

Pl	tnr	Name	Kat	Zeit														
Bahn 6 (29)					5,1 km	13 P												
					1(122)	2(126)	3(124)	4(103)	5(104)	6(135)	7(108)	8(112)	9(106)	10(107)	11(114)	12(125)	13(100)	Ziel
1		Jörn Saß	H55	38:45	1:33	3:34	8:51	10:54	14:01	16:31	18:58	22:18	25:08	28:39	33:59	36:15	38:18	38:45
		OLF Mainz			1:33	2:01	5:17	2:03	3:07	2:30	2:27	3:20	2:50	3:31	5:20	2:16	2:03	0:27
2		Katja Horst	D16	39:26	1:20	2:53	7:52	9:44	13:31	15:33	17:35	20:45	23:48	27:14	32:54	36:32	38:55	39:26
		SC Königstein			1:20	1:33	4:59	1:52	3:47	2:02	2:02	3:10	3:03	3:26	5:40	3:38	2:23	0:31
3		Katharina Saß	D18	39:57	1:22	3:06	8:37	10:35	15:06	17:04	19:43	22:36	25:48	29:01	34:54	37:13	39:25	39:57
		OLF Mainz			1:22	1:44	5:31	1:58	4:31	1:58	2:39	2:53	3:12	3:13	5:53	2:19	2:12	0:32
4		Olena Kapara	D40	41:01	1:31	3:18	8:38	10:39	14:00	16:25	18:47	23:56	26:41	30:03	35:49	38:15	40:26	41:01
		SC Königstein			1:31	1:47	5:20	2:01	3:21	2:25	2:22	5:09	2:45	3:22	5:46	2:26	2:11	0:35
5		Marcus Schmidt	H55	41:28	1:24	3:17	9:06	11:14	15:16	17:31	19:55	23:17	26:35	30:19	36:19	38:35	40:52	41:28
		TSG Wiesloch			1:24	1:53	5:49	2:08	4:02	2:15	2:24	3:22	3:18	3:44	6:00	2:16	2:17	0:36
6		Stefan Bleßmann	H55	41:50	1:43	3:29	8:48	10:51	14:38	17:50	20:24	23:45	26:40	30:24	36:58	39:27	41:24	41:50
		TGM Budenheim			1:43	1:46	5:19	2:03	3:47	3:12	2:34	3:21	2:55	3:44	6:34	2:29	1:57	0:26
7		Hans Breckle	H55	43:59	1:25	3:14	9:22	11:37	15:34	18:15	20:57	24:14	28:01	31:55	38:27	41:01	43:23	43:59
		TuS Karlsruhe-Rüp			1:25	1:49	6:08	2:15	3:57	2:41	2:42	3:17	3:47	3:54	6:32	2:34	2:22	0:36
8		Jasmina KucEROVÁ	D18	44:19	1:36	3:27	9:27	11:47	15:44	18:22	21:04	24:54	28:06	31:55	38:32	41:31	43:48	44:19
		TGM Budenheim			1:36	1:51	6:00	2:20	3:57	2:38	2:42	3:50	3:12	3:49	6:37	2:59	2:17	0:31
9		Vadim Ni	H60	46:52	5:01	6:39	12:30	14:34	18:45	21:26	23:55	27:13	30:26	34:08	41:23	43:51	46:17	46:52
		OLV Steinberg			5:01	1:38	5:51	2:04	4:11	2:41	2:29	3:18	3:13	3:42	7:15	2:28	2:26	0:35
10		Tatjana Kimmel	D35	48:52	1:55	4:07	11:03	13:24	17:36	20:31	23:05	27:35	31:14	35:38	42:53	45:41	48:13	48:52
		Oberodenthaler SC			1:55	2:12	6:56	2:21	4:12	2:55	2:34	4:30	3:39	4:24	7:15	2:48	2:32	0:39
11		Tina May	D40	49:14	1:54	4:08	10:56	13:16	17:44	20:02	23:06	27:50	31:40	36:09	43:26	46:13	48:35	49:14
		OLF Mainz			1:54	2:14	6:48	2:20	4:28	2:18	3:04	4:44	3:50	4:29	7:17	2:47	2:22	0:39
12		Dorothee Richters	D40	49:51	1:43	3:50	10:12	12:41	16:46	19:22	22:14	28:50	32:16	36:26	43:58	46:46	49:14	49:51
		ALV Mainz			1:43	2:07	6:22	2:29	4:05	2:36	2:52	6:36	3:26	4:10	7:32	2:48	2:28	0:37
13		Anastasia Malyshkin	D35	50:15	1:34	3:30	10:10	12:38	17:37	20:30	23:16	27:23	31:06	35:36	43:46	46:44	49:35	50:15
		SC Königstein			1:34	1:56	6:40	2:28	4:59	2:53	2:46	4:07	3:43	4:30	8:10	2:58	2:51	0:40
14		Anna Harston	D35	50:21	3:06	5:26	11:56	14:17	18:52	21:33	24:44	29:08	33:14	37:49	44:56	47:23	49:49	50:21
		OLG Lummerland			3:06	2:20	6:30	2:21	4:35	2:41	3:11	4:24	4:06	4:35	7:07	2:27	2:26	0:32
15		Anna Gros	D40	50:22	1:55	4:26	11:52	14:21	19:21	22:29	25:33	29:08	33:00	37:21	44:44	47:20	49:42	50:22
		OLF Mainz			1:55	2:31	7:26	2:29	5:00	3:08	3:04	3:35	3:52	4:21	7:23	2:36	2:22	0:40
16		Birgit Körschgen	D40	51:20	1:46	3:50	10:30	13:00	17:23	19:50	23:32	28:15	32:27	37:12	44:50	47:47	50:39	51:20
		Skizunft Wiesbaden			1:46	2:04	6:40	2:30	4:23	2:27	3:42	4:43	4:12	4:45	7:38	2:57	2:52	0:41
17		Stefan Röhl	H55	51:39	1:49	4:08	11:05	13:44	18:35	21:30	24:24	28:53	32:52	37:31	44:53	47:49	50:49	51:39
		OLF Mainz			1:49	2:19	6:57	2:39	4:51	2:55	2:54	4:29	3:59	4:39	7:22	2:56	3:00	0:50
18		Andreas Syguda	H55	52:07	2:15	4:33	11:11	13:43	19:02	22:05	25:05	30:37	34:27	38:50	46:10	49:06	51:34	52:07
		SC Königstein			2:15	2:18	6:38	2:32	5:19	3:03	3:00	5:32	3:50	4:23	7:20	2:56	2:28	0:33
19		Martin Gnabs	H60	53:11	1:54	4:18	11:44	14:35	19:37	23:04	26:20	30:47	34:49	39:18	46:48	49:40	52:27	53:11
		OEC Frankfurt			1:54	2:24	7:26	2:51	5:02	3:27	3:16	4:27	4:02	4:29	7:30	2:52	2:47	0:44
20		Sandra Köhler	D40	53:19	4:39	7:20	13:32	16:05	20:52	23:48	26:50	30:32	34:07	38:57	45:50	50:12	52:44	53:19
		TV Oberbexbach			4:39	2:41	6:12	2:33	4:47	2:56	3:02	3:42	3:35	4:50	6:53	4:22	2:32	0:35
21		Michael Dörr	H55	56:55	1:48	4:54	12:08	15:00	20:06	23:43	28:04	32:12	36:06	40:53	49:45	53:09	56:12	56:55
					1:48	3:06	7:14	2:52	5:06	3:37	4:21	4:08	3:54	4:47	8:52	3:24	3:03	0:43
22		Beate Essert	D40	57:07	1:50	4:08	12:18	15:14	21:15	24:09	27:04	31:01	35:23	40:14	48:54	53:14	56:24	57:07
		OLF Mainz			1:50	2:18	8:10	2:56	6:01	2:54	2:55	3:57	4:22	4:51	8:40	4:20	3:10	0:43
23		Finja Krämer	D16	58:53	1:50	4:23	13:28	17:05	24:19	27:19	30:35	34:52	38:45	43:45	52:29	55:34	58:17	58:53
		TGM Budenheim			1:50	2:33	9:05	3:37	7:14	3:00	3:16	4:17	3:53	5:00	8:44	3:05	2:43	0:36
24		Birger Holtermann	H60	1:05:59	2:12	4:56	13:11	16:30	22:35	26:04	29:47	36:26	41:20	47:29	57:35	1:01:32	1:05:07	1:05:59
		Gymnasion Offenba			2:12	2:44	8:15	3:19	6:05	3:29	3:43	6:39	4:54	6:09	10:06	3:57	3:35	0:52
25		Jeannette Heintz	D40	1:14:39	2:32	6:40	14:22	20:25	27:10	30:44	34:40	43:36	48:08	57:29	1:06:35	1:10:49	1:13:52	1:14:39
		TV Oberbexbach			2:32	4:08	7:42	6:03	6:45	3:34	3:56	8:56	4:32	9:21	9:06	4:14	3:03	0:47
		Vollmer Edith	D35	Fehlst	3:05	7:25	16:05	21:44	30:02	34:29	39:12	45:00	-----	55:59	1:07:01	1:14:54	1:18:23	1:19:15
					3:05	4:20	8:40	5:39	8:18	4:27	4:43	5:48		10:59	11:02	7:53	3:29	0:52
		Frank Müller-Hillebr	H60	Fehlst	2:12	7:06	14:55	58:35	1:04:57	1:09:45	1:13:53	1:19:04	1:25:24	1:44:47	1:56:16	2:00:13	-----	2:05:00
					2:12	4:54	7:49	43:40	6:22	4:48	4:08	5:11	6:20	19:23	11:29	3:57		4:47
						26:34	46:23	1:35:48										
						*106	*107	*101										
		Ulrich Jantzen	H55	Aufg	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
		ALV Mainz																
		Matthias Kühlewein	H55	N Ang														
		OL-Team Filder																

Bahn 9 (13)			8,3 km	21 P														
				1(122)	2(126)	3(118)	4(105)	5(124)	6(112)	7(108)	8(110)	9(104)	10(103)	11(106)	12(102)	13(114)	14(127)	
				15(128)	16(129)	17(116)	18(130)	19(120)	20(119)	21(100)	Ziel							
1	Toby Scott OLV Steinberg	H19	45:51	1:05	2:21	3:12	5:59	6:56	10:39	13:14	15:05	17:26	19:35	21:00	22:45	28:29	31:01	
				1:05	1:16	0:51	2:47	0:57	3:43	2:35	1:51	2:21	2:09	1:25	1:45	5:44	2:32	
				34:02	34:56	38:09	40:05	43:36	44:53	45:28	45:51							
				3:01	0:54	3:13	1:56	3:31	1:17	0:35	0:23							
2	Noah Lezius TV Oberbexbach	H19	51:57	1:29	2:57	4:01	7:18	8:21	12:59	15:42	18:06	20:57	23:37	25:11	27:20	33:46	36:37	
				1:29	1:28	1:04	3:17	1:03	4:38	2:43	2:24	2:51	2:40	1:34	2:09	6:26	2:51	
				39:50	40:51	43:19	45:34	49:18	50:54	51:30	51:57							
				3:13	1:01	2:28	2:15	3:44	1:36	0:36	0:27							
3	Giacomo Nisi OLV Steinberg	H19	56:11	1:17	2:43	3:42	7:06	8:08	12:52	16:10	18:36	21:32	24:47	26:31	28:46	36:16	39:40	
				1:17	1:26	0:59	3:24	1:02	4:44	3:18	2:26	2:56	3:15	1:44	2:15	7:30	3:24	
				43:30	44:30	46:48	49:07	53:23	54:59	55:39	56:11							
				3:50	1:00	2:18	2:19	4:16	1:36	0:40	0:32							

Pl	tnr	Name	Kat	Zeit															
Bahn 9 (13)					8,3 km	21 P (Forts.)													
					1(122) 15(128)	2(126) 16(129)	3(118) 17(116)	4(105) 18(130)	5(124) 19(120)	6(112) 20(119)	7(108) 21(100)	8(110) Ziel	9(104)	10(103)	11(106)	12(102)	13(114)	14(127)	
4		Giorgio Tonda SC Königstein	H19	56:17	1:16	2:39	3:58	7:20	8:26	12:44	16:16	18:54	22:00	25:09	26:59	29:20	36:56	39:58	
					1:16	1:23	1:19	3:22	1:06	4:18	3:32	2:38	3:06	3:09	1:50	2:21	7:36	3:02	
					43:39	44:35	46:53	49:00	53:45	55:14	55:52	56:17							
5		Florian Orthwein TSV 1881 Gau-Oder	H19	1:00:20	3:41	0:56	2:18	2:07	4:45	1:29	0:38	0:25							
					1:20	3:33	4:45	8:22	9:31	15:30	18:47	21:46	24:52	28:05	30:04	32:33	40:04	43:12	
					1:20	2:13	1:12	3:37	1:09	5:59	3:17	2:59	3:06	3:13	1:59	2:29	7:31	3:08	
6		Simeon Doetsch OLV Steinberg	H19	1:04:44	46:45	47:52	50:29	53:11	57:29	59:12	59:48	1:00:20							
					3:33	1:07	2:37	2:42	4:18	1:43	0:36	0:32							
					1:12	2:51	3:58	7:44	8:54	14:24	18:08	21:47	25:35	29:05	31:25	34:04	42:29	46:04	
7		Anton Bragin OLV Steinberg	H19	1:08:10	1:12	1:39	1:07	3:46	1:10	5:30	3:44	3:39	3:48	3:30	2:20	2:39	8:25	3:35	
					50:18	51:42	54:29	57:06	1:01:36	1:03:25	1:04:09	1:04:44							
					4:14	1:24	2:47	2:37	4:30	1:49	0:44	0:35							
8		Jonas Albert Skizunft Wiesbaden	H19	1:08:58	1:28	4:32	6:29	11:40	12:51	19:23	24:29	27:53	30:57	36:36	38:12	40:48	47:59	51:15	
					1:28	3:04	1:57	5:11	1:11	6:32	5:06	3:24	3:04	5:39	1:36	2:36	7:11	3:16	
					54:58	55:57	58:33	1:00:55	1:05:32	1:07:14	1:07:45	1:08:10							
9		Holger Neuhaus Oberodenthaler SC	H19	1:13:51	3:43	0:59	2:36	2:22	4:37	1:42	0:31	0:25							
					1:30	3:20	4:38	8:53	10:11	15:48	19:33	22:14	25:37	29:16	31:18	34:08	43:45	47:20	
					1:30	1:50	1:18	4:15	1:18	5:37	3:45	2:41	3:23	3:39	2:02	2:50	9:37	3:35	
10		Timo Klein	H19	1:15:46	51:43	53:05	56:12	1:00:42	1:05:45	1:07:35	1:08:23	1:08:58							
					4:23	1:22	3:07	4:30	5:03	1:50	0:48	0:35							
					1:15	3:41	5:19	9:42	10:55	17:00	20:57	24:37	28:15	31:53	34:02	36:46	45:42	49:30	
11		Regev Shaked	H19	1:17:13	1:15	2:26	1:38	4:23	1:13	6:05	3:57	3:40	3:38	3:38	2:09	2:44	8:56	3:48	
					55:04	56:23	1:01:47	1:05:06	1:10:28	1:12:23	1:13:12	1:13:51							
					5:34	1:19	5:24	3:19	5:22	1:55	0:49	0:39							
12		Manuel Wolf TSV 1881 Gau-Oder	H19	1:25:36	1:49	3:58	5:22	9:35	11:02	17:47	21:53	24:58	28:51	33:50	36:10	39:20	48:43	52:39	
					1:49	2:09	1:24	4:13	1:27	6:45	4:06	3:05	3:53	4:59	2:20	3:10	9:23	3:56	
					57:34	58:53	1:03:11	1:06:43	1:12:00	1:14:21	1:15:13	1:15:46							
13		Kolya Saß OLF Mainz	H19	N Ang	4:55	1:19	4:18	3:32	5:17	2:21	0:52	0:33							
					1:26	3:32	4:50	9:31	10:56	16:19	20:31	24:10	29:09	33:35	35:55	38:37	48:52	52:55	
					1:26	2:06	1:18	4:41	1:25	5:23	4:12	3:39	4:59	4:26	2:20	2:42	10:15	4:03	
14		Manuel Wolf TSV 1881 Gau-Oder	H19	1:25:36	58:14	59:46	1:03:12	1:06:30	1:12:59	1:15:21	1:16:22	1:17:13							
					5:19	1:32	3:26	3:18	6:29	2:22	1:01	0:51							
					1:29	3:26	4:50	9:46	11:32	19:04	23:55	29:10	33:22	38:47	41:20	44:44	56:22	1:00:41	
15		Kolya Saß OLF Mainz	H19	1:25:36	1:29	1:57	1:24	4:56	1:46	7:32	4:51	5:15	4:12	5:25	2:33	3:24	11:38	4:19	
					1:06:42	1:08:18	1:12:07	1:15:25	1:21:55	1:23:58	1:24:53	1:25:36							
					6:01	1:36	3:49	3:18	6:30	2:03	0:55	0:43							
Bahn 5 (26)					4,5 km	13 P													
					1(120)	2(126)	3(105)	4(124)	5(106)	6(103)	7(102)	8(113)	9(107)	10(114)	11(123)	12(125)	13(100)	Ziel	
1		Emilian Köhler TV Oberbexbach	H14	33:03	2:14	4:53	8:36	9:36	12:11	14:10	17:05	19:29	21:40	27:10	29:13	30:44	32:34	33:03	
2		Gero Böhm TV Oberbexbach	H14	33:26	2:14	2:39	3:43	1:00	2:35	1:59	2:55	2:24	2:11	5:30	2:03	1:31	1:50	0:29	
3		Yevhenii Gez SC Königstein	H14	37:13	2:46	4:22	8:07	9:11	12:23	14:24	17:49	19:14	21:03	26:56	29:19	30:53	32:56	33:26	
4		Timur Syguda SC Königstein	H14	37:59	2:46	1:36	3:45	1:04	3:12	2:01	3:25	1:25	1:49	5:53	2:23	1:34	2:03	0:30	
5		Leopold Köhler TV Oberbexbach	H14	44:01	3:17	2:03	5:07	1:14	2:45	2:36	3:18	1:40	1:56	6:49	2:09	1:42	2:07	0:30	
6		Aurélie Dessailly SC Königstein	D45	44:35	2:33	4:55	9:31	10:40	13:41	16:12	19:30	22:09	24:54	31:02	33:30	35:23	37:31	37:59	
7		Uwe Krausbauer CTG Koblenz	H65	45:02	2:33	2:22	4:36	1:09	3:01	2:31	3:18	2:39	2:45	6:08	2:28	1:53	2:08	0:28	
8		Kirsi Vesterinen	D50	45:32	2:53	4:38	9:25	10:42	13:58	16:30	19:51	22:15	30:32	37:03	39:32	41:24	43:30	44:01	
9		Elisabeth Vollmer Gymnasium Offenba	D45	46:50	2:53	1:45	4:47	1:17	3:16	2:32	3:21	2:24	8:17	6:31	2:29	1:52	2:06	0:31	
10		Ralf Döllgast TV Oberbexbach	H65	48:25	3:27	5:47	11:17	12:50	16:22	19:46	23:36	25:36	27:58	35:36	38:54	41:05	43:53	44:35	
11		Richard Hering OLF Mainz	H65	48:39	3:27	2:20	5:30	1:33	3:32	3:24	3:50	2:00	2:22	7:38	3:18	2:11	2:48	0:42	
12		Verners Spulis AKMM - Frankfurt a	H14	49:07	3:26	5:39	11:21	12:56	16:31	20:03	24:15	26:18	28:38	36:12	38:55	41:18	44:19	45:02	
13		Julia Schlei OLV Steinberg	D45	50:03	3:26	2:13	5:42	1:35	3:35	3:32	4:12	2:03	2:20	7:34	2:43	2:23	3:01	0:43	
14		Oleksandr Shcherb SC Königstein	H65	50:10	3:23	5:58	11:40	13:11	16:30	19:47	23:28	26:07	28:40	36:35	39:15	41:36	44:44	45:32	
15		Sonia Rabussier OLF Mainz	D50	51:15	3:23	2:35	5:42	1:31	3:19	3:17	3:41	2:39	2:33	7:55	2:40	2:21	3:08	0:48	
16		Joachim May OLF Mainz	H70	58:28	3:21	5:46	11:24	12:56	17:36	21:12	25:42	27:48	30:19	37:56	40:48	43:18	46:06	46:50	
17		Ulrich Birk TV 1886 Diedenberg	H65	1:01:05	3:21	2:25	5:38	1:32	4:40	3:36	4:30	2:06	2:31	7:37	2:52	2:30	2:48	0:44	
18		Anke Breckle TuS Karlsruhe-Rüp	D50	1:02:15	3:24	5:47	11:31	13:14	17:05	20:26	25:01	27:08	29:35	39:26	42:27	45:01	47:46	48:25	
19		Richard Hering OLF Mainz	H65	48:39	3:24	2:23	5:44	1:43	3:51	3:21	4:35	2:07	2:27	9:51	3:01	2:34	2:45	0:39	
					3:44	6:00	11:50	13:24	17:09	20:44	25:29	27:27	30:37	39:34	42:46	45:15	48:05	48:39	
					3:44	2:16	5:50	1:34	3:45	3:35	4:45	1:58	3:10	8:57	3:12	2:29	2:50	0:34	
20		Ulrich Birk TV 1886 Diedenberg	H65	1:01:05	2:51	4:57	12:05	13:35	18:13	21:34	26:04	28:55	31:32	40:34	43:43	45:54	48:29	49:07	
					2:51	2:06	7:08	1:30	4:38	3:21	4:30	2:51	2:37	9:02	3:09	2:11	2:35	0:38	
					3:47	6:23	13:03	14:54	18:37	21:50	26:42	29:00	31:34	39:56	43:20	46:08	49:09	50:03	
21		Sonia Rabussier OLF Mainz	D50	51:15	3:47	2:36	6:40	1:51	3:43	3:13	4:52	2:18	2:34	8:22	3:24	2:48	3:01	0:54	
					3:37	6:50	13:39	15:03	19:20	23:01	28:37	30:45	34:03	42:34	44:53	46:51	49:31	50:10	
					3:37	3:13	6:49	1:24	4:17	3:41	5:36	2:08	3:18	8:31	2:19	1:58	2:40	0:39	
22		Joachim May OLF Mainz	H70	58:28	5:28	8:14	15:41	17:33	22:04	25:57	32:11	34:33	37:14	47:38	51:13	54:06	57:38	58:28	
					5:28	2:46	7:27	1:52	4:31	3:53	6:14	2:22	2:41	10:24	3:35	2:53	3:32	0:50	
					1:01:05	5:04	7:46	14:39	16:30	21:54	26:44	32:02	34:15	37:34	48:38	53:38	56:39	1:00:14	1:01:05
23		Anke Breckle TuS Karlsruhe-Rüp	D50	1:02:15	5:04	2:42	6:53	1:51	5:24	4:50	5:18	2:13	3:19	11:04	5:00	3:01	3:35	0:51	
					5:10	7:52	15:30	17:25	23:42	28:04	34:24	36:58	40:10	49:49	53:42	57:13	1:01:16	1:02:15	
					5:10	2:42	7:38</												

Pl	tnr	Name	Kat	Zeit														
Bahn 5 (26)					4,5 km	13 P	(Forts.)											
					1(120)	2(126)	3(105)	4(124)	5(106)	6(103)	7(102)	8(113)	9(107)	10(114)	11(123)	12(125)	13(100)	Ziel
19		Arno Bernhardt	H70	1:07:24	4:40	7:45	15:53	18:09	23:48	28:19	34:33	37:08	40:36	55:16	59:21	1:02:25	1:06:30	1:07:24
		ASC Breidenbach			4:40	3:05	8:08	2:16	5:39	4:31	6:14	2:35	3:28	14:40	4:05	3:04	4:05	0:54
20		Klaus Albert	H70	1:10:17	10:44	13:29	19:55	22:11	27:29	33:55	40:58	43:39	46:33	56:35	1:02:33	1:05:59	1:09:29	1:10:17
		Skizunft Wiesbaden			10:44	2:45	6:26	2:16	5:18	6:26	7:03	2:41	2:54	10:02	5:58	3:26	3:30	0:48
21		Sabine Deider	D50	1:11:01	5:53	8:59	17:22	19:48	26:15	31:08	38:04	40:56	44:54	57:52	1:01:56	1:05:22	1:10:00	1:11:01
		SC Königstein			5:53	3:06	8:23	2:26	6:27	4:53	6:56	2:52	3:58	12:58	4:04	3:26	4:38	1:01
22		Simon Jitianu	H14	1:15:11	8:58	14:32	20:56	22:57	28:27	32:40	41:07	43:31	49:36	1:02:56	1:07:17	1:10:44	1:14:34	1:15:11
		OLV Steinberg			8:58	5:34	6:24	2:01	5:30	4:13	8:27	2:24	6:05	13:20	4:21	3:27	3:50	0:37
23		Rosi Giemsa	D50	1:16:32	5:21	9:57	18:00	20:12	28:23	34:44	41:01	44:24	48:48	1:02:32	1:07:11	1:10:51	1:15:18	1:16:32
		TV Oberbexbach			5:21	4:36	8:03	2:12	8:11	6:21	6:17	3:23	4:24	13:44	4:39	3:40	4:27	1:14
24		Heinrich Götte	H70	1:35:30	5:36	10:41	22:11	25:18	33:00	41:47	52:21	57:24	1:03:20	1:18:37	1:24:08	1:28:03	1:34:09	1:35:30
		OLF Mainz			5:36	5:05	11:30	3:07	7:42	8:47	10:34	5:03	5:56	15:17	5:31	3:55	6:06	1:21
25		Shau Chung Shin	D50	1:59:53	5:50	9:33	25:07	28:35	44:12	51:52	1:04:21	1:10:00	1:17:48	1:39:22	1:50:35	1:55:31	1:59:08	1:59:53
		Gymnasion Offenba			5:50	3:43	15:34	3:28	15:37	7:40	12:29	5:39	7:48	21:34	11:13	4:56	3:37	0:45
		Brit Horst	D45	N Ang														
		SC Königstein																
Bahn 8 (11)					7,0 km	18 P												
					1(120)	2(125)	3(123)	4(130)	5(114)	6(103)	7(110)	8(108)	9(104)	10(106)	11(107)	12(101)	13(113)	14(105)
					15(134)	16(122)	17(119)	18(100)	Ziel									
1		Matthias Groh	H40	48:44	2:21	4:10	5:53	7:41	9:30	14:12	19:47	21:43	26:11	30:24	33:16	36:36	38:07	40:24
		TV Oberbexbach			2:21	1:49	1:43	1:48	1:49	4:42	5:35	1:56	4:28	4:13	2:52	3:20	1:31	2:17
					42:28	45:45	47:34	48:14	48:44									
					2:04	3:17	1:49	0:40	0:30									
2		Andreas Bernhardt	H40	53:44	2:10	4:04	5:55	7:54	10:24	15:04	22:24	24:21	29:38	34:58	38:25	40:50	42:27	44:55
		ASC Breidenbach			2:10	1:54	1:51	1:59	2:30	4:40	7:20	1:57	5:17	5:20	3:27	2:25	1:37	2:28
					47:08	50:31	52:29	53:11	53:44									
					2:13	3:23	1:58	0:42	0:33									
3		Georg Hinkel	H35	54:21	2:21	4:29	6:21	8:29	10:34	15:58	22:44	24:44	29:29	34:25	37:47	40:01	41:52	44:47
		OLV Steinberg			2:21	2:08	1:52	2:08	2:05	5:24	6:46	2:00	4:45	4:56	3:22	2:14	1:51	2:55
					47:17	50:54	52:53	53:41	54:21									
					2:30	3:37	1:59	0:48	0:40									
4		Dmytro Nakonechn	H40	54:28	2:29	4:19	6:24	8:09	10:49	16:27	22:41	24:57	29:29	34:14	37:20	40:28	41:54	45:42
		OLV Steinberg			2:29	1:50	2:05	1:45	2:40	5:38	6:14	2:16	4:32	4:45	3:06	3:08	1:26	3:48
					48:27	51:45	53:29	54:04	54:28									
					2:45	3:18	1:44	0:35	0:24									
5		Anatolii Dunaev	H40	55:04	2:39	4:40	6:17	12:58	15:03	19:56	24:51	26:38	31:10	35:43	39:47	42:31	44:15	46:34
		SC Königstein			2:39	2:01	1:37	6:41	2:05	4:53	4:55	1:47	4:32	4:33	4:04	2:44	1:44	2:19
					48:39	51:53	53:51	54:32	55:04									
					2:05	3:14	1:58	0:41	0:32									
6		Nico Gros	H35	55:22	2:33	4:35	6:28	8:54	11:08	16:23	23:05	25:11	30:13	34:53	38:12	41:43	43:30	45:59
		OLF Mainz			2:33	2:02	1:53	2:26	2:14	5:15	6:42	2:06	5:02	4:40	3:19	3:31	1:47	2:29
					48:25	51:56	54:12	54:54	55:22									
					2:26	3:31	2:16	0:42	0:28									
7		Hagen Körschgen	H40	56:13	2:38	4:50	6:52	9:05	11:13	16:37	23:46	25:53	30:52	36:02	39:42	41:59	44:04	46:36
		Skizunft Wiesbaden			2:38	2:12	2:02	2:13	2:08	5:24	7:09	2:07	4:59	5:10	3:40	2:17	2:05	2:32
					49:05	52:51	54:57	55:40	56:13									
					2:29	3:46	2:06	0:43	0:33									
8		Serhii Ponikarov	H40	58:01	2:58	5:11	7:20	9:51	12:19	17:25	24:50	26:55	31:48	37:24	41:17	43:46	45:36	48:34
		OLV Steinberg			2:58	2:13	2:09	2:31	2:28	5:06	7:25	2:05	4:53	5:36	3:53	2:29	1:50	2:58
					51:26	54:56	56:50	57:30	58:01									
					2:52	3:30	1:54	0:40	0:31									
9		Kai Schultheis	H40	1:00:35	3:06	5:20	7:16	9:31	14:42	19:57	28:14	30:22	35:00	40:24	43:50	46:06	48:24	50:52
		OLV Steinberg			3:06	2:14	1:56	2:15	5:11	5:15	8:17	2:08	4:38	5:24	3:26	2:16	2:18	2:28
					52:59	56:44	59:10	59:57	1:00:35									
					2:07	3:45	2:26	0:47	0:38									
10		Halil Haskan	H35	1:14:32	3:24	5:47	8:18	11:07	14:12	21:27	31:58	34:46	42:19	49:09	54:17	56:55	59:14	1:02:30
		CTG Koblenz			3:24	2:23	2:31	2:49	3:05	7:15	10:31	2:48	7:33	6:50	5:08	2:38	2:19	3:16
					1:05:27	1:10:20	1:13:08	1:13:54	1:14:32									
					2:57	4:53	2:48	0:46	0:38									
11		Lars Höfer	H40	1:30:06	4:24	8:56	10:52	15:10	19:18	26:01	35:27	39:48	51:55	1:00:46	1:05:52	1:08:43	1:11:14	1:14:29
		OLV Steinberg			4:24	4:32	1:56	4:18	4:08	6:43	9:26	4:21	12:07	8:51	5:06	2:51	2:31	3:15
					1:17:27	1:24:22	1:28:31	1:29:26	1:30:06									
					2:58	6:55	4:09	0:55	0:40									
Bahn 7 (35)					6,4 km	19 P												
					1(126)	2(118)	3(105)	4(107)	5(113)	6(102)	7(106)	8(112)	9(108)	10(110)	11(135)	12(104)	13(103)	14(124)
					15(123)	16(130)	17(114)	18(125)	19(100)	Ziel								
1		Jacob Imbsweiler	H18	39:48	2:37	3:29	6:23	7:29	8:40	9:36	11:42	13:47	16:22	18:44	20:59	23:20	26:00	27:56
		TV Oberbexbach			2:37	0:52	2:54	1:06	1:11	0:56	2:06	2:05	2:35	2:22	2:15	2:21	2:40	1:56
					31:51	33:34	35:21	37:39	39:20	39:48								
					3:55	1:43	1:47	2:18	1:41	0:28								
2		Ingo Horst	H45	43:38	2:19	3:14	6:22	7:38	8:55	9:46	11:50	13:45	17:06	19:32	22:25	24:54	28:00	30:17
		SC Königstein			2:19	0:55	3:08	1:16	1:17	0:51	2:04	1:55	3:21	2:26	2:53	2:29	3:06	2:17
					35:37	37:21	39:06	41:08	43:06	43:38								
					5:20	1:44	1:45	2:02	1:58	0:32								

Pl	tnr	Name	Kat	Zeit																		
Bahn 7 (35)					6,4 km	19 P	(Forts.)															
					1(126) 15(123)	2(118) 16(130)	3(105) 17(114)	4(107) 18(125)	5(113) 19(100)	6(102) Ziel	7(106)	8(112)	9(108)	10(110)	11(135)	12(104)	13(103)	14(124)				
3	Philippe Imbsweiler TV Oberbexbach	H50	45:17	2:29	3:31	6:55	8:08	9:43	10:45	12:41	14:55	17:57	20:40	23:19	25:38	29:15	31:52					
				2:29	1:02	3:24	1:13	1:35	1:02	1:56	2:14	3:02	2:43	2:39	2:19	3:37	2:37					
				36:50	38:56	40:45	42:45	44:44	45:17													
4	Jan Rathje TGM Budenheim	H50	47:43	4:58	2:06	1:49	2:00	1:59	0:33	13:55	16:09	19:35	22:36	25:40	28:26	31:29	33:46					
				2:56	1:05	3:38	1:21	1:35	0:58	2:22	2:14	3:26	3:01	3:04	2:46	3:03	2:17					
				38:58	41:01	42:54	45:16	47:13	47:43													
5	Daniel Schmidt TSG Wiesloch	H16	49:12	5:12	2:03	1:53	2:22	1:57	0:30	14:28	16:48	19:53	22:25	25:29	28:16	31:10	33:33					
				2:48	1:10	3:52	1:27	1:46	0:57	2:28	2:20	3:05	2:32	3:04	2:47	2:54	2:23					
				39:15	41:25	43:38	46:05	48:35	49:12													
6	Volodymyr Petrenk TV Oberbexbach	H18	49:23	5:42	2:10	2:13	2:27	2:30	0:37	14:46	16:59	20:22	23:13	25:57	28:41	31:54	34:08					
				2:32	1:59	3:20	1:18	1:47	1:13	2:37	2:13	3:23	2:51	2:44	2:44	3:13	2:14					
				38:53	41:17	44:46	47:02	48:53	49:23													
7	Michael Thierolf TSG Bad König	H50	49:26	4:45	2:24	3:29	2:16	1:51	0:30	14:39	16:55	20:28	23:15	26:03	28:51	32:05	34:47					
				2:50	1:09	3:54	1:29	1:50	0:57	2:30	2:16	3:33	2:47	2:48	2:48	3:14	2:42					
				40:11	42:32	44:43	46:51	48:52	49:26													
8	Marcel Göhler CTG Koblenz	H45	50:23	5:24	2:21	2:11	2:08	2:01	0:34	15:06	17:34	21:44	25:09	28:01	30:44	33:39	36:09					
				2:48	3:52	7:30	8:55	10:28	12:32	2:34	2:28	4:10	3:25	2:52	2:43	2:55	2:30					
				41:22	43:50	45:43	47:49	49:51	50:23													
9	Alexey Arzumanov Gymnasion Offenba	H45	53:49	5:13	2:28	1:53	2:06	2:02	0:32	15:33	18:11	22:26	25:19	27:53	30:58	35:05	37:42					
				3:02	4:16	8:24	9:52	11:33	12:39	2:54	2:38	4:15	2:53	2:34	3:05	4:07	2:37					
				43:46	46:11	48:38	51:04	53:15	53:49													
10	Claas Behrendt OLV Steinberg	H50	55:10	6:04	2:25	2:27	2:26	2:11	0:34	15:53	18:32	22:42	25:54	29:17	32:24	35:59	38:48					
				3:07	1:13	4:13	1:31	1:50	1:03	2:56	2:39	4:10	3:12	3:23	3:07	3:35	2:49					
				44:49	47:21	49:53	52:19	54:38	55:10													
11	Ralph Körner OLV Landshut	H45	55:38	6:01	2:32	2:32	2:26	2:19	0:32	16:19	19:09	23:02	26:13	29:43	32:49	36:47	39:33					
				2:45	1:20	4:04	1:38	1:37	2:06	2:49	2:50	3:53	3:11	3:30	3:06	3:58	2:46					
				45:35	48:07	50:26	52:53	55:03	55:38													
12	Torsten Kleipa OLF Mainz	H45	56:24	6:02	2:32	2:19	2:27	2:10	0:35	16:09	18:51	22:57	25:55	29:36	32:36	36:24	39:05					
				3:19	1:12	4:13	1:36	1:43	1:18	2:48	2:42	4:06	2:58	3:41	3:00	3:48	2:41					
				45:21	47:39	50:00	53:01	55:43	56:24													
13	Lea Friedrich Oberodenthaler SC	D19	57:15	6:16	2:18	2:21	3:01	2:42	0:41	15:46	18:13	22:13	25:24	29:14	33:06	37:00	39:55					
				3:03	4:12	8:11	9:58	11:34	12:51	2:55	2:27	4:00	3:11	3:50	3:52	3:54	2:55					
				47:09	49:33	52:08	54:23	56:39	57:15													
14	Esa Vesterinen	H50	59:03	7:14	2:24	2:35	2:15	2:16	0:36	17:41	20:28	24:41	27:57	31:28	34:37	38:13	41:23					
				4:22	1:22	4:24	1:45	1:43	1:12	2:53	2:47	4:13	3:16	3:31	3:09	3:36	3:10					
				48:14	50:48	53:21	56:06	58:28	59:03													
15	Sven Göbel Gymnasion Offenba	H45	59:50	6:51	2:34	2:33	2:45	2:22	0:35	17:32	20:20	24:29	27:38	31:18	34:50	39:00	41:47					
				3:17	4:44	9:05	10:48	12:31	14:31	3:01	2:48	4:09	3:09	3:40	3:32	4:10	2:47					
				49:20	51:56	54:12	56:48	59:15	59:50													
16	Alexander Roth TGM Budenheim	H50	1:00:15	7:33	2:36	2:16	2:36	2:27	0:35	16:49	19:45	24:13	28:16	32:17	35:55	39:36	42:43					
				3:31	1:17	4:21	1:39	1:49	1:20	2:52	2:56	4:28	4:03	4:01	3:38	3:41	3:07					
				49:05	51:55	55:00	57:26	59:41	1:00:15													
17	Roman Walthaner ASV Landau	H50	1:00:52	6:22	2:50	3:05	2:26	2:15	0:34	17:29	22:50	26:36	29:39	33:26	36:35	40:59	43:37					
				3:44	5:10	9:05	10:44	13:08	14:25	3:04	5:21	3:46	3:03	3:47	3:09	4:24	2:38					
				50:16	53:06	55:16	58:01	1:00:18	1:00:52													
18	Sabeth Kosch OLV Steinberg	D19	1:01:59	6:39	2:50	2:10	2:45	2:17	0:34	17:19	20:07	24:30	28:00	31:58	35:18	39:36	42:48					
				3:06	4:27	9:01	10:39	13:06	14:16	3:03	2:48	4:23	3:30	3:58	3:20	4:18	3:12					
				49:41	52:31	55:16	58:32	1:01:16	1:01:59													
19	Valdis Spulis AKMM - Frankfurt a	H50	1:04:15	6:53	2:50	2:45	3:16	2:44	0:43	16:19	19:48	24:02	27:55	31:28	35:03	39:39	44:51					
				3:20	1:17	4:22	1:46	1:44	1:20	2:30	3:29	4:14	3:53	3:33	3:35	4:36	5:12					
				51:22	54:11	57:57	1:01:00	1:03:33	1:04:15													
20	Stephan Haenelt OL-Team Filder	H45	1:04:57	6:31	2:49	3:46	3:03	2:33	0:42	18:05	21:18	26:08	30:06	34:21	38:19	42:34	45:53					
				3:23	1:23	4:34	1:40	2:22	1:39	3:04	3:13	4:50	3:58	4:15	3:58	4:15	3:19					
				53:18	56:01	58:43	1:01:44	1:04:25	1:04:57													
21	Lena Hinkel OLV Steinberg	D19	1:05:33	7:25	2:43	2:42	3:01	2:41	0:32	17:42	20:44	25:36	29:04	33:08	37:03	42:01	45:40					
				3:26	1:19	4:40	1:44	1:50	1:20	3:23	3:02	4:52	3:28	4:04	3:55	4:58	3:39					
				52:54	55:59	59:08	1:02:01	1:04:52	1:05:33													
				7:14	3:05	3:09	2:53	2:51	0:41													

Pl	tnr	Name	Kat	Zeit														
Bahn 7 (35)					6,4 km	19 P			(Forts.)									
					1(126) 15(123)	2(118) 16(130)	3(105) 17(114)	4(107) 18(125)	5(113) 19(100)	6(102) Ziel	7(106)	8(112)	9(108)	10(110)	11(135)	12(104)	13(103)	14(124)
22		Nico Dorscheid TV Oberbexbach	H18	1:06:10	3:22 3:22 53:35	4:48 1:26 56:27	9:36 4:48 59:59	11:46 2:10 1:03:12	14:05 2:19 1:05:35	15:15 1:10 1:06:10	18:26 3:11	22:02 3:36	26:56 4:54	30:32 3:36	34:33 4:01	38:21 3:48	43:00 4:39	46:00 3:00
23		Katrin Wurth Oberodenthaler SC	D19	1:06:36	7:35 4:07 54:55	2:52 5:36 58:12	3:32 9:55 1:01:20	3:13 11:53 1:03:54	2:23 14:48 1:06:07	0:35 16:29 1:06:36	19:37 3:08	22:58 3:21	27:45 4:47	32:00 4:15	35:55 3:55	40:13 4:18	45:14 5:01	48:28 3:14
24		Hanno Girke TSG Schwabenheim	H50	1:06:59	6:27 4:12 4:12 54:46	3:17 5:38 1:26 57:39	3:08 10:29 4:51 1:00:39	2:34 12:17 1:48 1:03:50	2:13 14:54 2:37 1:06:24	0:29 16:23 1:29 1:06:59	20:12 3:49	23:26 3:14	28:14 4:48	31:53 3:39	36:01 4:08	39:41 3:40	44:53 5:12	47:52 2:59
25		Vladimir Jitianu OLV Steinberg	H45	1:10:54	6:54 4:04 4:04 58:04	2:53 5:31 1:27 1:01:04	3:00 10:27 4:56 1:04:12	3:11 12:15 1:48 1:07:26	2:34 14:56 2:41 1:10:13	0:35 16:38 1:42 1:10:54	20:08 3:30	23:39 3:31	28:49 5:10	33:40 4:51	37:26 3:46	41:20 3:54	46:58 5:38	50:21 3:23
26		Björn Baschek CTG Koblenz	H50	1:12:21	7:43 3:59 3:59 57:31	3:00 5:38 1:39 1:00:26	3:08 10:18 4:40 1:05:23	3:14 12:10 1:52 1:08:52	2:47 15:25 3:15 1:11:39	0:41 17:20 1:55 1:12:21	20:42 3:22	23:56 3:14	30:44 6:48	34:03 3:19	38:16 4:13	41:50 3:34	46:33 4:43	49:35 3:02
27		Vincent Kircheis TSV 1881 Gau-Oder	H18	1:13:21	7:56 3:51 3:51 1:00:56	2:55 5:13 1:22 1:04:24	4:57 10:18 5:05 1:07:21	3:29 11:55 1:37 1:10:08	2:47 14:42 2:47 1:12:43	0:42 16:42 2:00 1:13:21	19:59 3:17	23:38 3:39	30:02 6:24	34:21 4:19	39:17 4:56	42:59 3:42	49:42 6:43	53:42 4:00
28		Oliver Oswald TSV 1893 Reichenba	H50	1:13:40	7:14 3:59 3:59 58:39	3:28 5:29 1:30 1:01:55	2:57 10:17 4:48 1:07:10	2:47 12:30 2:13 1:10:24	2:35 14:22 1:52 1:13:03	0:38 16:00 1:38 1:13:40	19:39 3:39	23:04 3:25	28:36 5:32	34:21 5:45	39:52 5:31	44:02 4:10	48:30 4:28	51:46 3:16
29		Markus Link CTG Koblenz	H45	1:16:46	6:53 3:31 3:31 1:01:41	3:16 5:02 1:31 1:04:41	5:15 9:25 4:23 1:09:26	3:14 11:19 1:54 1:13:06	2:39 13:16 1:57 1:16:04	0:37 15:01 1:45 1:16:46	18:32 3:31	21:25 2:53	26:02 4:37	33:41 7:39	38:39 4:58	43:23 4:44	48:34 5:11	51:43 3:09
30		Florian Teschke CTG Koblenz	H45	1:21:18	9:58 5:20 5:20 1:05:25	3:00 6:59 1:39 1:09:04	4:45 12:41 5:42 1:12:41	3:40 14:49 2:08 1:17:03	2:58 17:33 2:44 1:20:31	0:42 19:10 1:37 1:21:18	23:05 3:55	26:45 3:40	31:47 5:02	36:14 4:27	42:08 5:54	47:16 5:08	53:33 6:17	57:14 3:41
31		Daniil Malyshkin SC Königstein	H16	1:28:16	8:11 4:47 4:47 1:11:41	3:39 6:42 1:55 1:16:26	3:37 11:30 4:48 1:22:01	4:22 13:19 1:49 1:25:15	3:28 15:46 2:27 1:27:47	0:47 17:47 2:01 1:28:16	21:16 3:29	28:51 7:35	33:33 4:42	39:10 5:37	46:38 7:28	52:04 5:26	58:44 6:40	1:03:22 4:38
32		Steffen Hock Gymnasion Offenba	H50	1:44:11	8:19 5:42 5:42 1:24:50	4:45 8:02 2:20 1:32:06	5:35 14:10 6:08 1:35:42	3:14 16:38 2:28 1:40:08	2:32 19:36 2:58 1:43:28	0:29 23:40 4:04 1:44:11	28:28 4:48	34:22 5:54	41:11 6:49	47:41 6:30	54:05 6:24	58:45 4:40	1:05:11 6:26	1:09:22 4:11
33		Kim Friedrich Oberodenthaler SC	D19	1:48:07	15:28 8:24 8:24 1:25:27	7:16 10:37 2:13 1:33:16	3:36 18:00 7:23 1:37:51	4:26 20:46 2:46 1:42:25	3:20 23:55 3:09 1:47:13	0:43 25:42 1:47 1:48:07	30:42 5:00	35:21 4:39	43:12 7:51	49:13 6:01	56:11 6:58	1:02:27 6:16	1:08:37 6:10	1:13:29 4:52
34		Susanne RehneIt Oberodenthaler SC	D19	1:58:02	11:58 7:11 7:11 1:32:31	7:49 8:52 1:41 1:36:28	4:35 14:45 5:53 4:24	4:34 16:49 2:04 1:53:58	4:48 20:40 3:51 1:57:17	0:54 24:32 3:52 1:58:02	28:35 4:03	48:12 19:37	55:11 6:59	1:02:14 7:03	1:09:42 7:28	1:13:43 4:01	1:19:15 5:32	1:22:34 3:19
		Christina Staginnus Gymnasion Offenba	D19	N Ang														
Bahn 3 (25)					2,8 km	10 P												
					1(117)	2(115)	3(118)	4(132)	5(131)	6(130)	7(123)	8(120)	9(119)	10(100)	Ziel			
1		Anton Bernhardt ASC Breidenbach	H12	20:48	2:42 2:42	3:56 1:14	4:36 0:40	7:16 2:40	10:36 3:20	11:24 0:48	14:13 2:49	17:21 3:08	19:36 2:15	20:18 0:42	20:48 0:30			
2		Levke Höfer OLV Steinberg	D12	21:20	3:02 3:02	4:24 1:22	5:12 0:48	8:24 3:12	11:04 2:40	12:00 0:56	14:15 2:15	18:00 3:45	19:54 1:54	20:46 0:52	21:20 0:34			
3		Aron Bartel TSG Wiesloch	H12	22:54	3:17 3:17	4:41 1:24	6:15 1:34	9:12 2:57	11:30 2:18	12:38 1:08	15:50 3:12	19:16 3:26	21:34 2:18	22:23 0:49	22:54 0:31			
4		Oleksandra Nakone OLV Steinberg	D12	23:31	3:09 3:09	4:48 1:39	5:45 0:57	10:02 4:17	12:40 2:38	13:59 1:19	16:21 2:22	19:50 3:29	22:00 2:10	22:56 0:56	23:31 0:35			
5		Anastasia Saß OLF Mainz	D12	24:56	4:04 4:04	5:56 1:52	6:57 1:01	10:31 3:34	13:14 2:43	14:41 1:27	17:47 3:06	21:39 3:52	23:35 1:56	24:25 0:50	24:56 0:31			
6		Quentin Hinkel OLV Steinberg	H12	27:32	3:12 3:12	4:41 1:29	5:31 0:50	8:48 3:17	11:45 2:57	12:43 0:58	16:48 4:05	20:52 4:04	26:08 5:16	26:55 0:47	27:32 0:37			
7		David Hassa TGM Budenheim	H12	29:27	3:52 3:52	5:23 1:31	6:20 0:57	9:49 3:29	12:43 2:54	14:00 1:17	19:00 5:00	24:17 5:17	27:26 3:09	28:54 1:28	29:27 0:33			
8		Loki Willeke OL Team Lippe	TK	31:30	3:34 3:34	5:03 1:29	7:16 2:13	11:01 3:45	14:08 3:07	15:38 1:30	22:27 6:49	27:31 5:04	29:53 2:22	30:51 0:58	31:30 0:39			
9		Carina Schorr OLV Landshut	TK	32:36	4:33 4:33	6:36 2:03	7:42 1:06	12:26 4:44	16:15 3:49	17:21 1:06	22:34 5:13	27:50 5:16	30:49 2:59	31:52 1:03	32:36 0:44			
10		Mads Körschgen Skizunft Wiesbaden	H12	36:33	4:45 4:45	6:51 2:06	8:28 1:37	13:20 4:52	18:23 5:03	20:04 1:41	24:16 4:12	30:45 6:29	34:03 3:18	35:23 1:20	36:33 1:10			

Pl	tnr	Name	Kat	Zeit														
Bahn 3 (25)					2,8 km	10 P	(Forts.)											
					1(117)	2(115)	3(118)	4(132)	5(131)	6(130)	7(123)	8(120)	9(119)	10(100)	Ziel			
11		Sofia Dauer	TK	36:49	4:36	6:46	8:22	12:55	17:03	18:40	23:58	29:27	34:39	35:48	36:49			
12		OLG Lummerland	H12	37:05	4:36	2:10	1:36	4:33	4:08	1:37	5:18	5:29	5:12	1:09	1:01			
		Leon Hübinger			6:59	9:09	10:44	14:05	17:38	20:04	25:17	31:21	35:15	36:29	37:05			
13		Jan Hofmeyer	TK	37:25	6:59	2:10	1:35	3:21	3:33	2:26	5:13	6:04	3:54	1:14	0:36			
		ALV Mainz			4:14	6:13	7:54	12:00	15:34	17:24	21:34	30:07	35:30	36:41	37:25			
14		Julius Dingwerth	H12	39:52	4:14	1:59	1:41	4:06	3:34	1:50	4:10	8:33	5:23	1:11	0:44			
		TGM Budenheim			4:37	1:33	2:02	9:53	4:10	2:09	3:28	7:02	3:19	0:56	0:43			
15		Hanna Walther	TK	42:20	9:34	11:32	12:59	17:01	19:58	21:23	33:24	37:51	40:32	41:33	42:20			
		OEC Frankfurt			9:34	1:58	1:27	4:02	2:57	1:25	12:01	4:27	2:41	1:01	0:47			
16		Veronika Simonovs	TK	56:54	8:46	12:23	15:20	25:14	32:04	35:03	42:07	50:21	54:32	55:58	56:54			
					8:46	3:37	2:57	9:54	6:50	2:59	7:04	8:14	4:11	1:26	0:56			
17		Filipp Harston	TK	1:01:03	8:47	11:50	14:04	27:00	34:13	36:50	43:08	53:01	58:19	1:00:01	1:01:03			
		OLG Lummerland			8:47	3:03	2:14	12:56	7:13	2:37	6:18	9:53	5:18	1:42	1:02			
18		Nikita Kotovskyi	TK	1:04:58	16:57	19:10	22:44	28:29	35:04	37:20	44:04	53:27	1:02:27	1:03:40	1:04:58	5:34		
		OLG Lummerland			16:57	2:13	3:34	5:45	6:35	2:16	6:44	9:23	9:00	1:13	1:18	*122		
19		Oleksandr Shkarupi	TK	1:10:21	11:14	24:44	28:00	33:39	40:29	43:06	49:20	59:56	1:07:43	1:08:54	1:10:21	4:27	31:32	
		OLG Lummerland			11:14	13:30	3:16	5:39	6:50	2:37	6:14	10:36	7:47	1:11	1:27	*111	*134	
20		Anna Bertoti	TK	1:32:53	10:08	14:17	17:12	28:56	38:06	48:32	59:39	1:19:10	1:26:29	1:30:13	1:32:53			
		Verein 90001			10:08	4:09	2:55	11:44	9:10	10:26	11:07	19:31	7:19	3:44	2:40			
	Philipp Heintz	H12	N Ang															
	TV Oberbexbach																	
	Casper Schönebeck	H12	N Ang															
	DJK Adler 07 Bottro																	
	Leo Hoffmann	H12	N Ang															
	TGM Budenheim																	
	Leon Zahn	H12	N Ang															
	OLV Steinberg																	
	Sabrina Höfer	TK	N Ang															
	OLV Steinberg																	
Bahn 2 (9)					4,3 km	12 P												
					1(117)	2(134)	3(132)	4(131)	5(128)	6(129)	7(127)	8(109)	9(123)	10(120)	11(119)	12(100)	Ziel	
1		Christian Barg	TL	32:22	3:22	6:05	7:24	9:40	15:03	17:16	20:15	22:39	25:15	28:51	30:59	31:49	32:22	
		OL Team Lippe			3:22	2:43	1:19	2:16	5:23	2:13	2:59	2:24	2:36	3:36	2:08	0:50	0:33	
2		Tatjana Lentz	TL	36:14	3:11	6:25	7:54	10:55	15:28	17:01	20:34	23:30	27:41	31:50	34:48	35:38	36:14	
					3:11	3:14	1:29	3:01	4:33	1:33	3:33	2:56	4:11	4:09	2:58	0:50	0:36	
3		Thomas Hölzer	TL	37:17	5:01	8:20	10:01	12:53	17:22	18:40	22:29	25:54	29:02	33:30	35:40	36:33	37:17	
		OL Team Lippe			5:01	3:19	1:41	2:52	4:29	1:18	3:49	3:25	3:08	4:28	2:10	0:53	0:44	
4		Botond Bertoti	TL	59:52	5:19	9:38	12:52	17:33	25:36	29:12	35:26	40:05	44:47	53:24	57:12	59:08	59:52	
		Verein 90001			5:19	4:19	3:14	4:41	8:03	3:36	6:14	4:39	4:42	8:37	3:48	1:56	0:44	
5		Anja Rieder	Wand	1:14:26	7:08	13:14	16:30	22:10	30:34	33:44	42:34	48:43	55:31	1:05:41	1:10:39	1:12:46	1:14:26	
		SC Königstein			7:08	6:06	3:16	5:40	8:24	3:10	8:50	6:09	6:48	10:10	4:58	2:07	1:40	
6		Patric Stieler	Wand	1:14:36	7:19	13:27	16:44	22:22	30:45	33:57	42:44	48:43	55:32	1:05:43	1:10:41	1:12:49	1:14:36	
		SC Königstein			7:19	6:08	3:17	5:38	8:23	3:12	8:47	5:59	6:49	10:11	4:58	2:08	1:47	
7		Manuel und Fried K	Wand	1:28:47	10:01	18:13	21:58	30:30	41:56	46:43	56:50	1:02:43	1:09:07	1:20:22	1:25:40	1:27:54	1:28:47	
		Gymnasion Offenba			10:01	8:12	3:45	8:32	11:26	4:47	10:07	5:53	6:24	11:15	5:18	2:14	0:53	
8		Anke Hoth	Wand	1:31:54	9:46	18:15	21:38	28:18	37:54	44:48	57:20	1:04:21	1:11:16	1:20:44	1:28:29	1:30:52	1:31:54	
					9:46	8:29	3:23	6:40	9:36	6:54	12:32	7:01	6:55	9:28	7:45	2:23	1:02	
		Bettina Schrader	Wand	Aufg	-----	-----	-----	1:05:32	-----	-----	-----	-----	-----	-----	-----	-----		
		Verein 90001					1:05:32						1:20:58					
					3:43	11:04	53:07							15:26				
					*122	*126	*109											
MTBO (3)					8,0 km	13 P												
					1(117)	2(123)	3(103)	4(106)	5(112)	6(108)	7(129)	8(127)	9(101)	10(113)	11(124)	12(132)	13(119)	Ziel
1		Yury Malyshkin	MTBO	49:00	2:36	6:02	11:41	13:42	17:04	20:16	28:20	30:32	39:22	40:55	43:36	45:10	48:07	49:00
		SC Königstein			2:36	3:26	5:39	2:01	3:22	3:12	8:04	2:12	8:50	1:33	2:41	1:34	2:57	0:53
2		David Dessailly	MTBO	1:02:51	4:51	9:19	15:16	17:10	23:30	29:05	38:43	41:02	49:42	52:17	56:42	58:34	1:01:54	1:02:51
		SC Königstein			4:51	4:28	5:57	1:54	6:20	5:35	9:38	2:19	8:40	2:35	4:25	1:52	3:20	0:57
3		Kai Schultheis	MTBO	1:04:09	3:33	8:57	15:18	17:27	21:34	25:54	36:50	39:25	50:21	52:15	55:51	58:03	1:02:56	1:04:09
		OLV Steinberg			3:33	5:24	6:21	2:09	4:07	4:20	10:56	2:35	10:56	1:54	3:36	2:12	4:53	1:13
Bahn 1 (13)					2,3 km	9 P												
					1(111)	2(117)	3(115)	4(134)	5(132)	6(136)	7(131)	8(121)	9(100)	Ziel				
1		Vincent Hinkel	H10	17:51	1:38	4:43	6:01	7:46	9:05	10:10	11:52	15:30	17:16	17:51		13:22		
		OLV Steinberg			1:38	3:05	1:18	1:45	1:19	1:05	1:42	3:38	1:46	0:35		*130		
2		Gabriel Wegscheide	H10	19:01	1:53	5:09	6:46	8:32	10:14	11:34	13:47	16:24	18:27	19:01				
		OLV Steinberg			1:53	3:16	1:37	1:46	1:42	1:20	2:13	2:37	2:03	0:34				
3		Lucas Gros	H10	20:25	1:54	6:05	7:31	9:18	11:10	12:23	14:33	17:43	19:27	20:25				
		OLF Mainz			1:54	4:11	1:26	1:47	1:52	1:13	2:10	3:10	1:44	0:58				
4		Emil Vogl	H10	22:15	1:57	4:56	8:02	10:05	11:50	13:20	16:00	19:07	21:25	22:15				
		OLV Steinberg			1:57	2:59	3:06	2:03	1:45	1:30	2:40	3:07	2:18	0:50				
5		Elinor Schönebeck	D10	23:46	1:15	5:06	6:44	8:32	10:02	11:19	13:32	16:24	23:05	23:46				
		DJK Adler 07 Bottro			1:15	3:51	1:38	1:48	1:30	1:17	2:13	2:52	6:41	0:41				

Pl	tnr	Name	Kat	Zeit										
Bahn 1 (13)				2,3 km	9 P (Forts.)									
				1(111)	2(117)	3(115)	4(134)	5(132)	6(136)	7(131)	8(121)	9(100)	Ziel	
6		Jonas Wangerowski TGM Budenheim	H10	24:24	2:35	7:53	10:17	12:38	14:20	16:05	18:09	21:20	23:38	24:24
					2:35	5:18	2:24	2:21	1:42	1:45	2:04	3:11	2:18	0:46
7		Lasse Ehrlich OLV Steinberg	H10	24:42	4:22	7:26	9:36	11:57	14:18	15:48	18:11	21:29	24:01	24:42
					4:22	3:04	2:10	2:21	2:21	1:30	2:23	3:18	2:32	0:41
8		Simon Essert OLF Mainz	H10	26:38	2:16	6:10	8:19	11:25	13:55	15:53	18:08	21:58	25:41	26:38
					2:16	3:54	2:09	3:06	2:30	1:58	2:15	3:50	3:43	0:57
9		Lara May OLF Mainz	D10	28:09	1:59	5:10	8:13	11:27	14:17	16:50	20:46	24:22	27:15	28:09
					1:59	3:11	3:03	3:14	2:50	2:33	3:56	3:36	2:53	0:54
10		Linus Kerner OLV Steinberg	H10	28:57	3:09	7:48	14:26	16:39	18:46	20:25	22:28	26:08	28:14	28:57
					3:09	4:39	6:38	2:13	2:07	1:39	2:03	3:40	2:06	0:43
11		Lasse Vogl OLV Steinberg	H10	30:05	2:45	6:09	8:16	11:33	13:49	18:17	21:16	25:47	29:12	30:05
					2:45	3:24	2:07	3:17	2:16	4:28	2:59	4:31	3:25	0:53
12		Felix Hoffmann TGM Budenheim	H10	31:36	5:57	9:28	11:57	14:51	17:39	19:23	22:32	27:05	30:24	31:36
					5:57	3:31	2:29	2:54	2:48	1:44	3:09	4:33	3:19	1:12
		Mieke Höfer OLV Steinberg	D10	N Ang										

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				1(122)	2(126)	3(123)	4(130)	5(127)	6(116)	7(130)	8(114)	9(118)	10(120)	11(119)	12(100)	Ziel
1	Sinica Oehlke	D14	31:09	1:59	4:51	8:58	11:25	13:42	16:52	20:38	23:02	26:17	27:54	29:48	30:33	31:09
	TGM Budenheim			1:59	2:52	4:07	2:27	2:17	3:10	3:46	2:24	3:15	1:37	1:54	0:45	0:36
2	Milla Cronau	D14	33:18	1:57	4:18	9:03	11:39	14:02	17:37	21:34	24:32	28:03	29:42	31:52	32:44	33:18
	TGM Budenheim			1:57	2:21	4:45	2:36	2:23	3:35	3:57	2:58	3:31	1:39	2:10	0:52	0:34
3	Almut Kammholz	D60	36:40	1:49	4:06	9:39	12:56	15:55	19:25	22:49	25:51	30:17	32:48	35:06	35:58	36:40
	Oberodenthaler SC			1:49	2:17	5:33	3:17	2:59	3:30	3:24	3:02	4:26	2:31	2:18	0:52	0:42
4	Viktoria Saß	D14	37:23	3:41	8:08	12:31	15:02	17:27	20:35	24:39	29:20	32:29	33:55	36:00	36:51	37:23
	OLF Mainz			3:41	4:27	4:23	2:31	2:25	3:08	4:04	4:41	3:09	1:26	2:05	0:51	0:32
5	Andrea Rau	D55	37:53	2:03	4:36	10:04	13:14	16:15	20:09	23:59	27:19	31:35	33:33	36:19	37:09	37:53
	TV Aschbach			2:03	2:33	5:28	3:10	3:01	3:54	3:50	3:20	4:16	1:58	2:46	0:50	0:44
6	Sonja Gerhard	D55	39:07	1:48	4:08	9:29	12:21	15:08	19:13	22:53	28:39	32:43	34:36	37:16	38:19	39:07
	TGM Budenheim			1:48	2:20	5:21	2:52	2:47	4:05	3:40	5:46	4:04	1:53	2:40	1:03	0:48
7	Mara Kriebel	D14	39:21	2:14	6:05	11:28	14:16	18:13	21:47	25:08	30:34	34:06	35:45	37:57	38:47	39:21
	OLF Mainz			2:14	3:51	5:23	2:48	3:57	3:34	3:21	5:26	3:32	1:39	2:12	0:50	0:34
8	Irina Gurieva	D55	39:31	1:54	4:34	10:33	13:42	16:48	21:13	25:04	28:54	32:36	34:54	37:44	38:43	39:31
	Gymnasion Offenba			1:54	2:40	5:59	3:09	3:06	4:25	3:51	3:50	3:42	2:18	2:50	0:59	0:48
9	Harald Durben	H75	40:06	2:11	4:46	10:33	13:45	16:42	21:09	25:00	28:27	32:58	35:15	37:56	39:20	40:06
	OLF Mainz			2:11	2:35	5:47	3:12	2:57	4:27	3:51	3:27	4:31	2:17	2:41	1:24	0:46
10	Maren Lentz	D60	40:21	1:43	3:58	9:46	12:35	16:00	19:46	23:27	28:48	33:17	35:33	38:16	39:25	40:21
				1:43	2:15	5:48	2:49	3:25	3:46	3:41	5:21	4:29	2:16	2:43	1:09	0:56
11	Anne-Katrin Klar	D60	40:54	2:01	4:34	10:40	13:57	16:50	21:26	26:35	30:00	34:11	36:15	39:00	40:03	40:54
	OLF Mainz			2:01	2:33	6:06	3:17	2:53	4:36	5:09	3:25	4:11	2:04	2:45	1:03	0:51
12	Gitta Weber	D60	41:10	2:05	5:19	10:56	14:06	18:10	22:17	26:25	29:32	33:36	37:01	39:24	40:22	41:10
	OLF Mainz			2:05	3:14	5:37	3:10	4:04	4:07	4:08	3:07	4:04	3:25	2:23	0:58	0:48
13	Katharina Knobloc	D55	41:57	2:12	4:55	11:28	14:51	18:03	22:26	26:52	30:36	34:45	37:09	39:58	41:02	41:57
	OLV Steinberg			2:12	2:43	6:33	3:23	3:12	4:23	4:26	3:44	4:09	2:24	2:49	1:04	0:55
14	Evelyn Krausbauer	D60	42:32	2:19	6:06	12:34	15:57	19:00	23:47	27:36	31:14	35:41	37:56	40:33	41:42	42:32
	CTG Koblenz			2:19	3:47	6:28	3:23	3:03	4:47	3:49	3:38	4:27	2:15	2:37	1:09	0:50
15	Elvira Weingard	D55	43:49	2:09	4:43	10:25	13:28	17:01	23:20	28:59	32:44	36:45	39:10	41:47	43:06	43:49
	OLV Steinberg			2:09	2:34	5:42	3:03	3:33	6:19	5:39	3:45	4:01	2:25	2:37	1:19	0:43
16	Hans Conrad	H75	44:03	1:47	4:23	10:46	14:19	17:33	22:14	27:03	31:13	35:50	38:51	41:49	43:05	44:03
	TSG 1846 Darmstadt			1:47	2:36	6:23	3:33	3:14	4:41	4:49	4:10	4:37	3:01	2:58	1:16	0:58
17	Beatrix Haenelt	D75	46:28	2:27	5:48	12:53	16:18	20:18	25:15	29:31	33:57	38:43	41:31	44:21	45:34	46:28
	OL-Team Filder			2:27	3:21	7:05	3:25	4:00	4:57	4:16	4:26	4:46	2:48	2:50	1:13	0:54
18	Wladimir Kotschetk	H75	48:05	2:38	6:04	12:36	16:22	19:44	24:19	29:16	33:35	37:38	40:25	46:02	47:20	48:05
	Gymnasion Offenba			2:38	3:26	6:32	3:46	3:22	4:35	4:57	4:19	4:03	2:47	5:37	1:18	0:45
19	Günter Kreft	H75	48:10	2:22	6:44	13:35	18:03	22:10	27:07	31:47	35:49	40:49	43:24	46:09	47:25	48:10
	OLF Mainz			2:22	4:22	6:51	4:28	4:07	4:57	4:40	4:02	5:00	2:35	2:45	1:16	0:45
20	Maria-Elisabeth Sch	D65	48:39	2:37	5:44	13:27	16:59	20:52	25:41	30:31	34:59	40:16	43:17	46:33	47:44	48:39
	OLV Steinberg			2:37	3:07	7:43	3:32	3:53	4:49	4:50	4:28	5:17	3:01	3:16	1:11	0:55
21	Birgit May	D65	50:54	2:33	5:49	12:57	16:42	20:21	25:27	32:41	37:41	42:04	45:37	48:50	50:04	50:54
	OLF Mainz			2:33	3:16	7:08	3:45	3:39	5:06	7:14	5:00	4:23	3:33	3:13	1:14	0:50
22	Regina Stratmann-A	D70	53:52	2:26	5:28	13:01	17:41	23:55	30:22	36:12	42:04	46:29	49:08	51:49	52:57	53:52
	Skizunft Wiesbaden			2:26	3:02	7:33	4:40	6:14	6:27	5:50	5:52	4:25	2:39	2:41	1:08	0:55
23	Katja Lahm	D55	54:04	2:36	5:36	14:13	18:10	22:48	30:30	35:28	39:19	44:50	47:51	51:25	53:05	54:04
	CTG Koblenz			2:36	3:00	8:37	3:57	4:38	7:42	4:58	3:51	5:31	3:01	3:34	1:40	0:59
24	Miriam Ferrari	D55	57:20	3:11	8:59	16:11	23:47	27:55	32:31	39:35	43:07	48:39	52:18	55:31	56:32	57:20
	OLF Mainz			3:11	5:48	7:12	7:36	4:08	4:36	7:04	3:32	5:32	3:39	3:13	1:01	0:48
25	Gisela Müller	D70	57:22	5:20	8:21	15:57	20:38	26:07	33:01	38:42	43:00	48:22	51:32	54:51	56:13	57:22
	TV 1886 Diedenberg			5:20	3:01	7:36	4:41	5:29	6:54	5:41	4:18	5:22	3:10	3:19	1:22	1:09
26	Peter Müller	H80	1:03:57	3:35	7:26	17:52	23:00	28:27	36:08	42:53	48:14	54:49	57:41	1:01:04	1:02:41	1:03:57
	SV Mörlenbach			3:35	3:51	10:26	5:08	5:27	7:41	6:45	5:21	6:35	2:52	3:23	1:37	1:16
27	Meinolf Kleiner	H75	1:04:28	2:55	6:14	14:51	22:55	28:02	33:35	40:55	46:01	53:43	57:22	1:01:23	1:03:00	1:04:28
	TV Klein-Winternhei			2:55	3:19	8:37	8:04	5:07	5:33	7:20	5:06	7:42	3:39	4:01	1:37	1:28
28	Adam Coppik	H80	1:51:03	4:18	12:51	26:27	34:33	41:11	52:34	1:08:40	1:15:40	1:26:50	1:35:41	1:45:12	1:48:26	1:51:03
	OLV Steinberg			4:18	8:33	13:36	8:06	6:38	11:23	16:06	7:00	11:10	8:51	9:31	3:14	2:37

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