

I. Name Kat Zeit

**Bahn 1 (13)**

**7,1 km 190 Hm 21 Posten**

			1(105)	2(102)	3(103)	4(114)	5(115)	6(117)	7(131)	8(132)	9(128)	10(126)	11(122)	12(120)	13(118)	
			14(123)	15(124)	16(129)	17(130)	18(112)	19(107)	20(109)	21(100)	Ziel					
1 Scott, Toby OLV Steinberg	H19	42:45	2:09	3:22	4:05	5:59	7:55	10:27	12:25	13:25	15:39	19:20	23:05	26:21	27:42	
			2:09	<b>1:13</b>	0:43	1:54	1:56	2:32	<b>1:58</b>	1:00	<b>2:14</b>	3:41	3:45	3:16	<b>1:21</b>	
			30:00	33:42	35:39	37:49	39:17	<b>40:33</b>	<b>41:10</b>	<b>42:15</b>	<b>42:45</b>					
			<b>2:18</b>	<b>3:42</b>	<b>1:57</b>	2:10	<b>1:28</b>	<b>1:16</b>	<b>0:37</b>	<b>1:05</b>	<b>0:30</b>					
2 Imbsweiler, Lucas TV Oberbexbach	H19	43:08	<b>2:05</b>	<b>3:19</b>	<b>3:59</b>	<b>5:51</b>	<b>7:45</b>	<b>10:15</b>	<b>12:13</b>	<b>13:11</b>	<b>15:25</b>	<b>19:02</b>	<b>22:39</b>	<b>26:02</b>	<b>27:26</b>	
			<b>2:05</b>	1:14	0:40	<b>1:52</b>	<b>1:54</b>	<b>2:30</b>	<b>1:58</b>	<b>0:58</b>	<b>2:14</b>	<b>3:37</b>	<b>3:37</b>	3:23	1:24	
			<b>29:44</b>	<b>33:26</b>	<b>35:29</b>	<b>37:32</b>	<b>39:08</b>	40:36	41:21	42:33	43:08					
			<b>2:18</b>	<b>3:42</b>	2:03	<b>2:03</b>	1:36	1:28	0:45	1:12	0:35					
3 Imbsweiler, Philippe TV Oberbexbach	H19	48:37	2:22	3:43	4:28	6:59	9:02	11:47	13:54	15:07	17:28	21:19	25:15	28:00	30:05	
			2:22	1:21	0:45	2:31	2:03	2:45	2:07	1:13	2:21	3:51	3:56	<b>2:45</b>	2:05	
			32:38	36:56	39:37	41:44	43:52	45:45	46:38	47:58	48:37					
			2:33	4:18	2:41	2:07	2:08	1:53	0:53	1:20	0:39					
4 Ehrlich, David OLV Steinberg	H19	49:37	2:46	4:08	4:58	7:05	9:08	11:59	14:08	15:25	17:47	21:54	25:58	29:44	31:40	
			2:46	1:22	0:50	2:07	2:03	2:51	2:09	1:17	2:22	4:07	4:04	3:46	1:56	
			34:10	38:29	40:45	43:11	44:58	46:43	47:37	48:58	49:37					
			2:30	4:19	2:16	2:26	1:47	1:45	0:54	1:21	0:39					
5 Heidl, Markus OLV Steinberg	H19	51:12	2:15	3:33	4:19	6:24	8:34	11:20	13:33	14:55	17:42	21:46	25:58	29:48	31:31	
			2:15	1:18	0:46	2:05	2:10	2:46	2:13	1:22	2:47	4:04	4:12	3:50	1:43	
			34:10	38:21	40:29	43:07	46:27	48:32	49:18	50:34	51:12					
			2:39	4:11	2:08	2:38	3:20	2:05	0:46	1:16	0:38					
6 Van Bentum, Klaus TV Oberbexbach	H19	53:53	3:08	4:37	5:25	7:42	9:53	12:59	15:29	16:58	19:44	24:21	28:44	33:06	35:09	
			3:08	1:29	0:48	2:17	2:11	3:06	2:30	1:29	2:46	4:37	4:23	4:22	2:03	
			38:02	42:11	44:56	47:26	49:17	51:05	51:57	53:15	53:53					
			2:53	4:09	2:45	2:30	1:51	1:48	0:52	1:18	0:38					
7 Lulei, Henning vereinslos	H19	54:22	3:26	4:44	5:28	7:49	11:48	14:40	16:56	18:14	21:33	25:40	29:55	33:32	35:13	
			3:26	1:18	0:44	2:21	3:59	2:52	2:16	1:18	3:19	4:07	4:15	3:37	1:41	
			37:48	42:09	44:45	47:12	49:38	51:33	52:27	53:44	54:22					
			2:35	4:21	2:36	2:27	2:26	1:55	0:54	1:17	0:38					

I. Name	Kat	Zeit														
<b>Bahn 1 (13)</b>			<b>7,1 km 190 Hm 21 Posten (Forts.)</b>													
			1(105)	2(102)	3(103)	4(114)	5(115)	6(117)	7(131)	8(132)	9(128)	10(126)	11(122)	12(120)	13(118)	
			14(123)	15(124)	16(129)	17(130)	18(112)	19(107)	20(109)	21(100)	Ziel					
8 Holesch, Stephan vereinslos	H19	59:56	4:27	6:37	7:39	10:06	12:24	15:37	17:54	19:48	22:41	27:11	31:36	35:36	37:58	
			4:27	2:10	1:02	2:27	2:18	3:13	2:17	1:54	2:53	4:30	4:25	4:00	2:22	
			40:58	45:44	48:00	50:45	53:55	56:06	57:13	59:16	59:56					
			3:00	4:46	2:16	2:45	3:10	2:11	1:07	2:03	0:40					
9 Funk, Daniel TGM Budenheim	H19	1:03:01	3:50	5:37	6:32	9:22	11:56	15:22	17:59	19:49	23:09	28:24	33:27	38:40	40:51	
			3:50	1:47	0:55	2:50	2:34	3:26	2:37	1:50	3:20	5:15	5:03	5:13	2:11	
			43:45	48:36	51:16	55:00	57:32	59:47	1:00:54	1:02:23	1:03:01					
			2:54	4:51	2:40	3:44	2:32	2:15	1:07	1:29	0:38					
10 Stern, Christian TGM Budenheim	H19	1:08:55	4:05	7:50	8:28	11:39	13:49	17:12	19:41	21:15	24:52	29:42	36:37	41:21	43:16	
			4:05	3:45	<b>0:38</b>	3:11	2:10	3:23	2:29	1:34	3:37	4:50	6:55	4:44	1:55	
			46:19	51:53	54:26	57:44	1:02:15	1:04:59	1:06:21	1:08:23	1:08:55					
			3:03	5:34	2:33	3:18	4:31	2:44	1:22	2:02	0:32					
11 Orthwein, Florian TSV 1881 Gau-Odernheim	H19	1:11:24	2:24	3:58	4:46	9:21	12:13	16:13	19:04	20:48	23:53	34:45	40:02	44:32	47:19	
			2:24	1:34	0:48	4:35	2:52	4:00	2:51	1:44	3:05	10:52	5:17	4:30	2:47	
			50:27	55:50	58:52	1:02:37	1:05:03	1:07:58	1:09:05	1:10:34	1:11:24					
			3:08	5:23	3:02	3:45	2:26	2:55	1:07	1:29	0:50					
12 Klein, Timo vereinslos	H19	1:21:09	5:03	7:00	8:07	11:45	16:25	20:25	23:31	25:21	29:32	35:24	41:46	46:56	49:22	
			5:03	1:57	1:07	3:38	4:40	4:00	3:06	1:50	4:11	5:52	6:22	5:10	2:26	
			53:04	59:20	1:03:00	1:08:42	1:13:05	1:16:29	1:18:05	1:20:11	1:21:09					
			3:42	6:16	3:40	5:42	4:23	3:24	1:36	2:06	0:58					
13 Schuler, Jonas TSV 1881 Gau-Odernheim	H19	1:29:22	5:44	8:14	9:06	18:02	26:14	30:30	33:10	35:22	39:24	48:04	54:57	59:41	1:01:58	
			5:44	2:30	0:52	8:56	8:12	4:16	2:40	2:12	4:02	8:40	6:53	4:44	2:17	
			1:05:49	1:11:49	1:14:49	1:18:49	1:21:24	1:24:37	1:26:32	1:28:31	1:29:22					
			3:51	6:00	3:00	4:00	2:35	3:13	1:55	1:59	0:51					

I. Name Kat Zeit

## Bahn 2 (16)

### 6,0 km 160 Hm 17 Posten

			1(104)	2(102)	3(113)	4(131)	5(132)	6(130)	7(129)	8(124)	9(123)	10(122)	11(120)	12(118)	13(126)
			14(128)	15(134)	16(107)	17(100)	Ziel								
1 Bernhardt, Andreas ASC Breidenbach	H40	46:06	<b>2:01</b>	3:14	5:50	9:33	<b>11:05</b>	<b>13:41</b>	<b>15:18</b>	18:11	<b>21:28</b>	<b>23:57</b>	<b>26:55</b>	<b>28:42</b>	<b>33:21</b>
			<b>2:01</b>	1:13	2:36	3:43	1:32	2:36	<b>1:37</b>	2:53	<b>3:17</b>	2:29	2:58	1:47	<b>4:39</b>
			<b>37:56</b>	<b>41:52</b>	<b>43:07</b>	<b>45:22</b>	<b>46:06</b>								
			4:35	3:56	1:15	2:15	0:44								
2 Saß, Jannik OLF Mainz	H18	46:41	2:18	3:21	5:56	9:43	11:10	14:23	16:08	18:23	22:00	24:35	28:31	30:17	34:59
			2:18	<b>1:03</b>	2:35	3:47	1:27	3:13	1:45	<b>2:15</b>	3:37	2:35	3:56	1:46	4:42
			39:44	42:44	43:56	46:06	46:41								
			4:45	<b>3:00</b>	<b>1:12</b>	2:10	0:35								
3 Lezius, Noah TV Oberbexbach	H18	46:54	2:28	3:35	6:06	<b>9:32</b>	11:17	13:43	15:33	<b>17:59</b>	21:31	23:59	27:57	29:40	34:55
			2:28	1:07	<b>2:31</b>	<b>3:26</b>	1:45	<b>2:26</b>	1:50	2:26	3:32	<b>2:28</b>	3:58	<b>1:43</b>	5:15
			39:17	42:50	44:11	46:18	46:54								
			<b>4:22</b>	3:33	1:21	<b>2:07</b>	0:36								
4 Torgau, Moritz TV Oberbexbach	H35	47:55	2:05	<b>3:11</b>	<b>5:48</b>	9:43	11:22	13:56	15:50	18:36	22:22	24:50	27:42	29:35	35:05
			2:05	1:06	2:37	3:55	1:39	2:34	1:54	2:46	3:46	<b>2:28</b>	<b>2:52</b>	1:53	5:30
			39:56	43:33	44:53	47:18	47:55								
			4:51	3:37	1:20	2:25	0:37								
5 Gros, Nico OLF Mainz	H35	50:33	2:48	4:02	6:54	11:01	12:33	15:28	17:31	20:11	24:13	26:48	29:42	31:38	37:47
			2:48	1:14	2:52	4:07	1:32	2:55	2:03	2:40	4:02	2:35	2:54	1:56	6:09
			42:41	46:00	47:28	49:52	50:33								
			4:54	3:19	1:28	2:24	0:41								
6 Rathje, Jan TGM Budenheim	H45	52:04	2:29	3:41	6:26	10:42	12:01	15:23	17:04	20:05	23:56	26:42	31:04	33:06	38:07
			2:29	1:12	2:45	4:16	<b>1:19</b>	3:22	1:41	3:01	3:51	2:46	4:22	2:02	5:01
			43:40	47:27	48:53	51:20	52:04								
			5:33	3:47	1:26	2:27	0:44								
7 Roth, Alexander TGM Budenheim	H50	58:40	3:09	4:37	7:46	12:40	14:24	18:08	20:10	23:26	27:49	31:31	35:07	37:34	43:19
			3:09	1:28	3:09	4:54	1:44	3:44	2:02	3:16	4:23	3:42	3:36	2:27	5:45
			49:17	53:39	55:12	57:52	58:40								
			5:58	4:22	1:33	2:40	0:48								





I. Name Kat Zeit

**Bahn 3 (31)**

**4,9 km 140 Hm 14 Posten**

			1(105) 14(100)	2(114) Ziel	3(131)	4(130)	5(129)	6(118)	7(122)	8(123)	9(124)	10(128)	11(112)	12(108)	13(109)	
1	Imbsweiler, Jacob TV Oberbexbach	H16	38:22	<b>2:26</b> 2:26 <b>37:42</b> 1:21	<b>7:28</b> 5:02 <b>38:22</b> 0:40	<b>10:49</b> <b>3:21</b>	<b>11:56</b> <b>1:07</b>	<b>13:38</b> <b>1:42</b>	<b>17:45</b> <b>4:07</b>	<b>19:50</b> <b>2:05</b>	<b>22:12</b> 2:22	<b>27:09</b> <b>4:57</b>	<b>31:11</b> 4:02	<b>33:51</b> <b>2:40</b>	<b>35:29</b> <b>1:38</b>	<b>36:21</b> 0:52
2	Helfrich, Klaus OLV Steinberg	H60	41:50	3:51 3:51 41:09 1:33	8:16 <b>4:25</b> 41:50 0:41	12:18 4:02	13:44 1:26	15:33 1:49	20:31 4:58	22:49 2:18	25:02 <b>2:13</b>	30:14 5:12	33:54 <b>3:40</b>	37:10 3:16	38:51 1:41	39:36 0:45
3	Kosch, Christian OLV Steinberg	H55	43:35	3:35 3:35 42:43 1:32	8:07 4:32 43:35 0:52	12:31 4:24	13:59 1:28	15:52 1:53	21:01 5:09	23:18 2:17	25:46 2:28	31:14 5:28	35:20 4:06	38:34 3:14	40:20 1:46	41:11 0:51
4	Garzorz, Martin Gymnasion Offenbach	H55	44:59	3:07 3:07 44:06 1:56	7:45 4:38 44:59 0:53	12:06 4:21	13:33 1:27	15:36 2:03	20:50 5:14	23:14 2:24	25:52 2:38	31:25 5:33	35:19 3:54	38:40 3:21	40:59 2:19	42:10 1:11
5	Simsch, Annika TGM Budenheim	D18	46:33	2:48 2:48 45:52 1:35	8:10 5:22 46:33 0:41	12:06 3:56	13:28 1:22	15:37 2:09	20:37 5:00	24:30 3:53	27:11 2:41	32:39 5:28	37:31 4:52	40:46 3:15	43:17 2:31	44:17 1:00
6	Gros, Anna OLF Mainz	D35	49:21	3:17 3:17 48:32 1:52	8:23 5:06 49:21 0:49	13:19 4:56	14:57 1:38	17:06 2:09	23:07 6:01	25:46 2:39	28:46 3:00	34:44 5:58	39:41 4:57	43:30 3:49	45:39 2:09	46:40 1:01
7	Müllerleile, Martin SC Königstein	H65	50:25	4:01 4:01 49:36 1:34	12:00 7:59 50:25 0:49	16:29 4:29	17:56 1:27	20:29 2:33	25:53 5:24	28:33 2:40	31:07 2:34	36:42 5:35	40:33 3:51	44:56 4:23	47:08 2:12	48:02 0:54

I. Name	Kat	Zeit													
<b>Bahn 3 (31)</b>			<b>4,9 km 140 Hm 14 Posten (Forts.)</b>												
			1(105) 14(100)	2(114) Ziel	3(131)	4(130)	5(129)	6(118)	7(122)	8(123)	9(124)	10(128)	11(112)	12(108)	13(109)
8 Krausbauer, Uwe CTG Koblenz	H65	50:38	3:13 3:13 49:37 1:47	8:41 5:28 50:38 1:01	13:54 5:13	15:29 1:35	17:48 2:19	24:09 6:21	27:05 2:56	29:57 2:52	36:25 6:28	40:54 4:29	44:47 3:53	46:52 2:05	47:50 0:58
9 Sester, Urban TV Oberbexbach	H55	51:01	3:44 3:44 50:07 1:58	8:44 5:00 51:01 0:54	13:54 5:10	16:21 2:27	18:48 2:27	25:29 6:41	27:55 2:26	30:52 2:57	37:06 6:14	41:30 4:24	45:11 3:41	47:18 2:07	48:09 0:51
10 Roth, Emma TGM Budenheim	D18	52:00	4:12 4:12 51:17 1:43	10:07 5:55 52:00 0:43	15:09 5:02	16:50 1:41	19:05 2:15	25:27 6:22	27:44 2:17	30:17 2:33	37:27 7:10	41:39 4:12	45:34 3:55	48:22 2:48	49:34 1:12
11 Dörr, Michael vereinslos	H55	52:17	3:15 3:15 51:19 2:06	8:24 5:09 52:17 0:58	14:06 5:42	15:37 1:31	18:01 2:24	24:02 6:01	26:30 2:28	29:27 2:57	36:28 7:01	41:04 4:36	44:59 3:55	48:06 3:07	49:13 1:07
12 Shcherbyna, Oleksandr SC Königstein	H65	52:39	3:21 3:21 51:54 1:49	9:21 6:00 52:39 0:45	14:45 5:24	16:17 1:32	20:49 4:32	28:07 7:18	30:32 2:25	32:57 2:25	38:37 5:40	42:54 4:17	46:32 3:38	49:05 2:33	50:05 1:00
13 Döllgast, Ralf TV Oberbexbach	H60	55:17	3:17 3:17 54:23 1:51	8:34 5:17 55:17 0:54	15:16 6:42	16:51 1:35	18:55 2:04	26:06 7:11	28:46 2:40	31:35 2:49	38:25 6:50	43:57 5:32	49:31 5:34	51:33 2:02	52:32 0:59

I. Name	Kat	Zeit													
<b>Bahn 3 (31)</b>			<b>4,9 km 140 Hm 14 Posten (Forts.)</b>												
			1(105) 14(100)	2(114) Ziel	3(131)	4(130)	5(129)	6(118)	7(122)	8(123)	9(124)	10(128)	11(112)	12(108)	13(109)
14 Strupp, Lotte TGM Budenheim	D18	55:28	4:22 4:22 54:38 1:52	10:01 5:39 55:28 0:50	15:42 5:41	17:28 1:46	19:56 2:28	27:33 7:37	30:33 3:00	34:00 3:27	40:47 6:47	45:26 4:39	49:37 4:11	51:37 2:00	52:46 1:09
15 Stieler, Patric SC Königstein	H60	55:46	4:28 4:28 54:55 1:47	10:03 5:35 55:46 0:51	15:27 5:24	18:07 2:40 3:10 *104	20:29 2:22	27:55 7:26	30:41 2:46	33:26 2:45	39:51 6:25	44:52 5:01	49:14 4:22	52:07 2:53	53:08 1:01
16 Bechlin, Arne vereinslos	H55	57:16	5:06 5:06 56:24 2:05	11:44 6:38 57:16 0:52	17:18 5:34	19:16 1:58	22:15 2:59	30:11 7:56	32:39 2:28	35:32 2:53	41:54 6:22	46:32 4:38	51:06 4:34	53:22 2:16	54:19 0:57
17 Moll, Volker OLG Siegerland	H60	59:23	3:19 3:19 58:21 2:05	8:56 5:37 59:23 1:02	14:21 5:25	16:02 1:41	18:39 2:37	24:58 6:19	27:51 2:53	31:07 3:16	38:38 7:31	48:38 10:00	52:59 4:21	55:15 2:16	56:16 1:01
18 Gierlach, Peter WOLF Haltern	H65	1:00:05	4:08 4:08 59:02 2:26	10:26 6:18 1:00:05 1:03	15:56 5:30	17:58 2:02	21:01 3:03	28:22 7:21	31:38 3:16	35:04 3:26	42:40 7:36	47:57 5:17	52:27 4:30	55:10 2:43	56:36 1:26
19 Dorscheid, Nico TV Oberbexbach	H16	1:00:52	5:01 5:01 1:00:07 2:04	11:17 6:16 1:00:52 0:45	16:45 5:28	18:39 1:54	21:30 2:51	28:46 7:16	32:13 3:27	35:47 3:34	43:29 7:42	49:07 5:38	54:07 5:00	56:48 2:41	58:03 1:15



I. Name	Kat	Zeit													
<b>Bahn 3 (31)</b>			<b>4,9 km 140 Hm</b>			<b>14 Posten</b>			<i>(Forts.)</i>						
			1(105)	2(114)	3(131)	4(130)	5(129)	6(118)	7(122)	8(123)	9(124)	10(128)	11(112)	12(108)	13(109)
			14(100)	Ziel											
20 Hochscheid, Klaus vereinslos	H60	1:04:25	4:18	9:23	15:20	16:50	18:56	25:50	29:05	31:38	38:02	42:25	48:50	59:41	1:01:23
			4:18	5:05	5:57	1:30	2:06	6:54	3:15	2:33	6:24	4:23	6:25	10:51	1:42
			1:03:33	1:04:25											
			2:10	0:52											
21 Durben, Harald OLF Mainz	H70	1:04:50	4:44	10:22	16:03	17:55	20:18	29:21	32:37	35:44	43:48	51:41	57:00	1:00:11	1:01:16
			4:44	5:38	5:41	1:52	2:23	9:03	3:16	3:07	8:04	7:53	5:19	3:11	1:05
			1:03:43	1:04:50											
			2:27	1:07											
22 Katte, Isabel vereinslos	D35	1:05:03	5:10	13:41	19:00	20:45	26:24	33:06	36:13	40:21	47:14	52:49	57:17	1:00:45	1:02:00
			5:10	8:31	5:19	1:45	5:39	6:42	3:07	4:08	6:53	5:35	4:28	3:28	1:15
			1:04:01	1:05:03											
			2:01	1:02											
23 Widder, Sabrina vereinslos	D35	1:05:58	5:00	12:37	19:30	21:14	23:54	32:46	36:14	39:42	47:01	52:15	56:55	1:01:26	1:02:48
			5:00	7:37	6:53	1:44	2:40	8:52	3:28	3:28	7:19	5:14	4:40	4:31	1:22
			1:05:03	1:05:58											
			2:15	0:55											
24 May, Joachim OLF Mainz	H65	1:06:09	3:46	10:28	16:36	18:45	22:12	30:17	34:15	38:28	46:33	52:10	56:56	1:00:31	1:02:32
			3:46	6:42	6:08	2:09	3:27	8:05	3:58	4:13	8:05	5:37	4:46	3:35	2:01
			1:05:04	1:06:09											
			2:32	1:05											
25 Garbas, Gerhard TV Oberbexbach	H55	1:07:09	5:04	11:21	17:32	19:31	22:46	32:19	35:22	38:44	46:27	53:01	57:52	1:02:09	1:03:37
			5:04	6:17	6:11	1:59	3:15	9:33	3:03	3:22	7:43	6:34	4:51	4:17	1:28
			1:06:04	1:07:09											
			2:27	1:05											



I. Name Kat Zeit

## Bahn 4 (20)

### 4,1 km 140 Hm 12 Posten

			1(107)	2(103)	3(114)	4(115)	5(117)	6(124)	7(129)	8(128)	9(132)	10(134)	11(110)	12(100)	Ziel
1 Horst, Brit	D45	38:52	<b>3:33</b>	6:47	9:41	12:48	16:54	22:53	26:04	<b>28:10</b>	<b>32:06</b>	<b>33:50</b>	<b>35:40</b>	<b>37:56</b>	<b>38:52</b>
SC Königstein			<b>3:33</b>	3:14	<b>2:54</b>	3:07	<b>4:06</b>	<b>5:59</b>	<b>3:11</b>	<b>2:06</b>	<b>3:56</b>	1:44	1:50	2:16	0:56
2 Wersin, Birgit	D50	39:18	3:50	<b>6:12</b>	<b>9:17</b>	<b>12:19</b>	<b>16:33</b>	<b>22:38</b>	<b>26:03</b>	28:32	32:39	34:23	36:19	38:29	39:18
TGM Budenheim			3:50	<b>2:22</b>	3:05	<b>3:02</b>	4:14	6:05	3:25	2:29	4:07	1:44	1:56	<b>2:10</b>	<b>0:49</b>
3 Gerhard, Sonja	D55	45:47	5:13	7:54	11:16	14:38	19:12	26:49	30:44	33:23	37:39	39:52	42:11	44:46	45:47
TGM Budenheim			5:13	2:41	3:22	3:22	4:34	7:37	3:55	2:39	4:16	2:13	2:19	2:35	1:01
4 Dessailly, Aurélie	D45	49:00	4:09	7:22	10:33	13:49	18:27	25:09	28:46	31:40	42:29	44:06	45:52	48:04	49:00
SC Königstein			4:09	3:13	3:11	3:16	4:38	6:42	3:37	2:54	10:49	<b>1:37</b>	<b>1:46</b>	2:12	0:56
5 Lentz, Maren	D55	50:08	4:40	7:41	11:38	15:42	20:55	29:02	33:07	36:11	41:15	43:20	46:13	49:06	50:08
vereinslos			4:40	3:01	3:57	4:04	5:13	8:07	4:05	3:04	5:04	2:05	2:53	2:53	1:02
6 Weingard, Elvira	D55	50:55	7:04	9:56	14:01	17:41	22:12	30:04	33:56	36:51	42:04	44:06	47:21	50:02	50:55
OLV Steinberg			7:04	2:52	4:05	3:40	4:31	7:52	3:52	2:55	5:13	2:02	3:15	2:41	0:53
7 Rabussier, Sonia	D50	53:14	6:44	9:41	14:10	17:38	21:54	29:06	32:59	39:21	43:46	47:23	49:36	52:21	53:14
OLF Mainz			6:44	2:57	4:29	3:28	4:16	7:12	3:53	6:22	4:25	3:37	2:13	2:45	0:53
				4:55											
				*105											
8 Theel, Karin	D55	53:47	4:48	8:01	13:00	17:24	22:40	30:05	34:41	39:44	45:14	47:17	49:51	52:39	53:47
TGM Budenheim			4:48	3:13	4:59	4:24	5:16	7:25	4:36	5:03	5:30	2:03	2:34	2:48	1:08
9 Weber, Gitta	D60	53:52	4:27	7:14	15:18	19:16	24:10	31:55	35:33	38:04	45:58	47:39	50:13	52:36	53:52
OLF Mainz			4:27	2:47	8:04	3:58	4:54	7:45	3:38	2:31	7:54	1:41	2:34	2:23	1:16
				13:37											
				*113											
10 Büschemann, Evelyn	D55	54:13	4:58	8:02	12:03	17:46	23:35	32:16	36:52	39:58	45:29	47:49	50:09	53:00	54:13
CTG Koblenz			4:58	3:04	4:01	5:43	5:49	8:41	4:36	3:06	5:31	2:20	2:20	2:51	1:13
11 Kosch, Iris	D55	54:24	4:56	7:51	14:49	18:45	24:10	33:31	37:03	40:05	45:21	47:29	50:01	52:40	54:24
OLV Steinberg			4:56	2:55	6:58	3:56	5:25	9:21	3:32	3:02	5:16	2:08	2:32	2:39	1:44
12 Knobloch, Katharina	D50	58:30	4:53	8:06	14:11	18:05	23:43	32:19	36:49	40:27	49:59	52:00	54:46	57:23	58:30
OLV Steinberg			4:53	3:13	6:05	3:54	5:38	8:36	4:30	3:38	9:32	2:01	2:46	2:37	1:07

I. Name	Kat	Zeit													Ziel
<b>Bahn 4 (20)</b>			<b>4,1 km 140 Hm 12 Posten (Forts.)</b>												
			1(107)	2(103)	3(114)	4(115)	5(117)	6(124)	7(129)	8(128)	9(132)	10(134)	11(110)	12(100)	Ziel
13 Lahm, Katja	D55	1:00:10	5:12	8:46	13:50	18:35	25:21	34:48	39:02	43:12	49:53	52:18	56:02	59:11	1:00:10
CTG Koblenz			5:12	3:34	5:04	4:45	6:46	9:27	4:14	4:10	6:41	2:25	3:44	3:09	0:59
14 Kloos, Barbara	D60	1:01:44	5:10	9:57	13:43	17:38	23:13	33:25	38:12	42:34	51:56	54:10	57:36	1:00:31	1:01:44
TV Oberbexbach			5:10	4:47	3:46	3:55	5:35	10:12	4:47	4:22	9:22	2:14	3:26	2:55	1:13
15 Giemsa, Rosi	D50	1:08:39	5:18	10:40	16:14	23:13	29:34	39:54	44:50	49:14	58:37	1:01:04	1:04:22	1:07:31	1:08:39
TV Oberbexbach			5:18	5:22	5:34	6:59	6:21	10:20	4:56	4:24	9:23	2:27	3:18	3:09	1:08
16 Saß, Maria	D45	1:14:03	5:58	10:59	16:37	21:47	29:15	40:50	45:41	50:19	1:03:50	1:06:03	1:09:37	1:12:47	1:14:03
OLF Mainz			5:58	5:01	5:38	5:10	7:28	11:35	4:51	4:38	13:31	2:13	3:34	3:10	1:16
17 Ferrari, Miriam	D50	1:19:41	4:50	7:53	16:17	21:38	26:45	40:34	45:26	51:33	58:11	1:00:51	1:15:45	1:18:41	1:19:41
OLF Mainz			4:50	3:03	8:24	5:21	5:07	13:49	4:52	6:07	6:38	2:40	14:54	2:56	1:00
18 Müller, Peter	H75	1:30:57	7:19	15:16	21:14	27:23	37:11	49:24	56:38	1:02:30	1:11:32	1:15:07	1:24:46	1:29:08	1:30:57
SV Mörlenbach			7:19	7:57	5:58	6:09	9:48	12:13	7:14	5:52	9:02	3:35	9:39	4:22	1:49
Conrad, Hans	H75	Fehlst	4:27	7:29	12:55	16:51	22:31	30:41	----	36:23	42:41	44:57	47:51	50:24	51:22
TSG 1846 Darmstadt			4:27	3:02	5:26	3:56	5:40	8:10		5:42	6:18	2:16	2:54	2:33	0:58
AK Lentz, Tatjana	D55	50:10	4:43	7:43	11:40	15:39	21:02	29:05	33:13	36:17	41:17	43:17	46:24	49:08	50:10
vereinslos			4:43	3:00	3:57	3:59	5:23	8:03	4:08	3:04	5:00	2:00	3:07	2:44	1:02

I. Name Kat Zeit

**Bahn 5 (12)**

**3,6 km 110 Hm 14 Posten**

			1(102) 14(100)	2(113) Ziel	3(114)	4(130)	5(129)	6(127)	7(128)	8(112)	9(134)	10(108)	11(105)	12(106)	13(109)
1 Horst, Katja SC Königstein	D14	31:25	<b>3:11</b> <b>3:11</b> <b>30:33</b> <b>1:45</b>	<b>6:09</b> <b>2:58</b> <b>31:25</b> 0:52	<b>7:18</b> <b>1:09</b>	<b>12:50</b> <b>5:32</b>	<b>14:46</b> <b>1:56</b>	<b>17:01</b> <b>2:15</b>	<b>18:37</b> <b>1:36</b>	<b>22:00</b> <b>3:23</b>	<b>22:46</b> <b>0:46</b>	<b>24:02</b> <b>1:16</b>	<b>25:41</b> <b>1:39</b>	<b>26:22</b> <b>0:41</b>	<b>28:48</b> 2:26
2 Bleßmann, Amelie TGM Budenheim	D14	39:23	3:42 3:42 38:38 1:51	7:26 3:44 39:23 0:45	8:45 1:19	15:40 6:55 30:05 *107	18:38 2:58	21:10 2:32	23:00 1:50	27:18 4:18	28:11 0:53	31:18 3:07	33:17 1:59	34:09 0:52	36:47 2:38
2 Cronau, Milla TGM Budenheim	D14	39:23	3:47 3:47 38:38 1:56	7:31 3:44 39:23 0:45	8:56 1:25	15:59 7:03	18:31 2:32	21:16 2:45	23:17 2:01	27:51 4:34	29:11 1:20	31:14 2:03	33:14 2:00	33:59 0:45	36:42 2:43
4 Rathje, Jonna TGM Budenheim	D14	40:47	3:50 3:50 40:07 2:07	7:36 3:46 40:47 <b>0:40</b>	9:07 1:31	15:59 6:52	18:17 2:18	22:42 4:25	24:24 1:42	28:45 4:21	29:38 0:53	31:24 1:46	34:36 3:12	35:30 0:54	38:00 2:30
5 Cronau, Madita TGM Budenheim	D14	42:21	4:46 4:46 41:38 1:57	8:17 3:31 42:21 0:43	9:54 1:37	17:09 7:15	20:40 3:31	24:04 3:24	26:02 1:58	30:11 4:09	31:13 1:02	34:28 3:15	36:33 2:05	37:24 0:51	39:41 <b>2:17</b>
6 Wolf, Manuel TSV 1881 Gau-Odernheim	TL	44:25	4:00 4:00 43:26 2:08	7:53 3:53 44:25 0:59	9:24 1:31	17:48 8:24	20:35 2:47	23:58 3:23	26:31 2:33	32:14 5:43	33:35 1:21	35:16 1:41	37:26 2:10	38:26 1:00	41:18 2:52
7 Widder, Peter vereinslos	TL	45:57	4:04 4:04 45:02 2:14	8:30 4:26 45:57 0:55	10:17 1:47	18:18 8:01	21:07 2:49	25:08 4:01	27:27 2:19	32:11 4:44	33:19 1:08	35:58 2:39	38:31 2:33	39:33 1:02	42:48 3:15

I. Name	Kat	Zeit													
<b>Bahn 5 (12)</b>			<b>3,6 km 110 Hm 14 Posten</b>											(Forts.)	
			1(102)	2(113)	3(114)	4(130)	5(129)	6(127)	7(128)	8(112)	9(134)	10(108)	11(105)	12(106)	13(109)
			14(100)	Ziel											
8 Haenelt, Beatrix OL-Team Filder	D75	52:38	5:42	10:51	13:02	22:13	25:40	29:09	31:41	37:09	38:43	41:42	44:13	45:23	48:50
			5:42	5:09	2:11	9:11	3:27	3:29	2:32	5:28	1:34	2:59	2:31	1:10	3:27
			51:30	52:38											
			2:40	1:08											
9 May, Birgit OLF Mainz	D65	55:11	5:49	11:19	13:13	22:54	26:06	31:11	33:30	40:37	41:46	44:14	46:45	47:52	51:38
			5:49	5:30	1:54	9:41	3:12	5:05	2:19	7:07	1:09	2:28	2:31	1:07	3:46
			54:00	55:11											
			2:22	1:11											
10 Müller, Gisela TV 1886 Diederbergen	D65	1:02:56	5:42	11:12	14:23	23:55	27:33	33:40	36:45	42:57	44:59	49:06	52:42	54:02	58:02
			5:42	5:30	3:11	9:32	3:38	6:07	3:05	6:12	2:02	4:07	3:36	1:20	4:00
			1:01:17	1:02:56											
			3:15	1:39											
11 Gierlach, Maria WOLF Haltern	D65	1:23:09	6:58	21:11	23:42	35:48	41:25	49:04	52:07	59:46	1:02:04	1:06:07	1:11:17	1:12:52	1:18:05
			6:58	14:13	2:31	12:06	5:37	7:39	3:03	7:39	2:18	4:03	5:10	1:35	5:13
			1:21:41	1:23:09											
			3:36	1:28											
12 Müller, Gerda SV Mörlenbach	D75	1:24:50	7:03	21:18	24:03	38:43	43:51	49:30	53:23	1:03:57	1:05:42	1:08:54	1:12:25	1:13:59	1:18:46
			7:03	14:15	2:45	14:40	5:08	5:39	3:53	10:34	1:45	3:12	3:31	1:34	4:47
			1:22:52	1:24:50											
			4:06	1:58											

I. Name	Kat	Zeit	<b>Bahn 6 (12)</b>										
			<b>2,1 km</b>	<b>60 Hm</b>	<b>9 Posten</b>								
			1(106)	2(102)	3(103)	4(107)	5(134)	6(111)	7(110)	8(109)	9(100)	Ziel	
1 Saß, Viktoria	D12	24:15	<b>2:15</b>	<b>5:04</b>	<b>6:25</b>	<b>10:27</b>	<b>13:43</b>	17:20	<b>19:16</b>	<b>20:45</b>	<b>23:19</b>	<b>24:15</b>	
OLF Mainz			<b>2:15</b>	2:49	<b>1:21</b>	4:02	<b>3:16</b>	3:37	1:56	1:29	2:34	0:56	
2 Syguda, Timur	H12	25:13	2:47	5:35	7:26	10:37	14:34	<b>16:59</b>	20:45	22:25	24:26	25:13	
SC Königstein			2:47	<b>2:48</b>	1:51	3:11	3:57	<b>2:25</b>	3:46	1:40	<b>2:01</b>	<b>0:47</b>	
3 Astheimer, Leonardo	TK	27:02	4:05	7:30	9:14	12:16	17:25	20:06	21:51	23:54	26:24	27:26	
TGM Budenheim			4:05	3:25	1:44	3:02	5:09	2:41	<b>1:45</b>	2:03	2:30	1:02	
3 Crummenauer, Lucas	TK	27:02	3:55	6:50	8:42	11:34	16:10	19:28	21:34	23:13	25:42	27:02	
TGM Budenheim			3:55	2:55	1:52	<b>2:52</b>	4:36	3:18	2:06	1:39	2:29	1:20	
5 Hübinger, Leon	TK	31:15	3:10	7:30	11:34	15:43	19:20	22:21	25:29	27:23	29:51	31:15	
vereinslos			3:10	4:20	4:04	4:09	3:37	3:01	3:08	1:54	2:28	1:24	
6 Heuberger, Mia-Mathilda	TK	34:52	3:35	12:21	14:01	17:33	22:11	25:11	30:04	31:22	33:58	34:57	
vereinslos			3:35	8:46	1:40	3:32	4:38	3:00	4:53	<b>1:18</b>	2:36	0:59	
6 Heuberger, Lena	TK	34:52	3:34	12:24	14:01	17:29	22:08	25:11	30:01	31:22	33:58	34:52	
vereinslos			3:34	8:50	1:37	3:28	4:39	3:03	4:50	1:21	2:36	0:54	
Ehrlich, Jochen	TK	Fehlst	----	----	----	----	----	22:36	26:27	----	31:40	33:25	
vereinslos								22:36	3:51		5:13	1:45	
Hübinger, Clara	TK	Fehlst	8:01	1:05:22	----	1:19:19	1:28:34	1:33:39	1:37:23	1:39:55	1:43:31	1:44:59	21:31
vereinslos			8:01	57:21		13:57	9:15	5:05	3:44	2:32	3:36	1:28	*103
Widder, Johanna	TK	Fehlst	8:07	1:05:23	----	1:19:26	1:28:39	1:34:00	1:37:21	1:39:47	1:43:37	1:45:04	21:38
vereinslos			8:07	57:16		14:03	9:13	5:21	3:21	2:26	3:50	1:27	*103
Ehrlich, Lasse	TK	Fehlst	8:01	1:05:25	----	1:18:52	1:28:52	1:33:36	1:37:26	1:39:52	1:45:01	1:47:27	21:31
vereinslos			8:01	57:24		13:27	10:00	4:44	3:50	2:26	5:09	2:26	*103
Ehrlich, Tilda	TK	Aufg	9:58	----	----	----	----	----	----	----	----	1:44:59	
vereinslos			9:58									1:35:01	

I. Name	Kat	Zeit								
<b>Bahn 7 (4)</b>			<b>1,7 km 40 Hm 7 Posten</b>							
			1(101)	2(106)	3(108)	4(111)	5(110)	6(109)	7(100)	Ziel
1 Rathje, Erik	H10	16:00	<b>0:58</b>	<b>2:00</b>	<b>4:14</b>	<b>7:14</b>	9:59	<b>11:22</b>	<b>15:13</b>	<b>16:00</b>
TGM Budenheim			<b>0:58</b>	<b>1:02</b>	2:14	3:00	2:45	<b>1:23</b>	3:51	<b>0:47</b>
2 Dingwerth, Julius	H10	19:03	1:59	3:27	6:29	9:55	13:17	15:04	18:08	19:03
TGM Budenheim			1:59	1:28	3:02	3:26	3:22	1:47	<b>3:04</b>	0:55
3 Saß, Anastasia	D10	19:48	1:55	3:28	6:12	10:40	13:37	15:42	18:51	19:48
OLF Mainz			1:55	1:33	2:44	4:28	2:57	2:05	3:09	0:57
Bernhardt, Anton	H10	Fehlst	1:41	2:54	4:48	7:15	<b>9:30</b>	14:20	----	18:54
ASC Breidenbach			1:41	1:13	<b>1:54</b>	<b>2:27</b>	<b>2:15</b>	4:50		4:34



I. Name Kat Zeit

## Bahn 8 (5)

### 4,1 km 130 Hm 9 Posten

			1(103)	2(116)	3(119)	4(121)	5(124)	6(127)	7(111)	8(110)	9(100)	Ziel
1 Müller, Martin	W	1:19:33	<b>9:03</b>	<b>24:23</b>	<b>33:36</b>	<b>41:27</b>	<b>52:31</b>	<b>59:30</b>	<b>1:08:13</b>	<b>1:11:21</b>	<b>1:17:16</b>	<b>1:19:33</b>
vereinslos			<b>9:03</b>	15:20	<b>9:13</b>	<b>7:51</b>	<b>11:04</b>	6:59	<b>8:43</b>	3:08	<b>5:55</b>	<b>2:17</b>
2 Kosch, Luca	W	1:28:58	11:40	26:36	38:19	47:25	1:00:25	1:07:25	1:17:18	1:20:37	1:26:37	1:28:58
OLV Steinberg			11:40	14:56	11:43	9:06	13:00	7:00	9:53	3:19	6:00	2:21
3 Gallhuber, Susanne	W	1:30:02	16:50	28:18	39:22	48:29	1:01:28	1:08:22	1:18:13	1:21:35	1:27:35	1:30:02
TSV 1881 Gau-Odernheim			16:50	<b>11:28</b>	11:04	9:07	12:59	<b>6:54</b>	9:51	3:22	6:00	2:27
4 Jonasson, Anders	W	2:10:17	21:00	49:15	1:07:21	1:23:49	1:36:24	1:45:53	1:56:54	2:00:12	2:07:39	2:10:20
OLF Mainz			21:00	28:15	18:06	16:28	12:35	9:29	11:01	3:18	7:27	2:41
4 Jonasson, Annemarie	W	2:10:17	21:38	49:04	1:07:29	1:24:02	1:36:26	1:45:47	1:56:56	1:59:45	2:07:45	2:10:17
OLF Mainz			21:38	27:26	18:25	16:33	12:24	9:21	11:09	<b>2:49</b>	8:00	2:32

I. Name Kat Zeit

**Bahn 9 (5)**

**7,4 km 170 Hm 13 Posten**

			1(103) Ziel	2(116)	3(124)	4(121)	5(119)	6(127)	7(125)	8(121)	9(111)	10(103)	11(106)	12(109)	13(100)
1 Rathje, Felix TGM Budenheim	MTBO	49:40	<b>3:28</b> <b>3:28</b> <b>49:40</b> <b>0:27</b>	<b>8:43</b> <b>5:15</b>	<b>14:42</b> <b>5:59</b>	<b>17:22</b> 2:40	<b>20:34</b> 3:12	<b>26:22</b> <b>5:48</b>	<b>29:38</b> <b>3:16</b>	<b>32:18</b> <b>2:40</b>	<b>39:28</b> <b>7:10</b>	<b>42:41</b> <b>3:13</b>	<b>44:11</b> <b>1:30</b>	<b>47:01</b> 2:50	<b>49:13</b> 2:12
2 Dessailly, David SC Königstein	MTBO	1:03:36	4:04 4:04 1:03:36 <b>0:27</b>	9:51 5:47	19:14 9:23 49:35 *112	21:51 <b>2:37</b>	24:36 <b>2:45</b>	33:59 9:23	38:11 4:12	41:22 3:11	51:12 9:50	54:58 3:46	56:28 <b>1:30</b>	1:01:13 4:45	1:03:09 <b>1:56</b>
3 Hervás Lucas, Jesús Gymnasion Offenbach	MTBO	1:18:06	4:50 4:50 1:18:06 0:35	13:19 8:29	22:11 8:52	25:25 3:14	29:34 4:09	41:28 11:54	47:36 6:08	51:46 4:10	1:04:20 12:34	1:09:24 5:04	1:11:40 2:16	1:14:22 <b>2:42</b>	1:17:31 3:09
4 Kästner, Lars TV Oberbexbach	MTBO	1:47:59	6:08 6:08 1:47:59 0:48	15:04 8:56	24:56 9:52	29:40 4:44	34:51 5:11	47:56 13:05	54:47 6:51	1:02:41 7:54	1:23:43 21:02	1:31:57 8:14	1:34:45 2:48	1:42:46 8:01	1:47:11 4:25
5 Haarstark, Sigurd OLV Steinberg	MTBO	2:11:50	14:59 14:59 2:11:50 0:48	24:41 9:42	38:44 14:03	44:06 5:22	1:00:13 16:07	1:16:44 16:31	1:28:10 11:26	1:34:08 5:58	1:50:19 16:11	1:58:53 8:34	2:02:12 3:19	2:07:56 5:44	2:11:02 3:06