

Pl	tnr	Name	Kat	Zeit														
Bahn 1 (15)				2,1 km	9 P													
				1(101)	2(102)	3(103)	4(104)	5(105)	6(106)	7(109)	8(110)	9(100)	Ziel					
1		Lea Doetsch	D10	20:08	1:40	3:18	4:30	7:05	8:42	11:12	15:57	17:32	19:37	20:08				
		OLV Steinberg			1:40	1:38	1:12	2:35	1:37	2:30	4:45	1:35	2:05	0:31				
1		Mieke Höfer	D10	20:08	1:43	3:18	4:34	7:06	8:48	11:12	16:01	17:33	19:38	20:08				
		OLV Steinberg			1:43	1:35	1:16	2:32	1:42	2:24	4:49	1:32	2:05	0:30				
3		Piet Krebs	H10	20:27	1:48	3:04	4:03	6:44	7:58	10:06	13:19	15:06	20:00	20:27				
		OLF Mainz			1:48	1:16	0:59	2:41	1:14	2:08	3:13	1:47	4:54	0:27				
4		Leo Hoffmann	H10	21:31	2:29	4:12	5:18	7:39	10:06	13:32	18:00	19:03	21:02	21:31				
		TGM Budenheim			2:29	1:43	1:06	2:21	2:27	3:26	4:28	1:03	1:59	0:29				
5		Lasse Ehrlich	H10	21:50	2:29	4:42	6:19	9:11	11:15	14:21	18:18	19:26	21:16	21:50				
		OLV Steinberg			2:29	2:13	1:37	2:52	2:04	3:06	3:57	1:08	1:50	0:34				
6		Vincent Hinkel	H10	25:30	2:41	4:06	5:12	7:23	14:15	17:36	21:57	22:56	25:02	25:30				
		OLV Steinberg			2:41	1:25	1:06	2:11	6:52	3:21	4:21	0:59	2:06	0:28				
7		Timeon Hölzer	H10	25:35	2:40	4:54	7:00	11:52	14:19	16:51	20:59	22:37	24:49	25:35				
		OL Team Lippe			2:40	2:14	2:06	4:52	2:27	2:32	4:08	1:38	2:12	0:46				
8		Lucas Gros	H10	27:50	2:54	4:28	5:36	9:44	12:07	16:06	19:16	20:25	27:13	27:50				
		OLF Mainz			2:54	1:34	1:08	4:08	2:23	3:59	3:10	1:09	6:48	0:37				
9		Annie Bernhardt	D10	29:20	4:09	6:02	7:47	11:12	12:47	16:54	21:16	23:04	28:19	29:20				
		ASC Breidenbach			4:09	1:53	1:45	3:25	1:35	4:07	4:22	1:48	5:15	1:01				
10		Gabriel Wegscheide	H10	29:54	1:49	3:22	4:41	7:04	18:41	20:57	25:27	26:26	29:16	29:54				
		OLV Steinberg			1:49	1:33	1:19	2:23	11:37	2:16	4:30	0:59	2:50	0:38				
11		Simon Essert	H10	48:09	6:06	9:21	11:45	16:17	21:47	27:44	38:11	40:39	47:05	48:09				
		OLF Mainz			6:06	3:15	2:24	4:32	5:30	5:57	10:27	2:28	6:26	1:04				
AK		Gerda Müller	D10	43:22	4:40	9:29	13:40	17:01	18:47	23:07	33:08	36:03	41:31	43:22				
		SV Mörlenbach			4:40	4:49	4:11	3:21	1:46	4:20	10:01	2:55	5:28	1:51				
		Demian Shpak	H10	N Ang														
		SC Königstein																
		Philipp Heintz	H10	N Ang														
		TV Oberbexbach																
	Niklas May	H10	N Ang															
		OLF Mainz																
Bahn 9 (12)				8,6 km	20 P													
				1(107) 15(125)	2(108) 16(119)	3(123) 17(130)	4(111) 18(133)	5(113) 19(134)	6(112) 20(100)	7(122) Ziel	8(114)	9(116)	10(115)	11(117)	12(118)	13(124)	14(121)	
1		Toby Scott	H19	47:11	1:41	2:33	4:45	7:00	13:24	15:49	18:57	21:05	22:49	26:59	28:58	31:25	33:41	35:58
		OLV Steinberg			1:41	0:52	2:12	2:15	6:24	2:25	3:08	2:08	1:44	4:10	1:59	2:27	2:16	2:17
					40:33	41:48	43:36	44:35	45:46	46:52	47:11							
					4:35	1:15	1:48	0:59	1:11	1:06	0:19							
2		David Ehrlich	H19	50:17	1:53	2:55	5:36	7:54	14:39	17:17	20:31	22:46	24:20	28:33	30:49	33:17	35:42	38:04
		OLV Steinberg			1:53	1:02	2:41	2:18	6:45	2:38	3:14	2:15	1:34	4:13	2:16	2:28	2:25	2:22
					43:12	44:34	46:22	47:26	48:42	49:55	50:17							
					5:08	1:22	1:48	1:04	1:16	1:13	0:22							
3		Giacomo Nisi	H19	53:57	1:42	2:58	5:13	7:25	14:10	16:44	22:03	24:25	26:44	31:13	33:20	35:56	38:38	41:04
		OLV Steinberg			1:42	1:16	2:15	2:12	6:45	2:34	5:19	2:22	2:19	4:29	2:07	2:36	2:42	2:26
					46:26	48:03	50:00	51:05	52:20	53:36	53:57							
					5:22	1:37	1:57	1:05	1:15	1:16	0:21							
4		Anatolii Dunaev	H19	58:12	2:04	3:28	6:28	9:23	17:41	22:58	27:00	29:30	31:08	35:54	38:12	40:52	43:31	45:54
		SC Königstein			2:04	1:24	3:00	2:55	8:18	5:17	4:02	2:30	1:38	4:46	2:18	2:40	2:39	2:23
					51:13	52:35	54:22	55:23	56:40	57:50	58:12							
					5:19	1:22	1:47	1:01	1:17	1:10	0:22							
5		Lars Kaden	H19	1:03:15	2:04	3:45	6:44	9:12	18:11	21:25	25:35	28:31	30:34	36:10	38:42	41:36	44:44	48:00
					2:04	1:41	2:59	2:28	8:59	3:14	4:10	2:56	2:03	5:36	2:32	2:54	3:08	3:16
					54:20	55:55	58:30	59:45	1:01:19	1:02:49	1:03:15							
					6:20	1:35	2:35	1:15	1:34	1:30	0:26							
6		Stephan Mertins	H19	1:05:02	2:28	3:57	7:43	10:45	20:10	23:37	27:30	30:12	32:10	37:06	39:45	42:49	47:03	50:08
		VfL Michelstadt			2:28	1:29	3:46	3:02	9:25	3:27	3:53	2:42	1:58	4:56	2:39	3:04	4:14	3:05
					55:50	57:49	1:00:15	1:01:28	1:03:06	1:04:36	1:05:02							
					5:42	1:59	2:26	1:13	1:38	1:30	0:26							
7		Florian Orthwein	H19	1:05:40	2:09	4:02	7:09	9:48	18:41	22:17	26:35	29:32	31:31	36:55	40:11	43:03	46:30	49:23
		TSV 1881 Gau-Oder			2:09	1:53	3:07	2:39	8:53	3:36	4:18	2:57	1:59	5:24	3:16	2:52	3:27	2:53
					56:20	58:18	1:00:43	1:02:11	1:03:47	1:05:13	1:05:40							
					6:57	1:58	2:25	1:28	1:36	1:26	0:27							
8		Timo Klein	H19	1:21:49	3:56	5:43	9:23	14:50	25:12	30:38	35:35	38:53	41:11	48:19	51:55	55:28	59:11	1:02:35
					3:56	1:47	3:40	5:27	10:22	5:26	4:57	3:18	2:18	7:08	3:36	3:33	3:43	3:24
					1:10:13	1:12:17	1:15:11	1:16:40	1:19:21	1:21:19	1:21:49							
					7:38	2:04	2:54	1:29	2:41	1:58	0:30							
9		Manuel Wolf	H19	1:32:01	2:07	3:47	7:27	11:45	26:23	31:06	37:51	42:05	45:04	52:50	56:34	1:01:15	1:05:45	1:09:55
		TSV 1881 Gau-Oder			2:07	1:40	3:40	4:18	14:38	4:43	6:45	4:14	2:59	7:46	3:44	4:41	4:30	4:10
					1:18:59	1:21:13	1:25:00	1:26:55	1:28:55	1:31:18	1:32:01							
					9:04	2:14	3:47	1:55	2:00	2:23	0:43							
10		Christian Stern	H19	1:36:44	2:22	4:41	10:08	12:55	22:06	25:54	31:47	51:01	52:39	58:06	1:01:20	1:04:25	1:07:41	1:13:21
		TGM Budenheim			2:22	2:19	5:27	2:47	9:11	3:48	5:53	19:14	1:38	5:27	3:14	3:05	3:16	5:40
					1:24:39	1:27:49	1:30:54	1:32:37	1:34:43	1:36:14	1:36:44							
					11:18	3:10	3:05	1:43	2:06	1:31	0:30							
		Luca Kosch	H19	Aufg	5:39	9:27	17:08	26:08	50:08	1:02:10	1:15:05	1:22:28	1:29:55	-----	-----	-----	-----	-----
		OLV Steinberg			5:39	3:48	7:41	9:00	24:00	12:02	12:55	7:23	7:27					
					-----	-----	-----	-----	-----	2:09:27	2:11:00		18:56					
										39:32	1:33		*131					

Pl	tnr	Name	Kat	Zeit														
Bahn 9 (12)				8,6 km	20 P (Forts.)													
					1(107) 15(125)	2(108) 16(119)	3(123) 17(130)	4(111) 18(133)	5(113) 19(134)	6(112) 20(100)	7(122) Ziel	8(114)	9(116)	10(115)	11(117)	12(118)	13(124)	14(121)
		Andreas Bernhardt ASC Breidenbach	H19	Aufg	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----
Bahn 8 (9)				7,1 km	15 P													
					1(123) 15(100)	2(126) Ziel	3(113)	4(112)	5(122)	6(114)	7(116)	8(115)	9(117)	10(118)	11(124)	12(121)	13(125)	14(120)
1		Philippe Imbsweiler TV Oberbexbach	H35	47:27	2:14 2:14 47:03	5:51 3:37 47:27	11:34 5:43	14:25 2:51	18:35 4:10	21:02 2:27	22:46 1:44	27:33 4:47	29:49 2:16	32:21 2:32	35:16 2:55	38:46 3:30	44:26 5:40	46:00 1:34
2		Nico Gros OLF Mainz	H35	48:43	1:03 2:24 2:24 48:24	0:24 6:18 3:54 48:43	12:28 6:10	15:34 3:06	19:14 3:40	22:05 2:51	23:56 1:51	28:49 4:53	31:10 2:21	34:03 2:53	37:02 2:59	39:47 2:45	45:55 6:08	47:26 1:31
3		Georg Hinkel OLV Steinberg	H35	54:41	0:58 2:09 2:09 54:16	0:19 6:17 4:08 54:41	13:01 6:44	16:22 3:21	21:48 5:26	24:52 3:04	26:50 1:58	32:20 5:30	35:18 2:58	38:29 3:11	41:29 3:00	44:53 3:24	51:34 6:41	53:11 1:37
4		Carlo Hahn OLG Siegerland	H35	1:00:08	1:05 2:33 2:33 59:38	0:25 8:15 5:42 1:00:08	15:18 7:03	20:09 4:51	24:35 4:26	27:41 3:06	29:46 2:05	35:48 6:02	38:58 3:10	42:37 3:39	45:58 3:21	49:43 3:45	56:35 6:52	58:24 1:49
5		Serhii Ponikarov OLV Steinberg	H35	1:01:14	1:14 2:30 2:30 1:00:50	0:30 6:50 4:20 1:01:14	13:41 6:51	17:22 3:41	22:04 4:42	25:21 3:17	27:33 2:12	37:06 9:33	40:12 3:06	43:34 3:22	47:19 3:45	50:48 3:29	57:54 7:06	59:40 1:46
6		Dmytro Nakonechn OLV Steinberg	H35	1:03:48	1:10 2:23 2:23 1:03:27	0:24 6:24 4:01 1:03:48	13:00 6:36	17:40 4:40	24:11 6:31	27:09 2:58	28:55 1:46	33:35 4:40	36:17 2:42	39:22 3:05	48:45 9:23	55:17 6:32	1:00:42 5:25	1:02:18 1:36
7		Michael Barthel	H35	1:11:59	1:09 2:47 2:47 1:11:26	0:21 12:02 9:15 1:11:59	19:58 7:56	23:50 3:52	31:54 8:04	35:13 3:19	37:34 2:21	44:29 6:55	47:45 3:16	51:35 3:50	55:40 4:05	1:00:03 4:23	1:07:51 7:48	1:10:06 2:15
8		Lars Höfer OLV Steinberg	H40	1:12:04	1:20 3:07 3:07 1:11:31	0:33 8:12 5:05 1:12:04	17:00 8:48	21:01 4:01	26:05 5:04	29:47 3:42	32:32 2:45	39:45 7:13	43:19 3:34	47:02 3:43	51:48 4:46	58:25 6:37	1:06:53 8:28	1:09:45 2:52
9		Daniel Hatlem Gymnasion Offenba	H35	1:24:28	1:46 3:31 3:31 1:23:54	0:33 10:21 6:50 1:24:28	22:37 12:16	28:11 5:34	34:50 6:39	38:45 3:55	41:34 2:49	49:43 8:09	53:56 4:13	58:29 4:33	1:03:29 5:00	1:08:32 5:03	1:17:45 9:13	1:22:02 4:17
Bahn 2 (15)				4,3 km	12 P													
					1(101)	2(103)	3(106)	4(105)	5(127)	6(128)	7(129)	8(130)	9(125)	10(109)	11(110)	12(100)	Ziel	
1		Cedric Kögler SC Königstein	TL	25:10	1:08 1:08	3:02 1:54	4:15 1:13	6:28 2:13	7:52 1:24	12:23 4:31	17:01 4:38	18:58 1:57	20:53 1:55	23:00 2:07	23:37 0:37	24:43 1:06	25:10 0:27	
2		Simon Harston TGM Budenheim	TL	31:39	1:05 1:05	3:24 2:19	4:52 1:28	8:06 3:14	9:54 1:48	15:57 6:03	21:46 5:49	24:24 2:38	26:28 2:04	29:03 2:35	29:52 0:49	31:11 1:19	31:39 0:28	
3		Anna Harston OLG Lummerland	TL	35:38	1:42 1:42	4:28 2:46	6:18 1:50	9:29 3:11	11:12 1:43	17:34 6:22	24:03 6:29	26:44 2:41	29:30 2:46	32:33 3:03	33:24 0:51	35:06 1:42	35:38 0:32	
4		Nils Gerhard TGM Budenheim	TL	38:45	1:27 1:27	3:24 1:57	4:55 1:31	9:04 4:09	13:13 4:09	19:14 6:01	26:18 7:04	30:15 3:57	32:57 2:42	36:11 3:14	37:06 0:55	38:23 1:17	38:45 0:22	
5		Andrea Rau TV Aschbach	Wand	58:00	2:10 2:10	6:53 4:43	9:35 2:42	14:02 4:27	17:13 3:11	27:55 10:42	39:32 11:37	44:08 4:36	48:20 4:12	53:05 4:45	54:24 1:19	56:52 2:28	58:00 1:08	
6		Jens Ballerstädt TV Oberbexbach	Wand	58:41	2:26 2:26	5:58 3:32	8:43 2:45	12:42 3:59	23:30 10:48	32:43 9:13	41:18 8:35	45:15 3:57	49:47 4:32	54:17 4:30	55:36 1:19	57:58 2:22	58:41 0:43	
7		Toni Stoiber Sonthofen	Wand	1:08:17	2:58 2:58	8:54 5:56	12:03 3:09	17:28 5:25	21:52 4:24	34:37 12:45	45:07 10:30	50:02 4:55	57:02 7:00	1:02:18 5:16	1:03:51 1:33	1:07:00 3:09	1:08:17 1:17	
8		Anja Rieder SC Königstein	Wand	1:09:13	2:50 2:50	7:31 4:41	10:59 3:28	15:56 4:57	20:31 4:35	33:16 12:45	47:00 13:44	51:55 4:55	57:22 5:27	1:03:01 5:39	1:04:41 1:40	1:07:50 3:09	1:09:13 1:23	
9		Patric Stieler SC Königstein	Wand	1:09:17	2:54 2:54	7:35 4:41	11:02 3:27	15:54 4:52	20:35 4:41	33:10 12:35	47:06 13:56	52:02 4:56	57:26 5:24	1:03:05 5:39	1:04:42 1:37	1:07:54 3:12	1:09:17 1:23	
10		Doris Girke-Meißner TSG Schwabenheim	Wand	1:11:57	3:24 3:24	8:27 5:03	11:43 3:16	16:35 4:52	24:50 8:15	38:20 13:30	50:50 12:30	55:16 4:26	1:00:12 4:56	1:06:05 5:53	1:07:38 1:33	1:10:46 3:08	1:11:57 1:11	
11		Frieda und Manue Gymnasion Offenba	Wand	1:30:38	4:36 4:36	9:50 5:14	12:18 2:28	23:11 10:53	31:02 7:51	49:45 18:43	1:03:05 13:20	1:08:32 5:27	1:14:07 5:35	1:21:20 7:13	1:23:30 2:10	1:29:18 5:48	1:30:38 1:20	
12		Botond Bertoti TuS Karlsruhe-Rüp	Wand	1:33:45	3:35 3:35	8:47 5:12	13:24 4:37	19:44 6:20	26:22 6:38	44:17 17:55	59:05 14:48	1:10:18 11:13	1:18:52 8:34	1:28:02 9:10	1:29:56 1:54	1:32:51 2:55	1:33:45 0:54	
13		Gerhard Garbas TV Oberbexbach	Wand	1:34:47	4:26 4:26	11:10 6:44	16:00 4:50	22:54 6:54	29:01 6:07	48:36 19:35	1:06:41 18:05	1:12:35 5:54	1:19:37 7:02	1:26:42 7:05	1:28:28 1:46	1:33:04 4:36	1:34:47 1:43	
14		Anke Hoth	Wand	1:40:42	3:40 3:40	12:15 8:35	16:55 4:40	25:04 8:09	32:18 7:14	49:56 17:38	1:08:37 18:41	1:15:03 6:26	1:22:03 7:00	1:30:22 8:19	1:34:21 3:59	1:38:55 4:34	1:40:42 1:47	

Pl	tnr	Name	Kat	Zeit													
Bahn 2 (15)					4,3 km	12 P (Forts.)											
					1(101)	2(103)	3(106)	4(105)	5(127)	6(128)	7(129)	8(130)	9(125)	10(109)	11(110)	12(100)	Ziel
		Isabel Katte Mainz Athletics	Wand	N Ang													
Bahn 3 (10)					2,6 km	10 P											
					1(101)	2(123)	3(104)	4(127)	5(105)	6(126)	7(106)	8(109)	9(110)	10(100)	Ziel		
1		Erik Rathje TGM Budenheim	H12	19:03	1:24 1:24	2:49 1:25	6:14 3:25	8:07 1:53	9:52 1:45	11:45 1:53	13:28 1:43	16:12 2:44	16:52 0:40	18:30 1:38	19:03 0:33		
2		Astrid Steiner	TK	20:20	1:25 1:25	2:49 1:24	6:22 3:33	8:24 2:02	10:05 1:41	13:02 2:57	15:03 2:01	17:30 2:27	18:18 0:48	19:48 1:30	20:20 0:32		
3		Quentin Hinkel OLV Steinberg	H12	26:24	1:54 1:54	3:50 1:56	8:15 4:25	11:27 3:12	14:18 2:51	17:27 3:09	20:07 2:40	22:59 2:52	24:04 1:05	25:30 1:26	26:24 0:54		
4		Anton Bernhardt ASC Breidenbach	H12	27:25	1:15 1:15	6:27 5:12	9:48 3:21	11:51 2:03	13:30 1:39	20:24 6:54	22:09 1:45	24:35 2:26	25:21 0:46	26:51 1:30	27:25 0:34		
5		Leon Hübinger	H12	28:34	1:57 1:57	3:37 1:40	7:27 3:50	11:07 3:40	12:38 1:31	16:43 4:05	18:52 2:09	21:48 2:56	22:41 0:53	24:23 1:42	28:34 4:11		
6		Oleksandra Nakone OLV Steinberg	D12	31:15	2:40 2:40	5:11 2:31	8:47 3:36	10:55 2:08	15:47 4:52	20:44 4:57	25:03 4:19	27:58 2:55	28:45 0:47	30:44 1:59	31:15 0:31		
7		Dima Potapejko OLG Lummerland	TK	31:29	2:18 2:18	5:04 2:46	10:23 5:19	13:41 3:18	16:25 2:44	19:38 3:13	22:36 2:58	26:49 4:13	28:08 1:19	30:31 2:23	31:29 0:58		
8		Beata Olschowski OLV Steinberg	TK	32:21	2:23 2:23	5:03 2:40	10:13 5:10	13:10 2:57	15:41 2:31	20:40 4:59	24:20 3:40	28:04 3:44	29:10 1:06	31:41 2:31	32:21 0:40		
9		Hahn Ludwig OLG Siegerland	TK	39:18	3:06 3:06	6:11 3:05	12:39 6:28	16:46 4:07	19:44 2:58	23:38 3:54	27:30 3:52	33:02 5:32	34:44 1:42	37:55 3:11	39:18 1:23		
10		Therese und Alex W SC Königstein	TK	41:23	2:21 2:21	5:46 3:25	12:55 7:09	17:29 4:34	21:38 4:09	26:39 5:01	31:11 4:32	35:39 4:28	37:37 1:58	40:25 2:48	41:23 0:58		
Bahn 4 (23)					3,6 km	12 P											
					1(108)	2(107)	3(123)	4(105)	5(121)	6(124)	7(129)	8(130)	9(119)	10(125)	11(120)	12(100)	Ziel
1		Emilian Köhler TV Oberbexbach	H14	30:19	3:02 3:02	4:31 1:29	7:53 3:22	11:31 3:38	14:25 2:54	16:40 2:15	20:10 3:30	22:44 2:34	24:42 1:58	26:43 2:01	28:41 1:58	29:54 1:13	30:19 0:25
2		Ulrike Döllgast TV Oberbexbach	D55	38:27	3:00 3:00	4:59 1:59	8:02 3:03	13:18 5:16	16:46 3:28	19:52 3:06	24:26 4:34	27:25 2:59	29:54 2:29	33:10 3:16	36:14 3:04	37:51 1:37	38:27 0:36
3		Sonja Gerhard TGM Budenheim	D55	39:02	2:25 2:25	4:19 1:54	7:20 3:01	12:47 5:27	19:14 6:27	22:11 2:57	26:17 4:06	29:07 2:50	31:21 2:14	34:21 3:00	36:42 2:21	38:25 1:43	39:02 0:37
4		Maren Lentz	D55	39:46	3:08 3:08	4:59 1:51	8:42 3:43	14:14 5:32	18:17 4:03	21:44 3:27	26:07 4:23	29:05 2:58	31:50 2:45	35:00 3:10	37:25 2:25	39:09 1:44	39:46 0:37
5		Katharina Knobloc OLV Steinberg	D55	41:56	3:04 3:04	5:03 1:59	8:19 3:16	13:58 5:39	18:36 4:38	22:06 3:30	26:45 4:39	29:54 3:09	33:05 3:11	36:35 3:30	39:24 2:49	41:14 1:50	41:56 0:42
6		Birgit May OLF Mainz	D65	44:11	3:33 3:33	5:44 2:11	9:50 4:06	16:45 6:55	20:32 3:47	23:37 3:05	28:42 5:05	32:23 3:41	35:04 2:41	38:38 3:34	41:30 2:52	43:24 1:54	44:11 0:47
7		Elvira Weingard OLV Steinberg	D55	44:23	6:23 6:23	8:31 2:08	11:51 3:20	17:32 5:41	22:35 5:03	25:46 3:11	30:21 4:35	33:18 2:57	35:42 2:24	39:11 3:29	42:00 2:49	43:47 1:47	44:23 0:36
8		Katja Lahm CTG Koblenz	D55	44:28	3:07 3:07	5:21 2:14	9:09 3:48	15:30 6:21	19:41 4:11	23:53 4:12	28:32 4:39	31:58 3:26	34:51 2:53	38:54 4:03	41:43 2:49	43:52 2:09	44:28 0:36
9		Regina Stratmann-A Skizunft Wiesbaden	D65	45:27	3:49 8:36 *131	5:54 2:05	9:56 4:02	16:27 6:31	21:11 4:44	25:01 3:50	30:00 4:59	33:21 3:21	36:39 3:18	40:11 3:32	42:56 2:45	44:47 1:51	45:27 0:40
10		Beatrix Haenelt OL-Team Filder	D65	46:15	3:12 3:12	5:30 2:18	9:43 4:13	16:24 6:41	20:34 4:10	24:23 3:49	29:50 5:27	33:28 3:38	36:36 3:08	40:40 4:04	43:35 2:55	45:34 1:59	46:15 0:41
11		Jesper Heers VfL Michelstadt	H14	49:03	3:15 3:15	5:15 2:00	9:48 4:33	18:36 8:48	24:57 6:21	28:50 3:53	34:18 5:28	37:57 3:39	41:17 3:20	44:37 3:20	47:06 2:29	48:31 1:25	49:03 0:32
12		Maria-Elisabeth Sch OLV Steinberg	D65	52:17	5:34 5:34	8:07 2:33	11:59 3:52	18:31 6:32	23:45 5:14	27:54 4:09	33:41 5:47	37:40 3:59	42:16 4:36	46:18 4:02	49:24 3:06	51:32 2:08	52:17 0:45
13		Gisela Müller TV 1886 Diedenberg	D65	52:37	3:13 3:13	5:41 2:28	12:00 6:19	18:38 6:38	23:55 5:17	28:15 4:20	34:01 5:46	37:53 3:52	41:40 3:47	46:01 4:21	49:38 3:37	51:53 2:15	52:37 0:44
14		Wladimir Kotschetk Gymnasion Offenba	H75	53:04	8:36 8:36	10:27 1:51	15:48 5:21	23:32 7:44	29:06 5:34	33:41 4:35	38:17 4:36	41:36 3:19	44:30 2:54	47:57 3:27	50:45 2:48	52:26 1:41	53:04 0:38
15		Günter Kreft OLF Mainz	H75	55:16	3:39 3:39	6:22 2:43	12:32 6:10	19:31 6:59	24:44 5:13	31:43 6:59	37:13 5:30	41:12 3:59	44:45 3:33	49:09 4:24	52:20 3:11	54:28 2:08	55:16 0:48
16		Meinolf Kleiner OLF Mainz	H75	59:04	3:20 3:20	6:00 2:40	10:12 4:12	18:56 8:44	23:54 4:58	31:21 7:27	38:19 6:58	42:27 4:08	47:57 5:30	52:15 4:18	55:47 3:32	58:17 2:30	59:04 0:47
17		Valentina Schlei OLV Steinberg	D65	1:03:31	4:18 4:18	11:59 7:41	16:14 4:15	26:07 9:53	30:34 4:27	38:02 7:28	43:06 5:04	47:06 4:00	50:43 3:37	55:39 4:56	1:00:22 4:43	1:02:52 2:30	1:03:31 0:39
18		Friderike Könekamp TuS Niederjosbach	D55	1:03:45	3:26 52:54 *119	5:36 2:10	9:13 3:37	15:21 6:08	19:38 4:17	22:59 3:21	27:54 4:55	31:06 3:12	33:35 2:29	37:07 3:32	1:01:07 24:00	1:03:01 1:54	1:03:45 0:44
19		Claus-Peter Rathje TGM Budenheim	H75	1:07:33	3:57 3:57	8:02 4:05	13:08 5:06	20:41 7:33	32:03 11:22	39:45 7:42	46:10 6:25	49:39 3:29	53:24 3:45	58:45 5:21	1:03:46 5:01	1:06:59 3:13	1:07:33 0:34
20		Peter Müller SV Mörlenbach	H75	1:21:40	5:41 5:41	9:09 3:28	14:50 5:41	35:11 20:21	41:42 6:31	46:07 4:25	53:34 7:27	1:00:25 6:51	1:04:09 3:44	1:13:43 9:34	1:17:57 4:14	1:20:42 2:45	1:21:40 0:58
21		Ilka Rathje-Kübler OC München	D55	1:21:59	5:26 5:26	10:11 4:45	17:54 7:43	28:28 10:34	35:38 7:10	43:09 7:31	52:16 9:07	59:20 7:04	1:05:15 5:55	1:10:41 5:26	1:16:18 5:37	1:20:28 4:10	1:21:59 1:31
22		Adam Coppik OLV Steinberg	H75	1:31:06	5:02 5:02	8:42 3:40	16:17 7:35	31:02 14:45	40:41 9:39	48:53 8:12	58:41 9:48	1:04:52 6:11	1:11:10 6:18	1:18:53 7:43	1:25:23 6:30	1:29:35 4:12	1:31:06 1:31

Bahn 4 (23)			3,6 km	12 P (Forts.)													
				1(108)	2(107)	3(123)	4(105)	5(121)	6(124)	7(129)	8(130)	9(119)	10(125)	11(120)	12(100)	Ziel	
AK	Tatjana Lentz	D55	39:39	3:01 3:01	4:54 1:53	8:39 3:45	14:15 5:36	18:17 4:02	21:45 3:28	26:03 4:18	28:59 2:56	31:44 2:45	34:51 3:07	37:18 2:27	39:02 1:44	39:39 0:37	
Bahn 10 (5)			8,2 km	13 P													
				1(131)	2(127)	3(130)	4(122)	5(115)	6(116)	7(112)	8(118)	9(124)	10(126)	11(125)	12(119)	13(100)	Ziel
1	Thomas Hölzer	MTBO	1:02:01	5:01	8:30	14:24	19:27	24:05	-----	33:50	44:14	47:24	52:38	57:17	59:12	1:01:36	1:02:01
	OL Team Lippe			5:01	3:29	5:54	5:03	4:38		9:45	10:24	3:10	5:14	4:39	1:55	2:24	0:25
2	Philipp Weyand	MTBO	1:03:02	6:52	10:49	15:50	22:12	26:20	30:18	33:15	44:21	47:53	53:02	58:00	1:00:28	1:02:40	1:03:02
	TSG 1882 Wixhause			6:52	3:57	5:01	6:22	4:08	3:58	2:57	11:06	3:32	5:09	4:58	2:28	2:12	0:22
3	Peter Olschowski	MTBO	1:08:59	5:35	9:35	15:38	24:47	28:44	35:21	38:41	48:33	52:34	57:10	1:03:09	1:05:57	1:08:29	1:08:59
	OLV Steinberg			5:35	4:00	6:03	9:09	3:57	6:37	3:20	9:52	4:01	4:36	5:59	2:48	2:32	0:30
4	Jesús Hervás Lucas	MTBO	1:18:41	5:07	9:21	16:29	25:29	33:16	38:58	42:21	55:35	1:00:16	1:04:33	1:09:24	1:14:20	1:18:09	1:18:41
	Gymnasion Offenba			5:07	4:14	7:08	9:00	7:47	5:42	3:23	13:14	4:41	4:17	4:51	4:56	3:49	0:32
5	Klaus Wersin	MTBO	1:27:30	17:14	22:43	30:37	38:56	43:35	48:15	53:32	1:04:08	1:08:48	1:14:03	1:19:33	1:24:23	1:27:05	1:27:30
	TGM Budenheim			17:14	5:29	7:54	8:19	4:39	4:40	5:17	10:36	4:40	5:15	5:30	4:50	2:42	0:25
Bahn 5 (20)			4,6 km	14 P													
				1(132) Ziel	2(107)	3(131)	4(111)	5(126)	6(121)	7(124)	8(113)	9(119)	10(125)	11(133)	12(130)	13(134)	14(100)
1	Jasmina Kuceroová	D16	40:19	2:43	5:12	6:44	9:18	13:23	17:41	20:28	26:13	29:30	31:58	33:33	35:06	38:08	39:55
	TGM Budenheim			2:43	2:29	1:32	2:34	4:05	4:18	2:47	5:45	3:17	2:28	1:35	1:33	3:02	1:47
				40:19 0:24													
2	Oleksandr Shcherb	H65	42:11	2:56	5:19	7:40	10:10	14:34	18:17	20:57	26:41	30:48	33:54	35:17	37:02	39:50	41:42
	SC Königstein			2:56	2:23	2:21	2:30	4:24	3:43	2:40	5:44	4:07	3:06	1:23	1:45	2:48	1:52
				42:11 0:29													
3	Martin Müllerleile	H70	43:15	2:48	5:16	7:06	9:44	14:02	18:34	21:29	27:42	31:36	34:43	36:23	38:11	40:56	42:45
	SC Königstein			2:48	2:28	1:50	2:38	4:18	4:32	2:55	6:13	3:54	3:07	1:40	1:48	2:45	1:49
				43:15 0:30													
4	Sandra Köhler	D45	44:40	3:07	5:41	7:44	10:42	15:33	19:53	22:58	29:23	32:48	35:39	37:18	38:56	42:21	44:06
	TV Oberbexbach			3:07	2:34	2:03	2:58	4:51	4:20	3:05	6:25	3:25	2:51	1:39	1:38	3:25	1:45
				44:40 0:34													
5	Elisabeth Vollmer	D45	46:30	2:54	6:14	8:08	10:53	15:34	19:38	22:39	29:24	33:55	37:06	38:43	40:41	43:50	45:53
	Gymnasion Offenba			2:54	3:20	1:54	2:45	4:41	4:04	3:01	6:45	4:31	3:11	1:37	1:58	3:09	2:03
				46:30 0:37													
6	Ralf Döllgast	H65	46:54	2:50	5:15	7:03	9:53	16:27	20:36	23:26	29:56	33:35	36:48	38:37	40:40	44:20	46:23
	TV Oberbexbach			2:50	2:25	1:48	2:50	6:34	4:09	2:50	6:30	3:39	3:13	1:49	2:03	3:40	2:03
				46:54 0:31													
7	Lotte Strupp	D18	48:07	2:43	5:05	7:02	10:26	15:12	19:36	22:15	30:13	34:24	38:34	40:07	42:18	45:18	47:32
	TGM Budenheim			2:43	2:22	1:57	3:24	4:46	4:24	2:39	7:58	4:11	4:10	1:33	2:11	3:00	2:14
				48:07 0:35													
8	Julia Schlei	D45	49:01	3:23	6:14	8:31	11:40	16:49	21:47	24:33	31:28	35:23	38:35	40:19	42:37	45:57	48:22
	OLV Steinberg			3:23	2:51	2:17	3:09	5:09	4:58	2:46	6:55	3:55	3:12	1:44	2:18	3:20	2:25
				49:01 0:39													
9	Richard Hering	H65	49:26	4:49	7:42	9:44	12:51	18:53	23:04	27:00	33:16	37:04	40:00	41:47	43:36	47:02	48:57
	OLF Mainz			4:49	2:53	2:02	3:07	6:02	4:11	3:56	6:16	3:48	2:56	1:47	1:49	3:26	1:55
				49:26 0:29													
10	Sonia Rabussier	D50	53:43	3:32	6:18	8:33	11:33	21:31	26:51	29:54	37:02	41:25	44:19	46:02	48:00	51:15	53:09
	OLF Mainz			3:32	2:46	2:15	3:00	9:58	5:20	3:03	7:08	4:23	2:54	1:43	1:58	3:15	1:54
				53:43 0:34													
11	Joachim May	H65	55:30	3:26	6:30	8:57	12:12	17:43	23:45	27:10	35:03	41:09	44:39	46:34	48:46	52:18	54:48
	OLF Mainz			3:26	3:04	2:27	3:15	5:31	6:02	3:25	7:53	6:06	3:30	1:55	2:12	3:32	2:30
				55:30 0:42													
12	Ulrich Birk	H65	57:32	3:56	7:17	9:49	13:11	19:56	25:54	29:55	37:05	41:31	45:29	48:03	50:07	54:01	56:55
	TV 1886 Diedenberg			3:56	3:21	2:32	3:22	6:45	5:58	4:01	7:10	4:26	3:58	2:34	2:04	3:54	2:54
				57:32 0:37													
13	Heinrich Götte	H70	57:51	3:41	7:14	9:32	13:11	18:34	23:33	27:18	35:52	41:05	45:00	47:21	49:56	54:12	57:01
	OLF Mainz			3:41	3:33	2:18	3:39	5:23	4:59	3:45	8:34	5:13	3:55	2:21	2:35	4:16	2:49
				57:51 0:50													
14	Ines Ballerstädt	D45	59:48	3:55	7:56	10:23	14:26	20:24	26:07	29:48	38:38	43:37	47:48	50:09	52:32	56:35	59:08
	SC Königstein			3:55	4:01	2:27	4:03	5:58	5:43	3:41	8:50	4:59	4:11	2:21	2:23	4:03	2:33

Pl	tnr	Name	Kat	Zeit														
Bahn 5 (20)				4,6 km	14 P (Forts.)													
				1(132) Ziel	2(107)	3(131)	4(111)	5(126)	6(121)	7(124)	8(113)	9(119)	10(125)	11(133)	12(130)	13(134)	14(100)	
15		Arno Bernhardt ASC Breidenbach	H70	1:03:45 3:39 1:03:45 0:45	6:56 3:17	9:48 2:52	16:35 6:47	22:46 6:11	27:48 5:02	31:58 4:10	40:40 8:42	46:09 5:29	49:59 3:50	52:19 2:20	55:00 2:41	59:42 4:42	1:03:00 3:18	
16		Miriam Ferrari OLF Mainz	D50	1:04:22 3:57 1:04:22 0:38	7:31 3:34	10:07 2:36	14:06 3:59	21:49 7:43	27:26 5:37	33:27 6:01	41:41 8:14	46:32 4:51	51:50 5:18	53:58 2:08	56:38 2:40	1:01:21 4:43	1:03:44 2:23	
17		Henrike Kaiser OLV Steinberg	D50	1:07:57 4:30 1:07:57 0:54	8:26 3:56	11:22 2:56	15:58 4:36	22:24 6:26	28:02 5:38	31:58 3:56	41:01 9:03	48:06 7:05	52:22 4:16	55:50 3:28	58:44 2:54	1:03:42 4:58	1:07:03 3:21	
18		Rosi Giemsa TV Oberbexbach	D50	1:08:15 4:08 1:08:15 0:44	7:38 3:30	10:23 2:45	14:24 4:01	22:24 8:00	29:12 6:48	33:59 4:47	43:43 9:44	49:43 6:00	54:07 4:24	56:30 2:23	59:21 2:51	1:04:00 4:39	1:07:31 3:31	
19		Sabine Deider SC Königstein	D50	1:14:52 4:39 1:14:52 0:48	8:34 3:55	11:31 2:57	15:34 4:03	26:30 10:56	32:01 5:31	37:03 5:02	47:07 10:04	53:26 6:19	58:43 5:17	1:01:24 2:41	1:04:26 3:02	1:09:38 5:12	1:14:04 4:26	
20		Klaus Albert Skizunft Wiesbaden	H70	1:42:26 6:42 1:42:26 0:42	11:20 4:38	13:24 2:04	18:34 5:10	48:14 29:40	53:43 5:29	1:06:24 12:41	1:14:57 8:33	1:20:05 5:08	1:27:42 7:37	1:30:51 3:09	1:33:08 2:17	1:37:13 4:05	1:41:44 4:31	
Bahn 6 (22)				5,2 km	16 P													
				1(107) 15(120)	2(123) 16(100)	3(131) Ziel	4(111)	5(126)	6(121)	7(124)	8(112)	9(113)	10(119)	11(125)	12(133)	13(130)	14(134)	
1		Jörn Saß OLF Mainz	H55	35:39 2:09 34:12 2:12	4:11 2:02 35:18 1:06	4:57 0:46 35:39 0:21	6:59 2:02	10:12 3:13	12:55 2:43	15:01 2:06	19:48 4:47	22:43 2:55	25:20 2:37	27:15 1:55	28:26 1:11	29:46 1:20	32:00 2:14	
2		Klaus Helfrich OLV Steinberg	H60	41:24 2:20 39:47 2:54	4:52 2:32 40:58 1:11	5:45 0:53 41:24 0:26	8:21 2:36	11:51 3:30	15:11 3:20	17:20 2:09	22:35 5:15	25:58 3:23	28:56 2:58	31:13 2:17	32:36 1:23	34:08 1:32	36:53 2:45	
3		Olena Kapara SC Königstein	D40	41:48 2:34 39:56 2:51	5:53 3:19 41:16 1:20	6:46 0:53 41:48 0:32	9:05 2:19	12:32 3:27	15:33 3:01	17:52 2:19	23:03 5:11	26:21 3:18	29:33 3:12	31:47 2:14	33:07 1:20	34:34 1:27	37:05 2:31	
4		Vadim Ni OLV Steinberg	H60	42:57 2:34 41:20 2:48	4:36 2:02 42:31 1:11	5:32 0:56 42:57 0:26	8:09 2:37	11:53 3:44	16:12 4:19	18:19 2:07	24:08 5:49	27:38 3:30	30:46 3:08	33:13 2:27	34:35 1:22	36:05 1:30	38:32 2:27	
5		Anja Kästner TV Oberbexbach	D40	43:14 2:26 41:27 2:54	4:44 2:18 42:44 1:17	5:41 0:57 43:14 0:30	8:08 2:27	11:53 3:45	15:02 3:09	17:33 2:31	23:13 5:40	26:53 3:40	30:10 3:17	32:39 2:29	34:05 1:26	35:41 1:36	38:33 2:52	
6		Hansjörg Kübler OC München	H60	43:25 2:25 41:40 3:10	5:04 2:39 42:56 1:16	5:54 0:50 43:25 0:29	8:30 2:36	12:18 3:48	15:37 3:19	18:15 2:38	23:46 5:31	27:21 3:35	30:29 3:08	32:54 2:25	34:22 1:28	35:50 1:28	38:30 2:40	
7		Stefan Bleßmann TGM Budenheim	H55	44:21 2:37 42:45 3:14	5:21 2:44 43:58 1:13	6:07 0:46 44:21 0:23	10:15 4:08	14:52 4:37	18:24 3:32	20:36 2:12	25:47 5:11	28:56 3:09	32:09 3:13	34:33 2:24	35:59 1:26	37:28 1:29	39:55 2:27	
8		Dorothee Richters	D40	45:22 2:37 43:27 3:01	5:13 2:36 44:52 1:25	6:03 0:50 45:22 0:30	8:39 2:36	12:52 4:13	17:09 4:17	20:02 2:53	25:28 5:26	28:58 3:30	32:17 3:19	34:38 2:21	36:02 1:24	37:36 1:34	40:26 2:50	
9		Anna Gros OLF Mainz	D40	45:39 2:51 43:21 2:58	5:12 2:21 45:11 1:50	6:22 1:10 45:39 0:28	8:59 2:37	12:32 3:33	16:04 3:32	18:34 2:30	24:57 6:23	28:36 3:39	31:52 3:16	34:26 2:34	35:58 1:32	37:41 1:43	40:23 2:42	
10		Hans Breckle TuS Karlsruhe-Rüp	H55	45:59 2:25 44:14 3:14	4:58 2:33 45:30 1:16	6:11 1:13 45:59 0:29	8:45 2:34	13:02 4:17	16:46 3:44	19:02 2:16	25:17 6:15	28:57 3:40	32:14 3:17	34:59 2:45	36:37 1:38	38:16 1:39	41:00 2:44	
11		Tina May OLF Mainz	D40	47:45 3:11 45:51 3:15	5:45 2:34 47:15 1:24	6:49 1:04 47:45 0:30	9:24 2:35	14:33 5:09	18:22 3:49	20:43 2:21	26:39 5:56	30:26 3:47	33:39 3:13	36:37 2:58	38:18 1:41	39:56 1:38	42:36 2:40	
12		Juliane Lehmann OSC Hamburg	D40	48:58 2:44 47:14 3:28	6:19 3:35 48:32 1:18	7:21 1:02 48:58 0:26	9:47 2:26	14:11 4:24	18:40 4:29	21:29 2:49	27:21 5:52	31:15 3:54	34:46 3:31	37:50 3:04	39:19 1:29	40:50 1:31	43:46 2:56	

Pl	tnr	Name	Kat	Zeit														
Bahn 6 (22)				5,2 km	16 P (Forts.)													
				1(107) 15(120)	2(123) 16(100)	3(131) Ziel	4(111)	5(126)	6(121)	7(124)	8(112)	9(113)	10(119)	11(125)	12(133)	13(130)	14(134)	
13		Dirk Hartmann LuxOC	H60	49:15	2:37 2:37 47:09	5:09 2:32 48:39	6:32 1:23 49:15	9:18 2:46	13:59 4:41	17:32 3:33	20:21 2:49	27:03 6:42	31:04 4:01	34:27 3:23	37:16 2:49	38:45 1:29	40:32 1:47	43:58 3:26
14		Nico Dorscheid TV Oberbexbach	H16	52:52	3:11 3:15 3:15 51:07	1:30 6:01 2:46 52:28	0:36 7:05 1:04 52:52	10:18 3:13	15:25 5:07	19:51 4:26	22:51 3:00	31:05 8:14	35:25 4:20	38:59 3:34	41:42 2:43	43:15 1:33	45:27 2:12	48:23 2:56
15		Dirk Könekamp TuS Niederjosbach	H55	53:32	2:44 3:00 3:00 51:37	1:21 5:49 2:49 53:02	0:24 6:55 1:06 53:32	10:03 3:08	15:19 5:16	20:03 4:44	22:51 2:48	29:51 7:00	35:10 5:19	38:54 3:44	41:50 2:56	43:25 1:35	45:22 1:57	48:07 2:45
16		Beate Essert OLF Mainz	D40	54:19	3:30 2:37 52:28 3:44	1:25 5:37 53:51 1:23	0:30 6:51 54:19 0:28	9:51 3:00	16:04 6:13	20:15 4:11	23:15 3:00	30:27 7:12	34:24 3:57	38:18 3:54	41:26 3:08	43:08 1:42	45:07 1:59	48:44 3:37
17		Michael Dörr	H55	55:10	2:53 2:53 52:39 3:42	6:05 3:12 54:34 1:55	7:13 1:08 55:10 0:36	12:24 5:11	17:01 4:37	21:10 4:09	24:10 3:00	30:49 6:39	34:55 4:06	38:46 3:51	42:12 3:26	44:04 1:52	45:55 1:51	48:57 3:02
18		Stefan Röhl OLF Mainz	H55	55:24	2:55 2:55 52:54 4:12	5:40 2:45 54:49 1:55	7:01 1:21 55:24 0:35	10:04 3:03	14:20 4:16	18:39 4:19	21:36 2:57	29:07 7:31	33:53 4:46	37:57 4:04	41:17 3:20	43:09 1:52	45:17 2:08	48:42 3:25
19		Markus Kaiser OLV Steinberg	H55	1:02:16	3:21 3:21 59:55 3:45	7:50 4:29 1:01:36 1:41	9:26 1:36 1:02:16 0:40	12:45 3:19	18:15 5:30	23:00 4:45	26:45 3:45	35:02 8:17	40:05 5:03	44:21 4:16	47:34 3:13	49:21 1:47	52:41 3:20	56:10 3:29
20		Sabrina Höfer OLV Steinberg	D40	1:04:11	3:11 3:11 1:01:55 5:52	6:17 3:06 1:03:35 1:40	7:29 1:12 1:04:11 0:36	10:59 3:30	16:40 5:41	21:32 4:52	24:45 3:13	32:20 7:35	36:55 4:35	41:45 4:50	47:59 6:14	49:35 1:36	51:45 2:10	56:03 4:18
21		Birger Holtermann Gymnasion Offenba	H60	1:04:59	3:20 3:20 1:02:32 4:44	6:26 3:06 1:04:18 1:46	7:54 1:28 1:04:59 0:41	11:26 3:32	17:30 6:04	22:17 4:47	25:45 3:28	34:13 8:28	39:39 5:26	44:33 4:54	48:34 4:01	50:35 2:01	53:02 2:27	57:48 4:46
		Jeannette Heintz TV Oberbexbach	D40	Fehlst	9:42 9:42 1:02:27 4:57	----- 2:07 1:04:27 2:00	11:49 2:07 1:05:15 0:48	14:43 2:54	19:41 4:58	23:48 4:07	27:00 3:12	34:22 7:22	38:59 4:37	43:27 4:28	48:12 4:45	49:59 1:47	53:03 3:04	57:30 4:27
Bahn 7 (21)				6,4 km	17 P													
				1(107) 15(125)	2(123) 16(120)	3(111) 17(100)	4(126) Ziel	5(121)	6(124)	7(118)	8(117)	9(115)	10(116)	11(112)	12(113)	13(133)	14(119)	
1		Ingo Horst SC Königstein	H45	40:28	1:54 1:54 37:42 1:48	3:29 1:35 39:07 1:25	6:07 2:38 40:04 0:57	9:08 3:01 40:28 0:24	11:34 2:26 1:49	13:23 1:49 3:30	16:53 2:27 2:27	19:20 2:22 3:56	21:42 2:22 3:56	25:38 3:17 3:17	28:55 2:49 2:49	31:44 2:49 2:49	35:54 1:21	
2		Michael Thierolf TSG Bad König	H50	46:01	2:22 2:22 42:55 2:16	4:21 1:59 44:35 1:40	7:25 3:04 45:36 1:01	10:33 3:08 46:01 0:25	13:27 2:54 1:49	15:16 2:54 4:05	19:21 4:05 2:53	22:14 2:53 2:24	24:38 4:15 2:24	28:53 4:15 3:42	32:35 3:42 3:06	35:41 3:06 3:24	39:05 3:24 1:34	
3		Marcel Göhler CTG Koblenz	H45	46:53	2:12 2:12 43:49 2:20	4:11 1:59 45:27 1:38	7:18 3:07 46:29 1:02	10:52 3:34 46:53 0:24	13:41 2:49 1:53	15:34 2:49 4:04	19:38 4:04 2:48	22:26 2:48 2:24	24:50 4:19 3:41	29:09 4:19 3:41	32:50 3:41 3:14	36:04 3:14 3:12	39:16 3:12 2:13	
4		Jan Rathje TGM Budenheim	H50	49:21	2:14 2:14 45:52 2:28	4:30 2:16 47:29 1:37	9:33 5:03 48:59 1:30	13:41 4:08 49:21 0:22	16:31 2:50 1:52	18:23 1:52 3:49	22:12 2:47 2:28	24:59 2:47 2:28	27:27 4:19 3:44	31:46 4:19 3:44	35:30 3:44 3:02	38:32 3:02 3:23	41:55 3:23 1:29	
5		Björn Stieler TuS Karlsruhe-Rüp	H50	50:10	2:29 2:29 46:47 2:16	4:22 1:53 48:33 1:46	7:32 3:10 49:44 1:11	11:03 3:31 50:10 0:26	14:19 3:16 2:05	16:24 2:05 4:20	20:44 3:07 2:53	23:51 3:07 2:53	26:44 5:03 3:56	31:47 5:03 3:56	35:43 3:56 3:35	39:18 3:35 3:27	42:45 3:27 1:46	
6		Kai Pastor OLF Mainz	H45	54:45	1:59 1:59 51:25 2:25	4:22 2:23 53:13 1:48	7:46 3:24 54:23 1:10	11:28 3:42 54:45 0:22	14:46 3:18 2:13	16:59 2:13 5:01	22:00 5:01 4:12	26:12 4:12 3:09	29:21 3:09 -----	39:58 10:37 3:58	43:52 3:54 4:20	47:23 3:31 4:02	49:00 1:37 2:36	
7		Dascha Plotnikowa OLG Lummerland	D19	55:23	2:41 3:08 3:08 51:51	1:59 5:42 2:34 53:50	1:09 9:10 3:28 54:59	0:24 12:47 3:37 55:23	16:49 4:02 2:10	18:59 4:02 2:10	23:53 4:54 3:29	27:22 4:54 3:01	30:23 5:00 4:16	35:23 5:00 4:16	39:39 4:16 3:43	43:22 3:43 3:50	47:12 3:50 1:58	
8		Andreas Syguda SC Königstein	H50	59:06	3:42 3:42 55:28 3:05	6:20 2:38 57:32 2:04	9:58 3:38 58:42 1:10	14:05 4:07 59:06 0:24	17:33 3:28 2:49	20:22 4:33 3:58	24:55 4:33 3:58	28:53 2:58 5:35	31:51 2:58 5:35	37:26 4:20 4:20	41:46 4:20 3:59	45:45 4:02 4:02	49:47 4:02 2:36	

Pl	tnr	Name	Kat	Zeit														
<i>Bahn 7 (21)</i>				<i>6,4 km</i>	<i>17 P</i>	<i>(Forts.)</i>												
				1(107) 15(125)	2(123) 16(120)	3(111) 17(100)	4(126) Ziel	5(121)	6(124)	7(118)	8(117)	9(115)	10(116)	11(112)	12(113)	13(133)	14(119)	
9	Thomas Thumann TSG 1882 Wixhause	H50	59:30	2:36	6:44	9:56	14:03	17:46	20:28	25:18	29:05	32:26	38:28	42:58	46:48	50:45	53:14	
				2:36	4:08	3:12	4:07	3:43	2:42	4:50	3:47	3:21	6:02	4:30	3:50	3:57	2:29	
				55:44	57:45	59:00	59:30											
10	Sabeth Kosch OLV Steinberg	D19	1:01:14	2:30	2:01	1:15	0:30											
				2:45	5:41	9:15	13:24	17:07	19:34	25:06	28:44	32:10	38:18	43:04	47:34	52:01	54:15	
				2:45	2:56	3:34	4:09	3:43	2:27	5:32	3:38	3:26	6:08	4:46	4:30	4:27	2:14	
11	Roman Walther ASV Landau	H50	1:01:40	57:30	59:26	1:00:44	1:01:14											
				3:15	1:56	1:18	0:30											
				2:28	5:17	8:44	12:31	15:53	18:44	23:06	26:30	29:33	35:27	39:30	43:12	46:48	55:17	
12	Christina Stagninus Gymnasion Offenba	D19	1:02:02	2:28	2:49	3:27	3:47	3:22	2:51	4:22	3:24	3:03	5:54	4:03	3:42	3:36	8:29	
				57:50	59:37	1:01:11	1:01:40											
				2:33	1:47	1:34	0:29											
13	Stephan Haenelt OL-Team Filder	H45	1:03:31	2:28	4:46	8:03	15:22	19:21	21:49	26:40	30:09	33:21	39:38	44:16	48:29	52:31	55:12	
				2:28	2:18	3:17	7:19	3:59	2:28	4:51	3:29	3:12	6:17	4:38	4:13	4:02	2:41	
				57:58	1:00:02	1:01:26	1:02:02											
14	Jürgen Reiser TSV Weiten-Gesäß	H50	1:04:38	2:46	2:04	1:24	0:36											
				2:28	5:00	8:35	12:56	17:24	20:12	26:08	30:16	33:46	39:41	45:06	49:35	53:58	56:21	
				2:28	2:32	3:35	4:21	4:28	2:48	5:56	4:08	3:30	5:55	5:25	4:29	4:23	2:23	
15	Robert Ernst Miess OL-Team Filder	H50	1:05:09	59:23	1:01:46	1:03:06	1:03:31											
				3:02	2:23	1:20	0:25											
				9:06	12:35	15:18	19:55	23:42	25:40	29:47	36:51	39:37	46:22	49:55	53:00	56:20	58:06	
16	Jule Wersin TGM Budenheim	D19	1:06:18	9:06	3:29	2:43	4:37	3:47	1:58	4:07	7:04	2:46	6:45	3:33	3:05	3:20	1:46	
				1:00:59	1:03:02	1:04:12	1:04:38											
				2:53	2:03	1:10	0:26											
17	Lena Hinkel OLV Steinberg	D19	1:08:23	3:04	5:54	9:37	13:36	17:30	20:09	26:05	30:16	33:52	40:12	45:23	50:20	54:52	57:22	
				3:04	2:50	3:43	3:59	3:54	2:39	5:56	4:11	3:36	6:20	5:11	4:57	4:32	2:30	
				1:00:39	1:03:12	1:04:39	1:05:09											
18	Hanno Girke TSG Schwabenheim	H50	1:09:03	3:17	2:33	1:27	0:30											
				2:34	5:12	9:30	14:37	18:26	21:02	27:29	31:40	35:44	41:46	48:22	52:37	56:48	58:58	
				2:34	2:38	4:18	5:07	3:49	2:36	6:27	4:11	4:04	6:02	6:36	4:15	4:11	2:10	
19	Anna Kapara OL-Team Filder	D19	1:18:03	1:01:57	1:04:13	1:05:48	1:06:18											
				2:59	2:16	1:35	0:30											
				2:46	5:19	9:42	15:53	20:05	22:57	29:11	33:09	37:07	43:38	48:47	53:31	57:59	1:00:19	
20	Claas Behrendt OLV Steinberg	H50	N Ang	2:46	2:33	4:23	6:11	4:12	2:52	6:14	3:58	3:58	6:31	5:09	4:44	4:28	2:20	
				1:03:49	1:06:15	1:07:47	1:08:23											
				3:30	2:26	1:32	0:36											
21	Lara Apel TSG 1882 Wixhause	D19	N Ang	2:56	6:19	10:36	16:56	21:53	24:37	30:37	34:23	38:00	43:56	49:05	53:52	58:33	1:01:05	
				2:56	3:23	4:17	6:20	4:57	2:44	6:00	3:46	3:37	5:56	5:09	4:47	4:41	2:32	
				1:04:48	1:07:11	1:08:35	1:09:03											
22	Anna Kapara OL-Team Filder	D19	1:18:03	3:43	2:23	1:24	0:28											
				3:04	6:16	11:22	18:33	22:55	25:33	32:47	38:22	43:07	51:39	58:30	1:03:28	1:08:15	1:10:37	
				3:04	3:12	5:06	7:11	4:22	2:38	7:14	5:35	4:45	8:32	6:51	4:58	4:47	2:22	
23	Claas Behrendt OLV Steinberg	H50	N Ang	1:13:46	1:16:13	1:17:34	1:18:03											
				3:09	2:27	1:21	0:29											