

Pl	r	Name	K	Zeit													
F (5)				1,9 km 60 Hm		7 P											
				1(31)	2(32)	3(36)	4(46)	5(48)	6(52)	7(100)	Ziel						
1	5	Gero Böhm	Anfä	20:50	2:25	4:33	7:25	10:23	16:10	17:51	20:09	20:50					
					2:25	2:08	2:52	2:58	5:47	1:41	2:18	0:41					
2	34	Emilian Köhler	Anfä	22:35	2:36	4:32	10:44	13:47	18:57	20:21	22:01	22:35					
					2:36	1:56	6:12	3:03	5:10	1:24	1:40	0:34					
3	85	Jonathan Wirth	Anfä	35:44	4:32	9:23	14:14	21:02	27:53	30:41	34:51	35:44					
					4:32	4:51	4:51	6:48	6:51	2:48	4:10	0:53					
4	87	Tobias Wirth	Anfä	40:53	3:22	8:48	14:45	27:42	34:17	37:22	40:10	40:53					
					3:22	5:26	5:57	12:57	6:35	3:05	2:48	0:43					
5	32	Neva Knoch	Anfä	1:35:59	5:12	11:39	22:12	38:42	1:11:21	1:19:13	1:33:41	1:35:59					
					5:12	6:27	10:33	16:30	32:39	7:52	14:28	2:18					
E (13)				2,4 km 65 Hm		9 P											
				1(32)	2(40)	3(41)	4(42)	5(36)	6(47)	7(49)	8(52)	9(100)	Ziel				
1	23	Jacob Imbsweiler	H11-	27:44	3:23	6:33	8:04	15:25	19:17	21:28	24:42	26:02	27:06	27:44			
					3:23	3:10	1:31	7:21	3:52	2:11	3:14	1:20	1:04	0:37			
2	60	Katharina Saß	D11-	28:47	3:56	10:43	12:24	16:08	19:26	21:44	25:47	27:03	28:14	28:47			
					3:56	6:47	1:41	3:44	3:18	2:18	4:03	1:16	1:11	0:33			
3	82	Daniel Wirth	H11-	28:48	4:20	8:18	9:46	13:19	17:20	20:09	24:58	26:38	28:07	28:48			
					4:20	3:58	1:28	3:33	4:01	2:49	4:49	1:40	1:29	0:40			
4	41	Jakob Lacher	H11-	30:41	4:01	8:47	10:09	14:59	19:05	22:17	26:22	28:07	30:06	30:41			
					4:01	4:46	1:22	4:50	4:06	3:12	4:05	1:45	1:59	0:34			
5	11	Nico Dorscheid	H11-	32:17	5:08	8:29	9:49	13:40	17:47	21:25	26:02	30:14	31:39	32:17			
					5:08	3:21	1:20	3:51	4:07	3:38	4:37	4:12	1:25	0:38			
6	7	Madita Cronau	D11-	35:58	6:42	11:53	13:29	18:06	22:19	25:30	30:46	32:58	35:15	35:58			
					6:42	5:11	1:36	4:37	4:13	3:11	5:16	2:12	2:17	0:43			
7	43	Paula Lehmann	D11-	37:01	7:24	10:49	12:12	15:30	21:59	25:55	32:17	34:04	36:18	37:01			
					7:24	3:25	1:23	3:18	6:29	3:56	6:22	1:47	2:14	0:43			
8	39	Fabian Kunz	H11-	39:51	3:54	7:26	16:40	21:55	25:45	29:32	34:38	37:47	39:16	39:51			
					3:54	3:32	9:14	5:15	3:50	3:47	5:06	3:09	1:29	0:34			
9	21	Ayumi Hubner	D11-	43:36	6:11	11:35	15:01	21:29	27:47	32:11	38:19	40:43	42:58	43:36			
					6:11	5:24	3:26	6:28	6:18	4:24	6:08	2:24	2:15	0:38			
10	8	Milla Cronau	D11-	52:38	7:17	20:37	23:59	30:33	36:53	40:58	47:23	49:42	52:01	52:38			
					7:17	13:20	3:22	6:34	6:20	4:05	6:25	2:19	2:19	0:37			
11	3	Clara Beiser	D11-	58:30	7:06	17:59	20:30	25:39	32:52	38:29	52:14	55:55	57:55	58:30			
					7:06	10:53	2:31	5:09	7:13	5:37	13:45	3:41	2:00	0:35			
12	19	Frederick Herr	H11-	1:03:49	4:10	9:15	10:21	16:35	21:17	52:03	57:13	1:01:42	1:03:14	1:03:49			
					4:10	5:05	1:06	6:14	4:42	30:46	5:10	4:29	1:32	0:35			
13	56	Emma Roth	D11-	1:04:14	4:08	9:33	10:50	17:05	21:43	52:34	57:37	1:01:57	1:03:34	1:04:14			
					4:08	5:25	1:17	6:15	4:38	30:51	5:03	4:20	1:37	0:40			
D (7)				2,8 km 65 Hm		12 P											
				1(34)	2(37)	3(38)	4(39)	5(44)	6(43)	7(47)	8(50)	9(51)	10(49)	11(52)	12(100)	Ziel	
1	9	Frank Czioska	H65+	29:58	4:29	6:56	9:18	10:20	15:16	15:57	19:55	23:50	25:02	26:23	27:50	29:15	29:58
					4:29	2:27	2:22	1:02	4:56	0:41	3:58	3:55	1:12	1:21	1:27	1:25	0:42
2	1	Achim Bader	H65+	33:23	4:24	7:09	9:22	10:24	15:21	16:17	20:09	25:33	27:27	29:27	30:57	32:31	33:23
					4:24	2:45	2:13	1:02	4:57	0:56	3:52	5:24	1:54	2:00	1:30	1:34	0:51
3	2	Hilde Bader	D65+	45:57	5:08	8:03	11:40	12:52	21:38	22:30	28:46	37:47	39:23	41:28	43:16	45:00	45:57
					5:08	2:55	3:37	1:12	8:46	0:52	6:16	9:01	1:36	2:05	1:48	1:44	0:56
4	6	Evelyn Büscheman	D55-	54:02	4:51	8:14	11:20	12:35	19:17	20:19	39:58	46:36	47:36	49:13	50:54	52:59	54:02
					4:51	3:23	3:06	1:15	6:42	1:02	19:39	6:38	1:00	1:37	1:41	2:05	1:02
5	31	Barbara Kloos	D55-	54:48	6:02	9:31	12:05	13:39	26:30	31:02	36:09	46:59	48:25	50:18	52:16	53:59	54:48
					6:02	3:29	2:34	1:34	12:51	4:32	5:07	10:50	1:26	1:53	1:58	1:43	0:49

Pl	r	Name	K	Zeit													
D (7)					2,8 km 65 Hm		12 P		(Forts.)								
					1(34)	2(37)	3(38)	4(39)	5(44)	6(43)	7(47)	8(50)	9(51)	10(49)	11(52)	12(100)	Ziel
6	49	Jürgen Pfannkuch Trimmelter SV	H65+	1:16:24	7:37 7:37	12:04 4:27	16:38 4:34	19:40 3:02	31:57 12:17	33:52 1:55	43:00 9:08	1:01:03 18:03	1:02:22 1:19	1:05:49 3:27	1:10:29 4:40	1:14:50 4:21	1:16:24 1:34
7	45	Gisela Müller TV 1886 Diedenber	D65+	1:41:18	7:45 7:45	11:48 4:03	25:56 14:08	27:22 1:26	50:22 23:00	51:51 1:29	1:11:53 20:02	1:22:43 10:50	1:24:22 1:39	1:34:24 10:02	1:37:05 2:41	1:39:51 2:46	1:41:17 1:26
C (19)					3,4 km 90 Hm		12 P										
					1(33)	2(37)	3(38)	4(41)	5(42)	6(44)	7(43)	8(45)	9(53)	10(50)	11(51)	12(100)	Ziel
1	28	Anne Kästner TV Oberbexbach	D15-	33:13	3:28 3:28	6:17 2:49	9:32 3:15	10:23 0:51	12:09 1:46	15:14 3:05	16:08 0:54	20:55 4:47	25:16 4:21	30:13 4:57	30:49 0:36	32:41 1:52	33:13 0:31
2	17	Dirk Hartmann TV 05 Bierbach	H55-	33:36	3:46 3:46	6:35 2:49	8:22 1:47	9:38 1:16	12:03 2:25	15:25 3:22	16:01 0:36	20:17 4:16	23:59 3:42	29:38 5:39	30:17 0:39	32:49 2:32	33:35 0:46
3	81	Marit Wersin TGM Budenheim	D15-	34:08	4:16 4:16	6:55 2:39	9:54 2:59	10:59 1:05	14:03 3:04	17:09 3:06	17:44 0:35	21:17 3:33	25:30 4:13	30:25 4:55	31:08 0:43	33:33 2:25	34:08 0:34
4	27	Anja Kästner TV Oberbexbach	D40-	38:34	3:53 3:53	7:20 3:27	9:39 2:19	10:42 1:03	13:04 2:22	16:20 3:16	17:15 0:55	21:48 4:33	27:18 5:30	34:23 7:05	35:11 0:48	37:51 2:40	38:33 0:42
5	38	Uwe Krausbauer CTG Koblenz	H55-	39:10	4:29 4:29	7:40 3:11	9:51 2:11	11:52 2:01	13:52 2:00	17:44 3:52	18:39 0:55	23:04 4:25	27:51 4:47	34:10 6:19	35:08 0:58	38:16 3:08	39:09 0:53
6	22	Hannah Imbsweile TV Oberbexbach	D15-	42:35	5:45 5:45	9:27 3:42	11:57 2:30	13:18 1:21	15:34 2:16	18:57 3:23	19:47 0:50	24:49 5:02	29:32 4:43	37:35 8:03	38:44 1:09	41:49 3:05	42:34 0:45
7	78	Birgit Wersin TGM Budenheim	D40-	44:29	4:33 4:33	8:09 3:36	10:10 2:01	15:40 5:30	18:01 2:21	21:54 3:53	22:48 0:54	27:41 4:53	32:54 5:13	39:49 6:55	40:50 1:01	43:38 2:48	44:28 0:50
8	10	Eyke Diehr OLF Mainz	H55-	46:40	5:28 5:28	8:39 3:11	11:01 2:22	12:23 1:22	14:44 2:21	18:31 3:47	19:28 0:57	26:31 7:03	33:19 6:48	41:49 8:30	42:58 1:09	45:54 2:56	46:40 0:45
9	79	Jule Wersin TGM Budenheim	D15-	52:08	8:53 8:53	13:33 4:40	18:14 4:41	21:36 3:22	24:05 2:29	27:56 3:51	28:40 0:44	33:34 4:54	38:35 5:01	48:12 9:37	48:49 0:37	51:29 2:40	52:08 0:38
10	12	Sonja Gerhard TGM Budenheim	D40-	52:52	5:42 5:42	9:17 3:35	11:43 2:26	13:04 1:21	16:59 3:55	23:49 6:50	24:55 1:06	30:17 5:22	38:15 7:58	46:30 8:15	47:35 1:05	51:52 4:17	52:51 0:59
11	36	Iris Kosch OLV Steinberg	D40-	54:05	6:27 6:27	10:29 4:02	15:43 5:14	16:57 1:14	19:40 2:43	24:18 4:38	25:10 0:52	33:46 8:36	38:54 5:08	47:14 8:20	48:26 1:12	52:53 4:27	54:04 1:11
12	48	Melanie Pastor OLF Mainz	D15-	56:14	5:01 5:01	9:30 4:29	12:14 2:44	13:27 1:13	17:09 3:42	22:20 5:11	23:21 1:01	33:29 10:08	39:53 6:24	50:55 11:02	51:52 0:57	55:30 3:38	56:14 0:44
13	68	Annika Simsch TGM Budenheim	D15-	58:03	8:48 8:48	12:36 3:48	17:15 4:39	18:00 0:45	20:09 2:09	33:49 13:40	34:33 0:44	39:32 4:59	44:41 5:09	54:24 9:43	55:03 0:39	57:30 2:27	58:02 0:32
14	70	Karin Theel TGM Budenheim	D40-	59:40	7:33 7:33	10:59 3:26	14:07 3:08	15:36 1:29	20:32 4:56	26:02 5:30	27:25 1:23	34:13 6:48	42:54 8:41	53:09 10:15	54:35 1:26	58:34 3:59	59:40 1:05
15	52	Andrea Rau TV Aschbach	D40-	1:09:51	5:53 5:53	9:50 3:57	13:17 3:27	15:07 1:50	22:32 7:25	32:00 9:28	33:21 1:21	40:58 7:37	49:57 8:59	1:02:24 12:27	1:03:41 1:17	1:08:49 5:08	1:09:51 1:02
16	83	Evelyn Wirth TV 1901 Beaumarai	D40-	1:22:57	7:26 7:26	12:57 5:31	22:13 9:16	23:52 1:39	28:15 4:23	35:18 7:03	36:34 1:16	48:11 11:37	59:03 10:52	1:13:31 14:28	1:15:37 2:06	1:21:28 5:51	1:22:57 1:29
17	42	Katja Lahm CTG Koblenz	D40-	1:54:47	15:51 15:51	24:34 8:43	29:33 4:59	32:03 2:30	36:02 3:59	49:39 13:37	52:41 3:02	1:16:08 23:27	1:26:08 10:00	1:47:48 21:40	1:49:07 1:19	1:53:35 4:28	1:54:46 1:11

Pl	r	Name	K	Zeit														
B (24)				4,0 km	90 Hm	15 P	(Forts.)											
					1(35) 15(100)	2(33) Ziel	3(37)	4(38)	5(39)	6(40)	7(43)	8(45)	9(55)	10(54)	11(53)	12(46)	13(49)	14(51)
12	55	Alexander Roth TGM Budenheim	H40-	54:03	6:04 6:04 53:18 2:50	7:06 1:02 54:03 0:44	10:23 3:17	12:39 2:16	13:26 0:47	18:27 5:01	25:26 6:59	29:32 4:06	34:53 5:21	36:20 1:27	41:04 4:44	43:10 2:06	49:17 6:07	50:28 1:11
13	37	Sabeth Kosch OLV Steinberg	D19-	55:01	4:25 4:25 54:17 3:41	6:19 1:54 55:01 0:43	10:14 3:55	14:47 4:33	15:34 0:47	16:55 1:21	23:13 6:18	29:06 5:53	34:44 5:38	36:54 2:10	43:10 6:16	45:30 2:20	49:26 3:56	50:36 1:10
14	63	Renée Schwartz OSC Kassel	D19-	56:13	3:41 3:41 55:28 3:26	5:20 1:39 56:13 0:45	8:44 3:24	12:20 3:36	13:10 0:50	14:59 1:49	23:24 8:25	28:43 5:19	33:59 5:16	36:09 2:10	40:21 4:12	42:53 2:32	50:23 7:30	52:02 1:39
15	67	Urban Sester TV Oberbexbach	H40-	57:51	5:44 5:44 56:51 3:41	7:05 1:21 57:51 1:00	15:15 8:10	18:21 3:06	18:57 0:36	19:55 0:58	24:33 4:38	29:28 4:55	35:33 6:05	37:30 1:57	42:02 4:32	44:33 2:31	51:53 7:20	53:10 1:17
16	54	Stefan Röhl OLF Mainz	H40-	1:01:46	5:51 5:51 1:00:48 3:44	7:03 1:12 1:01:45 0:57	10:26 3:23	12:44 2:18	14:01 1:17	15:10 1:09	26:51 11:41	32:27 5:36	41:24 8:57	43:08 1:44	47:06 3:58	50:02 2:56	55:25 5:23	57:04 1:39
17	66	Ruben Sester TV Oberbexbach	H15-	1:03:07	11:57 11:57 1:02:29 3:18	13:01 1:04 1:03:07 0:38	16:40 3:39	18:55 2:15	20:22 1:27	21:49 1:27	28:07 6:18	32:33 4:26	39:08 6:35	41:05 1:57	45:13 4:08	52:30 7:17	57:49 5:19	59:11 1:22
18	62	Thomas Schumach kein Verein	H40-	1:11:24	5:50 5:50 1:10:25 4:30	7:59 2:09 1:11:24 0:59	12:35 4:36	16:41 4:06	17:46 1:05	19:13 1:27	25:45 6:32	33:59 8:14	43:39 9:40	45:46 2:07	54:58 9:12	57:56 2:58	1:04:09 6:13	1:05:55 1:46
19	77	Roman Walthaner kein Verein	H40-	1:13:26	5:46 5:46 1:12:10 3:47	9:30 3:44 1:13:26 1:16	13:22 3:52	15:56 2:34	17:08 1:12	18:44 1:36	32:18 13:34	46:06 13:48	51:22 5:16	54:45 3:23	59:22 4:37	1:02:13 2:51	1:06:52 4:39	1:08:23 1:31
20	33	Sönke Knoch TV 1901 Beaumarai	H40-	1:39:25	4:46 4:46 1:38:43 5:48	8:58 4:12 1:39:25 0:42	22:55 13:57	25:39 2:44	27:39 2:00	29:36 1:57	40:45 11:09	50:11 9:26	1:02:02 11:51	1:08:19 6:17	1:20:49 12:30	1:24:08 3:19	1:30:51 6:43	1:32:55 2:04
21	29	Volker Klein TV Losheim	H40-	1:42:51	18:18 18:18 1:42:01 3:16	19:40 1:22 1:42:51 0:49	27:37 7:57	32:09 4:32 12:28 *34	32:42 0:33	35:21 2:39	50:30 15:09	1:05:31 15:01	1:13:12 7:41	1:18:02 4:50	1:23:36 5:34	1:26:19 2:43	1:35:26 9:07	1:38:45 3:19
22	14	Gero Gimmler TV Losheim	H40-	1:45:06	9:46 9:46 1:44:13 4:20	15:59 6:13 1:45:06 0:52	20:44 4:45	25:44 5:00	26:35 0:51	27:50 1:15	56:25 28:35	1:06:15 9:50	1:12:29 6:14	1:14:11 1:42	1:21:34 7:23	1:24:19 2:45	1:33:53 9:34	1:39:53 6:00
23	26	Markus Jostock kein Verein	H40-	1:53:27	10:59 10:59 1:52:30 3:15	15:18 4:19 1:53:27 0:56	21:32 6:14	24:12 2:40	26:54 2:42	28:53 1:59	1:05:39 36:46	1:22:02 16:23	1:28:23 6:21	1:30:33 2:10	1:38:10 7:37	1:41:10 3:00	1:47:42 6:32	1:49:15 1:33

