

| Start-Nr. | Name | Vorname | Verein | Jahrgang | AK | 16.11.19 | 30.11.19 | 14.12.19 | 11.01.20 | 25.01.20 | 23.02.20 | Gesamt | beste Drei | Platz |
|------------|--------------|------------------|---------------------|----------|-----|----------|----------|----------|----------|----------|----------|--------|------------|-------|
| | | | | | | 23 | 0 | 0 | 0 | 0 | 0 | 23 | | |
| | Smolla | Olivia | | | | | | | | | | #ZAHL! | | |
| | Smolla | Anouk | | | | | | | | | | | | |
| | Spieß | Melanie | TV Jahn Welsede | | | | | | | | | #ZAHL! | | |
| | Brauns | Hannah | | | | | | | | | | #ZAHL! | | |
| | Jennrich | Lotta | TC Hameln | | | | | | | | | #ZAHL! | | |
| | Müller | Nina | TSV Fuhlen | | | | | | | | | #ZAHL! | | |
| | Pflughaupt | Carina | Rocking Rats Hameln | | | | | | | | | #ZAHL! | | |
| | Schlinkmann | Julia | ESV | | | | | | | | | #ZAHL! | | |
| | Winter | Ann-Kathrin | | | | | | | | | | #ZAHL! | | |
| 790 | Kern | Mandy | Kanu Club Hameln | 1981 | W30 | 00:33:09 | | | | | | #ZAHL! | | |
| | Krebs | Josefina | | | | | | | | | | #ZAHL! | | |
| | Terra | Imke | Post SV Holzminden | | | | | | | | | #ZAHL! | | |
| 734 | Walz | Daniela | ESV | 1986 | W30 | 00:36:10 | | | | | | #ZAHL! | | |
| | Böker | Lena | Cool Runnings | | | | | | | | | #ZAHL! | | |
| | Klingebliel | Verena-Alexandra | ESV | | | | | | | | | #ZAHL! | | |
| 766 | Winterholler | Finja | ESV | 1985 | W35 | 00:32:27 | | | | | | #ZAHL! | | |
| | Fuchs | Natalie | Alles Paletti | | | | | | | | | #ZAHL! | | |
| | Grundmeyer | Jenny | | | | | | | | | | #ZAHL! | | |
| | Klocke | Indra | Alles Paletti | | | | | | | | | #ZAHL! | | |
| | Mäkler | Kerstin | MTV Bad Pyrmont | | | | | | | | | #ZAHL! | | |
| | Pohlmann | Claudia | | | | | | | | | | #ZAHL! | | |
| 739 | Jung | Nicole | | 1976 | W40 | 00:41:16 | | | | | | #ZAHL! | | |
| | | | | | | | | | | | | #ZAHL! | | |
| | Kettle | Sarah | ESV | | | | | | | | | #ZAHL! | | |
| 744 | Schitz | Olga | Alles Paletti | 1974 | W45 | 00:39:09 | | | | | | #ZAHL! | | |
| | Anderson | Britta | ESV | | | | | | | | | #ZAHL! | | |
| 761 | Hoppe | Claudia | RRV Hameln | 1970 | W50 | 00:39:48 | | | | | | #ZAHL! | | |
| | Hamann | Simone | SSC Springe | | | | | | | | | #ZAHL! | | |
| | Roine | Karen | | | | | | | | | | #ZAHL! | | |
| 736 | Weiß | Ursula | | 1968 | W50 | 00:49:42 | | | | | | #ZAHL! | | |
| | Dragendorf | Anje | | | | | | | | | | #ZAHL! | | |
| | Majewski | Petra | ESV | | | | | | | | | #ZAHL! | | |
| 750 | Müller | Marion | ESV | 1955 | W65 | 00:43:22 | | | | | | #ZAHL! | | |

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|------------|--------------|------------|-----------------------|------|------|----------|--|--|--|--|--|--------|--|
| | | | | | | 7km | | | | | | #ZAHL! | |
| | Smolla | Felix | | | | | | | | | | | |
| | Garbe | Salomo | ESV | | | | | | | | | #ZAHL! | |
| | | | | | | | | | | | | #ZAHL! | |
| | Waldeck | Joos | LGW | | | | | | | | | #ZAHL! | |
| 767 | Plutte | Bjarne | | 2002 | MU20 | 00:28:41 | | | | | | #ZAHL! | |
| | Stoll | Konstantin | ESV | | | | | | | | | #ZAHL! | |
| | Wollenweber | Malin | | | | | | | | | | #ZAHL! | |
| | Grote | Lauritz | ESV | | | | | | | | | #ZAHL! | |
| | Hannemann | Ron | | | | | | | | | | #ZAHL! | |
| | Klocke | Fabian | | | | | | | | | | #ZAHL! | |
| | Raasch | Andre | ESV | | | | | | | | | #ZAHL! | |
| | Schneider | Jan | Team Oslosportlager | | | | | | | | | #ZAHL! | |
| | Schwekendiek | Jonas | ESV | | | | | | | | | #ZAHL! | |
| | Spieß | Andreas | ESV | | | | | | | | | #ZAHL! | |
| 749 | Stillich | Alexander | Emmerthal | 1992 | MHK | 00:35:51 | | | | | | #ZAHL! | |
| | John | Philipp | ESV | | | | | | | | | #ZAHL! | |
| 745 | Lachendro | Marcel | ESV | 1987 | M30 | 00:36:08 | | | | | | #ZAHL! | |
| 742 | Walz | Markus | ESV | 1985 | M30 | 00:27:56 | | | | | | #ZAHL! | |
| | Majewski | Jonathan | | | | | | | | | | #ZAHL! | |
| | Evers | Thore | | | | | | | | | | #ZAHL! | |
| 789 | Bons | Flo | | 1981 | M35 | 00:49:42 | | | | | | #ZAHL! | |
| | Bleibaum | Thomas | | | | | | | | | | #ZAHL! | |
| | Brümmer | Thorsten | | | | | | | | | | #ZAHL! | |
| | Grundmeyer | Thorsten | | | | | | | | | | #ZAHL! | |
| | | | | | | | | | | | | #ZAHL! | |
| | Niebling | Daniel | Spartakus Holtensen | | | | | | | | | #ZAHL! | |
| | Obermann | Ole | Team Cool Runnings | | | | | | | | | #ZAHL! | |
| | Plutte | Hauke | VfL Hess.Oldendorf | | | | | | | | | #ZAHL! | |
| | Propfen | Nils | ESV | | | | | | | | | #ZAHL! | |
| | Rehmet | Stefan | TSC Fischbeck | | | | | | | | | #ZAHL! | |
| | Schwarz | Stefan | ESV | | | | | | | | | #ZAHL! | |
| | Taube | Ingo | Post SV Holzminden | | | | | | | | | #ZAHL! | |
| | | | | | | | | | | | | #ZAHL! | |
| | Hachmeister | Jörg | Sportfreunde Höfingen | 1971 | M45 | | | | | | | #ZAHL! | |
| | Jochim | Tobias | Alles Paletti | | | | | | | | | #ZAHL! | |
| | Klöpfer | Markus | Hameln | 1970 | M45 | | | | | | | #ZAHL! | |
| | Lippelt | Falk | ESV | 1973 | M45 | | | | | | | #ZAHL! | |
| 759 | Klocke | Axel | Alles Paletti | 1975 | M45 | 00:35:39 | | | | | | #ZAHL! | |

