

| Pos | Startnr. | Name | JG | NAT | Verein/*Ort | AK | AK-Pl | Platz | Endzeit | Platz | Brutto | min/km | km/h |
|-----|----------|----------------------|----|-----|---------------------------|-----|-------|-------|---------|-------|---------|--------|-------|
| 1 | 598 | Schmitz, Christian | 83 | | LG Maifeld-Pellenz | MHK | 1 | 1 | 0:32:24 | 1 | 0:32:27 | 3,14 | 18,51 |
| 2 | 537 | Honsdorf, Uwe | 63 | | TuS Rot-Weiß Koblenz | M40 | 1 | 2 | 0:32:33 | 2 | 0:32:34 | 3,15 | 18,43 |
| 3 | 608 | Mariathasan, Mike | 82 | | LAZ Puma Troisdorf/Sie | MHK | 2 | 3 | 0:32:44 | 3 | 0:32:45 | 3,16 | 18,33 |
| 4 | 219 | Gürmtke, Axel | 68 | | TuS Wallmerod | M35 | 1 | 4 | 0:33:18 | 4 | 0:33:20 | 3,20 | 18,01 |
| 5 | 384 | Nickenig, Andreas | 67 | | TV 05 Mülheim | M35 | 2 | 5 | 0:33:51 | 5 | 0:33:53 | 3,23 | 17,72 |
| 6 | 1923 | Rötsch, Christian | 78 | | LGVG Emmelshausen | MHK | 3 | 6 | 0:34:00 | 6 | 0:34:02 | 3,24 | 17,64 |
| 7 | 387 | Neumann, Ingo | 71 | | Spvgg Nickenich | M30 | 1 | 7 | 0:34:06 | 7 | 0:34:08 | 3,25 | 17,59 |
| 8 | 151 | Aiff, Joerg | 64 | | Gerolsteiner LGV | M40 | 2 | 8 | 0:34:19 | 8 | 0:34:21 | 3,26 | 17,48 |
| 9 | 361 | Lutz, Christoph | 75 | | BBC Koblenz-Horchheim | M30 | 2 | 9 | 0:34:58 | 9 | 0:35:00 | 3,30 | 17,16 |
| 10 | 170 | Spitzhorn, Heiko | 68 | | RSG Montabaur | M35 | 3 | 10 | 0:35:18 | 10 | 0:35:21 | 3,32 | 16,99 |
| 11 | 289 | Neumann, Ralf | 62 | | LT Heimbach-Weis | M40 | 3 | 11 | 0:36:36 | 11 | 0:36:39 | 3,40 | 16,39 |
| 12 | 63 | Roj, Andreas | 85 | | TV 05 Mülheim | MHK | 4 | 12 | 0:37:09 | 12 | 0:37:12 | 3,43 | 16,15 |
| 13 | 1945 | Dreier, Verena | 85 | RL | LG Sieg | WHK | 1 | 1 | 0:37:37 | 1 | 0:37:39 | 3,46 | 15,95 |
| 14 | 179 | Scholz, Wolfgang | 65 | | Running Team Bad Ems | M40 | 4 | 13 | 0:37:51 | 13 | 0:37:55 | 3,47 | 15,85 |
| 15 | 572 | Collisy, Christian | 52 | | TuS Rot-Weiß Koblenz | M50 | 1 | 14 | 0:37:57 | 14 | 0:37:59 | 3,48 | 15,81 |
| 16 | 683 | Schäfer, Norbert | 55 | | LG Rhein-Wied | M50 | 2 | 15 | 0:38:05 | 15 | 0:38:08 | 3,49 | 15,75 |
| 17 | 200 | Dany, Axel | 62 | | LG Maifeld-Pellenz | M40 | 5 | 16 | 0:38:09 | 16 | 0:38:12 | 3,49 | 15,72 |
| 18 | 208 | Sattler, Winfried | 63 | | LG Rhein-Wied | M40 | 6 | 17 | 0:38:13 | 17 | 0:38:15 | 3,49 | 15,69 |
| 19 | 1908 | Steinberg, Gerwin | 70 | | Staatsorchester Rheinisch | M35 | 4 | 18 | 0:38:19 | 18 | 0:38:24 | 3,50 | 15,65 |
| 20 | 145 | Gilberg, Thomas | 69 | | LG Maifeld-Pellenz | M35 | 5 | 19 | 0:38:20 | 19 | 0:38:25 | 3,50 | 15,65 |
| 21 | 455 | Schäfer, Michael | 58 | | *Volkesfeld | M45 | 1 | 20 | 0:38:24 | 20 | 0:38:27 | 3,50 | 15,62 |
| 22 | 102 | Hofmann, Robert | 65 | | RSG Montabaur | M40 | 7 | 21 | 0:38:29 | 21 | 0:38:36 | 3,51 | 15,59 |
| 23 | 1918 | Bocklet, Bernd | 51 | | TUS St. Sebastian | M50 | 3 | 22 | 0:38:50 | 22 | 0:38:53 | 3,53 | 15,44 |
| 24 | 494 | Lenz, Norbert | 60 | | VFL Nastätten | M45 | 2 | 23 | 0:39:01 | 23 | 0:39:03 | 3,54 | 15,38 |
| 25 | 623 | Viebranz, Dietrich | 64 | | Polizei Rheinland Pfalz | M40 | 8 | 24 | 0:39:10 | 24 | 0:39:14 | 3,55 | 15,31 |
| 26 | 672 | Spohr, Karl-Heinz | 53 | | LC Euskirchen | M50 | 4 | 25 | 0:39:22 | 25 | 0:39:24 | 3,56 | 15,24 |
| 27 | 312 | Pommer, Mario | 73 | | Team Niesmann+Bischoff | M30 | 3 | 26 | 0:39:32 | 26 | 0:39:37 | 3,57 | 15,18 |
| 28 | 303 | Hay, Norbert | 62 | | SV Büchel | M40 | 9 | 27 | 0:39:35 | 27 | 0:39:40 | 3,58 | 15,15 |
| 29 | 116 | Kraemer, Herr Jens | 69 | | Das Team der Wand Kobl | M35 | 6 | 28 | 0:39:41 | 28 | 0:39:47 | 3,58 | 15,12 |
| 30 | 156 | Masius, Rolf D. | 48 | | BBC Koblenz-Horchheim | M55 | 1 | 29 | 0:39:44 | 29 | 0:39:47 | 3,58 | 15,10 |
| 31 | 641 | Mohr, Manuel | 80 | | LG Lahn-Aar-Esterau | MHK | 5 | 30 | 0:39:48 | 30 | 0:39:50 | 3,59 | 15,07 |
| 32 | 38 | Rings, Roland | 62 | | *Koblenz | M40 | 10 | 31 | 0:40:05 | 31 | 0:40:08 | 4,01 | 14,97 |
| 33 | 1911 | Schaaf, Andreas | 73 | | SG Dachsenhausen | M30 | 4 | 32 | 0:40:09 | 33 | 0:40:28 | 4,01 | 14,94 |
| 34 | 1915 | Müller, Leo | 69 | | Pädschstreter Wirges | M35 | 7 | 33 | 0:40:20 | 32 | 0:40:23 | 4,02 | 14,87 |
| 35 | 569 | Tharann, Siegfried | 60 | | LG Laacher See | M45 | 3 | 34 | 0:40:32 | 35 | 0:40:41 | 4,03 | 14,80 |
| 36 | 547 | Adams, Klaus | 58 | | Running Team Bad Ems | M45 | 4 | 35 | 0:40:37 | 34 | 0:40:41 | 4,04 | 14,77 |
| 37 | 143 | Zavelberg, Dirk | 68 | | *Bell | M35 | 8 | 36 | 0:40:38 | 37 | 0:40:45 | 4,04 | 14,76 |
| 38 | 393 | Fischer, Ingrid | 61 | | TuS Rot-Weiß Koblenz | W40 | 1 | 2 | 0:40:38 | 2 | 0:40:45 | 4,04 | 14,76 |
| 39 | 1916 | Perling, Rouven | 77 | | SCC Saffig | MHK | 6 | 37 | 0:40:40 | 43 | 0:41:05 | 4,04 | 14,75 |
| 40 | | Brandenburg, Kai Uwe | 61 | | Sportvereinigung Nickenic | M40 | 11 | 38 | 0:40:41 | 36 | 0:40:44 | 4,04 | 14,75 |
| 41 | 1924 | Weber, Michael | 64 | | LT Uersfeld | M40 | 12 | 39 | 0:40:45 | 39 | 0:40:50 | 4,05 | 14,72 |
| 42 | 503 | Martin, Oliver | 74 | | Koblenz-Lay | M30 | 5 | 40 | 0:40:45 | 38 | 0:40:48 | 4,05 | 14,72 |
| 43 | 633 | Resch, Sebastian | 80 | | *Dieblich | MHK | 7 | 41 | 0:40:49 | 46 | 0:41:17 | 4,05 | 14,69 |
| 44 | 466 | Hilger, Franz-Josef | 61 | | LA TuS Mayen | M40 | 13 | 42 | 0:40:50 | 40 | 0:40:53 | 4,05 | 14,69 |
| 45 | 27 | Schäfer, Ralf | 67 | | TUS Wendelsheim | M35 | 9 | 43 | 0:40:51 | 42 | 0:40:59 | 4,05 | 14,68 |
| 46 | 443 | Schaefer, Herr Bernd | 60 | | BBS Mayen | M45 | 5 | 44 | 0:40:53 | 41 | 0:40:57 | 4,05 | 14,67 |
| 47 | 570 | Oetz, Ulrike | 69 | | TV 05 Mülheim | W35 | 1 | 3 | 0:40:53 | 3 | 0:41:00 | 4,05 | 14,67 |
| 48 | 234 | Bersheim, Lars | 72 | | LF Brohltal | M30 | 6 | 45 | 0:40:57 | 44 | 0:41:09 | 4,06 | 14,65 |
| 49 | 364 | Engel, Bernd | 66 | | LT TuS Lonnig | M35 | 10 | 46 | 0:41:11 | 45 | 0:41:15 | 4,07 | 14,57 |
| 50 | 367 | von Klitzing, Margit | 63 | | LG Maifeld-Pellenz | W40 | 2 | 4 | 0:41:13 | 4 | 0:41:21 | 4,07 | 14,56 |
| 51 | 281 | Jonas, Frank | 70 | | Pädschstreter Wirges | M35 | 11 | 47 | 0:41:16 | 48 | 0:41:19 | 4,08 | 14,54 |
| 52 | 320 | Krayer, Gerd | 65 | | LT Baar | M40 | 14 | 48 | 0:41:16 | 47 | 0:41:18 | 4,08 | 14,54 |
| 53 | 262 | Vogel, Claus-Peter | 61 | | LT TuS Lonnig | M40 | 15 | 49 | 0:41:16 | 49 | 0:41:22 | 4,08 | 14,54 |
| 54 | 424 | Heibel, Sebastian | 89 | | RSG Montabaur | MJB | 1 | 50 | 0:41:20 | 51 | 0:41:27 | 4,08 | 14,51 |
| 55 | 70 | Martin, Marcel | 87 | | Running Team Bad Ems | MJA | 1 | 51 | 0:41:22 | 50 | 0:41:26 | 4,08 | 14,50 |
| 56 | 686 | Michels, Holger | 72 | | X-Sport Kastelaun | M30 | 7 | 52 | 0:41:23 | 53 | 0:41:31 | 4,08 | 14,50 |
| 57 | 670 | Dietz, Stefan | 69 | | Running Team Bad Ems | M35 | 12 | 53 | 0:41:27 | 54 | 0:41:32 | 4,09 | 14,47 |

| Pos | Startnr. | Name | JG | NAT | Verein/*Ort | AK | AK-Pl | Platz | Endzeit | Platz | Brutto | min/km | km/h |
|-----|----------|-----------------------|----|-----|------------------------------|-----|-------|-------|---------|-------|---------|--------|-------|
| 58 | 471 | Geub, Rolf | 62 | | LA TuS Mayen | M40 | 16 | 54 | 0:41:27 | 55 | 0:41:33 | 4,09 | 14,47 |
| 59 | 343 | Hermann, Herrn Markus | 69 | | SV Herresbach | M35 | 13 | 55 | 0:41:28 | 52 | 0:41:31 | 4,09 | 14,47 |
| 60 | 480 | Engels, Thomas | 62 | | LA TuS Mayen | M40 | 17 | 56 | 0:41:29 | 57 | 0:41:36 | 4,09 | 14,46 |
| 61 | 465 | Weinand, Georg | 55 | | LA TuS Mayen | M50 | 5 | 57 | 0:41:33 | 56 | 0:41:36 | 4,09 | 14,44 |
| 62 | 379 | Siebert, Dr.med. Uwe | 63 | | LG Maifeld-Pellenz | M40 | 18 | 58 | 0:41:33 | 58 | 0:41:37 | 4,09 | 14,44 |
| 63 | 127 | Einig, Guido | 70 | | *Kaisersesch | M35 | 14 | 59 | 0:41:39 | 60 | 0:41:49 | 4,10 | 14,40 |
| 64 | 1933 | Hartmann, Uwe-Wilhelm | 72 | | LT DJK Andernach | M30 | 8 | 60 | 0:41:40 | 59 | 0:41:48 | 4,10 | 14,40 |
| 65 | 400 | Babezka, Detlef | 54 | | LT DJK Andernach | M50 | 6 | 61 | 0:41:41 | 61 | 0:41:51 | 4,10 | 14,39 |
| 66 | 1921 | Schwittala, Konrad | 67 | | SV Weitersburg | M35 | 15 | 62 | 0:41:47 | 62 | 0:41:52 | 4,11 | 14,36 |
| 67 | 1999 | Glinitzki, Heiko | 71 | | Triathlon Mülheim-Kärlich | M30 | 9 | 63 | 0:41:50 | 77 | 0:43:01 | 4,11 | 14,34 |
| 68 | 468 | Franke, Ralf | 65 | | LA TuS Mayen | M40 | 19 | 64 | 0:41:57 | 63 | 0:42:03 | 4,12 | 14,30 |
| 69 | 665 | Molitor, Carsten | 80 | | Bit-Bunker Bergweiler | MHK | 8 | 65 | 0:42:09 | 65 | 0:42:18 | 4,13 | 14,23 |
| 70 | 311 | Schwarz, Bastian | 76 | | Team Niesmann+Bischoff | MHK | 9 | 66 | 0:42:09 | 67 | 0:42:31 | 4,13 | 14,23 |
| 71 | 1910 | Pinger, Peter | 49 | | LG Rhein-Wied | M55 | 2 | 67 | 0:42:10 | 64 | 0:42:14 | 4,13 | 14,23 |
| 72 | 144 | Fuchs, Martin | 64 | | TuS Kottenheim | M40 | 20 | 68 | 0:42:16 | 68 | 0:42:33 | 4,14 | 14,19 |
| 73 | 648 | Bischoff, Helmut | 43 | | TSV Lay | M60 | 1 | 69 | 0:42:19 | 66 | 0:42:24 | 4,14 | 14,18 |
| 74 | 9 | von Elmpt, Mario | 71 | | LT DJK Andernach | M30 | 10 | 70 | 0:42:28 | 72 | 0:42:44 | 4,15 | 14,12 |
| 75 | 673 | Huschka, Ralph | 74 | | DEBEKA | M30 | 11 | 71 | 0:42:29 | 71 | 0:42:41 | 4,15 | 14,12 |
| 76 | 191 | Schroemges, Manfred | 67 | | *Saffig | M35 | 16 | 72 | 0:42:33 | 69 | 0:42:37 | 4,15 | 14,10 |
| 77 | 449 | Spaude, Erik | 70 | | LT TUS Lonngig | M35 | 17 | 73 | 0:42:35 | 76 | 0:42:56 | 4,16 | 14,09 |
| 78 | 412 | Tonner, Hans-Jürgen | 61 | | *Mayen | M40 | 21 | 74 | 0:42:35 | 73 | 0:42:45 | 4,16 | 14,09 |
| 79 | 22 | Kretzer, Robert | 78 | | Hansgrohe-Team | MHK | 10 | 75 | 0:42:35 | 70 | 0:42:40 | 4,16 | 14,08 |
| 80 | 355 | Boos, Benjamin | 89 | | TV 05 Mülheim | MJB | 2 | 76 | 0:42:40 | 74 | 0:42:47 | 4,16 | 14,06 |
| 81 | 80 | Platten, Willi | 61 | | DST Mörsdorf | M40 | 22 | 77 | 0:42:41 | 75 | 0:42:51 | 4,16 | 14,06 |
| 82 | 556 | Herbach, Thomas | 59 | | 1. FC Kaiserslautern | M45 | 6 | 78 | 0:42:51 | 97 | 0:44:18 | 4,17 | 14,00 |
| 83 | 463 | Geishecker, Pia | 84 | | LA TuS Mayen | WHK | 2 | 5 | 0:42:52 | 5 | 0:42:57 | 4,17 | 13,99 |
| 84 | 575 | Stein, Josef | 54 | | LT Heimbach-Weis | M50 | 7 | 79 | 0:42:55 | 81 | 0:43:21 | 4,18 | 13,98 |
| 85 | 321 | Persch, Rolf | 59 | | TV 05 Mülheim | M45 | 7 | 80 | 0:42:55 | 78 | 0:43:06 | 4,18 | 13,98 |
| 86 | 483 | Prieß, Elfi | 71 | | LA TuS Mayen | W30 | 1 | 6 | 0:43:00 | 6 | 0:43:05 | 4,18 | 13,95 |
| 87 | 496 | Michel, Ernst | 65 | | VFL Nastätten | M40 | 23 | 81 | 0:43:02 | 79 | 0:43:07 | 4,18 | 13,94 |
| 88 | 1917 | Schmidt, Frank | 68 | | *Brodembach | M35 | 18 | 82 | 0:43:10 | 92 | 0:43:56 | 4,19 | 13,90 |
| 89 | 284 | Stoll, Dirk | 68 | | *Niederzissen | M35 | 19 | 83 | 0:43:13 | 80 | 0:43:18 | 4,19 | 13,88 |
| 90 | 464 | Rasbach, Dagmar | 69 | | LA TuS Mayen | W35 | 2 | 7 | 0:43:13 | 7 | 0:43:18 | 4,19 | 13,88 |
| 91 | 454 | Scherhag, Christian | 81 | | *Kerben | MHK | 11 | 84 | 0:43:14 | 93 | 0:44:04 | 4,19 | 13,87 |
| 92 | 10 | Wittig, Norbert | 69 | | *Mayen | M35 | 20 | 85 | 0:43:17 | 82 | 0:43:24 | 4,20 | 13,86 |
| 93 | 696 | Gilles, Stefan | 86 | | VfB Polch | MJA | 2 | 86 | 0:43:22 | 96 | 0:44:15 | 4,20 | 13,83 |
| 94 | 271 | Kreuter, Ingo | 72 | | BSG Sparkasse Koblenz | M30 | 12 | 87 | 0:43:25 | 89 | 0:43:44 | 4,21 | 13,82 |
| 95 | 654 | Mathei, Christian | 62 | | *Meckenheim | M40 | 24 | 88 | 0:43:26 | 83 | 0:43:36 | 4,21 | 13,81 |
| 96 | 1909 | Beeck, Bernd | 76 | | VfB Lützel-Basketballabt | MHK | 12 | 89 | 0:43:31 | 85 | 0:43:38 | 4,21 | 13,79 |
| 97 | 482 | Sturm, Stefan | 63 | | LA TuS Mayen | M40 | 25 | 90 | 0:43:31 | 87 | 0:43:39 | 4,21 | 13,78 |
| 98 | 368 | Krechel, Michael | 71 | | LG Maifeld-Pellenz | M30 | 13 | 91 | 0:43:31 | 84 | 0:43:37 | 4,21 | 13,78 |
| 99 | 404 | Schlich, Oliver | 78 | | LA TuS Mayen | MHK | 13 | 92 | 0:43:32 | 88 | 0:43:43 | 4,21 | 13,78 |
| 100 | 71 | Staab, Walter | 59 | | Running Team Bad Ems | M45 | 8 | 93 | 0:43:34 | 86 | 0:43:38 | 4,21 | 13,77 |
| 101 | 1907 | Flöck, Petra | 64 | | LG Rhein-Wied | W40 | 3 | 8 | 0:43:35 | 8 | 0:43:41 | 4,22 | 13,76 |
| 102 | 99 | Hillesheim, Thomas | 70 | | *Koblenz | M35 | 21 | 94 | 0:43:42 | 90 | 0:43:48 | 4,22 | 13,73 |
| 103 | 43 | Bouhs, Jürgen | 69 | | Laufftreff Hecke Herbert | M35 | 22 | 95 | 0:43:43 | 91 | 0:43:51 | 4,22 | 13,72 |
| 104 | 5 | Nicklas, Thilo | 65 | | Biathlonsportclub Adenau | M40 | 26 | 96 | 0:43:53 | 108 | 0:44:51 | 4,23 | 13,67 |
| 105 | 226 | Schubert, Udo | 00 | | *Kalt | M80 | 1 | 97 | 0:43:54 | 98 | 0:44:19 | 4,23 | 13,66 |
| 106 | 651 | Marx, Stefan | 82 | | DJK Tri Andernach | MHK | 14 | 98 | 0:43:58 | 94 | 0:44:09 | 4,24 | 13,65 |
| 107 | 36 | Retzmann, Thomas | 71 | | *Andernach | M30 | 14 | 99 | 0:44:04 | 95 | 0:44:10 | 4,24 | 13,61 |
| 108 | 427 | Pelzer, Marco | 67 | | Laufftreff Mertesdorf 2001 e | M35 | 23 | 100 | 0:44:07 | 121 | 0:45:15 | 4,25 | 13,60 |
| 109 | 302 | Spitzlei, Herr Thomas | 89 | | LT TuS Lonngig | MJB | 3 | 101 | 0:44:11 | 99 | 0:44:31 | 4,25 | 13,58 |
| 110 | 644 | Reiländer, Gaby | 64 | | BBC Koblenz-Horchheim | W40 | 4 | 9 | 0:44:23 | 9 | 0:44:32 | 4,26 | 13,51 |
| 111 | 688 | Prott, Wolfgang | 52 | | TV 1860 Nassau | M50 | 8 | 102 | 0:44:27 | 100 | 0:44:36 | 4,27 | 13,49 |
| 112 | 98 | Klein, Daniel | 68 | | *Gappenach | M35 | 24 | 103 | 0:44:27 | 101 | 0:44:37 | 4,27 | 13,49 |
| 113 | 353 | Bretz, Manfred | 58 | | TV 05 Mülheim | M45 | 9 | 104 | 0:44:30 | 109 | 0:44:54 | 4,27 | 13,48 |
| 114 | 354 | Steinhagen, Holger | 63 | | TV 05 Mülheim | M40 | 27 | 105 | 0:44:31 | 110 | 0:44:54 | 4,27 | 13,47 |

| Pos | Startnr. | Name | JG | NAT | Verein/*Ort | AK | AK-Pl | Platz | Endzeit | Platz | Brutto | min/km | km/h |
|-----|----------|--------------------------|----|-----|----------------------------|-----|-------|-------|---------|-------|---------|--------|-------|
| 115 | 484 | Hermann, Herbert | 59 | | LA TuS Mayen | M45 | 10 | 106 | 0:44:32 | 102 | 0:44:39 | 4,27 | 13,47 |
| 116 | 622 | Meixner, Dieter | 44 | | 1.FC Kaiserslautern | M60 | 2 | 107 | 0:44:34 | 103 | 0:44:43 | 4,27 | 13,46 |
| 117 | 628 | Hoff, Christine | 50 | | *Koblenz | W55 | 1 | 10 | 0:44:36 | 11 | 0:45:01 | 4,28 | 13,45 |
| 118 | 603 | Palm, Uwe | 63 | | DJK Andernach | M40 | 28 | 108 | 0:44:38 | 105 | 0:44:46 | 4,28 | 13,44 |
| 119 | 461 | Augel, Hugo | 40 | | LA TuS Mayen | M65 | 1 | 109 | 0:44:39 | 104 | 0:44:44 | 4,28 | 13,44 |
| 120 | 1927 | Schopp, Walter | 54 | | RC Herschbroich | M50 | 9 | 110 | 0:44:42 | 111 | 0:44:55 | 4,28 | 13,42 |
| 120 | 88 | Zimmermann, Bernd | 70 | | *Gappenach | M35 | 25 | 110 | 0:44:42 | 107 | 0:44:48 | 4,28 | 13,42 |
| 122 | 430 | Geißler, Herr Hermann | 62 | | Meddys Laufladen | M40 | 29 | 112 | 0:44:43 | 106 | 0:44:47 | 4,28 | 13,42 |
| 123 | 73 | Rünz, Christian | 66 | | DEBEKA | M35 | 26 | 113 | 0:44:45 | 112 | 0:44:56 | 4,29 | 13,41 |
| 124 | 196 | Bell, Franz Josef | 63 | | *Mendig | M40 | 30 | 114 | 0:44:48 | 117 | 0:45:08 | 4,29 | 13,39 |
| 125 | 403 | La Mattina, Gino | 56 | | LG Laacher See | M45 | 11 | 115 | 0:44:48 | 128 | 0:45:27 | 4,29 | 13,39 |
| 126 | 486 | Porten-Sturm, Bärbel | 64 | | LA TuS Mayen | W40 | 5 | 11 | 0:44:52 | 10 | 0:44:56 | 4,29 | 13,37 |
| 127 | 130 | Setzlach, Guido | 66 | | TuWi Adenau | M35 | 27 | 116 | 0:44:52 | 125 | 0:45:20 | 4,29 | 13,37 |
| 128 | 168 | Reintrog, Lothar | 49 | | LT Münstermaifeld | M55 | 3 | 117 | 0:44:54 | 119 | 0:45:11 | 4,29 | 13,36 |
| 129 | 678 | Schmidt Dr., Marco | 63 | | Skiclub Monrepos Neuwie | M40 | 31 | 118 | 0:44:54 | 122 | 0:45:16 | 4,29 | 13,36 |
| 130 | 477 | Stauch, Wolfgang | 65 | | *Lahnstein | M40 | 32 | 119 | 0:44:56 | 115 | 0:45:07 | 4,30 | 13,35 |
| 131 | 188 | Neuhaus, Herr Gunter | 62 | | Running Team Bad Ems | M40 | 33 | 120 | 0:44:56 | 120 | 0:45:13 | 4,30 | 13,35 |
| 132 | 1926 | Adams, Bernd | 68 | GE | SV Mörsdorf | M35 | 28 | 121 | 0:44:57 | 114 | 0:45:04 | 4,30 | 13,35 |
| 133 | 408 | Blotzki, Michael | 90 | | Regionale Schule Untermo | MJB | 4 | 122 | 0:44:58 | 113 | 0:45:03 | 4,30 | 13,34 |
| 134 | 578 | Kühn, Wolfgang | 50 | | LT Heimbach-Weis | M55 | 4 | 123 | 0:45:01 | 124 | 0:45:17 | 4,30 | 13,33 |
| 135 | 169 | Kraemer, Thomas | 66 | | Das Team der Wand Kobl | M35 | 29 | 124 | 0:45:02 | 123 | 0:45:17 | 4,30 | 13,32 |
| 136 | 479 | Justen, Harald | 63 | | *Monreal | M40 | 34 | 125 | 0:45:03 | 127 | 0:45:22 | 4,30 | 13,32 |
| 137 | 308 | Paschakarnis, Physiother | 55 | | *Vallendar | M50 | 10 | 126 | 0:45:05 | 118 | 0:45:10 | 4,31 | 13,31 |
| 138 | 502 | Martin, Jürgen | 44 | | LT Legia-Express Koblenz | M60 | 3 | 127 | 0:45:05 | 116 | 0:45:08 | 4,31 | 13,30 |
| 139 | 1920 | Noisten, Jörg | 76 | | *Lonnig | MHK | 15 | 128 | 0:45:07 | 129 | 0:45:28 | 4,31 | 13,30 |
| 140 | 481 | Ackerknecht, Ralf | 66 | | LA TuS Mayen | M35 | 30 | 129 | 0:45:13 | 126 | 0:45:20 | 4,31 | 13,27 |
| 141 | 1932 | Göhring, Egon | 60 | | SV Kell | M45 | 12 | 130 | 0:45:15 | 130 | 0:45:29 | 4,32 | 13,26 |
| 142 | 583 | Moitzfeld, René | 68 | | *Mertloch | M35 | 31 | 131 | 0:45:17 | 150 | 0:46:12 | 4,32 | 13,25 |
| 143 | 114 | Hermann, Rainer | 63 | | LT TuS Lonnig | M40 | 35 | 132 | 0:45:21 | 132 | 0:45:42 | 4,32 | 13,23 |
| 144 | 490 | Meyer, Karin | 53 | | LA TuS Mayen | W50 | 1 | 12 | 0:45:23 | 12 | 0:45:31 | 4,32 | 13,22 |
| 145 | 621 | Rau, Armin | 49 | | LF Brohltal | M55 | 5 | 133 | 0:45:23 | 138 | 0:45:53 | 4,32 | 13,22 |
| 146 | 46 | Muglin, Gerhard | 58 | | Maifelder SV | M45 | 13 | 134 | 0:45:31 | 131 | 0:45:40 | 4,33 | 13,18 |
| 147 | 690 | Weise, Sebastian | 85 | | VFB Polch | MHK | 16 | 135 | 0:45:31 | 156 | 0:46:24 | 4,33 | 13,18 |
| 148 | 593 | Wagner, Helmut | 65 | | LT Baar | M40 | 36 | 136 | 0:45:34 | 144 | 0:46:02 | 4,33 | 13,17 |
| 149 | 325 | Marquet, Joe | 69 | | X-Sport Kastellaun | M35 | 32 | 137 | 0:45:34 | 142 | 0:45:58 | 4,33 | 13,17 |
| 150 | 436 | Schiller, Ricardo | 83 | | Die Raben 6./OplInfoBtl 95 | MHK | 17 | 138 | 0:45:35 | 146 | 0:46:08 | 4,34 | 13,16 |
| 151 | 684 | Lambert, Stefan | 66 | | *Emmelshausen | M35 | 33 | 139 | 0:45:37 | 133 | 0:45:42 | 4,34 | 13,15 |
| 152 | 656 | Hellbach, Dennis | 79 | | TV Winnigen | MHK | 18 | 140 | 0:45:40 | 134 | 0:45:44 | 4,34 | 13,14 |
| 153 | 660 | Rein, Christoph | 39 | | *Büchel | M65 | 2 | 141 | 0:45:40 | 137 | 0:45:52 | 4,34 | 13,13 |
| 154 | 545 | Fuhrmann, Peter | 53 | | BBC HORCHHEIM | M50 | 11 | 142 | 0:45:41 | 135 | 0:45:48 | 4,34 | 13,13 |
| 155 | 227 | Viert, Wolfgang | 41 | | *Schauen | M60 | 4 | 143 | 0:45:42 | 141 | 0:45:57 | 4,34 | 13,13 |
| 156 | 131 | Dorer, Tony | 64 | | LG Maifeld Pellenz | M40 | 37 | 144 | 0:45:45 | 136 | 0:45:52 | 4,34 | 13,11 |
| 157 | 1943 | Fleischhauer, Uwe | 61 | | *Neuwied | M40 | 38 | 145 | 0:45:45 | 145 | 0:46:07 | 4,35 | 13,11 |
| 158 | 48 | Roeder, Sven | 74 | | *Mayen | M30 | 15 | 146 | 0:45:45 | 159 | 0:46:29 | 4,35 | 13,11 |
| 159 | 125 | Schmitt, Heinz-Josef | 61 | | DEBEKA | M40 | 39 | 147 | 0:45:46 | 139 | 0:45:57 | 4,35 | 13,11 |
| 160 | 618 | Pütz, Rainer | 64 | D | *Greimersburg | M40 | 40 | 148 | 0:45:47 | 149 | 0:46:11 | 4,35 | 13,10 |
| 161 | 655 | Einig, Ernst | 51 | | *Mendig | M50 | 12 | 149 | 0:45:48 | 140 | 0:45:57 | 4,35 | 13,10 |
| 162 | 315 | Wolff, Thomas | 66 | | *Bitburg | M35 | 34 | 150 | 0:45:50 | 143 | 0:46:00 | 4,35 | 13,09 |
| 163 | 674 | Baulig, Manfred | 53 | | *Mülheim-Kärlich | M50 | 13 | 151 | 0:45:51 | 148 | 0:46:10 | 4,35 | 13,08 |
| 164 | 31 | Diesler, Kai | 68 | | Mörz Runners | M35 | 35 | 152 | 0:45:54 | 147 | 0:46:08 | 4,35 | 13,07 |
| 165 | 636 | Schmidt, Alexander | 65 | | *Polch | M40 | 41 | 153 | 0:45:57 | 155 | 0:46:23 | 4,36 | 13,06 |
| 166 | 592 | Bungarten, Thomas | 70 | | LT Baar | M35 | 36 | 154 | 0:45:57 | 158 | 0:46:27 | 4,36 | 13,05 |
| 167 | 314 | Geifes, Rolf | 68 | | AOK Mayen-Koblenz | M35 | 37 | 155 | 0:45:59 | 167 | 0:46:51 | 4,36 | 13,05 |
| 168 | 667 | Hampel, Fritz | 52 | | LT TUS Lonnig | M50 | 14 | 156 | 0:46:00 | 152 | 0:46:19 | 4,36 | 13,04 |
| 169 | 585 | Nolden, Thomas | 84 | | *Welling | MHK | 19 | 157 | 0:46:00 | 151 | 0:46:16 | 4,36 | 13,04 |
| 170 | 675 | Schütz, Heinz | 56 | | Heidenroder Lauftreff | M45 | 14 | 158 | 0:46:01 | 157 | 0:46:26 | 4,36 | 13,04 |
| 171 | 149 | Lauer, Artur | 61 | | FiberMark Lahnstein | M40 | 42 | 159 | 0:46:04 | 160 | 0:46:30 | 4,36 | 13,02 |

| Pos | Startnr. | Name | JG | NAT | Verein/*Ort | AK | AK-Pl | Platz | Endzeit | Platz | Brutto | min/km | km/h |
|-----|----------|-------------------------|----|-----|-----------------------------|-----|-------|-------|---------|-------|---------|--------|-------|
| 172 | 390 | Nicklisch, Frank | 64 | | *Neuwied | M40 | 43 | 160 | 0:46:05 | 153 | 0:46:21 | 4,37 | 13,02 |
| 173 | 272 | Rausch, Kurt | 65 | | Team Kalenborn Naturst | M40 | 44 | 161 | 0:46:14 | 161 | 0:46:30 | 4,37 | 12,98 |
| 174 | 521 | Weidenbach, Roland | 65 | | Team Kalenborn Naturst | M40 | 45 | 162 | 0:46:14 | 162 | 0:46:30 | 4,37 | 12,98 |
| 175 | 35 | Kaiser, Matthias | 66 | | *Polch | M35 | 38 | 163 | 0:46:15 | 154 | 0:46:23 | 4,38 | 12,97 |
| 176 | 533 | Marake, Bernd | 45 | | *Koblenz | M60 | 5 | 164 | 0:46:16 | 183 | 0:47:21 | 4,38 | 12,97 |
| 177 | 423 | Schäfer, Bernhard | 81 | | *Mayen | MHK | 20 | 165 | 0:46:19 | 169 | 0:46:53 | 4,38 | 12,95 |
| 178 | 629 | Hoff, Peter | 52 | | *Koblenz | M50 | 15 | 166 | 0:46:19 | 165 | 0:46:44 | 4,38 | 12,95 |
| 179 | 332 | Feickert, Jochen | 56 | | LT DJK Andernach | M45 | 15 | 167 | 0:46:20 | 170 | 0:46:59 | 4,38 | 12,95 |
| 180 | 668 | Roerig, Harald | 62 | | LF Brohltal | M40 | 46 | 168 | 0:46:22 | 163 | 0:46:35 | 4,38 | 12,94 |
| 181 | 582 | Fries, Alex | 78 | | LT Heimbach-Weis | MHK | 21 | 169 | 0:46:26 | 174 | 0:47:02 | 4,39 | 12,92 |
| 182 | 399 | Kuppert, Steven | 82 | | LT DJK Andernach | MHK | 22 | 170 | 0:46:27 | 164 | 0:46:39 | 4,39 | 12,92 |
| 183 | 422 | Waldvogel, Horst | 51 | | LT Heimbach-Weis | M50 | 16 | 171 | 0:46:27 | 173 | 0:47:02 | 4,39 | 12,92 |
| 184 | 662 | Strahl, Andrea | 64 | | TV Mülheim | W40 | 6 | 13 | 0:46:29 | 13 | 0:46:37 | 4,39 | 12,91 |
| 185 | 681 | Blüher, Klaus | 50 | | LT SV Westum | M55 | 6 | 172 | 0:46:31 | 178 | 0:47:08 | 4,39 | 12,89 |
| 186 | 580 | Dönges, Uwe | 60 | | LT Heimbach-Weis | M45 | 16 | 173 | 0:46:32 | 166 | 0:46:48 | 4,39 | 12,89 |
| 187 | 417 | Czerulla, Rainer | 59 | | *Bendorf | M45 | 17 | 174 | 0:46:40 | 182 | 0:47:19 | 4,40 | 12,85 |
| 188 | 550 | Thiel, Herbert | 54 | | Heidenroder Lauftreff | M50 | 17 | 175 | 0:46:41 | 176 | 0:47:05 | 4,40 | 12,85 |
| 189 | 530 | Lorch, Markus | 71 | | SV Becheln | M30 | 16 | 176 | 0:46:41 | 177 | 0:47:07 | 4,40 | 12,85 |
| 190 | 135 | Welz, Herr Thorsten | 67 | | Feuerwehr Bruttig | M35 | 39 | 177 | 0:46:43 | 181 | 0:47:18 | 4,40 | 12,84 |
| 191 | 50 | Rayermann, Andreas | 63 | | Kölsche Klüngel | M40 | 47 | 178 | 0:46:44 | 168 | 0:46:51 | 4,40 | 12,84 |
| 192 | 323 | Herbst, Peter | 67 | | *Herschbach | M35 | 40 | 179 | 0:46:44 | 171 | 0:46:59 | 4,40 | 12,84 |
| 193 | 146 | Vomland, Bettina | 63 | | LG Maifeld-Pellenz | W40 | 7 | 14 | 0:46:46 | 14 | 0:46:56 | 4,41 | 12,83 |
| 194 | 1929 | Klimusch, Markus | 85 | | VfB Polch | MHK | 23 | 180 | 0:46:47 | 191 | 0:47:41 | 4,41 | 12,82 |
| 195 | 631 | Diedrich, Uwe | 53 | | SV Westerburg | M50 | 18 | 181 | 0:46:48 | 172 | 0:46:59 | 4,41 | 12,82 |
| 196 | 209 | Honsdorf, Karl | 60 | | TSV Lay | M45 | 18 | 182 | 0:46:48 | 187 | 0:47:29 | 4,41 | 12,82 |
| 197 | 497 | Korstian, Peter | 65 | | VfL Nastätten | M40 | 48 | 183 | 0:46:52 | 175 | 0:47:04 | 4,41 | 12,80 |
| 198 | 576 | Stein, Peter | 58 | | LT Heimbach-Weis | M45 | 19 | 184 | 0:46:53 | 186 | 0:47:26 | 4,41 | 12,80 |
| 199 | 107 | Hofmann, Herr Thomas | 62 | | LG Maifeld-Pellenz | M40 | 49 | 185 | 0:46:54 | 179 | 0:47:10 | 4,41 | 12,79 |
| 200 | 83 | Bomm, Rainer | 63 | | SV Weikersburg | M40 | 50 | 186 | 0:46:55 | 195 | 0:47:48 | 4,42 | 12,79 |
| 201 | 383 | Becker, August | 50 | | LG Maifeld-Pellenz | M55 | 7 | 187 | 0:47:00 | 185 | 0:47:23 | 4,42 | 12,76 |
| 202 | 371 | Willems, Klaus-Peter | 71 | | SVA Trier 62 | M30 | 17 | 188 | 0:47:05 | 184 | 0:47:22 | 4,43 | 12,74 |
| 203 | 470 | Jörger, M.A. Uwe | 57 | | LA TuS Mayen | M45 | 20 | 189 | 0:47:09 | 180 | 0:47:14 | 4,43 | 12,72 |
| 204 | 653 | Hirt, Michael | 68 | | Johannishöfer | M35 | 41 | 190 | 0:47:10 | 190 | 0:47:41 | 4,43 | 12,72 |
| 205 | 491 | Hempel, Klaus-Peter | 50 | | BSB Recycling | M55 | 8 | 191 | 0:47:15 | 209 | 0:48:08 | 4,44 | 12,70 |
| 206 | 33 | Dötsch, Martin | 58 | | LG Maifeld-Pellenz | M45 | 21 | 192 | 0:47:17 | 201 | 0:47:56 | 4,44 | 12,69 |
| 207 | 6 | Wambach, Werner | 65 | | *Polch | M40 | 51 | 193 | 0:47:18 | 194 | 0:47:45 | 4,44 | 12,68 |
| 208 | 243 | Ihrlich, Maximilian | 90 | | *Kettig | MJB | 5 | 194 | 0:47:23 | 198 | 0:47:53 | 4,44 | 12,66 |
| 209 | 414 | Dino, Artur | 53 | | TAURIS Mülheim-Kärlich | M50 | 19 | 195 | 0:47:23 | 188 | 0:47:31 | 4,44 | 12,66 |
| 210 | 428 | Reis, Klaus-Günter | 52 | | Lauftreff Mertesdorf 2001 e | M50 | 20 | 196 | 0:47:24 | 205 | 0:48:05 | 4,44 | 12,66 |
| 211 | 347 | Hermann, Herr Karl | 53 | | SG Nachtsheim | M50 | 21 | 197 | 0:47:27 | 192 | 0:47:43 | 4,45 | 12,64 |
| 212 | 579 | Schönebeck, Werner | 58 | | LT Heimbach-Weis | M45 | 22 | 198 | 0:47:28 | 204 | 0:48:01 | 4,45 | 12,64 |
| 213 | 615 | Saßmann, Dr. med Rainer | 61 | AUT | Königsbacher Fechtcl | M40 | 52 | 199 | 0:47:28 | 189 | 0:47:37 | 4,45 | 12,64 |
| 214 | 561 | Bringe, Andreas | 55 | | LG Laacher See | M50 | 22 | 200 | 0:47:30 | 196 | 0:47:51 | 4,45 | 12,63 |
| 215 | 692 | Christoffel, Manfred | 55 | | *Kröv | M50 | 23 | 201 | 0:47:31 | 203 | 0:47:59 | 4,45 | 12,63 |
| 216 | 352 | Garus, Katharina | 81 | | *Köln | WHK | 3 | 15 | 0:47:33 | 15 | 0:47:59 | 4,45 | 12,61 |
| 217 | 17 | Wüschem, Alois | 55 | | Schwimmbadteam Koble | M50 | 24 | 202 | 0:47:34 | 193 | 0:47:44 | 4,45 | 12,61 |
| 218 | 407 | Kubach, Edgar | 60 | | LG Gimmigen | M45 | 23 | 203 | 0:47:40 | 206 | 0:48:06 | 4,46 | 12,59 |
| 219 | 16 | Thiele, Jens | 63 | | Schwimmbadteam Koble | M40 | 53 | 204 | 0:47:40 | 197 | 0:47:52 | 4,46 | 12,58 |
| 220 | 183 | Ackermann, Ralf | 71 | | SV Hatzenport-Löf | M30 | 18 | 205 | 0:47:41 | 213 | 0:48:13 | 4,46 | 12,58 |
| 221 | 374 | Weppner, Martina | 62 | | Heidenroder Lauftreff | W40 | 8 | 16 | 0:47:41 | 16 | 0:48:08 | 4,46 | 12,58 |
| 222 | 132 | Roth, Reinhold | 45 | | Grünewaldläufer SV Lüxe | M60 | 6 | 206 | 0:47:42 | 214 | 0:48:13 | 4,46 | 12,58 |
| 223 | 221 | Lung, Dipl. Ing. Uwe | 62 | | *Hirten | M40 | 54 | 207 | 0:47:43 | 200 | 0:47:54 | 4,46 | 12,57 |
| 224 | 19 | Alterauge, Ralf | 64 | | Schwimmbadteam Koble | M40 | 55 | 208 | 0:47:43 | 199 | 0:47:54 | 4,46 | 12,57 |
| 225 | 74 | Friedmann, Lothar | 53 | | FZG Bisholder | M50 | 25 | 209 | 0:47:49 | 207 | 0:48:07 | 4,47 | 12,55 |
| 226 | 64 | Schmitz, Kurt | 63 | | BC Mayen e.V. | M40 | 56 | 210 | 0:47:49 | 202 | 0:47:59 | 4,47 | 12,54 |
| 227 | 203 | Seifner, Stefan | 53 | | WSG Bad Marienberg | M50 | 26 | 211 | 0:47:52 | 218 | 0:48:30 | 4,47 | 12,53 |
| 228 | 29 | Noll, Uwe | 64 | | SV Hatzenport Löf | M40 | 57 | 212 | 0:47:54 | 219 | 0:48:31 | 4,47 | 12,53 |

| Pos | Startnr. | Name | JG | NAT | Verein/*Ort | AK | AK-Pl | Platz | Endzeit | Platz | Brutto | min/km | km/h |
|-----|----------|------------------------|----|-----|---------------------------|-----|-------|-------|---------|-------|---------|--------|-------|
| 229 | 310 | Pauly, Ralf | 67 | | Team Niesmann+Bischoff | M35 | 42 | 213 | 0:47:58 | 229 | 0:49:01 | 4,48 | 12,51 |
| 230 | 95 | Gust, Friedel | 54 | | *Koblenz | M50 | 27 | 214 | 0:47:59 | 211 | 0:48:09 | 4,48 | 12,50 |
| 231 | 1 | Hartmann, Friedel | 59 | | Biathlonsportclub Adenau | M45 | 24 | 215 | 0:47:59 | 232 | 0:49:10 | 4,48 | 12,50 |
| 232 | 650 | Huhn, Paul | 32 | | Spfr. Mastershausen | M70 | 1 | 216 | 0:47:59 | 212 | 0:48:10 | 4,48 | 12,50 |
| 233 | 382 | Seninger, Frau Nadine | 80 | | LT DJK Andernach | WHK | 4 | 17 | 0:48:00 | 17 | 0:48:20 | 4,48 | 12,50 |
| 234 | 89 | Link, Udo | 60 | | *Gappenach | M45 | 25 | 217 | 0:48:01 | 210 | 0:48:09 | 4,48 | 12,49 |
| 235 | 1913 | Vey, Uwe | 65 | | *Mechernich | M40 | 58 | 218 | 0:48:02 | 208 | 0:48:08 | 4,48 | 12,49 |
| 236 | 554 | Bodzinski, Kurt | 39 | | LG laacher See | M65 | 3 | 219 | 0:48:03 | 217 | 0:48:28 | 4,48 | 12,49 |
| 237 | 112 | Kölbach, Michael | 66 | | *Winterwerb | M35 | 43 | 220 | 0:48:04 | 222 | 0:48:32 | 4,48 | 12,48 |
| 238 | 58 | Blettner, Nikolaus | 57 | | *Koblenz | M45 | 26 | 221 | 0:48:07 | 216 | 0:48:25 | 4,49 | 12,47 |
| 239 | 120 | Pierron, Herbert | 55 | | HFüKdo Bw Koblenz | M50 | 28 | 222 | 0:48:09 | 220 | 0:48:31 | 4,49 | 12,46 |
| 240 | 52 | Probstfeld, Willi | 50 | | LG Kalt | M55 | 9 | 223 | 0:48:12 | 223 | 0:48:40 | 4,49 | 12,45 |
| 241 | 14 | Emmerich, Uwe | 67 | | *Lahnstein | M35 | 44 | 224 | 0:48:14 | 225 | 0:48:41 | 4,49 | 12,44 |
| 242 | 356 | Heinz, Uwe | 69 | | *Saffig | M35 | 45 | 225 | 0:48:15 | 215 | 0:48:24 | 4,50 | 12,43 |
| 243 | 599 | Gransee, Andreas | 64 | | *Kollig | M40 | 59 | 226 | 0:48:17 | 226 | 0:48:45 | 4,50 | 12,43 |
| 244 | 601 | Schmitz-Duppich, Lioba | 64 | | Gerolsteiner LGV | W40 | 9 | 18 | 0:48:18 | 18 | 0:48:28 | 4,50 | 12,42 |
| 245 | 133 | Arnold, Herr Karsten | 69 | | *Saffig | M35 | 46 | 227 | 0:48:23 | 221 | 0:48:32 | 4,50 | 12,40 |
| 246 | 190 | Sibille, Ohlemacher | 61 | | TuS Niederneisen | W40 | 10 | 19 | 0:48:23 | 19 | 0:48:36 | 4,50 | 12,40 |
| 247 | 39 | Petri, Rainer | 65 | | Medicon Koblenz | M40 | 60 | 228 | 0:48:25 | 237 | 0:49:17 | 4,51 | 12,39 |
| 248 | 447 | Nohles, Maik | 79 | | *Wimbach | MHK | 24 | 229 | 0:48:30 | 224 | 0:48:41 | 4,51 | 12,37 |
| 249 | 441 | Piechotta, Matthias | 78 | | BSG Sparkasse Koblenz | MHK | 25 | 230 | 0:48:34 | 228 | 0:49:00 | 4,51 | 12,35 |
| 250 | 433 | Eder, Michael | 77 | | Die Raben 6./OpInfoBtl 95 | MHK | 26 | 231 | 0:48:35 | 231 | 0:49:08 | 4,52 | 12,35 |
| 251 | 273 | Giese, Dr.-Ing. Hans | 63 | | *Polch | M40 | 61 | 232 | 0:48:38 | 241 | 0:49:36 | 4,52 | 12,33 |
| 252 | 591 | Sagstetter, Martin | 70 | | Pädschstreter Wirger | M35 | 47 | 233 | 0:48:42 | 227 | 0:48:52 | 4,52 | 12,32 |
| 253 | 305 | Kaiser, Otto | 46 | | LT DJK Andernach | M55 | 10 | 234 | 0:48:47 | 234 | 0:49:13 | 4,53 | 12,30 |
| 254 | 565 | Mintgen, Christoph | 87 | | Spvgg Nickenich | MJA | 3 | 235 | 0:48:49 | 238 | 0:49:19 | 4,53 | 12,29 |
| 255 | 316 | Hein, Klaus | 64 | | DST Mörsdorf | M40 | 62 | 236 | 0:48:52 | 230 | 0:49:07 | 4,53 | 12,28 |
| 256 | 293 | Schüller, Chrsitoph | 70 | | *Kruft | M35 | 48 | 237 | 0:48:53 | 247 | 0:49:47 | 4,53 | 12,27 |
| 257 | 56 | Hens, Torsten | 78 | | *Mendig | MHK | 27 | 238 | 0:48:53 | 239 | 0:49:28 | 4,53 | 12,27 |
| 258 | 663 | Mürlebach, Uwe | 63 | | JSV Ettringen | M40 | 63 | 239 | 0:48:54 | 246 | 0:49:46 | 4,53 | 12,27 |
| 259 | 161 | Bleidt, Herr Dirk | 71 | | *Büchel | M30 | 19 | 240 | 0:48:56 | 244 | 0:49:45 | 4,54 | 12,26 |
| 260 | 458 | Waldecker, Willi | 60 | | Spvgg Nickenich | M45 | 27 | 241 | 0:48:56 | 236 | 0:49:17 | 4,54 | 12,26 |
| 261 | 346 | Hermann, Herr Paul | 63 | | SG Nachtsheim | M40 | 64 | 242 | 0:48:59 | 235 | 0:49:15 | 4,54 | 12,25 |
| 262 | 475 | Simon, Bernd | 55 | | LA TuS Mayen | M50 | 29 | 243 | 0:49:03 | 233 | 0:49:10 | 4,54 | 12,23 |
| 263 | 632 | Meuer, Sigrid | 58 | | SV Weikersburg | W45 | 1 | 20 | 0:49:04 | 20 | 0:49:16 | 4,54 | 12,22 |
| 264 | 28 | Wagner, Rüdiger | 52 | | TV Winnigen | M50 | 30 | 244 | 0:49:07 | 249 | 0:49:49 | 4,55 | 12,21 |
| 265 | 42 | Sesterhenn, Karl | 52 | | *Koblenz | M50 | 31 | 245 | 0:49:07 | 250 | 0:49:49 | 4,55 | 12,21 |
| 266 | 577 | Baum, Viktor | 58 | | LT Heimbach-Weis | M45 | 28 | 246 | 0:49:14 | 248 | 0:49:48 | 4,55 | 12,19 |
| 267 | 268 | Schmiedel, Bernd | 56 | | Spvgg Nickenich | M45 | 29 | 247 | 0:49:15 | 240 | 0:49:33 | 4,56 | 12,18 |
| 268 | 421 | Krach, Lissy | 60 | | LT Heimbach-Weis | W45 | 2 | 21 | 0:49:16 | 23 | 0:49:48 | 4,56 | 12,18 |
| 269 | 381 | Ries, Andrea | 66 | | SRL Triathlon Koblenz eV | W35 | 3 | 22 | 0:49:17 | 24 | 0:50:04 | 4,56 | 12,17 |
| 270 | 153 | Kreuter, Michael | 89 | | LT TuS Lonnig | MJB | 6 | 248 | 0:49:19 | 255 | 0:50:05 | 4,56 | 12,17 |
| 271 | 290 | Hein, Simone | 67 | | DST Mörsdorf | W35 | 4 | 23 | 0:49:20 | 22 | 0:49:35 | 4,56 | 12,16 |
| 272 | 100 | Adam, Thomas | 70 | | Spvgg Nickenich | M35 | 49 | 249 | 0:49:21 | 243 | 0:49:41 | 4,56 | 12,16 |
| 273 | 3 | Hartmann, Josef | 89 | | Biathlonsportclub Adenau | MJB | 7 | 250 | 0:49:23 | 262 | 0:50:23 | 4,56 | 12,15 |
| 274 | 467 | Hilger, Angelika | 61 | | LA TuS Mayen | W40 | 11 | 24 | 0:49:25 | 21 | 0:49:32 | 4,57 | 12,14 |
| 275 | 453 | Augel, Christoph | 64 | | *Anschau | M40 | 65 | 251 | 0:49:25 | 242 | 0:49:38 | 4,57 | 12,14 |
| 276 | 239 | Roth, Herr Jan | 86 | | *Kürrenberg | MJA | 4 | 252 | 0:49:26 | 267 | 0:50:29 | 4,57 | 12,13 |
| 277 | 657 | Hermann, Kai | 69 | | *Schweighausen | M35 | 50 | 253 | 0:49:28 | 256 | 0:50:08 | 4,57 | 12,13 |
| 278 | 280 | Mauer, Petra | 81 | | Pädschstreter Wirges | WHK | 5 | 25 | 0:49:28 | 26 | 0:50:27 | 4,57 | 12,13 |
| 279 | 1901 | Neeb, Andreas | 65 | | TSV Lehmen | M40 | 66 | 254 | 0:49:28 | 245 | 0:49:46 | 4,57 | 12,13 |
| 280 | 620 | Tigges, Holger | 63 | | X-Sport Kastellaun | M40 | 67 | 255 | 0:49:33 | 251 | 0:49:55 | 4,57 | 12,11 |
| 281 | 306 | Weber, Willi | 57 | | *Lehmen | M45 | 30 | 256 | 0:49:37 | 261 | 0:50:18 | 4,58 | 12,09 |
| 282 | 13 | Degen, Heinz-Peter | 41 | | LF Brohltal | M60 | 7 | 257 | 0:49:39 | 258 | 0:50:11 | 4,58 | 12,08 |
| 283 | 148 | Hartel, Wolfgang | 60 | | *Mayen/Alzheim | M45 | 31 | 258 | 0:49:43 | 271 | 0:50:33 | 4,58 | 12,07 |
| 284 | 369 | Kredlau, Udo | 67 | | Krankenhaus Mayen | M35 | 51 | 259 | 0:49:43 | 275 | 0:50:46 | 4,58 | 12,07 |
| 285 | 476 | Grieger, Uwe | 67 | | *Oberhaid | M35 | 52 | 260 | 0:49:45 | 253 | 0:50:02 | 4,59 | 12,06 |

| Pos | Startnr. | Name | JG | NAT | Verein/*Ort | AK | AK-Pl | Platz | Endzeit | Platz | Brutto | min/km | km/h |
|-----|----------|--------------------------|----|-----|----------------------------|-----|-------|-------|---------|-------|---------|--------|-------|
| 286 | 287 | Scheuren, Lothar | 58 | | *Beilstein | M45 | 32 | 261 | 0:49:46 | 264 | 0:50:23 | 4,59 | 12,05 |
| 287 | 18 | Schaus, Dirk | 73 | | Schwimmbadteam Koble | M30 | 20 | 262 | 0:49:47 | 252 | 0:49:59 | 4,59 | 12,05 |
| 288 | 322 | Braunschädel, Jürgen | 66 | | SV Landkern | M35 | 53 | 263 | 0:49:48 | 259 | 0:50:14 | 4,59 | 12,04 |
| 289 | 669 | Justen, Herbert | 65 | | LA TUS Mayen | M40 | 68 | 264 | 0:49:49 | 257 | 0:50:08 | 4,59 | 12,04 |
| 290 | 109 | Schorn, Rudi | 59 | | *Neuwied | M45 | 33 | 265 | 0:49:51 | 270 | 0:50:32 | 4,59 | 12,04 |
| 291 | 448 | Scholz, Heike | 68 | | *Mülheim-Kärlich | W35 | 5 | 26 | 0:49:52 | 25 | 0:50:20 | 4,59 | 12,03 |
| 292 | 386 | Zelter, Karl-Josef | 64 | | *Polch | M40 | 69 | 266 | 0:49:56 | 260 | 0:50:14 | 5,00 | 12,02 |
| 293 | 123 | Kalt, Manfred | 66 | | Saffig | M35 | 54 | 267 | 0:49:58 | 280 | 0:51:02 | 5,00 | 12,01 |
| 294 | 283 | Noll, Matthias | 69 | | Husky Horchheim | M35 | 55 | 268 | 0:49:59 | 263 | 0:50:23 | 5,00 | 12,00 |
| 295 | 411 | Meurer, Alexander | 90 | | Regionale Schule Untermo | MJB | 8 | 269 | 0:49:59 | 254 | 0:50:03 | 5,00 | 12,00 |
| 296 | 372 | Weppner, Oliver | 62 | | Heidenroder Lauftreff | M40 | 70 | 270 | 0:50:01 | 279 | 0:51:01 | 5,00 | 11,99 |
| 297 | 1946 | Philippi, Karl | 53 | D | LT Mertesdorf | M50 | 32 | 271 | 0:50:06 | 272 | 0:50:34 | 5,01 | 11,97 |
| 298 | 218 | Diefenbach, Jörg | 72 | | *Koblenz | M30 | 21 | 272 | 0:50:08 | 266 | 0:50:28 | 5,01 | 11,97 |
| 299 | 244 | Pink, Franz-Josef | 43 | | SV Waldesch | M60 | 8 | 273 | 0:50:11 | 269 | 0:50:30 | 5,01 | 11,96 |
| 300 | 685 | Ohlemacher, Ulrich | 59 | | TUS Niederneisen | M45 | 34 | 274 | 0:50:13 | 265 | 0:50:26 | 5,01 | 11,95 |
| 301 | 531 | Malchus, Lutz | 73 | | SR500 - Talge | M30 | 22 | 275 | 0:50:14 | 278 | 0:50:58 | 5,01 | 11,94 |
| 302 | 647 | Rein, Carmen | 74 | | *Büchel | W30 | 2 | 27 | 0:50:17 | 27 | 0:50:30 | 5,02 | 11,93 |
| 303 | 445 | Windhäuser, Stefan | 70 | | *Saffig | M35 | 56 | 276 | 0:50:17 | 268 | 0:50:30 | 5,02 | 11,93 |
| 304 | 501 | Ehmann, Andreas | 74 | | *Nauort | M30 | 23 | 277 | 0:50:17 | 284 | 0:51:16 | 5,02 | 11,93 |
| 305 | 416 | Boelter, Ralph | 67 | | *Duisburg | M35 | 57 | 278 | 0:50:24 | 276 | 0:50:56 | 5,02 | 11,90 |
| 306 | 241 | Barden, Holger | 70 | | *Polch | M35 | 58 | 279 | 0:50:24 | 274 | 0:50:42 | 5,02 | 11,90 |
| 307 | 1919 | Winkler, Armin | 72 | | | M30 | 24 | 280 | 0:50:25 | 273 | 0:50:39 | 5,03 | 11,90 |
| 308 | 487 | Mack, Monika | 73 | | LA TuS Mayen | W30 | 3 | 28 | 0:50:27 | 29 | 0:51:17 | 5,03 | 11,89 |
| 309 | 331 | Esper, Bernd | 66 | | SV Landkern | M35 | 59 | 281 | 0:50:33 | 277 | 0:50:57 | 5,03 | 11,87 |
| 310 | 525 | Fuß, Hanne | 68 | | LA TuS Mayen | W35 | 6 | 29 | 0:50:34 | 28 | 0:50:41 | 5,03 | 11,86 |
| 311 | 431 | Dietrich, Karl-Heinz | 61 | | *Luxem | M40 | 71 | 282 | 0:50:37 | 286 | 0:51:20 | 5,04 | 11,85 |
| 312 | 646 | Müller, Mechthild | 56 | | LT Heimbach-Weis | W45 | 3 | 30 | 0:50:38 | 30 | 0:51:20 | 5,04 | 11,85 |
| 313 | 204 | Geifes, Michael | 64 | | *Koblenz | M40 | 72 | 283 | 0:50:42 | 293 | 0:51:35 | 5,04 | 11,83 |
| 314 | 87 | Karbach, Michael | 57 | | *Kaub | M45 | 35 | 284 | 0:50:49 | 288 | 0:51:28 | 5,05 | 11,80 |
| 315 | 171 | Goebel, Christoph | 66 | | *Polch | M35 | 60 | 285 | 0:50:53 | 282 | 0:51:11 | 5,05 | 11,79 |
| 316 | 142 | Klinkosch, Herr Thorsten | 67 | | *Büchel | M35 | 61 | 286 | 0:50:54 | 295 | 0:51:43 | 5,05 | 11,79 |
| 317 | 698 | Hecken, Marius | 81 | | VfB Polch | MHK | 28 | 287 | 0:50:55 | 298 | 0:51:47 | 5,06 | 11,78 |
| 318 | 23 | Jaeger, Ralf | 71 | | *Neuwied | M30 | 25 | 288 | 0:50:55 | 281 | 0:51:10 | 5,06 | 11,78 |
| 319 | 418 | Böhm, Elke | 63 | | LT Heimbach-Weis | W40 | 12 | 31 | 0:50:58 | 31 | 0:51:35 | 5,06 | 11,77 |
| 320 | 434 | Meltzner, Stefan | 77 | | Die Raben 6./OplInfoBtl 95 | MHK | 29 | 289 | 0:50:59 | 290 | 0:51:32 | 5,06 | 11,77 |
| 321 | 128 | Horst, Erwin | 66 | | Freiw. Feuerwehr Kalt | M35 | 62 | 290 | 0:50:59 | 285 | 0:51:17 | 5,06 | 11,77 |
| 322 | 388 | Neumann, Sabine | 73 | | LT Heimbach-Weis | W30 | 4 | 32 | 0:51:00 | 32 | 0:51:37 | 5,06 | 11,76 |
| 323 | 500 | Ehmann, Andrea | 80 | | *Nauort | WHK | 6 | 33 | 0:51:04 | 35 | 0:52:02 | 5,06 | 11,75 |
| 324 | 639 | Kaes, Heike | 67 | | *Mayen | W35 | 7 | 34 | 0:51:05 | 33 | 0:51:42 | 5,06 | 11,75 |
| 325 | 375 | Ommer, Herr Horst | 56 | | LG Laacher See | M45 | 36 | 291 | 0:51:05 | 299 | 0:51:48 | 5,07 | 11,74 |
| 326 | 232 | Port, Matthias | 68 | | *Gierschnach | M35 | 63 | 292 | 0:51:05 | 283 | 0:51:12 | 5,07 | 11,74 |
| 327 | 176 | Hamm, Cornelia | 69 | | Running Team Bad Ems | W35 | 8 | 35 | 0:51:11 | 34 | 0:51:55 | 5,07 | 11,72 |
| 328 | 397 | Griebler, Herr Frank | 49 | | TV Kastellaun | M55 | 11 | 293 | 0:51:12 | 292 | 0:51:34 | 5,07 | 11,72 |
| 329 | 444 | Herrmann, Konrad | 55 | | Running Team AOK-Koble | M50 | 33 | 294 | 0:51:14 | 303 | 0:52:07 | 5,07 | 11,71 |
| 330 | 634 | Kalter, Roman | 62 | | | M40 | 73 | 295 | 0:51:16 | 289 | 0:51:29 | 5,08 | 11,70 |
| 331 | 529 | Schmitz, Wolfgang | 55 | | FC Germania St. Johann | M50 | 34 | 296 | 0:51:16 | 294 | 0:51:40 | 5,08 | 11,70 |
| 332 | 558 | Funke, Mike | 88 | | Regionale Schule Untermo | MJB | 9 | 297 | 0:51:16 | 287 | 0:51:23 | 5,08 | 11,70 |
| 333 | 7 | Klasen, Uwe | 67 | | Bundespolizei | M35 | 64 | 298 | 0:51:17 | 302 | 0:51:56 | 5,08 | 11,70 |
| 334 | 242 | Bischofs, Helmut | 58 | | *Koblenz | M45 | 37 | 299 | 0:51:18 | 297 | 0:51:45 | 5,08 | 11,70 |
| 335 | 124 | Schmitz, Guido | 67 | | Saffig | M35 | 65 | 300 | 0:51:23 | 311 | 0:52:27 | 5,08 | 11,67 |
| 336 | 165 | May, Franz Josef | 63 | | Illerich | M40 | 74 | 301 | 0:51:25 | 300 | 0:51:50 | 5,09 | 11,67 |
| 337 | 563 | Schmitz, Alfred | 39 | | TG Konz | M65 | 4 | 302 | 0:51:26 | 296 | 0:51:44 | 5,09 | 11,66 |
| 338 | 158 | Roden, Wolfgang | 70 | | Griesson - de Beukelaer | M35 | 66 | 303 | 0:51:26 | 291 | 0:51:33 | 5,09 | 11,66 |
| 339 | 245 | Fries, Wolfgang | 55 | | SV Waldesch | M50 | 35 | 304 | 0:51:36 | 310 | 0:52:26 | 5,10 | 11,63 |
| 340 | 642 | Gensmüller, Marco | 77 | | *Polch | MHK | 30 | 305 | 0:51:42 | 301 | 0:51:56 | 5,10 | 11,60 |
| 341 | 1941 | Lotzen, Anette | 60 | | Andernach | W45 | 4 | 36 | 0:51:44 | 39 | 0:52:23 | 5,10 | 11,60 |
| 342 | 25 | Silbersdorf, Günter | 49 | | *Heidesheim | M55 | 12 | 306 | 0:51:48 | 304 | 0:52:11 | 5,11 | 11,58 |

| Pos | Startnr. | Name | JG | NAT | Verein/*Ort | AK | AK-Pl | Platz | Endzeit | Platz | Brutto | min/km | km/h |
|-----|----------|-----------------------|----|-----|---------------------------|-----|-------|-------|---------|-------|---------|--------|-------|
| 343 | 57 | Gottwald, Jörg | 65 | | von-Null-auf-42 | M40 | 75 | 307 | 0:51:50 | 314 | 0:52:49 | 5,11 | 11,57 |
| 344 | 72 | Bock, Gerd | 58 | | DEBEKA | M45 | 38 | 308 | 0:51:50 | 313 | 0:52:46 | 5,11 | 11,57 |
| 345 | 199 | Kopp, Mechthild | 66 | | *Kalt | W35 | 9 | 37 | 0:51:51 | 37 | 0:52:10 | 5,11 | 11,57 |
| 346 | 1912 | Quaadvliet, Geri-Anne | 63 | NEL | TV Bad Salzig | W40 | 13 | 38 | 0:51:54 | 42 | 0:52:48 | 5,11 | 11,56 |
| 347 | 75 | Reime, Claudia | 63 | | *Koblenz | W40 | 14 | 39 | 0:51:54 | 36 | 0:52:06 | 5,11 | 11,56 |
| 348 | 40 | Wagner, Markus | 70 | | *Cochem | M35 | 67 | 309 | 0:51:54 | 309 | 0:52:25 | 5,11 | 11,56 |
| 349 | 198 | Kopp, Andreas | 66 | | Freiw. Feuerwehr Kalt | M35 | 68 | 310 | 0:51:55 | 305 | 0:52:14 | 5,12 | 11,56 |
| 350 | 342 | Faust, Dr. Haralt | 64 | | *Waldorf | M40 | 76 | 311 | 0:51:56 | 321 | 0:52:58 | 5,12 | 11,55 |
| 351 | 349 | Treppmann, Günter | 59 | | Krankenhaus Mayen | M45 | 39 | 312 | 0:51:56 | 322 | 0:52:58 | 5,12 | 11,55 |
| 352 | 172 | Blettner, Michael | 58 | | Volksbank Koblenz Mittel | M45 | 40 | 313 | 0:51:57 | 306 | 0:52:15 | 5,12 | 11,55 |
| 353 | 181 | Rausch-Radke, Susanne | 69 | | *Vallendar | W35 | 10 | 40 | 0:52:03 | 38 | 0:52:18 | 5,12 | 11,53 |
| 354 | 1930 | Wilpert, Peter | 62 | | *Ochtendung | M40 | 77 | 314 | 0:52:06 | 308 | 0:52:22 | 5,13 | 11,52 |
| 355 | 62 | Heiseler, Gerd | 52 | | Grünewaldläufer SV Lüsse | M50 | 36 | 315 | 0:52:10 | 316 | 0:52:53 | 5,13 | 11,50 |
| 356 | 173 | Leinen, Josef | 58 | | Grünewaldläufer SV Lüsse | M45 | 41 | 316 | 0:52:11 | 317 | 0:52:53 | 5,13 | 11,49 |
| 357 | 626 | Kranz, Elmar | 59 | | TV 1862 Cochem | M45 | 42 | 317 | 0:52:11 | 307 | 0:52:21 | 5,13 | 11,49 |
| 358 | 699 | Jesse, Monika | 52 | | *Koblenz | W50 | 2 | 41 | 0:52:13 | 41 | 0:52:44 | 5,13 | 11,49 |
| 359 | 122 | Ritter, Magdalena | 61 | | LT Münstermaifeld | W40 | 15 | 42 | 0:52:16 | 40 | 0:52:43 | 5,14 | 11,48 |
| 360 | 439 | Scholz, Josef | 36 | | SV Mehren | M65 | 5 | 318 | 0:52:19 | 334 | 0:53:25 | 5,14 | 11,47 |
| 361 | 542 | Dawson, Gregory | 64 | | *Polch | M40 | 78 | 319 | 0:52:22 | 335 | 0:53:28 | 5,14 | 11,46 |
| 362 | 336 | Weyers, Emar | 50 | | AOK Mayen-Koblenz | M55 | 13 | 320 | 0:52:22 | 320 | 0:52:57 | 5,14 | 11,46 |
| 363 | 215 | Wagner, Uschi | 58 | | Nörtershausen | W45 | 5 | 43 | 0:52:24 | 45 | 0:53:08 | 5,14 | 11,45 |
| 364 | 610 | Fürst, Horst | 40 | | LG Rhein-Wied | M65 | 6 | 321 | 0:52:24 | 318 | 0:52:54 | 5,14 | 11,45 |
| 365 | 47 | Müller, Christoph | 73 | | *Linkenheim | M30 | 26 | 322 | 0:52:24 | 327 | 0:53:09 | 5,14 | 11,45 |
| 366 | 139 | Dedenbach, Martin | 60 | | *Ettringen | M45 | 43 | 323 | 0:52:26 | 331 | 0:53:17 | 5,15 | 11,44 |
| 367 | 357 | Blum, Hans-Dieter | 57 | | *Koblenz | M45 | 44 | 324 | 0:52:26 | 324 | 0:53:04 | 5,15 | 11,44 |
| 368 | 282 | Albiez, Marcus | 71 | | TBC Bendorf | M30 | 27 | 325 | 0:52:26 | 315 | 0:52:51 | 5,15 | 11,44 |
| 369 | 267 | May, Bernd | 65 | | LA TuS Mayen | M40 | 79 | 326 | 0:52:27 | 332 | 0:53:17 | 5,15 | 11,44 |
| 370 | 559 | Hickmann, Hedi | 52 | | LG Maifeld-Pellenz | W50 | 3 | 44 | 0:52:29 | 43 | 0:52:55 | 5,15 | 11,43 |
| 371 | 415 | Gotzhein, Reinhard | 60 | | TAURIS Mülheim-Kärlich | M45 | 45 | 327 | 0:52:31 | 337 | 0:53:32 | 5,15 | 11,42 |
| 372 | 446 | Becker, Joachim | 56 | | Spassläufer Daun | M45 | 46 | 328 | 0:52:31 | 319 | 0:52:54 | 5,15 | 11,42 |
| 373 | | Sandner, Dirk | 67 | | *Wolken | M35 | 69 | 329 | 0:52:32 | 312 | 0:52:46 | 5,15 | 11,42 |
| 374 | 469 | May, Brigitte | 67 | | LA TuS Mayen | W35 | 11 | 45 | 0:52:34 | 46 | 0:53:10 | 5,15 | 11,41 |
| 375 | 682 | Jubelius, Frank | 68 | | *Kottenheim | M35 | 70 | 330 | 0:52:38 | 323 | 0:53:01 | 5,16 | 11,40 |
| 376 | 236 | Bockshecker, Alois | 53 | | LF Brohltal | M50 | 37 | 331 | 0:52:41 | 328 | 0:53:12 | 5,16 | 11,39 |
| 377 | 159 | Kroll, Rüdiger | 38 | | Blau-Gelb Dernau | M65 | 7 | 332 | 0:52:44 | 325 | 0:53:05 | 5,16 | 11,38 |
| 378 | 1925 | Winkler, Brigitte | 63 | | *Koblenz | W40 | 16 | 46 | 0:52:44 | 47 | 0:53:25 | 5,16 | 11,38 |
| 379 | 275 | Aldorf, Frank | 69 | | *Wierschem | M35 | 71 | 333 | 0:52:44 | 330 | 0:53:16 | 5,16 | 11,38 |
| 380 | 693 | Beneke, Martin | 87 | | *Naunheim | MJA | 5 | 334 | 0:52:46 | 329 | 0:53:16 | 5,17 | 11,37 |
| 381 | 299 | Patrickus, Mara | 78 | | *Andernach | WHK | 7 | 47 | 0:52:48 | 44 | 0:53:01 | 5,17 | 11,36 |
| 382 | 49 | Boes, Harald | 73 | | *Kobern-Gondorf | M30 | 28 | 335 | 0:52:54 | 341 | 0:53:38 | 5,17 | 11,34 |
| 383 | 391 | Palm, - Carsten | 80 | | Herederos de Haile | MHK | 31 | 336 | 0:52:57 | 336 | 0:53:31 | 5,18 | 11,33 |
| 384 | 363 | Rohlinger, Achim | 71 | | *Manderscheid | M30 | 29 | 337 | 0:53:00 | 333 | 0:53:23 | 5,18 | 11,32 |
| 385 | 409 | Saidykhan, Wandifa | 89 | | Regionale Schule Untermo | MJB | 10 | 338 | 0:53:03 | 326 | 0:53:08 | 5,18 | 11,31 |
| 386 | 630 | Naunheim, Hans-Dieter | 50 | | LT Tus Lonnig | M55 | 14 | 339 | 0:53:04 | 346 | 0:53:50 | 5,18 | 11,31 |
| 387 | 1928 | Esser, Willi | 46 | | LF Brohltal | M55 | 15 | 340 | 0:53:04 | 338 | 0:53:35 | 5,18 | 11,30 |
| 388 | 233 | Theske, herr Jörg | 65 | | *Koblenz | M40 | 80 | 341 | 0:53:05 | 350 | 0:53:58 | 5,19 | 11,30 |
| 389 | 697 | Kopp, Thomas | 69 | | VfB Polch | M35 | 72 | 342 | 0:53:06 | 351 | 0:53:59 | 5,19 | 11,30 |
| 390 | 694 | Wittich, Kurt | 37 | | *Koblenz | M65 | 8 | 343 | 0:53:10 | 342 | 0:53:40 | 5,19 | 11,28 |
| 391 | 516 | Hauptenthal, Frank | 61 | | FC Germania St. Johann | M40 | 81 | 344 | 0:53:14 | 339 | 0:53:36 | 5,19 | 11,27 |
| 392 | 435 | Kaiser, Daniel | 81 | | Die Raben 6./OpInfoBtl 95 | MHK | 32 | 345 | 0:53:14 | 345 | 0:53:48 | 5,19 | 11,27 |
| 393 | 359 | Sterzenbach, Michael | 56 | | *Urbar | M45 | 47 | 346 | 0:53:17 | 348 | 0:53:54 | 5,20 | 11,26 |
| 394 | 59 | Blettner, Angelika | 54 | | *Koblenz | W50 | 4 | 48 | 0:53:18 | 49 | 0:53:35 | 5,20 | 11,26 |
| 395 | 1902 | Simon, Jürgen | 67 | | SV Forst | M35 | 73 | 347 | 0:53:18 | 349 | 0:53:57 | 5,20 | 11,26 |
| 396 | 638 | Honsdorf, Rolf | 56 | | LSV Lay | M45 | 48 | 348 | 0:53:18 | 343 | 0:53:40 | 5,20 | 11,25 |
| 397 | 81 | Neumann, Ernst | 51 | | *Neuwied | M50 | 38 | 349 | 0:53:20 | 340 | 0:53:37 | 5,20 | 11,25 |
| 398 | 666 | Johann, Susanne | 76 | | *Koblenz | WHK | 8 | 49 | 0:53:21 | 51 | 0:54:12 | 5,20 | 11,24 |
| 399 | 539 | Endres, Stefan | 65 | | Wittlicher TV | M40 | 82 | 350 | 0:53:23 | 352 | 0:54:01 | 5,20 | 11,24 |

| Pos | Startnr. | Name | JG | NAT | Verein/*Ort | AK | AK-Pl | Platz | Endzeit | Platz | Brutto | min/km | km/h |
|-----|----------|--------------------------|----|-----|-------------------------|-----|-------|-------|---------|-------|---------|--------|-------|
| 400 | 1940 | Hänzgen, Birgit | 61 | | LT-Baar | W40 | 17 | 50 | 0:53:24 | 52 | 0:54:22 | 5,20 | 11,23 |
| 401 | 380 | Uhrmacher, Ursula | 53 | | *Münstermaifeld | W50 | 5 | 51 | 0:53:25 | 48 | 0:53:29 | 5,21 | 11,23 |
| 402 | 373 | Welz, Herr Rüdiger | 64 | | *Bruttig-Fankel | M40 | 83 | 351 | 0:53:28 | 353 | 0:54:04 | 5,21 | 11,22 |
| 403 | 370 | Heinz, Lars Karl | 72 | | *Andernach | M30 | 30 | 352 | 0:53:30 | 344 | 0:53:42 | 5,21 | 11,21 |
| 404 | 300 | Werff, Torsten | 71 | | *Koborn-Gondorf | M30 | 31 | 353 | 0:53:38 | 347 | 0:53:52 | 5,22 | 11,19 |
| 405 | 41 | Böhme, Heike | 66 | | LT TuS Lonnig | W35 | 12 | 52 | 0:53:38 | 50 | 0:54:06 | 5,22 | 11,18 |
| 406 | 240 | Reith, Wolfgang | 65 | | *Koblenz | M40 | 84 | 354 | 0:53:40 | 357 | 0:54:17 | 5,22 | 11,18 |
| 407 | 689 | Mayer, Stephan | 77 | | VfB Polch | MHK | 33 | 355 | 0:53:42 | 361 | 0:54:35 | 5,22 | 11,17 |
| 408 | 259 | Gonser, Herr Hans-Ulrich | 55 | | *Polch | M50 | 39 | 356 | 0:53:44 | 354 | 0:54:13 | 5,22 | 11,17 |
| 409 | 413 | Meurer, Frank | 65 | | TAURIS Mülheim-Kärlich | M40 | 85 | 357 | 0:53:49 | 365 | 0:54:50 | 5,23 | 11,15 |
| 410 | 385 | Kullick, Hans-Jürgen | 68 | | *Polch | M35 | 74 | 358 | 0:53:58 | 356 | 0:54:16 | 5,24 | 11,12 |
| 411 | 202 | Roggenfelder, Jens | 85 | | *Mayen | MHK | 34 | 359 | 0:53:58 | 367 | 0:55:02 | 5,24 | 11,12 |
| 412 | 402 | Kuntze, Jörg | 78 | | LG Laacher See | MHK | 35 | 360 | 0:53:59 | 360 | 0:54:35 | 5,24 | 11,11 |
| 413 | 492 | Schröder, Peter | 63 | | *rüber | M40 | 86 | 361 | 0:54:00 | 358 | 0:54:31 | 5,24 | 11,11 |
| 414 | 186 | Krüll, Ursula | 54 | | *Koblenz | W50 | 6 | 53 | 0:54:00 | 54 | 0:54:40 | 5,24 | 11,11 |
| 415 | 1944 | Bablick, Petra | 62 | | Koisdorf | W40 | 18 | 54 | 0:54:02 | 53 | 0:54:28 | 5,24 | 11,10 |
| 416 | 155 | Elzer, Rolf | 54 | | *Ettringen | M50 | 40 | 362 | 0:54:02 | 364 | 0:54:46 | 5,24 | 11,10 |
| 417 | 157 | Reuter, Marcel | 73 | | SV Masburg | M30 | 32 | 363 | 0:54:08 | 355 | 0:54:14 | 5,25 | 11,08 |
| 418 | 600 | Schneiders, Rudi | 61 | | SV Ellscheid | M40 | 87 | 364 | 0:54:09 | 362 | 0:54:40 | 5,25 | 11,08 |
| 419 | 68 | Breitkreutz, Klaus | 62 | | von-Null-auf-42 | M40 | 88 | 365 | 0:54:11 | 371 | 0:55:15 | 5,25 | 11,07 |
| 420 | 564 | Mintgen, Dietmar | 54 | | Spvgg Nickenich | M50 | 41 | 366 | 0:54:16 | 363 | 0:54:45 | 5,26 | 11,05 |
| 421 | 625 | Godjali, Alexander | 92 | | *Nettetal | MJB | 11 | 367 | 0:54:16 | 359 | 0:54:32 | 5,26 | 11,05 |
| 422 | 329 | Arent, Karl-Heinz | 56 | | *Koblenz | M45 | 49 | 368 | 0:54:25 | 370 | 0:55:06 | 5,27 | 11,02 |
| 423 | 174 | Leinen, Elke | 60 | | Grünewaldläufer SV Lüle | W45 | 6 | 55 | 0:54:27 | 57 | 0:55:10 | 5,27 | 11,02 |
| 424 | 185 | Seifner, Herbert | 56 | | TV 06 Bad Neuenahr | M45 | 50 | 369 | 0:54:37 | 372 | 0:55:16 | 5,28 | 10,98 |
| 425 | 438 | Schmidt, Hans | 48 | | SV Mehren | M55 | 16 | 370 | 0:54:38 | 380 | 0:55:43 | 5,28 | 10,98 |
| 426 | 392 | Gerard, Reinhold | 58 | | LT Welschbillig e. V. | M45 | 51 | 371 | 0:54:39 | 368 | 0:55:05 | 5,28 | 10,98 |
| 427 | 524 | Sander, Beate | 64 | | TV 06 Bad Neuenahr | W40 | 19 | 56 | 0:54:42 | 59 | 0:55:20 | 5,28 | 10,97 |
| 428 | 613 | Knüe, Judith | 62 | | *Lahnstein | W40 | 20 | 57 | 0:54:42 | 60 | 0:55:35 | 5,28 | 10,97 |
| 429 | 614 | Kather, Detlef | 56 | | BBC Horchheim | M45 | 52 | 372 | 0:54:42 | 376 | 0:55:35 | 5,28 | 10,97 |
| 430 | 265 | Krämer, Gerd | 62 | | Königsbacher Laufftreff | M40 | 89 | 373 | 0:54:45 | 369 | 0:55:05 | 5,29 | 10,96 |
| 431 | 515 | Hauptenthal, Susanne | 63 | | FC Germania St. Johann | W40 | 21 | 58 | 0:54:46 | 56 | 0:55:09 | 5,29 | 10,96 |
| 432 | 318 | Aulmann, Ralf | 68 | | S. V. Winterwerb e. V. | M35 | 75 | 374 | 0:54:46 | 379 | 0:55:39 | 5,29 | 10,95 |
| 433 | 574 | Krach, Dieter | 62 | | LT Heimbach-Weis | M40 | 90 | 375 | 0:54:49 | 375 | 0:55:22 | 5,29 | 10,94 |
| 434 | 607 | Lisson, Barbara | 72 | | *Polch | W30 | 5 | 59 | 0:54:51 | 58 | 0:55:20 | 5,29 | 10,94 |
| 435 | 691 | Schweitzer, Marc | 86 | | VfB Polch | MJA | 6 | 376 | 0:54:52 | 382 | 0:55:45 | 5,29 | 10,94 |
| 436 | 90 | Zerweck, Herbert | 55 | | *Gappenach | M50 | 42 | 377 | 0:54:55 | 366 | 0:55:01 | 5,30 | 10,93 |
| 437 | 432 | Rittgen, Frau Jutta | 64 | | *Koblenz | W40 | 22 | 60 | 0:54:55 | 55 | 0:55:08 | 5,30 | 10,92 |
| 438 | 182 | Doniges, Andre | 85 | | *Mayen | MHK | 36 | 378 | 0:55:01 | 374 | 0:55:21 | 5,30 | 10,90 |
| 439 | 637 | Balthasar, Norbert | 40 | | TUS Klotten | M65 | 9 | 379 | 0:55:03 | 373 | 0:55:20 | 5,30 | 10,90 |
| 440 | 118 | Winkler, Christian | 78 | | DRK-Team Mainz | MHK | 37 | 380 | 0:55:04 | 378 | 0:55:39 | 5,30 | 10,89 |
| 441 | 560 | Münch, Gerhard | 68 | | *Binningen | M35 | 76 | 381 | 0:55:10 | 384 | 0:55:57 | 5,31 | 10,87 |
| 442 | 101 | Adam, Stefan | 76 | | *Mayen | MHK | 38 | 382 | 0:55:17 | 377 | 0:55:38 | 5,32 | 10,85 |
| 443 | 499 | Breidenbach, Brigitte | 50 | | VfL Nastätten | W55 | 2 | 61 | 0:55:21 | 62 | 0:55:50 | 5,32 | 10,84 |
| 444 | 478 | Schäfer, Ulrike | 56 | | *Mayen | W45 | 7 | 62 | 0:55:21 | 67 | 0:56:29 | 5,32 | 10,84 |
| 445 | 264 | Schwarzkopf, Wilhelm | 48 | | Königsbacher Laufftreff | M55 | 17 | 383 | 0:55:22 | 381 | 0:55:44 | 5,32 | 10,83 |
| 446 | 360 | Sterzenbach, Heidi | 55 | | *Urbar | W50 | 7 | 63 | 0:55:25 | 63 | 0:55:59 | 5,33 | 10,83 |
| 447 | 154 | Klug, Boris | 70 | | *Koblenz | M35 | 77 | 384 | 0:55:27 | 389 | 0:56:33 | 5,33 | 10,82 |
| 448 | 230 | Ehltling, Andreas | 69 | | *Koblenz | M35 | 78 | 385 | 0:55:28 | 388 | 0:56:33 | 5,33 | 10,81 |
| 449 | 680 | Michels, Hiltrud | 60 | | SV Fortuna Ulmen | W45 | 8 | 64 | 0:55:31 | 64 | 0:56:10 | 5,33 | 10,80 |
| 450 | 254 | Christians, Jann | 46 | | SV Waldesch | M55 | 18 | 386 | 0:55:32 | 386 | 0:56:20 | 5,33 | 10,80 |
| 451 | | Sandner, Felicitas | 67 | | *Wolken | W35 | 13 | 65 | 0:55:33 | 61 | 0:55:47 | 5,33 | 10,80 |
| 452 | 652 | Lülsdorf, Fritz | 51 | | *Kruft | M50 | 43 | 387 | 0:55:40 | 383 | 0:55:54 | 5,34 | 10,78 |
| 453 | 51 | Lehmann, Juergen | 66 | | SV Leimbach | M35 | 79 | 388 | 0:55:41 | 385 | 0:56:12 | 5,34 | 10,77 |
| 454 | 679 | Mohr, Maria | 58 | | SV Fortuna Ulmen | W45 | 9 | 66 | 0:55:43 | 65 | 0:56:20 | 5,34 | 10,77 |
| 455 | 358 | Blum, Annette | 57 | | *Koblenz | W45 | 10 | 67 | 0:55:48 | 66 | 0:56:25 | 5,35 | 10,75 |
| 456 | 507 | Caserta-Metzner, Claudia | 69 | | LGBBS | W35 | 14 | 68 | 0:55:48 | 69 | 0:56:43 | 5,35 | 10,75 |

| Pos | Startnr. | Name | JG | NAT | Verein/*Ort | AK | AK-Pl | Platz | Endzeit | Platz | Brutto | min/km | km/h |
|-----|----------|------------------------|----|-----|-----------------------------|-----|-------|-------|---------|-------|---------|--------|-------|
| 457 | 286 | Frensch, Rudolf | 52 | | Laufftreff Heeresführungskc | M50 | 44 | 389 | 0:55:50 | 390 | 0:56:34 | 5,35 | 10,75 |
| 458 | 317 | Münzel, Mick | 67 | | Kliki-Runners | M35 | 80 | 390 | 0:55:50 | 387 | 0:56:30 | 5,35 | 10,74 |
| 459 | 365 | Schmitt, Stephan | 69 | | LT TuS Lonnig | M35 | 81 | 391 | 0:56:01 | 393 | 0:56:46 | 5,36 | 10,71 |
| 460 | 532 | Arenz, Ulrike | 70 | | *Gamlen | W35 | 15 | 69 | 0:56:08 | 68 | 0:56:35 | 5,37 | 10,69 |
| 461 | 624 | Rieger, Suzan | 65 | | *Burgen | W40 | 23 | 70 | 0:56:13 | 72 | 0:56:59 | 5,37 | 10,67 |
| 462 | 255 | Normann, Manuela | 72 | | TV Elgendorf | W30 | 6 | 71 | 0:56:14 | 71 | 0:56:58 | 5,37 | 10,67 |
| 463 | 288 | Schuth, Kurt | 42 | | LT DJK Andernach | M60 | 9 | 392 | 0:56:15 | 392 | 0:56:44 | 5,38 | 10,67 |
| 464 | 250 | Hörter, Thomas | 62 | | SV Waldesch | M40 | 91 | 393 | 0:56:18 | 395 | 0:57:08 | 5,38 | 10,66 |
| 464 | 249 | Poppe, Irmgard | 59 | | SV Waldesch | W45 | 11 | 72 | 0:56:18 | 75 | 0:57:09 | 5,38 | 10,66 |
| 466 | 611 | Lang, Bernd | 60 | | *Koblenz | M45 | 53 | 394 | 0:56:18 | 394 | 0:57:04 | 5,38 | 10,66 |
| 467 | 252 | Klein, Cilli | 57 | | SV Waldesch | W45 | 12 | 73 | 0:56:18 | 73 | 0:57:08 | 5,38 | 10,66 |
| 468 | 11 | Bonacker, Petra | 68 | | *Kobern-Gondorf | W35 | 16 | 74 | 0:56:20 | 70 | 0:56:49 | 5,38 | 10,65 |
| 469 | 362 | Schmidt, Hans-Georg | 63 | | *Niedersayn | M40 | 92 | 395 | 0:56:20 | 391 | 0:56:35 | 5,38 | 10,65 |
| 470 | 251 | Hörter, Monika | 62 | | SV Waldesch | W40 | 24 | 75 | 0:56:20 | 74 | 0:57:08 | 5,38 | 10,65 |
| 471 | 222 | Klein, Wilhelm | 39 | | *Bad Ems | M65 | 10 | 396 | 0:56:31 | 396 | 0:57:10 | 5,39 | 10,61 |
| 472 | 324 | Effert, Werner | 56 | | DEBEKA | M45 | 54 | 397 | 0:56:35 | 400 | 0:57:31 | 5,40 | 10,60 |
| 473 | 398 | Burkhard, Franz | 47 | | Running Team Bad Ems | M55 | 19 | 398 | 0:56:37 | 397 | 0:57:11 | 5,40 | 10,60 |
| 474 | 394 | Berger, Julia | 71 | | Running Team Bad Ems | W30 | 7 | 76 | 0:56:37 | 76 | 0:57:11 | 5,40 | 10,59 |
| 475 | 649 | Schmitz, Christian | 74 | | *Höhrgränzenhausen | M30 | 33 | 399 | 0:56:38 | 401 | 0:57:36 | 5,40 | 10,59 |
| 476 | 152 | Kreuter, Heike | 65 | | LT TuS Lonnig | W40 | 25 | 77 | 0:56:43 | 78 | 0:57:28 | 5,40 | 10,58 |
| 477 | 231 | Krosta, frau Erika | 53 | | *Koblenz | W50 | 8 | 78 | 0:56:51 | 81 | 0:57:45 | 5,41 | 10,55 |
| 478 | 37 | Retzmann, Nicole | 79 | | *Andernach | WHK | 9 | 79 | 0:56:56 | 77 | 0:57:12 | 5,42 | 10,54 |
| 479 | 405 | Steffens, Monika | 66 | | LG Maifeld-Pellenz | W35 | 17 | 80 | 0:56:57 | 79 | 0:57:32 | 5,42 | 10,54 |
| 480 | 187 | Krüll, Helmut | 54 | | *Koblenz | M50 | 45 | 400 | 0:56:58 | 402 | 0:57:38 | 5,42 | 10,53 |
| 481 | 518 | Jubelius, Arno | 69 | | FC Germania St. Johann | M35 | 82 | 401 | 0:56:59 | 399 | 0:57:22 | 5,42 | 10,53 |
| 482 | 103 | Holly, Dorothee | 68 | | TSV Montabaur | W35 | 18 | 81 | 0:56:59 | 80 | 0:57:43 | 5,42 | 10,53 |
| 483 | 588 | Gormans, Alexander | 67 | | *Polch-Ruitsch | M35 | 83 | 402 | 0:57:02 | 406 | 0:57:59 | 5,42 | 10,52 |
| 484 | 140 | Marzi, Thomas | 62 | | *Mayen-Alzheim | M40 | 93 | 403 | 0:57:03 | 403 | 0:57:46 | 5,42 | 10,52 |
| 485 | 206 | Sareyko, Herbert | 53 | | *Ettringen | M50 | 46 | 404 | 0:57:04 | 404 | 0:57:53 | 5,42 | 10,51 |
| 486 | 1914 | Piel, Hans | 57 | | *Bornheim | M45 | 55 | 405 | 0:57:06 | 398 | 0:57:13 | 5,43 | 10,51 |
| 487 | 661 | Zenzen, Uschi | 57 | | Vulkanläufer | W45 | 13 | 82 | 0:57:11 | 83 | 0:57:49 | 5,43 | 10,49 |
| 488 | 596 | Görgen, Dorothea | 65 | | LT Baar | W40 | 26 | 83 | 0:57:11 | 86 | 0:58:09 | 5,43 | 10,49 |
| 489 | 326 | Keim, Heiko | 74 | | Hunsrück Marathon e.V. | M30 | 34 | 406 | 0:57:17 | 408 | 0:58:14 | 5,44 | 10,47 |
| 490 | 327 | Jochem, Ramona | 78 | | *Leiwien | WHK | 10 | 84 | 0:57:18 | 88 | 0:58:14 | 5,44 | 10,47 |
| 491 | 509 | Stoelben, Paul | 62 | | SV Mosella Mesenich | M40 | 94 | 407 | 0:57:19 | 405 | 0:57:54 | 5,44 | 10,47 |
| 492 | 20 | Weiler, Katja | 82 | | *Köln | WHK | 11 | 85 | 0:57:28 | 84 | 0:58:03 | 5,45 | 10,44 |
| 493 | 589 | Helf, Sylvia | 70 | | LG Maifeld-Pellenz | W35 | 19 | 86 | 0:57:35 | 89 | 0:58:16 | 5,46 | 10,42 |
| 494 | 671 | Gassen, Irina | 91 | | LT SV Westum | WJB | 1 | 87 | 0:57:35 | 87 | 0:58:11 | 5,46 | 10,42 |
| 495 | 229 | Klaes, Antje | 62 | | LSC Maischeid | W40 | 27 | 88 | 0:57:38 | 91 | 0:58:17 | 5,46 | 10,41 |
| 496 | 313 | Feils, Astrid | 67 | | LA TuS Mayen | W35 | 20 | 89 | 0:57:38 | 82 | 0:57:46 | 5,46 | 10,41 |
| 497 | 549 | Gassen, Christiane | 59 | | LT SV Westum | W45 | 14 | 90 | 0:57:41 | 90 | 0:58:17 | 5,46 | 10,40 |
| 498 | 366 | Brust, Judith | 86 | | LT TuS Lonnig | WJA | 1 | 91 | 0:57:42 | 92 | 0:58:27 | 5,46 | 10,40 |
| 499 | 246 | Fries, Elke | 63 | | SV Waldesch | W40 | 28 | 92 | 0:57:47 | 95 | 0:58:38 | 5,47 | 10,38 |
| 500 | 595 | Apmann, Yvonne | 73 | | LT Baar | W30 | 8 | 93 | 0:57:55 | 97 | 0:58:52 | 5,48 | 10,36 |
| 501 | 197 | Winkler, Kerstin | 80 | | *Koblenz | WHK | 12 | 94 | 0:57:57 | 85 | 0:58:07 | 5,48 | 10,35 |
| 502 | 687 | Lörsch, Willi | 50 | | TUS Immendorf | M55 | 20 | 408 | 0:58:02 | 412 | 0:58:54 | 5,48 | 10,34 |
| 503 | 590 | Geißler, Judith | 81 | | LG Maifeld-Pellenz | WHK | 13 | 95 | 0:58:03 | 96 | 0:58:44 | 5,48 | 10,34 |
| 504 | 117 | Herrmann, Frau Corinna | 76 | | Das Team der Wand Kobl | WHK | 14 | 96 | 0:58:03 | 94 | 0:58:34 | 5,48 | 10,34 |
| 505 | 134 | Hilger, Gottfried | 56 | | TuS Weibern | M45 | 56 | 409 | 0:58:03 | 407 | 0:58:13 | 5,48 | 10,33 |
| 506 | 309 | Knecht, Christoph | 68 | | Team Niesmann+Bischoff | M35 | 84 | 410 | 0:58:04 | 409 | 0:58:28 | 5,48 | 10,33 |
| 507 | 604 | Janz, Karina | 75 | | *Koblenz | W30 | 9 | 97 | 0:58:04 | 93 | 0:58:27 | 5,48 | 10,33 |
| 508 | 606 | Derlien, Jörg | 68 | | *Alflen | M35 | 85 | 411 | 0:58:29 | 411 | 0:58:53 | 5,51 | 10,26 |
| 509 | 659 | Schulz, Eckhard | 41 | | *Büchel | M60 | 10 | 412 | 0:58:37 | 410 | 0:58:49 | 5,52 | 10,24 |
| 510 | 78 | Mudersbach, Eugenie | 62 | | *Koblenz | W40 | 29 | 98 | 0:58:40 | 98 | 0:59:08 | 5,52 | 10,23 |
| 511 | 543 | Gold, Sandra | 74 | | *Kobern-Gondorf | W30 | 10 | 99 | 0:58:44 | 99 | 0:59:26 | 5,52 | 10,21 |
| 512 | 147 | Hartel, Birgitt | 60 | | *Mayen/Alzheim | W45 | 15 | 100 | 0:58:50 | 101 | 0:59:39 | 5,53 | 10,20 |
| 513 | 695 | Brochert, Franz | 53 | | *Koblenz | M50 | 47 | 413 | 0:58:51 | 414 | 0:59:31 | 5,53 | 10,19 |

| Pos | Startnr. | Name | JG | NAT | Verein/*Ort | AK | AK-PI | Platz | Endzeit | Platz | Brutto | min/km | km/h |
|-----|----------|-----------------------------|----|-----|-----------------------------|-----|-------|-------|---------|-------|---------|--------|-------|
| 514 | 420 | Hünemann, Heinz-Werner | 48 | | LT Heimbach-Weis | M55 | 21 | 414 | 0:58:51 | 415 | 0:59:33 | 5,53 | 10,19 |
| 515 | 594 | Rohen, Kerstin | 77 | | LT Baar | WHK | 15 | 101 | 0:58:54 | 103 | 0:59:51 | 5,53 | 10,18 |
| 516 | 277 | Bojanowski, Reinhardt | 59 | | Meddys Laufladen | M45 | 57 | 415 | 0:58:56 | 416 | 0:59:37 | 5,54 | 10,18 |
| 517 | 551 | Fischer von Drathen, Jörg | 71 | | Post Sport Telekom Trier, f | M30 | 35 | 416 | 0:59:01 | 420 | 1:00:01 | 5,54 | 10,17 |
| 518 | 213 | Emmerich, Norbert | 60 | | *Illerich | M45 | 58 | 417 | 0:59:02 | 418 | 0:59:47 | 5,54 | 10,16 |
| 518 | 91 | Kaufmann, Andrea | 65 | | *Gappenach | W40 | 30 | 102 | 0:59:02 | 100 | 0:59:26 | 5,54 | 10,16 |
| 520 | 214 | Emmerich, Trudi | 64 | | *Illerich | W40 | 31 | 103 | 0:59:03 | 102 | 0:59:48 | 5,54 | 10,16 |
| 521 | 94 | Wagner, Josef | 45 | | LF Brohltal | M60 | 11 | 418 | 0:59:07 | 417 | 0:59:38 | 5,55 | 10,15 |
| 522 | 330 | Schmidt -Heiler, Regina | 68 | | *Brodendbach | W35 | 21 | 104 | 0:59:08 | 104 | 0:59:54 | 5,55 | 10,14 |
| 523 | 602 | Kohlhaas, Gabi | 63 | | | W40 | 32 | 105 | 0:59:11 | 105 | 0:59:56 | 5,55 | 10,14 |
| 524 | 1905 | Kraemer, Horst-Dieter | 56 | | Running Team Bad Ems | M45 | 59 | 419 | 0:59:12 | 419 | 0:59:54 | 5,55 | 10,14 |
| 525 | 175 | Werner, Rosemarie | 56 | | LT TuS Lonnig | W45 | 16 | 106 | 0:59:16 | 106 | 1:00:02 | 5,56 | 10,12 |
| 526 | 612 | Müller, Jutta | 64 | | TV Bassenheim | W40 | 33 | 107 | 0:59:20 | 110 | 1:00:20 | 5,56 | 10,11 |
| 527 | 460 | Schmitz, Karl-Heinz | 43 | | LA TuS Mayen | M60 | 12 | 420 | 0:59:20 | 413 | 0:59:30 | 5,56 | 10,11 |
| 528 | 126 | Kraemer, Frau Roswita | 44 | | Das Team der Wand Kobl | W60 | 1 | 108 | 0:59:34 | 107 | 1:00:04 | 5,57 | 10,07 |
| 529 | 258 | Schmitz, Irina | 69 | | Energieversorgung Mittel | W35 | 22 | 109 | 0:59:43 | 111 | 1:00:38 | 5,58 | 10,05 |
| 530 | 180 | Hesse, Herr Bodo | 66 | | *Lahnstein | M35 | 86 | 421 | 0:59:47 | 422 | 1:00:08 | 5,59 | 10,04 |
| 531 | 110 | Grings, Stefan | 67 | | Das Team der Wand Kobl | M35 | 87 | 422 | 0:59:48 | 421 | 1:00:03 | 5,59 | 10,03 |
| 532 | 216 | Fuchs, Heinke | 59 | | *Mayen | W45 | 17 | 110 | 0:59:54 | 108 | 1:00:05 | 5,59 | 10,02 |
| 533 | 538 | Jakobs, Andrea | 64 | | *Bassenheim | W40 | 34 | 111 | 1:00:00 | 114 | 1:01:00 | 6,00 | 10,00 |
| 534 | 307 | Paschakarnis, Dipl. Ing. Ch | 61 | | *Vallendar | W40 | 35 | 112 | 1:00:03 | 109 | 1:00:11 | 6,00 | 9,99 |
| 535 | 640 | Bonn, Martina | 58 | | LG Maria Laach | W45 | 18 | 113 | 1:00:08 | 112 | 1:00:53 | 6,01 | 9,98 |
| 536 | 274 | Weschbach, Alfred | 58 | | *Koblenz | M45 | 60 | 423 | 1:00:12 | 424 | 1:00:52 | 6,01 | 9,97 |
| 537 | 488 | Szafranski, Markus | 71 | | *Mayen | M30 | 36 | 424 | 1:00:13 | 427 | 1:01:08 | 6,01 | 9,96 |
| 538 | 557 | Krath, Willi | 29 | | AC Mallendar | M75 | 1 | 425 | 1:00:15 | 423 | 1:00:48 | 6,02 | 9,96 |
| 539 | 257 | Schmitz, Markus | 68 | | Energieversorgung Mittel | M35 | 88 | 426 | 1:00:17 | 428 | 1:01:13 | 6,02 | 9,95 |
| 540 | 534 | Henn, Dipl.-Kffr. Daniela | 77 | | *Koblenz | WHK | 16 | 114 | 1:00:20 | 122 | 1:01:26 | 6,02 | 9,94 |
| 541 | 44 | Olinger, Edith | 53 | | Sportverein Grünewald Wi | W50 | 9 | 115 | 1:00:22 | 118 | 1:01:05 | 6,02 | 9,94 |
| 542 | 506 | Weiskopf, Udo | 61 | | *Ettringen | M40 | 95 | 427 | 1:00:26 | 425 | 1:01:01 | 6,03 | 9,93 |
| 543 | 1931 | Merten, Regine | 58 | | *Neuwied | W45 | 19 | 116 | 1:00:29 | 113 | 1:00:58 | 6,03 | 9,92 |
| 544 | 61 | Lauterberg, Michaela | 67 | | *Urbar | W35 | 23 | 117 | 1:00:31 | 120 | 1:01:07 | 6,03 | 9,91 |
| 545 | 141 | Franz, Herr Alexander | 73 | | DRK-Team Mainz | M30 | 37 | 428 | 1:00:31 | 426 | 1:01:05 | 6,03 | 9,91 |
| 546 | 210 | Distelrath, Andrea | 64 | | St. Elisabethkrankenhaus | W40 | 36 | 118 | 1:00:31 | 116 | 1:01:03 | 6,03 | 9,91 |
| 547 | 119 | Kloibhofer, Olivia | 80 | | Steiermark rules! | WHK | 17 | 119 | 1:00:31 | 117 | 1:01:05 | 6,03 | 9,91 |
| 548 | 129 | Nett, Ute | 62 | | TuWi Adenau | W40 | 37 | 120 | 1:00:32 | 115 | 1:01:01 | 6,03 | 9,91 |
| 549 | 285 | Bach, Hans- G. | 55 | | Lauftreff Heeresführungskc | M50 | 48 | 429 | 1:00:33 | 430 | 1:01:17 | 6,03 | 9,91 |
| 550 | 339 | Riba, Carsten | 66 | | AOK Mayen-Koblenz | M35 | 89 | 430 | 1:00:39 | 429 | 1:01:15 | 6,04 | 9,89 |
| 551 | 338 | Lambrich, Simone | 76 | | AOK Mayen-Koblenz | WHK | 18 | 121 | 1:00:40 | 121 | 1:01:15 | 6,04 | 9,89 |
| 552 | 493 | Frevel, Herr Thomas | 73 | | Lauffreunde Brohltal | M30 | 38 | 431 | 1:00:45 | 434 | 1:01:50 | 6,05 | 9,87 |
| 553 | 526 | Thiel (früher Bürmann), Sin | 67 | | LA TuS Mayen | W35 | 24 | 122 | 1:00:56 | 119 | 1:01:07 | 6,06 | 9,85 |
| 554 | 335 | Kleudgen, Philip | 87 | | AOK Mayen-Koblenz | MJA | 7 | 432 | 1:00:57 | 431 | 1:01:31 | 6,06 | 9,84 |
| 555 | 248 | Wilbert, Rudi | 29 | | SV Waldesch | M75 | 2 | 433 | 1:00:59 | 432 | 1:01:36 | 6,06 | 9,84 |
| 556 | 605 | Stein, Volkhard | 61 | | *Bendorf | M40 | 96 | 434 | 1:01:13 | 435 | 1:01:50 | 6,07 | 9,80 |
| 557 | 66 | Gluckat, Perdita | 61 | | *Burgschwalbach | W40 | 38 | 123 | 1:01:16 | 123 | 1:01:35 | 6,08 | 9,79 |
| 558 | 298 | Marx, Peter | 63 | | Firma Marx Heizung + San | M40 | 97 | 435 | 1:01:26 | 433 | 1:01:40 | 6,09 | 9,76 |
| 559 | 505 | Schäfer, Anja | 69 | | *Montabaur | W35 | 25 | 124 | 1:01:37 | 128 | 1:02:32 | 6,10 | 9,74 |
| 560 | 256 | Heidger, Günter | 62 | | SV Urmitz | M40 | 98 | 436 | 1:01:38 | 438 | 1:02:33 | 6,10 | 9,73 |
| 561 | 276 | Bojanowski, Christel | 56 | | Meddys Laufladen | W45 | 20 | 125 | 1:01:45 | 127 | 1:02:27 | 6,11 | 9,71 |
| 562 | 664 | Kraus, Manfred | 65 | | Running Team Bad Ems | M40 | 99 | 437 | 1:01:51 | 436 | 1:02:24 | 6,11 | 9,70 |
| 563 | 261 | Klasen, Petra | 64 | | *Polch | W40 | 39 | 126 | 1:01:52 | 124 | 1:02:03 | 6,11 | 9,70 |
| 564 | 166 | Hillius, Nadine | 79 | | Running Team Bad Ems | WHK | 19 | 127 | 1:01:52 | 126 | 1:02:24 | 6,11 | 9,70 |
| 565 | 635 | Schneider, Brigitte | 67 | | LG Maria Laach | W35 | 26 | 128 | 1:01:52 | 130 | 1:02:36 | 6,11 | 9,70 |
| 566 | 389 | Weber, Péter | 64 | | Karnevalsverein Reudelste | M40 | 100 | 438 | 1:01:56 | 444 | 1:03:01 | 6,12 | 9,69 |
| 567 | 396 | Opper, Mario | 70 | | *Neuwied | M35 | 90 | 439 | 1:01:56 | 440 | 1:02:53 | 6,12 | 9,69 |
| 568 | 645 | Fuss, Klaus | 39 | | | M65 | 11 | 440 | 1:01:58 | 437 | 1:02:31 | 6,12 | 9,68 |
| 569 | 84 | Loch, Wolfgang | 59 | | Dany Sportclub Koblenz | M45 | 61 | 441 | 1:02:02 | 443 | 1:02:57 | 6,12 | 9,67 |
| 570 | 319 | Weber, Thomas | 69 | | LT TuS Lonnig | M35 | 91 | 442 | 1:02:04 | 439 | 1:02:47 | 6,12 | 9,67 |

| Pos | Startnr. | Name | JG | NAT | Verein/*Ort | AK | AK-Pl | Platz | Endzeit | Platz | Brutto | min/km | km/h |
|-----|----------|----------------------|----|-----|-----------------------------|-----|-------|-------|---------|-------|---------|--------|------|
| 571 | 292 | Welter, Alice | 70 | | *Schalkenbach | W35 | 27 | 129 | 1:02:04 | 125 | 1:02:15 | 6,12 | 9,66 |
| 572 | 163 | Pauls, Marcel | 76 | | *Mayen | MHK | 39 | 443 | 1:02:06 | 442 | 1:02:53 | 6,13 | 9,66 |
| 573 | 162 | Prochazka, Tobias | 81 | | *Mendig | MHK | 40 | 444 | 1:02:06 | 441 | 1:02:53 | 6,13 | 9,66 |
| 574 | 619 | Ruster, Martina | 67 | | *Montabaur | W35 | 28 | 130 | 1:02:17 | 132 | 1:03:12 | 6,14 | 9,63 |
| 575 | 519 | Wingender, Manuela | 67 | | Team Kalenborn Naturst | W35 | 29 | 131 | 1:02:18 | 131 | 1:02:42 | 6,14 | 9,63 |
| 576 | 270 | Kalter, Beatrix | 63 | | Firma Marx Heizung + San | W40 | 40 | 132 | 1:02:21 | 129 | 1:02:36 | 6,14 | 9,62 |
| 577 | 108 | Lang, Dennis | 87 | | *Kastellaun | MJA | 8 | 445 | 1:02:36 | 446 | 1:03:33 | 6,16 | 9,58 |
| 578 | 79 | Bauer, Oliver | 68 | | Hunsrück Marathon e.V. | M35 | 92 | 446 | 1:02:39 | 447 | 1:03:36 | 6,16 | 9,58 |
| 579 | 105 | Straßfeld, Bernhard | 78 | | EuWeCo | MHK | 41 | 447 | 1:02:57 | 445 | 1:03:23 | 6,18 | 9,53 |
| 580 | 535 | Werner, Elvira | 63 | | SV Blau-Weiß Kaifenheim | W40 | 41 | 133 | 1:02:58 | 133 | 1:03:28 | 6,18 | 9,53 |
| 581 | 205 | Sareyko, Linda | 56 | | *Ettringen | W45 | 21 | 134 | 1:03:01 | 134 | 1:03:50 | 6,18 | 9,52 |
| 582 | 4 | Hartmann, Vera | 60 | | Biathlonsportclub Adenau | W45 | 22 | 135 | 1:03:05 | 137 | 1:04:09 | 6,19 | 9,51 |
| 583 | 456 | Ruvainisky, Christa | 63 | | LG Koblenz-Rhens | W40 | 42 | 136 | 1:03:11 | 135 | 1:03:50 | 6,19 | 9,49 |
| 584 | 566 | Dörle, frau Birgit | 71 | | *Gamlen | W30 | 11 | 137 | 1:03:22 | 136 | 1:03:50 | 6,20 | 9,47 |
| 585 | 263 | Eisenmenger, Uwe | 63 | | *Koblenz | M40 | 101 | 448 | 1:03:23 | 448 | 1:03:44 | 6,20 | 9,47 |
| 586 | 676 | Schütz, Ingrid | 52 | | Heidenroder Lauftreff | W50 | 10 | 138 | 1:03:25 | 139 | 1:04:25 | 6,21 | 9,46 |
| 587 | 520 | Wingender, Liane | 63 | | Team Kalenborn Naturst | W40 | 43 | 139 | 1:03:48 | 138 | 1:04:12 | 6,23 | 9,40 |
| 588 | 53 | Flaspöler, Petra | 80 | | *Köln | WHK | 20 | 140 | 1:03:52 | 140 | 1:04:26 | 6,23 | 9,39 |
| 589 | 45 | Glatz, Günther | 62 | | Sportfreunde Goldgrube | M40 | 102 | 449 | 1:03:52 | 449 | 1:04:22 | 6,23 | 9,39 |
| 590 | 237 | Bockshecker, Monika | 58 | | LF Brohltal | W45 | 23 | 141 | 1:03:59 | 141 | 1:04:30 | 6,24 | 9,38 |
| 591 | 658 | Gelhoff, Heike | 62 | | *Flörsheim | W40 | 44 | 142 | 1:04:35 | 143 | 1:05:12 | 6,28 | 9,29 |
| 592 | 1922 | Gehlhoff, Ralf | 62 | | *Flörsheim | M40 | 103 | 450 | 1:04:36 | 450 | 1:05:12 | 6,28 | 9,29 |
| 593 | 296 | Ackermann, Diana | 72 | | SV Herresbach | W30 | 12 | 143 | 1:05:01 | 142 | 1:05:04 | 6,30 | 9,23 |
| 594 | 419 | Hünemann, Waltraud | 50 | | LT Heimbach-Weis | W55 | 3 | 144 | 1:05:06 | 145 | 1:05:49 | 6,31 | 9,22 |
| 595 | 220 | Mogendorf, Uschi | 60 | | *Koblenz | W45 | 24 | 145 | 1:05:13 | 144 | 1:05:26 | 6,31 | 9,20 |
| 596 | 395 | Schmallenbach, Guido | 69 | | *Birken-Honigsessen | M35 | 93 | 451 | 1:05:25 | 451 | 1:06:25 | 6,33 | 9,17 |
| 597 | 426 | König, Thomas | 66 | | Lauftreff Mertesdorf 2001 e | M35 | 94 | 452 | 1:05:31 | 452 | 1:06:38 | 6,33 | 9,16 |
| 598 | 584 | Alberti, Silke | 70 | | *Nörtershausen | W35 | 30 | 146 | 1:05:51 | 146 | 1:06:20 | 6,35 | 9,11 |
| 599 | 587 | Mohrs, Achim | 60 | | *Bassenheim | M45 | 62 | 453 | 1:05:58 | 453 | 1:06:44 | 6,36 | 9,09 |
| 600 | 238 | Schmitt, Jutta | 61 | | LF Brohltal | W40 | 45 | 147 | 1:06:17 | 147 | 1:06:47 | 6,38 | 9,05 |
| 601 | 65 | Luxem, Heinz Josef | 57 | | *Polch | M45 | 63 | 454 | 1:06:37 | 454 | 1:07:16 | 6,40 | 9,01 |
| 602 | 616 | Grünewald, Stephan | 75 | | *Bruttig-Fankel | M30 | 39 | 455 | 1:06:48 | 455 | 1:07:24 | 6,41 | 8,98 |
| 603 | 627 | Thiesen, Angela | 73 | | *Müllenborn | W30 | 13 | 148 | 1:07:28 | 149 | 1:08:22 | 6,45 | 8,89 |
| 604 | 297 | Damjanovi'c, Marion | 72 | | SV Herresbach | W30 | 14 | 149 | 1:07:47 | 148 | 1:07:51 | 6,47 | 8,85 |
| 605 | 225 | Rau, Siegfried | 59 | | TV Trimbs | M45 | 64 | 456 | 1:08:46 | 456 | 1:08:50 | 6,53 | 8,72 |
| 606 | 553 | Ternes, Anja | 74 | | *Binningen | W30 | 15 | 150 | 1:10:06 | 151 | 1:10:53 | 7,01 | 8,56 |
| 607 | 111 | Grings, Alexandra | 72 | | Das Team der Wand Kobl | W30 | 16 | 151 | 1:10:18 | 150 | 1:10:33 | 7,02 | 8,53 |
| 608 | 93 | Straßfeld, Rosemarie | 51 | | VfL 09 Jünkerath | W50 | 11 | 152 | 1:12:10 | 152 | 1:13:04 | 7,13 | 8,31 |
| 609 | 643 | Schobert, Walter | 41 | | *Bettenfeld | M60 | 13 | 457 | 1:13:12 | 457 | 1:14:12 | 7,19 | 8,20 |
| 610 | 184 | Karl, Dirk | 38 | | LG Maifeld-Pellenz | M65 | 12 | 458 | 1:13:50 | 458 | 1:14:22 | 7,23 | 8,12 |
| 611 | 440 | Gerard, Christel | 59 | | LT Welschbillig e. V. | W45 | 25 | 153 | 1:14:06 | 153 | 1:14:43 | 7,25 | 8,10 |

did not finish

| Pos | Startnr. | Name | JG | NAT | Verein/*Ort | AK | AK-Pl | Platz | Endzeit | Platz | Brutto | min/km | km/h |
|-----|----------|--------------------|----|-----|--------------------------|-----|-------|-------|---------|-------|---------|--------|------|
| 0 | 333 | Blasweiler, Werner | 65 | | AOK Mayen-Koblenz | M40 | 0 | 0 | 0:00:00 | 0 | 0:00:00 | 0,00 | 0,00 |
| 0 | 462 | Brinkhaus, Norbert | 62 | | LA TuS Mayen | M40 | 0 | 0 | 0:00:00 | 0 | 0:00:00 | 0,00 | 0,00 |
| 0 | 376 | Engel, Herr Mario | 77 | | LG Laacher See | MHK | 0 | 0 | 0:00:00 | 0 | 0:00:00 | 0,00 | 0,00 |
| 0 | 334 | Forg, Franz-Josef | 55 | | AOK Mayen-Koblenz | M50 | 0 | 0 | 0:00:00 | 0 | 0:00:00 | 0,00 | 0,00 |
| 0 | 294 | Förster, Jan | 60 | | Gülser-Mosel-Skater | M45 | 0 | 0 | 0:00:00 | 0 | 0:00:00 | 0,00 | 0,00 |
| 0 | 1942 | Friedrich, Jens | 65 | | Pädchstreter Wirges | M40 | 0 | 0 | 0:00:00 | 0 | 0:00:00 | 0,00 | 0,00 |
| 0 | 2 | Hartmann, Markus | 86 | | Biathlonsportclub Adenau | MJA | 0 | 0 | 0:00:00 | 0 | 0:00:00 | 0,00 | 0,00 |
| 0 | 523 | Kalenborn, Christa | 65 | | Team Kalenborn Naturst | W40 | 0 | 0 | 0:00:00 | 0 | 0:00:00 | 0,00 | 0,00 |
| 0 | 571 | Keller, Ines | 73 | | TuS Rot-Weiss Koblenz | W30 | 0 | 0 | 0:00:00 | 0 | 0:00:00 | 0,00 | 0,00 |
| 0 | 495 | Kreisel, Bernd | 70 | | VFL Nastätten | M35 | 0 | 0 | 0:00:00 | 0 | 0:00:00 | 0,00 | 0,00 |
| 0 | 345 | Lackas, Birgit | 53 | | SF Höhr-Grenzhausen | W50 | 0 | 0 | 0:00:00 | 0 | 0:00:00 | 0,00 | 0,00 |
| 0 | 527 | Leyk, Barbara | 60 | | LG Koblenz-Rhens | W45 | 0 | 0 | 0:00:00 | 0 | 0:00:00 | 0,00 | 0,00 |
| 0 | 223 | Malburg, Elmar | 74 | | Gerolsteiner LGV | M30 | 0 | 0 | 0:00:00 | 0 | 0:00:00 | 0,00 | 0,00 |
| 0 | 459 | Milles, Harald | 72 | | LG Laacher See | M30 | 0 | 0 | 0:00:00 | 0 | 0:00:00 | 0,00 | 0,00 |
| 0 | 567 | Pieper, Kerstin | 77 | | *Nauort | WHK | 0 | 0 | 0:00:00 | 0 | 0:00:00 | 0,00 | 0,00 |
| 0 | 96 | Pies, Jürgen | 65 | | *unbekannt | M40 | 0 | 0 | 0:00:00 | 0 | 0:00:00 | 0,00 | 0,00 |
| 0 | 167 | Rech, Rita | 55 | | Running Team Bad Ems | W50 | 0 | 0 | 0:00:00 | 0 | 0:00:00 | 0,00 | 0,00 |
| 0 | 581 | Rüb, Sonja | 60 | | LT Heimbach-Weis | W45 | 0 | 0 | 0:00:00 | 0 | 0:00:00 | 0,00 | 0,00 |
| 0 | 136 | Schlich, Peter | 61 | | *Ettringen | M40 | 0 | 0 | 0:00:00 | 0 | 0:00:00 | 0,00 | 0,00 |
| 0 | 137 | Schlich, Petra | 62 | | *Ettringen | W40 | 0 | 0 | 0:00:00 | 0 | 0:00:00 | 0,00 | 0,00 |
| 0 | 337 | Siegfried, Dietz | 71 | | AOK Mayen-Koblenz | M30 | 0 | 0 | 0:00:00 | 0 | 0:00:00 | 0,00 | 0,00 |
| 0 | 406 | Steffens, Werner | 59 | | LG Maifeld-Pellenz | M45 | 0 | 0 | 0:00:00 | 0 | 0:00:00 | 0,00 | 0,00 |
| 0 | 573 | Still, Herr Peter | 64 | | Bell | M40 | 0 | 0 | 0:00:00 | 0 | 0:00:00 | 0,00 | 0,00 |
| 0 | 160 | Warnecke, Axel | 69 | | *Lahnstein | M35 | 0 | 0 | 0:00:00 | 0 | 0:00:00 | 0,00 | 0,00 |
| 0 | 12 | Weiß, Bernd | 64 | | *Bamberg | M40 | 0 | 0 | 0:00:00 | 0 | 0:00:00 | 0,00 | 0,00 |