

I. Name Zeit

D65 (Damen ab 65) (3)

3,1 km 11 Posten

		1(106)	2(128)	3(109)	4(110)	5(115)	6(119)	7(114)	8(142)	9(112)	10(105)	11(100)	Ziel
1 Anne Kreft	31:20	4:26	7:10	10:27	12:29	15:55	17:08	19:14	24:26	28:14	30:04	30:52	31:20
OLF Mainz		4:26	2:44	3:17	2:02	3:26	1:13	2:06	5:12	3:48	1:50	0:48	0:28
2 Beatrix Haenelt	38:23	4:56	8:25	12:38	15:19	19:39	21:26	24:21	28:47	34:19	36:54	37:57	38:23
OL-Team Filder		4:56	3:29	4:13	2:41	4:20	1:47	2:55	4:26	5:32	2:35	1:03	0:26
3 Gisela Müller	43:14	6:42	10:33	15:25	17:52	22:22	23:56	27:51	32:52	38:32	41:22	42:37	43:14
TV 1886 Diedenbergen		6:42	3:51	4:52	2:27	4:30	1:34	3:55	5:01	5:40	2:50	1:15	0:37

I. Name	Zeit									
H12 (Herren bis 12) (3)		2,1 km			8 Posten					
		1(108)	2(101)	3(103)	4(110)	5(113)	6(109)	7(112)	8(100)	Ziel
1 Michael Schlei	16:54	2:06	3:42	6:10	8:10	9:46	12:43	14:09	16:36	16:54
OLV Steinberg		2:06	1:36	2:28	2:00	1:36	2:57	1:26	2:27	0:18
2 Linus Girke	26:33	3:05	5:24	10:01	12:53	15:08	17:37	20:48	24:58	26:33
TSG Schwabenheim an der Se		3:05	2:19	4:37	2:52	2:15	2:29	3:11	4:10	1:35
3 Anantha Halmuttur	27:48	2:45	4:52	9:36	13:08	15:54	19:30	23:25	27:29	27:48
TSG Wiesloch		2:45	2:07	4:44	3:32	2:46	3:36	3:55	4:04	0:19

I. Name		Zeit													
H35 (Herren ab 35) (3)		6,6 km 14 Posten													
		1(124) Ziel	2(106)	3(113)	4(119)	5(126)	6(120)	7(122)	8(129)	9(116)	10(131)	11(132)	12(128)	13(111)	14(100)
1	Carlo Hahn OLG Siegerland	56:44 1:49 56:44 0:20	4:45 2:56	9:54 5:09	11:52 1:58	16:37 4:45	22:08 5:31	26:49 4:41	31:41 4:52	37:46 6:05	43:41 5:55	46:20 2:39	52:53 6:33	55:40 2:47	56:24 0:44
2	Stephan Haenelt OL-Team Filder	1:12:36 2:45 2:45 1:12:36 0:19	7:02 4:17	13:16 6:14	15:53 2:37	24:30 8:37	30:05 5:35	35:45 5:40	41:29 5:44	50:20 8:51	57:10 6:50	1:00:27 3:17	1:07:58 7:31	1:11:22 3:24	1:12:17 0:55
3	Sven Göbel Gymnasion Offenbach	1:32:05 5:45 5:45 1:32:05 0:21	10:50 5:05	19:36 8:46	23:01 3:25	31:06 8:05	38:23 7:17	46:23 8:00	53:33 7:10	1:05:07 11:34	1:13:24 8:17	1:17:28 4:04	1:26:46 9:18	1:30:41 3:55	1:31:44 1:03

I. Name		Zeit													
D18 (Damen bis 18) (2)		4,2 km			12 Posten										
		1(124)	2(128)	3(117)	4(109)	5(119)	6(127)	7(123)	8(119)	9(131)	10(132)	11(105)	12(100)	Ziel	
1	Annika Simsch	32:59	2:02	5:11	7:18	10:30	13:46	16:33	18:39	21:07	25:13	27:19	31:38	32:40	32:59
	TGM Budenheim		2:02	3:09	2:07	3:12	3:16	2:47	2:06	2:28	4:06	2:06	4:19	1:02	0:19
2	Jule Wersin	53:36	5:28	10:53	16:15	19:13	23:52	27:54	30:53	34:01	40:35	44:38	52:37	53:18	53:36
	TGM Budenheim		5:28	5:25	5:22	2:58	4:39	4:02	2:59	3:08	6:34	4:03	7:59	0:41	0:18
		48:00													
		*112													

I. Name Zeit

D12 (Damen bis 12) (3)

2,1 km 8 Posten

			1(108)	2(101)	3(103)	4(110)	5(113)	6(109)	7(112)	8(100)	Ziel
1	Sophie Behrendt	16:45	3:04	4:33	7:09	9:09	10:39	12:28	14:07	16:27	16:45
	OLV Steinberg		3:04	1:29	2:36	2:00	1:30	1:49	1:39	2:20	0:18
2	Jonna Rathje	23:50	2:30	4:30	7:58	11:01	13:11	17:19	19:20	22:28	23:50
	TGM Budenheim		2:30	2:00	3:28	3:03	2:10	4:08	2:01	3:08	1:22
3	Lenya Stieler	30:34	2:50	5:27	13:56	18:14	20:44	24:43	26:35	30:03	30:34
	TuS Karlsruhe-Rüppurr		2:50	2:37	8:29	4:18	2:30	3:59	1:52	3:28	0:31

I. Name Zeit

D45 (Damen ab 45) (10)

D45 (Damen ab 45) (10)		4,2 km 12 Posten													
		1(124)	2(128)	3(117)	4(109)	5(119)	6(127)	7(123)	8(119)	9(131)	10(132)	11(105)	12(100)	Ziel	
1	Birgit Wersin	40:08	1:52	5:16	9:23	12:16	16:45	20:18	22:59	26:24	31:01	33:32	38:59	39:47	40:08
	TGM Budenheim		1:52	3:24	4:07	2:53	4:29	3:33	2:41	3:25	4:37	2:31	5:27	0:48	0:21
		22:15													
		*120													
2	Aurélie Dessailly	41:31	3:36	6:55	9:52	13:30	17:35	21:13	23:58	27:07	31:28	34:36	40:25	41:11	41:31
	SC Königstein		3:36	3:19	2:57	3:38	4:05	3:38	2:45	3:09	4:21	3:08	5:49	0:46	0:20
3	Sonja Gerhard	46:19	4:18	7:25	10:40	14:20	18:49	22:36	25:45	28:59	34:04	38:09	44:56	45:48	46:19
	TGM Budenheim		4:18	3:07	3:15	3:40	4:29	3:47	3:09	3:14	5:05	4:05	6:47	0:52	0:31
4	Karin Theel	47:35	2:12	6:07	10:58	14:53	19:52	23:58	27:41	31:19	36:37	40:01	46:17	47:07	47:35
	TGM Budenheim		2:12	3:55	4:51	3:55	4:59	4:06	3:43	3:38	5:18	3:24	6:16	0:50	0:28
5	Irina Gurieva	51:35	3:06	6:43	11:17	14:50	19:38	26:08	30:31	33:43	39:14	----	50:02	50:54	51:35
	Gymnasion Offenbach		3:06	3:37	4:34	3:33	4:48	6:30	4:23	3:12	5:31		10:48	0:52	0:41
6	Julia Schlei	55:19	3:40	7:16	11:36	15:35	20:30	25:28	30:00	33:11	39:18	43:53	53:48	54:55	55:19
	OLV Steinberg		3:40	3:36	4:20	3:59	4:55	4:58	4:32	3:11	6:07	4:35	9:55	1:07	0:24
7	Andrea Rau	58:07	2:32	6:49	13:55	17:59	23:25	28:43	33:08	36:47	43:11	46:56	56:26	57:26	58:07
	TV Aschbach		2:32	4:17	7:06	4:04	5:26	5:18	4:25	3:39	6:24	3:45	9:30	1:00	0:41
8	Elzbieta Optazait	1:00:24	3:30	8:00	11:19	16:07	21:27	30:28	35:22	40:30	47:37	50:54	57:51	1:00:00	1:00:24
	TSG Wiesloch		3:30	4:30	3:19	4:48	5:20	9:01	4:54	5:08	7:07	3:17	6:57	2:09	0:24
9	Rimante Bliuve	1:05:55	4:08	11:16	15:53	23:18	29:08	34:26	39:39	43:39	53:34	57:13	1:04:36	1:05:30	1:05:55
	TSG Wiesloch		4:08	7:08	4:37	7:25	5:50	5:18	5:13	4:00	9:55	3:39	7:23	0:54	0:25
10	Sonia Rabussier	1:07:17	4:05	10:21	15:06	21:11	26:38	32:59	40:46	45:17	53:33	56:37	1:03:21	1:04:29	1:07:17
	OLF Mainz		4:05	6:16	4:45	6:05	5:27	6:21	7:47	4:31	8:16	3:04	6:44	1:08	2:48

I. Name Zeit

D55 (Damen ab 55) (3)

055 (Damen ab 55) (3)		4,2 km 12 Posten													
		1(124)	2(128)	3(117)	4(109)	5(119)	6(127)	7(123)	8(119)	9(131)	10(132)	11(105)	12(100)	Ziel	
1	Barbara Kloos	55:05	2:26	6:25	10:27	15:02	20:28	25:47	30:10	33:50	40:43	43:51	53:31	54:27	55:05
	TV Oberbexbach		2:26	3:59	4:02	4:35	5:26	5:19	4:23	3:40	6:53	3:08	9:40	0:56	0:38
2	Gitta Weber	57:36	2:25	5:44	8:57	12:31	22:57	26:59	36:51	40:10	45:18	48:21	56:12	57:12	57:36
	OLF Mainz		2:25	3:19	3:13	3:34	10:26	4:02	9:52	3:19	5:08	3:03	7:51	1:00	0:24
		30:00													
		*120													
3	Regina Stratmann-Albert	1:07:19	3:13	8:56	13:06	17:24	25:16	37:26	41:28	45:31	51:24	56:01	1:04:24	1:06:52	1:07:19
	Skizunft Wiesbaden		3:13	5:43	4:10	4:18	7:52	12:10	4:02	4:03	5:53	4:37	8:23	2:28	0:27

I. Name	Zeit								
D10 (Damen bis 10) (2)				1,5 km	7 Posten				
		1(107)	2(101)	3(102)	4(103)	5(104)	6(105)	7(100)	Ziel
1 Viktoria Saß	22:01	2:24	8:12	10:56	13:44	16:56	19:33	21:28	22:01
OLF Mainz		2:24	5:48	2:44	2:48	3:12	2:37	1:55	0:33
AK Sonia Jason	22:00	2:25	8:14	10:56	13:38	16:51	19:33	21:24	22:00
		2:25	5:49	2:42	2:42	3:13	2:42	1:51	0:36

I. Name		Zeit														
D19- (Damen ab 19) (3)		6,6 km 14 Posten														
		1(124) Ziel	2(106)	3(113)	4(119)	5(126)	6(120)	7(122)	8(129)	9(116)	10(131)	11(132)	12(128)	13(111)	14(100)	
1	Christina Staginnus Gymnasion Offenbach	59:11 2:18 59:11 0:19	2:18 3:17	5:35 5:50	11:25 2:13	13:38 5:19	18:57 5:28	24:25 4:32	28:57 4:17	33:14 6:08	39:22 6:32	45:54 2:32	48:26 6:10	54:36 3:38	58:14 0:38	58:52
2	Anja Kästner TV Oberbexbach	1:00:48 1:50 1:00:48 0:18	1:50 3:42	5:32 5:56	11:28 2:18	13:46 5:15	19:01 3:39	22:40 5:17	27:57 4:42	32:39 6:45	39:24 6:39	46:03 2:58	49:01 7:24	56:25 3:32	59:57 0:33	1:00:30
3	Anne Kästner TV Oberbexbach	1:01:32 1:52 1:01:32 0:17	1:52 4:15	6:07 5:41	11:48 2:14	14:02 5:18	19:20 4:33	23:53 5:07	29:00 4:31	33:31 8:24	41:55 5:45	47:40 3:11	50:51 6:42	57:33 2:54	1:00:27 0:48	1:01:15

I. Name Zeit

H65 (Herren ab 65) (3)

165 (Herren ab 65) (3)		4,2 km 12 Posten													
		1(124)	2(128)	3(117)	4(109)	5(119)	6(127)	7(123)	8(119)	9(131)	10(132)	11(105)	12(100)	Ziel	
1	Klaus Albert	1:01:03	2:38	6:44	10:21	14:44	24:36	31:51	35:54	41:02	46:33	50:00	59:48	1:00:42	1:01:03
	Skizunft Wiesbaden		2:38	4:06	3:37	4:23	9:52	7:15	4:03	5:08	5:31	3:27	9:48	0:54	0:21
2	Sigurd Haarstark	1:19:24	4:51	10:54	17:38	25:08	31:37	43:44	51:16	56:01	1:04:19	1:08:42	1:17:36	1:18:51	1:19:24
	OLV Steinberg		4:51	6:03	6:44	7:30	6:29	12:07	7:32	4:45	8:18	4:23	8:54	1:15	0:33
	Frank Czioska	Fehlst	2:10	5:39	8:45	12:15	16:36	20:22	23:19	26:33	31:39	34:28	40:03	----	42:28
	OLF Mainz		2:10	3:29	3:06	3:30	4:21	3:46	2:57	3:14	5:06	2:49	5:35		2:25

I. Name

Zeit

D14 (Damen bis 14) (1)

3,1 km 11 Posten

		1(106)	2(128)	3(109)	4(110)	5(115)	6(119)	7(114)	8(142)	9(112)	10(105)	11(100)	Ziel
1 Katharina Saß	29:19	4:23	7:53	11:10	13:23	16:29	17:28	19:28	22:51	26:18	28:16	29:00	29:19
OLF Mainz		4:23	3:30	3:17	2:13	3:06	0:59	2:00	3:23	3:27	1:58	0:44	0:19

[illegible]

I. Name		Zeit													
H45 (Herren ab 45) (7)		5,6 km 14 Posten													
		1(106) Ziel	2(125)	3(110)	4(117)	5(118)	6(126)	7(129)	8(123)	9(127)	10(119)	11(131)	12(132)	13(105)	14(100)
1	Jan Rathje TGM Budenheim	41:26 2:47 41:26 0:15	2:47 3:58	6:45 1:09	7:54 3:34	11:28 4:55	16:23 3:30	19:53 22:30 2:37	25:25 2:55	27:22 1:57	29:47 2:25	33:06 3:19	36:44 3:38	40:34 3:50	41:11 0:37
2	Henning Krug TSG Wiesloch	45:00 2:45 45:00 0:24	2:45 4:05	6:50 1:23	8:13 1:23	12:03 3:50	16:46 4:43	20:16 3:30	23:55 3:39	27:21 3:26	29:53 2:32	32:43 2:50	36:45 4:02	39:20 2:35	44:36 4:39 0:37
3	Marcus Schmidt TSG Wiesloch	46:02 2:49 46:02 0:18	2:49 4:24	7:13 4:24	8:35 1:22	11:36 3:01	17:14 5:38	20:16 3:02	23:33 3:17	27:03 3:30	30:12 3:09	33:10 2:58	37:06 3:56	39:26 2:20	45:44 5:37 0:41
4	Björn Stieler TuS Karlsruhe-Rüppurr	48:57 2:49 48:57 0:20	2:49 4:36	7:25 4:36	8:49 1:24	12:20 3:31	17:09 4:49	21:12 4:03	24:23 3:11	27:40 3:17	31:16 3:36	34:20 3:04	38:44 4:24	42:54 4:10	48:37 5:00 0:43
5	David Dessailly SC Königstein	50:10 3:16 50:10 0:18	3:16 4:53	8:09 4:53	9:30 1:21	14:13 4:43	19:19 5:06	22:55 3:36	26:31 3:36	30:14 3:43	33:27 3:13	36:42 3:15	41:06 4:24	43:22 2:16	49:52 5:48 0:42
6	Philippe Imbsweiler TV Oberbexbach	51:04 2:58 51:04 0:18	2:58 4:09	7:07 4:09	8:09 1:02	11:57 3:48	15:51 3:54	18:01 2:10	20:46 2:45	32:32 11:46	37:08 4:36	39:46 2:38	43:22 3:36	45:37 2:15	50:46 4:30 0:39
7	Hanno Girke TSG Schwabenheim an der Se	57:58 3:26 57:58 0:19	3:26 5:55	9:21 5:55	11:17 1:56	15:49 4:32	23:12 7:23	27:14 4:02	30:53 3:39	34:39 3:46	38:59 4:20	42:47 3:48	48:09 5:22	50:52 2:43	57:39 6:08 0:39

[illegible]

I. Name	Zeit												
H14 (Herren bis 14) (3)		3,1 km					11 Posten						
		1(106)	2(128)	3(109)	4(110)	5(115)	6(119)	7(114)	8(142)	9(112)	10(105)	11(100)	Ziel
1 Daniel Schmidt	24:18	2:55	5:12	7:47	9:11	11:45	12:37	14:32	17:55	20:55	22:30	23:10	24:18
TSG Wiesloch		2:55	2:17	2:35	1:24	2:34	0:52	1:55	3:23	3:00	1:35	0:40	1:08
2 Felix Rathje	25:06	3:59	6:10	8:38	10:00	12:18	13:06	14:43	19:49	22:32	24:08	24:50	25:06
TGM Budenheim		3:59	2:11	2:28	1:22	2:18	0:48	1:37	5:06	2:43	1:36	0:42	0:16
3 Jacob Imbsweiler	29:47	4:25	7:26	11:11	12:45	15:26	16:25	18:27	22:54	26:34	28:04	28:43	29:47
TV Oberbexbach		4:25	3:01	3:45	1:34	2:41	0:59	2:02	4:27	3:40	1:30	0:39	1:04

I.	Name	Zeit														
H55 (Herren ab 55) (2)		5,6 km			14 Posten											
		1(106) Ziel	2(125)	3(110)	4(117)	5(118)	6(126)	7(129)	8(123)	9(127)	10(119)	11(131)	12(132)	13(105)	14(100)	
1	Patric Stieler SC Königstein	59:19 3:42 59:19 0:26	9:22 5:40	11:19 1:57 54:40 *112	15:11 3:52	22:41 7:30	26:25 3:44	30:30 4:05	35:10 4:40	38:30 3:20	42:38 4:08	47:21 4:43	50:56 3:35	58:04 7:08	58:53 0:49	
2	Dieter Schlaefke DJK Adler 07 Bottrop	1:09:58 5:11 1:09:58 0:19	13:00 7:49	14:56 1:56	22:35 7:39	28:25 5:50	34:35 6:10	38:59 4:24	43:20 4:21	46:42 3:22	52:25 5:43	58:47 6:22	1:02:12 3:25	1:08:55 6:43	1:09:39 0:44	

I. Name Zeit

H19- (Herren ab 19) (6)

8,8 km 18 Posten

		1(124) 15(131)	2(106) 16(132)	3(125) 17(105)	4(110) 18(100)	5(122) Ziel	6(129)	7(117)	8(112)	9(119)	10(117)	11(118)	12(126)	13(120)	14(114)
1 Moritz Torgau TV Oberbexbach	1:15:25	1:57 1:57 1:07:35 3:19	5:41 3:44 1:09:47 2:12	11:10 5:29 1:14:26 4:39	12:55 1:45 1:15:05 0:39	21:19 8:24 1:15:25 0:20	25:12 3:53	35:41 10:29	39:47 4:06	44:14 4:27	47:58 3:44	53:02 5:04	56:03 3:01	1:00:22 4:19	1:04:16 3:54
2 Kai Wersin TGM Budenheim	1:18:39	2:04 2:04 1:09:58 3:28	5:30 3:26 1:12:28 2:30	10:19 4:49 1:17:30 5:02	11:37 1:18 1:18:19 0:49	20:41 9:04 1:18:39 0:20	25:10 4:29	34:06 8:56	38:41 4:35	43:32 4:51	47:48 4:16	52:55 5:07	55:59 3:04	1:01:37 5:38	1:06:30 4:53
3 Mindaugas Andrusis TSG Wiesloch	1:20:38	1:48 1:48 1:11:45 2:53	5:19 3:31 1:14:23 2:38	10:04 4:45 1:19:38 5:15	11:33 1:29 1:20:21 0:43	20:34 9:01 1:20:38 0:17	25:38 5:04	36:22 10:44	40:41 4:19	46:40 5:59	51:19 4:39	56:55 5:36	59:45 2:50	1:04:22 4:37	1:08:52 4:30
4 Steffen Wersin TGM Budenheim	1:22:27	1:44 1:44 1:13:43 3:22	5:09 3:25 1:16:09 2:26	10:02 4:53 1:21:20 5:11	12:01 1:59 1:22:07 0:47	21:05 9:04 1:22:27 0:20	25:26 4:21	36:12 10:46	40:21 4:09	46:21 6:00	51:26 5:05	56:56 5:30	1:00:47 3:51	1:05:27 4:40	1:10:21 4:54
5 Jörn Saß OLF Mainz	1:24:43	2:01 2:01 1:17:17 2:59	5:22 3:21 1:19:45 2:28	9:55 4:33 1:23:50 4:05	11:13 1:18 1:24:26 0:36	19:04 7:51 1:24:43 0:17	22:48 3:44	30:24 7:36 37:03 *118	49:25 19:01 39:54 *126	53:56 4:31	58:56 5:00	1:03:24 4:28	1:05:58 2:34	1:10:45 4:47	1:14:18 3:33
6 Jonas Albert Skizunft Wiesbaden	1:25:20	2:03 2:03 1:16:14 3:17	5:37 3:34 1:18:55 2:41	10:47 5:10 1:23:52 4:57	12:02 1:15 1:24:48 0:56	24:13 12:11 1:25:20 0:32	28:41 4:28	38:17 9:36	42:36 4:19	47:53 5:17	53:37 5:44	59:10 5:33	1:02:47 3:37	1:08:46 5:59	1:12:57 4:11

I. Name	Zeit								
H10 (Herren bis 10) (1)			1,5 km	7 Posten					
		1(107)	2(101)	3(102)	4(103)	5(104)	6(105)	7(100)	Ziel
AK Michal Klapouchy	15:16	2:05	4:50	7:17	9:30	11:58	13:35	14:44	15:16
		2:05	2:45	2:27	2:13	2:28	1:37	1:09	0:32

I. Name	Zeit															
H50 (Herren ab 50) (3)																
		5,6 km 14 Posten														
		1(106) Ziel	2(125)	3(110)	4(117)	5(118)	6(126)	7(129)	8(123)	9(127)	10(119)	11(131)	12(132)	13(105)	14(100)	
1 Claas Behrendt	46:15	2:54	7:12	8:37	12:54	17:44	20:56	24:10	27:12	30:16	33:06	37:01	39:04	44:37	45:19	
OLV Steinberg		2:54	4:18	1:25	4:17	4:50	3:12	3:14	3:02	3:04	2:50	3:55	2:03	5:33	0:42	
		46:15														
		0:56														
2 Alexander Roth	54:18	3:13	8:20	10:42	14:20	20:08	23:41	27:32	31:42	35:31	39:03	43:42	46:56	53:08	53:55	
TGM Budenheim		3:13	5:07	2:22	3:38	5:48	3:33	3:51	4:10	3:49	3:32	4:39	3:14	6:12	0:47	
		54:18														
		0:23														
3 Stefan Röhl	1:04:14	3:37	8:56	10:48	16:24	23:55	28:35	33:29	37:54	41:04	45:21	51:22	55:15	1:02:37	1:03:45	
OLF Mainz		3:37	5:19	1:52	5:36	7:31	4:40	4:54	4:25	3:10	4:17	6:01	3:53	7:22	1:08	
		1:04:14														
		0:29														

I. Name	Zeit														
H60 (Herren ab 60) (2)		4,2 km			12 Posten										
		1(124)	2(128)	3(117)	4(109)	5(119)	6(127)	7(123)	8(119)	9(131)	10(132)	11(105)	12(100)	Ziel	
1	Klaus Pflästerer	42:03	1:38	4:53	8:59	13:22	17:21	20:51	23:53	26:48	31:18	34:13	41:03	41:44	42:03
	AC 1892 Weinheim		1:38	3:15	4:06	4:23	3:59	3:30	3:02	2:55	4:30	2:55	6:50	0:41	0:19
2	Birger Holtermann	58:06	3:02	7:25	11:14	16:28	22:22	27:35	32:14	36:57	43:51	49:39	56:32	57:38	58:06
	Gymnasion Offenbach		3:02	4:23	3:49	5:14	5:54	5:13	4:39	4:43	6:54	5:48	6:53	1:06	0:28

I. Name	Zeit													
H70 (Herren ab 70) (3)		3,1 km					11 Posten							
		1(106)	2(128)	3(109)	4(110)	5(115)	6(119)	7(114)	8(142)	9(112)	10(105)	11(100)	Ziel	
1	Jürgen Wichter	41:57	5:02	8:43	13:10	15:58	21:47	23:38	26:39	31:56	36:53	39:23	41:18	41:57
	OLF Mainz		5:02	3:41	4:27	2:48	5:49	1:51	3:01	5:17	4:57	2:30	1:55	0:39
2	Günter Krefft	43:13	4:35	8:24	18:50	21:36	26:52	28:09	30:53	34:46	39:20	41:40	42:47	43:13
	OLF Mainz		4:35	3:49	10:26	2:46	5:16	1:17	2:44	3:53	4:34	2:20	1:07	0:26
3	Wladimir Kotschetkow	44:01	5:04	9:33	15:22	17:41	22:04	24:11	28:54	34:36	39:54	42:27	43:35	44:01
	Gymnasion Offenbach		5:04	4:29	5:49	2:19	4:23	2:07	4:43	5:42	5:18	2:33	1:08	0:26

I. Name	Zeit												
H75 (Herren ab 75) (3)		3,1 km					11 Posten						
		1(106)	2(128)	3(109)	4(110)	5(115)	6(119)	7(114)	8(142)	9(112)	10(105)	11(100)	Ziel
1 Hans Conrad	35:30	3:25	6:28	9:53	12:07	16:10	17:21	19:33	23:54	28:09	30:27	35:08	35:30
TSG 1846 Darmstadt		3:25	3:03	3:25	2:14	4:03	1:11	2:12	4:21	4:15	2:18	4:41	0:22
2 Claus-Peter Rathje	38:35	3:56	7:23	11:16	14:04	17:36	18:48	26:00	30:27	35:11	37:21	38:18	38:35
TGM Budenheim		3:56	3:27	3:53	2:48	3:32	1:12	7:12	4:27	4:44	2:10	0:57	0:17
3 Jörg Herbrand	55:09	6:15	11:10	17:20	20:17	25:45	27:57	31:48	38:25	49:48	53:07	54:32	55:09
TV Wanheimerort Duisburg		6:15	4:55	6:10	2:57	5:28	2:12	3:51	6:37	11:23	3:19	1:25	0:37

I. Name		Zeit													
H16 (Herren bis 16) (4)		5,6 km 14 Posten													
		1(106) Ziel	2(125)	3(110)	4(117)	5(118)	6(126)	7(129)	8(123)	9(127)	10(119)	11(131)	12(132)	13(105)	14(100)
1	Simeon Seitz TV Oberbexbach	47:43 2:54 2:54 47:43 0:15	7:18 4:24	8:34 1:16	11:10 2:36	16:31 5:21	19:53 3:22	23:21 3:28	27:49 4:28	30:46 2:57	33:58 3:12	38:42 4:44	41:28 2:46	46:45 5:17	47:28 0:43
2	Noah Lezius TV Oberbexbach	52:50 3:53 3:53 52:50 0:16	9:21 5:28	10:35 1:14	14:14 3:39	20:16 6:02	24:10 3:54	27:19 3:09	31:06 3:47	34:17 3:11	37:38 3:21	41:56 4:18	44:37 2:41	51:51 7:14	52:34 0:43
3	Jannik Saß OLF Mainz	57:18 3:34 3:34 57:18 0:14	8:54 5:20	10:30 1:36	14:00 3:30	22:02 8:02	25:49 3:47	30:33 4:44	34:32 3:59	37:37 3:05	41:24 3:47	47:09 5:45	50:37 3:28	56:18 5:41	57:04 0:46
4	Nils Gerhard TGM Budenheim	1:23:26 2:57 2:57 1:23:26 0:17	8:42 5:45	10:13 1:31	15:13 5:00	25:02 9:49	32:35 7:33	40:00 7:25	45:11 5:11	52:35 7:24	59:31 6:56	1:09:07 9:36	1:14:23 5:16	1:22:01 7:38	1:23:09 1:08