

7,5 km, MSB

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|----------------------|----|-----------------|---------|
| 1. Kleinschmidt, Uwe | 97 | SVG Eggesin 90 | 34:00,0 |
| 2. Tews, Lukas | 98 | Zerrenthin | 37:10,0 |
| 3. Queeck, Toni | 98 | 1. LAV Torgelow | 59:36,0 |

7,5 km, MSA

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| 1. Ihlenburg, Julius | 95 | SVG Eggesin 90 | 32:10,0 |
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7,5 km, MJB

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| 1. Wurm, Johannes | 93 | LSV Güstrow | 32:48,0 |
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7,5 km, MJA

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| 1. Mayer, Florian | 91 | HSV Neubrandenburg | 29:05,0 |
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7,5 km, M30

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| 1. Hinzpeter, Ronny | 76 | 1. LAV Torgelow | 43:53,0 |
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7,5 km, M50

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| 1. Reinke, Michael | 60 | SV Einheit Ueckermünde | 42:30,0 |
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7,5 km, M70

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| 1. Lüthke, Dietrich | 40 | Schwedter Hasen | 36:06,0 |
| 2. Goetz, Gerhard | 40 | Dominikanische Republik | 44:50,0 |
| 3. Schwarz, Günter | 38 | SV Einheit Ueckermünde | 46:06,0 |

7,5 km, M75

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|----------------|----|------------------------|---------|
| 1. Wendt, Fred | 34 | SV scn energy Torgelow | 48:29,0 |
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7,5 km, WSB

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|---------------------|----|---------------------|---------|
| 1. Stelter, Antonia | 97 | SVG Eggesin 90 | 40:04,0 |
| 2. Echevarria, Lucy | 98 | Fortuna Schmölln | 44:15,0 |
| 3. Pirk, Saskia | 97 | Junior Running Gags | 45:04,0 |
| 4. Fischer, Melanie | 98 | 1. LAV Torgelow | 59:36,0 |
| 5. Nadazy, Martina | 98 | SVG Eggesin 90 | 59:50,0 |

7,5 km, WSA

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|-------------------|----|---------------------|---------|
| 1. Schumann, Lisa | 96 | Junior Running Gags | 48:12,0 |
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7,5 km, W20

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|------------------------|----|---------------------------|---------|
| 1. Rosenow, Marit | 85 | SV Turbine Neubrandenburg | 32:17,0 |
| 2. Aßmann, Grit | 87 | ESV Lok Neustrelitz | 33:58,0 |
| 3. Glöde, Yvonne | 85 | TSV 62 Prenzlau | 36:29,0 |
| 4. Forberger, Josefine | 87 | HSV Neubrandenburg | 38:06,0 |
| 5. Krüger, Steffi | 84 | HSV Neubrandenburg | 47:02,0 |

7,5 km, W30

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|--------------------|----|------------------------|---------|
| 1. Semmler, Andrea | 78 | SV scn energy Torgelow | 36:54,0 |
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7,5 km, W35

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| 1. Schlender-Kamp, Angelika | 72 | HSV Neubrandenburg | 30:09,0 |
| 2. Donner, Uta | 73 | Laufteam Rügen | 33:42,0 |
| 3. Brüssow, Margrit | 73 | SV Motor Wolgast | 35:47,0 |
| 4. Otto, Anja | 71 | HSG Uni Greifswald | 46:33,0 |

7,5 km, W40

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|----------------------|----|---------------------------|---------|
| 1. Bahlo, Jana | 70 | Laufteam Rügen | 33:47,0 |
| 2. Rossow, Grit | 69 | SV Turbine Neubrandenburg | 35:21,0 |
| 3. Keilhauer, Karola | 67 | SV scn energy Torgelow | 38:35,0 |
| 4. Eichhorst, Simone | 67 | HSG Uni Greifswald | 39:53,0 |
| 5. Nitsche, Kathrin | 69 | SV Einheit Ueckermünde | 40:43,0 |
| 6. Bromund, Bianka | 66 | SV Turbine Neubrandenburg | 43:16,0 |
| 7. Stutz, Anke | 66 | HSG Uni Greifswald | 45:25,0 |
| 8. Dammann, Birgit | 70 | LSV Teterow | 46:59,0 |

7,5 km, W45

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|----------------------|----|---------------------------|---------|
| 1. Mehlhorn, Andrea | 64 | SV Post Telekom Schwerin | 33:01,0 |
| 2. Lindow, Margitta | 61 | SV Turbine Neubrandenburg | 34:56,0 |
| 3. Machacek, Heike | 64 | HSG Uni Greifswald | 35:29,0 |
| 4. Dietrich, Antje | 63 | SV Motor Wolgast | 36:41,0 |
| 5. Burchard, Kerstin | 63 | SV Turbine Neubrandenburg | 42:41,0 |

7,5 km, W50

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|-------------------|----|------------------------|---------|
| 1. Mundt, Sylvia | 59 | HSV Neubrandenburg | 35:04,0 |
| 2. Aßmann, Angela | 60 | ESV Lok Neustrelitz | 37:46,0 |
| 3. Bick, Roswitha | 57 | SV Einheit Ueckermünde | 39:41,0 |

7,5 km, W55

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|-----------------------|----|--------------------------|---------|
| 1. Heinrich, Elke | 53 | Laufteam Rügen | 40:22,0 |
| 2. Lange, Doris | 53 | Potsdam | 41:07,0 |
| 3. Arndt, Evelin | 52 | HSV Neubrandenburg | 44:41,0 |
| 4. Siegmund, Sabine | 55 | LSV Güstrow | 45:48,0 |
| 5. Kaletzki, Gabriele | 54 | SV Post Telekom Schwerin | 47:51,0 |

7,5 km, W60

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| 1. Komaritzan, Hanne | 50 | HSV Neubrandenburg | 49:41,0 |
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7,5 km, W65

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| 1. Unterberger, Gisela | 45 | HSG Uni Greifswald | 44:38,0 |
| 2. Binding, Inger | 42 | HSG Uni Greifswald | 58:01,0 |

7,5 km, W70

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|----------------------|----|--------------------------|---------|
| 1. Garnitz, Waltraud | 39 | SV Post Telekom Schwerin | 47:40,0 |
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