 56 | TSV Korbach | | 3:02,48 | Min. | |
| | | M55 | 1. | Henning, Hubertus | 51 | TSV Korbach | | 3:08,34 | Min. | |
| | | M45 | 3. | Theis, Harald | 64 | TSV Sachsenhausen | | 3:17,62 | Min. | |
| | | M60 | 1. | Kirchherr, Alexander | 47 | TSV Obervorschütz | | 3:32,59 | Min. | |
| | | M50 | 3. | Jettke, Michael | 59 | LG Weper | | 3:22,36 | Min. | |
| | | M45 | 2. | Drese, Werner | 61 | LG Solling | | 3:38,05 | Min. | |
| | | M60 | 2. | Gebauer, Klaus-Peter | 49 | Post SV Holzminden | | 3:45,84 | Min. | |
| | | M55 | 2. | Golüke, Werner | 53 | Post SV Holzminden | | 3:56,87 | Min. | |
| | | M75 | 1. | Wehrmann, Wilhelm | 34 | Post SV Holzminden | | 3:57,12 | Min. | |
| | | M60 | 3. | Krüger, Harald | 48 | LAG Wesertal | | 4:03,54 | Min. | |
| | | M60 | 4. | Halm, Wilfried | 47 | LG Weper | | 4:09,18 | Min. | |
| | | M70 | 1. | Papritz, Kurt | 38 | LAG Wesertal | | 4:40,71 | Min. | |
| | | M60 | 5. | Bezold, Dieter | 44 | Post SV Holzminden | | 5:18,90 | Min. | |
| | | M55 | | | Ullrich, Rüdiger | 51 | LG Kreis Verden | | aufgeg. | Min. |
| | | M55 | | | Stülz bach, Hubert | 54 | LG Solling | | aufgeg. | Min. |
| | | M35 | | | Strauß, Matthias | 71 | OTB Osnabrück | | n. angetr. | Min. |

| | | | | | | Wind | | |
|------------------------------|-------|----|------------------|----|------------------------|------|--------|------|
| ml. J. A | 200 m | 1. | Wagener, Mike | 91 | LG Eichsfeld | -0,6 | 24,11 | Sec. |
| Ergebnisse aus Zeitläufen | | 2. | Kaletka, Adrian | 91 | SV Borussia Salzgitter | -1,3 | 26,18 | Sec. |
| | | | Steinhoff, Malte | 91 | LG Weserbergland | | abgem. | Sec. |

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|-------------------|-------|---|----|-------------------|----|---------------|-------|------|
| m.J A/B | 400 m | A | 1. | Beverungen, Jonas | 90 | LF Lühtringen | 53,45 | Sec. |
| Ergeb. aus Zeitl. | | B | 1. | Schift, Richard | 93 | LG Solling | 61,13 | Sec. |

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|------------------------------|--------|---|----|---------------------|----|------------------|---------|------|
| m.J A/B | 1000 m | A | 1. | Bah, Wurie | 90 | LG Reinhardswald | 2:33,16 | Min. |
| Ergebnisse aus Zeitläufen | | A | 2. | Beverungen, Jonas | 90 | LF Lühtringen | 2:38,87 | Min. |
| | | A | 1. | Kruse, Paul Lennart | 92 | LG Göttingen | 2:40,23 | Min. |
| | | A | 3. | v. Gaza, Robin | 91 | LG Göttingen | 2:53,41 | Min. |
| | | B | 2. | Schift, Richard | 93 | LG Solling | 3:16,04 | Min. |

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|----------|------|--|----|---------------|----|------------|------|---|
| ml. J. A | Hoch | | 1. | Reese, Daniel | 90 | LG Solling | 1,54 | m |
|----------|------|--|----|---------------|----|------------|------|---|

| | | | | | | Wind | | |
|----------|------|----|-----------------|----|------------------------|------|------|---|
| ml. J. A | Weit | 1. | Kaletka, Adrian | 91 | SV Borussia Salzgitter | -0,8 | 5,12 | m |
| | | 2. | Reese, Daniel | 90 | LG Solling | -0,6 | 4,89 | m |

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|----------|----------------|----|---------------|----|------------|-------|---|
| ml. J. A | Diskus 1,75 kg | 1. | Reese, Daniel | 90 | LG Solling | 20,97 | m |
|----------|----------------|----|---------------|----|------------|-------|---|

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|----------|-------------|----|---------------|----|------------|-------|---|
| ml. J. A | Speer 800 g | 1. | Reese, Daniel | 90 | LG Solling | 29,95 | m |
|----------|-------------|----|---------------|----|------------|-------|---|

| | | | | | | Wind | | |
|------------------------------|-------|----|--------------------|----|---------------------|------|--------|------|
| ml. J. B | 100 m | 1. | Bock, Benjamin | 92 | MTV Mellendorf | -1,3 | 24,52 | Sec. |
| Ergebnisse aus Zeitläufen | | 2. | Schunke, Christoph | 93 | SV Union Salzgitter | -0,6 | 26,57 | Sec. |
| | | | Gladitz, Alexander | 94 | LG Hannover | | abgem. | |
| | | | Gayk, Maxim | 92 | LG Hannover | | abgem. | |
| | | | Landskron, Tobias | 92 | LG Solling | | abgem. | |

| | | | | | | Wind | | |
|------------------------------|-------|----|-------------------|----|----------------|------|--------|------|
| ml. J. B | 200 m | 1. | Bock, Benjamin | 92 | MTV Mellendorf | 0,0 | 12,08 | Sec. |
| Ergebnisse aus Zeitläufen | | 2. | Landskron, Tobias | 92 | LG Solling | -0,4 | 13,89 | Sec. |
| | | | Abdulaziz, Adham | 92 | LG Hannover | | abgem. | |
| | | | Gayk, Maxim | 92 | LG Hannover | | abgem. | |
| | | | Bernatzky, Eike | 92 | LG Hannover | | abgem. | |

Testlauf

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|---------|-------|----|-------------|----|------------------|-------|------|
| ml. J.B | 300 m | 1. | Ahl, Patrik | 92 | LG Reinhardswald | 37,82 | Sec. |
|---------|-------|----|-------------|----|------------------|-------|------|

| | | | | | | | |
|---------|------|----|--------------------|----|---------------------|------|---|
| ml. J.B | Hoch | 1. | Blachnik, Niklas | 94 | LG Reinhardswald | 1,69 | m |
| | | 2. | Nitzke, Peter | 92 | TSV 09 Twiste | 1,66 | m |
| | | 3. | Landskron, Tobias | 92 | LG Solling | 1,57 | m |
| | | 4. | Schunke, Christoph | 93 | SV Union Salzgitter | 1,48 | m |
| | | 5. | Schift, Richard | 93 | LG Solling | 1,40 | m |

| | | | | | | Wind | | |
|----------|------|----|--------------------|----|---------------------|------|------|---|
| ml. J. B | Weit | 1. | Bernatzky, Eike | 92 | LG Hannover | -2,1 | 5,74 | m |
| | | 2. | Landskron, Tobias | 92 | LG Solling | -0,6 | 5,12 | m |
| | | 3. | Schunke, Christoph | 93 | SV Union Salzgitter | -0,7 | 4,91 | m |

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|---------|--------|----|--------------------|----|---------------------|-------|---|
| ml. J.B | Diskus | 1. | Schunke, Christoph | 93 | SV Union Salzgitter | 23,76 | m |
| | 1,5 kg | 2. | Landskron, Tobias | 92 | LG Solling | 22,81 | m |

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|---------|-------|----|---------------------|----|---------------------|-------|---|
| ml. J.B | Speer | 1. | Nitzke, Peter | 92 | TSV 09 Twiste | 45,53 | m |
| | 700 g | 2. | Schultze, Sebastian | 93 | TSV 09 Twiste | 43,85 | m |
| | | 3. | Landskron, Tobias | 92 | LG Solling | 39,60 | m |
| | | 4. | Schunke, Christoph | 93 | SV Union Salzgitter | 35,51 | m |
| | | 5. | Schift, Richard | 93 | LG Solling | 24,21 | m |

| | | | | | | Wind | | | |
|------------------------------|-------|-----|----|-----------------------|----|------------------|------|-------|------|
| Schü A | 100 m | M15 | 1. | Blachnik, Niklas | 94 | LG Reinhardswald | -0,9 | 12,41 | Sec. |
| Ergebnisse aus Zeitläufen | | M15 | 2. | Gladitz, Alexander | 94 | LG Hannover | -0,9 | 12,99 | Sec. |
| | | M14 | 1. | Haidukiewicz, Florian | 95 | LG Hannover | 0,0 | 14,77 | Sec. |

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|--------|-------|-----|----|-----------------------|----|------------------|-------|------|
| Schü A | 300 m | M15 | 1. | Blachnik, Niklas | 94 | LG Reinhardswald | 39,69 | Sec. |
| | | M14 | 1. | Groenewold, Tobias | 95 | LG Hannover | 43,82 | Sec. |
| | | M14 | 2. | Haidukiewicz, Florian | 95 | LG Hannover | 52,02 | Sec. |

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|--------------|--------|-----|----|------------------|----|---------------------|---------|------|
| Schüler | 1000 m | M15 | 1. | Hupp, Andree | 94 | LF Lühtringen | 2:58,58 | Min. |
| alle Klassen | | M14 | 1. | Noe, Maximilian | 95 | TSV Niedermelsungen | 3:01,19 | Min. |
| | | M12 | 1. | Kulp, Jonathan | 97 | LG Göttingen | 3:33,39 | Min. |
| | | M13 | 1. | Häusler, Felix | 96 | LG Solling | 3:42,80 | Min. |
| | | M11 | 1. | Lutat, Christian | 98 | LG Eichsfeld | 3:51,50 | Min. |
| | | M11 | 2. | Drese, Felix | 98 | LG Solling | 4:38,71 | Min. |
| | | M11 | 3. | Becker, Marcus | 98 | LG Solling | 5:21,35 | Min. |

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|-------------------|--------|-----|----|----------------|----|--------------|----------|------|
| Schüler | 3000 m | M14 | 1. | Lembke, Julius | 95 | LG Göttingen | 10:28,24 | Min. |
| Ergeb. aus Zeitl. | | | | | | | | |

| | | | | | | Wind | | | |
|--------|------|-----|----|-----------------------|----|-------------|------|--------|---|
| Schü A | Weit | M14 | 1. | Groenewold, Tobias | 95 | LG Hannover | +0,5 | 4,81 | m |
| | | M14 | 2. | Haidukiewicz, Florian | 95 | LG Hannover | +2,1 | 4,35 | m |
| | | | | | | | +0,5 | (4,29) | m |

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|--------|-------------|-----|----|------------------|----|------------------|-------|---|
| Schü A | Speer 600 g | M15 | 1. | Blachnik, Niklas | 94 | LG Reinhardswald | 35,25 | m |
|--------|-------------|-----|----|------------------|----|------------------|-------|---|

| | | | | | | Wind | | | |
|------------------------------|------|-----|----|------------------|----|--------------|------|-------|------|
| Schü B | 75 m | M12 | 1. | Kulp, Jonathan | 97 | LG Göttingen | -0,4 | 11,41 | Sec. |
| Ergebnisse aus Zeitläufen | | M12 | 2. | Zunker, Felix | 97 | TG Münden | -2,3 | 11,84 | Sec. |
| | | M12 | 3. | Meng, Constantin | 97 | TG Münden | -2,3 | 12,41 | Sec. |
| | | M12 | 4. | Brunnert, Björn | 97 | TG Münden | -2,3 | 13,89 | Sec. |

| | | | | | | | Wind | | |
|--------|------|-----|----|------------------|----|--------------|------|------|---|
| Schü B | 75 m | M12 | 1. | Kulp, Jonathan | 97 | LG Göttingen | +1,0 | 4,20 | m |
| | | M12 | 2. | Zunker, Felix | 97 | TG Münden | -2,1 | 4,19 | m |
| | | M12 | 3. | Meng, Constantin | 97 | TG Münden | -1,5 | 3,82 | m |
| | | M12 | 4. | Brunnert, Björn | 97 | TG Münden | +0,3 | 3,36 | m |

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|--------|--------|-----|----|------------------|----|--------------|--|-------|---|
| Schü B | Diskus | M12 | 1. | Kulp, Jonathan | 97 | LG Göttingen | | 21,71 | m |
| | 0,75 | M12 | 2. | Brunnert, Björn | 97 | TG Münden | | 19,10 | m |
| | | M12 | 3. | Zunker, Felix | 97 | TG Münden | | 16,51 | m |
| | | M12 | 4. | Meng, Constantin | 97 | TG Münden | | 11,48 | m |

| | | | | | | | Wind | | |
|--------|------|-----|----|------------------|----|--------------------|------|------|------|
| Schü C | 50 m | M10 | 1. | Mann, Kilian | 99 | GW Bad Gandersheim | -1,6 | 8,33 | Sec. |
| | | M11 | 1. | Lutat, Christian | 98 | LG Eichsfeld | -1,6 | 8,73 | Sec. |
| | | M11 | 2. | Drese, Felix | 98 | LG Solling | -1,6 | 8,77 | Sec. |
| | | M11 | 3. | Becker, Marcus | 98 | LG Solling | -1,6 | 9,81 | Sec. |

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|--------|------|-----|----|------------------|----|--------------------|--|------|---|
| Schü C | Weit | M10 | 1. | Mann, Kilian | 99 | GW Bad Gandersheim | | 3,91 | m |
| | | M11 | 2. | Drese, Felix | 98 | LG Solling | | 3,81 | m |
| | | M11 | 1. | Lutat, Christian | 98 | LG Eichsfeld | | 3,66 | m |
| | | M11 | 3. | Becker, Marcus | 98 | LG Solling | | 3,13 | m |

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|--------|----------|-----|----|------------------|----|--------------|--|------|---|
| Schü C | Schlagb. | M11 | 1. | Lutat, Christian | 98 | LG Eichsfeld | | 35,0 | m |
| | 80 g | M11 | 2. | Drese, Felix | 98 | LG Solling | | 32,0 | m |
| | | M11 | 3. | Becker, Marcus | 98 | LG Solling | | 23,0 | m |

| | | | | | | | Wind | | |
|--------|------|-----|----|-----------------|----|------------|------|-------|------|
| Schü D | 50 m | M 8 | 1. | Häusler, Moritz | 01 | LG Solling | -1,6 | 10,43 | Sec. |

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|--------|------|-----|----|-----------------|----|------------|--|------|---|
| Schü D | Weit | M 8 | 1. | Häusler, Moritz | 01 | LG Solling | | 2,61 | m |
|--------|------|-----|----|-----------------|----|------------|--|------|---|

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|--------|----------|-----|----|-----------------|----|------------|--|------|---|
| Schü D | Schlagb. | M 8 | 1. | Piech, Lennart | 01 | SV Alfeld | | 21,5 | m |
| | 80 g | M 8 | 2. | Häusler, Moritz | 01 | LG Solling | | 15,0 | m |

| | | | | | | | Wind | | |
|-------------------|-------|-----|----|-----------------|----|----------|------|-------|------|
| Frauen | 100 m | W20 | 1. | Halm, Michaela | 85 | LG Weper | -0,9 | 13,01 | Sec. |
| Ergeb. aus Zeitl. | | W20 | 2. | Ahrens, Carolin | 85 | LG Weper | 0,0 | 14,63 | Sec. |

| | | | | | | | Wind | | |
|------------------------------|-------|-----|----|-----------------|----|------------|------|-------|------|
| Frauen | 200 m | W20 | 1. | Halm, Michaela | 85 | LG Weper | -1,3 | 26,59 | Sec. |
| Ergebnisse aus Zeitläufen | | W20 | 2. | Ahrens, Carolin | 85 | LG Weper | -0,6 | 30,32 | Sec. |
| | | W75 | 1. | Gröhler, Marga | 34 | LAV Alfeld | -0,6 | 46,81 | Sec. |

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|-------------------|-------|-----|----|-------------------|----|-------------|--|-------|------|
| Frauen | 400 m | W20 | 1. | Peetz, Friederike | 81 | Hannover 96 | | 65,13 | Sec. |
| Ergeb. aus Zeitl. | | | | | | | | | |

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|------------------------------|--------|-----|----|---------------------|----|--------------------|---------|------|
| Frauen | 1000 m | W35 | 1. | Weber, Britta | 74 | LG Braunschweig | 3:17,72 | Min. |
| Ergebnisse aus Zeitläufen | | W60 | 1. | Bezold, Hannelore | 49 | LG Göttingen | 4:00,46 | Min. |
| | | W50 | 1. | Bauer, Agnes | 56 | LG Göttingen | 4:04,47 | Min. |
| | | W55 | 1. | Dorusch, Elke | 54 | Post SV Holzminden | 4:19,00 | Min. |
| | | W35 | 2. | Meder, Jasna | 74 | ohne Verein | 4:22,50 | Min. |
| | | W60 | 2. | Abu Ajamieh, Traute | 45 | TKJ Sarstedt | 4:33,95 | Min. |

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| Frauen | 3000 m | W45 | 1. | Beverungen, Dr. Regine | 63 | LF Lühtringen | 13:48,96 | Min. |
| | | W30 | | Conrad-Hebel, Yvonne | 77 | TSV Obervorschütz | aufgeg. | |

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|--------|------|-----|----|------------------|----|---------------------|------|--------|
| | | | | | | | Wind | |
| Frauen | Weit | W40 | 1. | Schunke, Sibylle | 68 | SV Union Salzgitter | -0,4 | 3,73 m |

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|--------|--------|-----|----|------------------|----|---------------------|-------|---|
| Frauen | Diskus | W40 | 1. | Schunke, Sibylle | 68 | SV Union Salzgitter | 17,57 | m |
| | 1,0 kg | W75 | 1. | Gröhler, Marga | 34 | LAV Alfeld | 14,10 | m |

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|--------|-------------|-----|----|------------------|----|---------------------|-------|---|
| Frauen | Speer 600 g | W40 | 1. | Schunke, Sibylle | 68 | SV Union Salzgitter | 17,97 | m |
|--------|-------------|-----|----|------------------|----|---------------------|-------|---|

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|------------------------------|-------|---|----|------------------|----|------------------------|------|------------|
| | | | | | | | Wind | |
| w.J.A/B | 100 m | A | 1. | Schmitt, Tanja | 90 | LG Reinhardswald | -0,9 | 13,28 Sec. |
| Ergebnisse aus Zeitläufen | | B | 1. | Nöcel, Lena | 93 | SV Borussia Salzgitter | -0,9 | 13,56 Sec. |
| | | B | 2. | Brietzke, Malin | 93 | LG Reinhardswald | -0,9 | 13,61 Sec. |
| | | B | 3. | Schulte, Sabrina | 92 | LF Lühtringen | -0,9 | 13,90 Sec. |

Testlauf

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|---------|-------|----|--------------|----|------------------|-------|------|
| wbl.J.A | 300 m | 1. | Menzel, Lena | 91 | LG Reinhardswald | 40,65 | Sec. |
|---------|-------|----|--------------|----|------------------|-------|------|

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|-------------------|--------|----|-------------------|----|---------------|---------|------|
| wbl.J.A | 1000 m | 1. | Przibilla, Wiebke | 90 | OTB Osnabrück | 3:18,64 | Min. |
| Ergeb. aus Zeitl. | | | | | | | |

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|---------|------|----|----------------|----|------------------|------|---|
| wbl.J.A | Hoch | 1. | Schmitt, Tanja | 90 | LG Reinhardswald | 1,60 | m |
|---------|------|----|----------------|----|------------------|------|---|

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|---------|-------------|----|----------------|----|------------------|-------|---|
| wbl.J.A | Speer 600 g | 1. | Schmitt, Tanja | 90 | LG Reinhardswald | 36,51 | m |
|---------|-------------|----|----------------|----|------------------|-------|---|

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|-------------------|-------|----|------------------|----|---------------|------|-------|------|
| | | | | | | | Wind | |
| wbl.J.B | 200 m | 1. | Schulte, Sabrina | 92 | LF Lühtringen | -1,3 | 28,01 | Sec. |
| Ergeb. aus Zeitl. | | | | | | | | |

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|-------------------|-------|----|------------------|----|-------------|-------|------|
| wbl.J.B | 400 m | 1. | Holland, Vanessa | 92 | LG Osterode | 61,40 | Sec. |
| Ergeb. aus Zeitl. | | | | | | | |

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|---------|------|----|-------------|----|------------------------|------|------|---|
| | | | | | | | Wind | |
| wbl.J.B | Weit | 1. | Nöcel, Lena | 93 | SV Borussia Salzgitter | -0,4 | 4,96 | m |

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|---------|---------------|----|----------------------|----|---------------|-------|---|
| wbl.J.B | Diskus 1,0 kg | 1. | Gohmert, Ann Kristin | 92 | TSV 09 Twiste | 37,94 | m |
|---------|---------------|----|----------------------|----|---------------|-------|---|

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|---------|-------|----|-----------------|----|------------------------|-------|---|
| wbl.J.B | Speer | 1. | Brietzke, Malin | 93 | LG Reinhardswald | 26,80 | m |
| | 600 g | 2. | Nöcel, Lena | 93 | SV Borussia Salzgitter | 21,38 | m |

| | | | | | | | | Wind | |
|------------------------------|-------|-----|------------------------|----------------|--------------------|--------------------|--------|-------|------|
| Sch.in A | 100 m | W14 | 1. | Quentin, Tabea | 95 | GW Bad Gandersheim | 0,0 | 14,23 | Sec. |
| Ergebnisse aus Zeitläufen | W15 | 1. | Boekhoven, Jasmin | 94 | GW Bad Gandersheim | 0,0 | 14,38 | Sec. | |
| | W14 | 2. | Mann, Kristin | 95 | GW Bad Gandersheim | 0,0 | 14,75 | Sec. | |
| | W15 | 2. | Boekhoven, Sina | 94 | GW Bad Gandersheim | 0,0 | 15,07 | Sec. | |
| | W14 | 3. | Riemenschneider, Birte | 95 | LG Solling | 0,0 | 19,09 | Sec. | |
| | W14 | | Haidukiewicz, Nadja | 95 | LG Hannover | | abgem. | | |

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|--------------|-------|-------------------|--------------------------|------------------|------------------------|------------------|---------|------|
| Sch.innen | 800 m | W13 | 1. | Blachnik, Chiara | 96 | LG Reinhardswald | 2:42,35 | Min. |
| alle Klassen | W10 | 1. | Schößler, Paula | 99 | LG Reinhardswald | 2:44,23 | Min. | |
| | W11 | 1. | Hupp, Nathalie | 98 | LF Lühtringen | 2:52,35 | Min. | |
| | W13 | 2. | Kerl, Alena | 96 | LG Solling | 2:54,90 | Min. | |
| | W10 | 2. | Kaletka, Carolin | 99 | SV Borussia Salzgitter | 3:16,03 | Min. | |
| | W 9 | 1. | Lutat, Marie | 00 | LG Eichsfeld | 3:28,10 | Min. | |
| | W14 | 1. | Drese, Johanna | 95 | LG Solling | 3:36,02 | Min. | |
| | W14 | 2. | Riemenschneider, Birte | 95 | LG Solling | 3:42,90 | Min. | |
| | W 9 | 2. | Riemenschneider, Henrike | 00 | LG Solling | 3:59,02 | Min. | |
| | W11 | | Pfeuffer, Corinna | 98 | LG Eichsfeld | aufgeg. | Min. | |
| W 8 | | Pfeuffer, Theresa | 98 | LG Eichsfeld | aufgeg. | Min. | | |

| | | | | | | | | Wind | |
|----------|------|-----|------------------------|---------------------|--------------------|-------------|------|------|---|
| Sch.in A | Weit | W14 | 1. | Haidukiewicz, Nadja | 95 | LG Hannover | +0,7 | 4,55 | m |
| | W14 | 2. | Quentin, Tabea | 95 | GW Bad Gandersheim | +0,2 | 4,48 | m | |
| | W15 | 1. | Boekhoven, Jasmin | 94 | GW Bad Gandersheim | +1,5 | 4,37 | m | |
| | W15 | 2. | Boekhoven, Sina | 94 | GW Bad Gandersheim | +1,9 | 4,23 | m | |
| | W14 | 3. | Mann, Kristin | 95 | GW Bad Gandersheim | -0,3 | 3,99 | m | |
| | W15 | 3. | Polosukhina, Dascha | 94 | LG Hannover | -0,2 | 3,85 | m | |
| | W14 | 4. | Riemenschneider, Birte | 95 | LG Solling | +0,7 | 2,84 | m | |
| | W14 | 5. | Drese, Johanna | 95 | LG Solling | +0,5 | 2,39 | m | |

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|----------|---------------|----|-----------------------|----|--------------|-------|---|
| Sch.in A | Diskus 1,0 kg | 1. | Diederich, Jacqueline | 95 | LG Eichsfeld | 24,37 | m |
|----------|---------------|----|-----------------------|----|--------------|-------|---|

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|----------|-------|-----|---------------------|-----------------------|-------------|--------------|-------|---|
| Sch.in A | Speer | W14 | 1. | Diederich, Jacqueline | 95 | LG Eichsfeld | 22,18 | m |
| 600 g | W14 | 2. | Haidukiewicz, Nadja | 95 | LG Hannover | 20,90 | m | |
| | W15 | 1. | Polosukhina, Dascha | 94 | LG Hannover | 16,26 | m | |
| | W14 | 3. | Drese, Johanna | 94 | LG Solling | 10,61 | m | |

| | | | | | | | | Wind | |
|------------------------------|------|-----|--------------------|------------|--------------------|--------------|-------|-------|------|
| Sch.in B | 75 m | W12 | 1. | Jung, Lisa | 97 | LG Göttingen | -0,4 | 10,83 | Sec. |
| Ergebnisse aus Zeitläufen | W13 | 1. | Sieck, Sina | 96 | LG Solling | -2,3 | 11,40 | Sec. | |
| | W13 | 2. | Blachnik, Chiara | 96 | LG Reinhardswald | -0,4 | 11,66 | Sec. | |
| | W12 | 2. | Meroth, Lara | 97 | LG Solling | -0,4 | 11,47 | Sec. | |
| | W12 | 3. | Bewig, Sina | 97 | GW Bad Gandersheim | -0,4 | 11,73 | Sec. | |
| | W13 | 3. | Kerl, Alena | 96 | LG Solling | -2,3 | 11,96 | Sec. | |
| | W12 | 4. | Boekhoven, Marieke | 97 | LG Altes Amt | -2,3 | 12,19 | Sec. | |

| | | | | | | | Wind | | |
|----------|------|-----|----|--------------------|----|--------------------|------|------|---|
| Sch.in B | Weit | W12 | 1. | Jung, Lisa | 97 | LG Göttingen | +1,7 | 4,72 | m |
| | | W13 | 3. | Kerl, Alena | 96 | LG Solling | +0,7 | 4,30 | m |
| | | W13 | 1. | Sieck, Sina | 96 | LG Solling | -1,1 | 4,27 | m |
| | | W12 | 2. | Meroth, Lara | 97 | LG Solling | +0,5 | 4,21 | m |
| | | W12 | 3. | Bewig, Sina | 97 | GW Bad Gandersheim | +0,9 | 3,99 | m |
| | | W13 | 2. | Blachnik, Chiara | 96 | LG Reinhardswald | -0,3 | 3,83 | m |
| | | W12 | 4. | Boekhoven, Marieke | 97 | LG Altes Amt | +0,4 | 3,78 | m |

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|----------|---------|-----|----|------------------|----|--------------|-------|---|
| Sch.in B | Diskus | W13 | 1. | Kerl, Alena | 96 | LG Solling | 21,53 | m |
| | 0,75 kg | W12 | 1. | Jung, Lisa | 97 | LG Göttingen | 21,20 | m |
| | | W13 | 2. | Sieck, Anna-Lena | 96 | LG Solling | 18,51 | m |

| | | | | | | | Wind | | |
|----------|------|-----|----|-------------------|----|------------------------|------|------|------|
| Sch.in C | 50 m | W11 | 1. | Bewig, Lara | 98 | GW Bad Gandersheim | -1,7 | 8,00 | Sec. |
| | | W10 | 1. | Schößler, Paula | 99 | LG Reinhardswald | -1,7 | 8,44 | Sec. |
| | | W11 | 2. | Pfeuffer, Corinna | 98 | LG Eichsfeld | -1,7 | 8,78 | Sec. |
| | | W10 | 2. | Kaletka, Carolin | 99 | SV Borussia Salzgitter | -1,7 | 8,90 | Sec. |
| | | W11 | 3. | Michalke, Lina | 98 | LG Solling | -1,7 | 9,03 | Sec. |

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|----------|------|-----|----|-------------------|----|------------------------|------|---|
| Sch.in C | Weit | W11 | 1. | Bewig, Lara | 98 | GW Bad Gandersheim | 4,12 | m |
| | | W10 | 1. | Schößler, Paula | 99 | LG Reinhardswald | 3,97 | m |
| | | W11 | 2. | Pfeuffer, Corinna | 98 | LG Eichsfeld | 3,82 | m |
| | | W10 | 2. | Kaletka, Carolin | 99 | SV Borussia Salzgitter | 3,66 | m |
| | | W11 | 3. | Michalke, Lina | 98 | LG Solling | 3,58 | m |

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|----------|----------|-----|----|-------------------|----|--------------|------|---|
| Sch.in C | Schlagb. | W11 | 1. | Pfeuffer, Corinna | 98 | LG Eichsfeld | 28,0 | m |
| | 80 g | W11 | 1. | Michalke, Lina | 98 | LG Solling | 22,5 | m |

| | | | | | | | Wind | | |
|----------|------|-----|----|--------------------------|----|--------------|------|-------|------|
| Sch.in D | 50 m | W 8 | 1. | Rackwitz, Jule | 01 | LG Solling | -1,6 | 9,04 | Sec. |
| | | W 9 | 1. | Lutat, Marie | 00 | LG Eichsfeld | -1,6 | 9,78 | Sec. |
| | | W 8 | 2. | Michalke, Ida | 01 | LG Solling | -1,6 | 10,03 | Sec. |
| | | W 8 | 3. | Pfeuffer, Theresa | 01 | LG Eichsfeld | -1,6 | 10,72 | Sec. |
| | | W 9 | 2. | Riemenschneider, Henrike | 00 | LG Solling | -1,6 | 10,98 | Sec. |

| | | | | | | | | |
|----------|------|-----|----|--------------------------|----|--------------|------|---|
| Sch.in D | Weit | W 8 | 1. | Meroth, Hannah | 01 | LG Solling | 3,12 | m |
| | | W 8 | 2. | Rackwitz, Jule | 01 | LG Solling | 3,05 | m |
| | | W 9 | 1. | Lutat, Marie | 00 | LG Eichsfeld | 2,84 | m |
| | | W 9 | 2. | Grote, Meret | 00 | LG Solling | 2,77 | m |
| | | W 8 | 3. | Michalke, Ida | 01 | LG Solling | 2,71 | m |
| | | W 9 | 3. | Riemenschneider, Henrike | 00 | LG Solling | 2,47 | m |
| | | W 8 | 4. | Pfeuffer, Theresa | 01 | LG Eichsfeld | 2,39 | m |

| | | | | | | | | |
|----------|----------|-----|----|----------------|----|--------------|------|---|
| Sch.in D | Schlagb. | W 8 | 1. | Meroth, Hannah | 01 | LG Solling | 30,0 | m |
| | | W 9 | 1. | Lutat, Marie | 00 | LG Eichsfeld | 26,5 | m |
| | | W 9 | 2. | Rackwitz, Jule | 01 | LG Solling | 20,5 | m |
| | | W 8 | 3. | Michalke, Ida | 01 | LG Solling | 15,0 | m |

