

Männer

Platz	Startnr.	Name	JG Verein/*Ort	AK	AK-Pl	Pos	1. Rnd	2. Rnd	3. Rnd	4. Rnd	Endzeit	Brutto	min/km	km/h
1	317	Schmitz, Christian	83 LG Maifeld-Pellenz	MHK	1	1	05:30	06:24	06:28	06:26	0:31:39	0:31:40	3,10	18,95
2	316	May, Michael	79 TSV Bayer 04 Leverkusen	MHK	2	2	05:29	06:25	06:29	07:07	0:33:00	0:33:00	3,18	18,18
3	541	Smolka, Benjamin	78 Marathonschwarzwasse	MHK	3	3	05:46	06:37	06:44	06:51	0:33:10	0:33:10	3,19	18,09
4	255	Gürntke, Axel	68 TuS Wallmerod	M35	1	4	05:43	06:41	06:44	06:52	0:33:22	0:33:23	3,20	17,98
5	488	Gatzweiler, Johannes	84 LAZ Puma Troisdorf/Sie	MHK	4	5	05:32	06:40	07:01	07:03	0:33:44	0:33:44	3,22	17,79
6	253	Neumann, Ingo	71 Spvgg Nickenich	M35	2	6	05:51	07:03	07:11	07:09	0:34:56	0:34:58	3,30	17,17
7	346	Hannappel, Christian	68 Tus Wallmerod	M35	3	7	05:52	07:05	07:09	07:19	0:35:04	0:35:05	3,30	17,10
8	291	Rötsch, Christian	78 LGVG Emmelshausen	MHK	5	8	05:44	06:54	07:17	07:38	0:35:24	0:35:25	3,32	16,94
9	521	Beucher, Franz-Jürgen	65 LGM Leiwien	M40	1	9	06:09	07:09	07:13	07:17	0:35:26	0:35:27	3,33	16,93
10	540	Dreier, Tobias	83 LG Sieg	MHK	6	10	06:07	07:26	07:12	07:19	0:35:40	0:35:41	3,34	16,82
11	419	Pulger, Stefan	66 SV Kell	M40	2	11	06:12	07:17	07:18	07:18	0:35:44	0:35:46	3,34	16,79
12	142	Roj, Andreas	85 TV 05 Mülheim	MHK	7	12	06:11	07:09	07:17	07:33	0:36:09	0:36:11	3,37	16,60
13	187	Zelter, Karl-Josef	64 *Polch	M40	3	14	08:12	09:38	09:40	00:00	0:37:20	0:37:31	3,44	16,07
14	450	Martin, Marcel	87 Running Team Bad Ems	MJA	1	15	06:13	07:28	07:40	08:08	0:37:25	0:37:26	3,45	16,03
15	343	Dany, Axel	62 LG Maifeld-Pellenz	M40	4	16	06:32	07:36	07:40	07:52	0:37:53	0:37:55	3,47	15,84
16	353	Scheidtweiler, Dipl.-Staats	76 4./ OplInfoBtl 950	M30	1	17	06:33	07:35	07:50	07:54	0:38:02	0:38:06	3,48	15,77
17	482	Zenz, Ralf	69	M35	4	18	06:21	07:38	08:01	08:06	0:38:39	0:38:40	3,52	15,52
18	383	Gilberg, Thomas	69 LG Maifeld-Pellenz	M35	5	19	06:22	07:53	08:00	08:07	0:38:52	0:38:54	3,53	15,44
19	259	Schröder, Ralf	60 LC Mengerskirchen	M45	1	20	06:29	07:43	08:03	08:07	0:38:56	0:38:58	3,54	15,41
20	493	Steinmetz, Martin	83 DJK Trc Andernach	MHK	8	21	06:31	07:43	07:59	08:09	0:39:02	0:39:04	3,54	15,37
21	501	Zenkner, Oliver	90 ASV Koblenz	MJB	1	22	06:13	07:50	08:13	08:27	0:39:03	0:39:06	3,54	15,36
22	98	Schäck, Eric	66 Urbar Runers	M40	5	23	06:39	07:56	08:05	08:06	0:39:08	0:39:10	3,55	15,33
23	13	Zavelberg, Dirk	68 LA TuS Mayen	M35	6	24	06:55	07:59	08:05	08:04	0:39:30	0:39:33	3,57	15,19
24	484	Krämer, Toni	56 FFW Berlingen	M50	1	25	06:49	07:58	08:05	08:12	0:39:45	0:39:54	3,59	15,09
25	462	Bernd, Volker	74 Team Cuisa	M30	2	26	06:22	07:57	08:20	08:24	0:39:46	0:39:48	3,59	15,08
26	310	Schwarz, Erik	74 TuS Kaisersesch	M30	3	27	06:53	08:11	08:12	08:14	0:39:49	0:39:52	3,59	15,07
27	313	Schrömgies, Manfred	67 SRL Triathlon Koblenz	M35	7	28	06:32	07:36	08:07	08:37	0:39:49	0:39:51	3,59	15,06
28	524	Dodt, Andreas	56 LG Rhein-Wied	M50	2	29	06:53	08:10	08:15	08:12	0:40:12	0:40:17	4,01	14,92
29	519	Rings, Roland	62	M40	6	30	06:40	08:07	08:26	08:39	0:40:35	0:40:37	4,04	14,78
30	210	Britz, Markus	65 ssc karthause	M40	7	31	06:22	08:11	08:29	08:40	0:40:39	0:40:41	4,04	14,75
31	17	Eultgem, Guido	71 LA TuS Mayen	M35	8	32	06:54	08:13	08:25	08:26	0:40:42	0:40:46	4,04	14,74
32	301	Petersen, Sven	70 *Köln	M35	9	33	06:50	08:07	08:25	08:37	0:40:43	0:40:47	4,04	14,73
33	297	Brandenburg, Kai	61 Spvgg Nickenich	M45	2	34	06:47	08:09	08:31	08:28	0:40:48	0:40:50	4,05	14,71
34	397	Marx, Thorsten	77 DJK Tri Andernach	MHK	9	35	06:42	08:10	08:34	08:38	0:40:49	0:40:53	4,05	14,70
35	10	Augel, Christoph	64 LV Turbine Anschau	M40	8	37	06:37	08:13	08:41	08:45	0:41:01	0:41:05	4,06	14,63
36	88	Krayer, Gerd	65 LT Baar	M40	9	38	06:51	08:12	08:32	08:40	0:41:06	0:41:09	4,07	14,59
37	320	Vogel, Jo	69 Aktivita Koblenz-Karthaus	M35	10	39	07:03	08:17	08:25	08:26	0:41:07	0:41:15	4,07	14,59
38	509	Simonis, Mario	72 LT Höhr-Grenzhausen	M30	4	40	06:44	08:08	08:19	08:43	0:41:10	0:41:12	4,07	14,57
39	295	Diesler, Friedel	65 TUS Spay	M40	10	42	07:00	08:21	08:30	08:36	0:41:13	0:41:18	4,07	14,55
40	294	Bartmann, Christoph	65 TUS Spay	M40	11	43	07:00	08:11	08:34	08:38	0:41:13	0:41:18	4,07	14,55
41	116	Thielmann, Manfred	59 LA TuS Mayen	M45	3	44	07:06	08:21	08:26	08:35	0:41:25	0:41:31	4,09	14,49
42	101	Tonner, Hans-Jürgen	61 *Mayen	M45	4	45	06:58	08:23	08:32	08:42	0:41:26	0:41:32	4,09	14,48
43	12	Reuter, Thomas	70 LA TuS Mayen	M35	11	46	06:53	08:14	08:28	08:41	0:41:26	0:41:31	4,09	14,48
44	153	Kraemer, Jens	69 Meddys Lauf- u. Walking T	M35	12	47	07:16	08:27	08:30	08:26	0:41:28	0:41:38	4,09	14,46
45	252	Jaehrig, Lutz	52 *Wolken	M50	3	48	06:56	08:15	08:24	08:46	0:41:30	0:41:34	4,09	14,45
46	27	Schlich, Oliver	78 LA TuS Mayen	MHK	10	49	07:14	08:26	08:31	08:38	0:41:38	0:41:46	4,10	14,41
47	424	Engel, Bernd	-1 LT TuS Lonnig	MHK	11	50	06:50	08:12	08:41	08:46	0:41:41	0:41:44	4,10	14,39
48	413	Vogel, Claus-Peter	61 LT TuS Lonnig	M45	5	51	06:50	08:13	08:40	08:47	0:41:42	0:41:45	4,10	14,38
49	39	Franke, Ralf	65 LA TuS Mayen	M40	12	52	07:02	08:22	08:33	08:46	0:41:51	0:41:55	4,11	14,33
50	315	Huschka, Ralph	74 ttg moseltal	M30	5	53	07:07	08:13	08:38	08:46	0:41:57	0:42:12	4,12	14,30
51	192	Kuppert, Steven	82 LT DJK Andernach	MHK	12	54	07:19	08:34	08:43	08:44	0:42:04	0:42:12	4,12	14,26
52	298	Tink, Wayne	55 TV 1860 Nassau	M50	4	55	06:49	08:17	08:41	08:50	0:42:05	0:42:06	4,13	14,26
53	65	Weinand, Hans-Georg	55 LA TuS Mayen	M50	5	56	07:06	08:26	08:38	08:44	0:42:05	0:42:09	4,13	14,25
54	80	Boos, Benjamin	89 TV 05 Mülheim	MJB	2	57	07:09	08:11	08:32	09:04	0:42:08	0:42:11	4,13	14,24
55	492	Birke, Thomas	69 LG Laacher See	M35	13	58	07:11	08:20	08:55	08:46	0:42:08	0:42:17	4,13	14,24
56	536	Müller, Dirk	78 SPVGG Nickenich	MHK	13	59	06:41	08:10	08:40	08:46	0:42:08	0:42:13	4,13	14,24
57	327	Stein, Josef	54 SSV Heimbach-Weis	M50	6	60	07:37	08:32	08:33	08:37	0:42:13	0:42:23	4,13	14,21
58	326	Fries, Alexander	78 SSV Heimbach-Weis	MHK	14	61	07:25	08:11	08:33	08:39	0:42:13	0:42:24	4,13	14,21

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Platz	Startnr.	Name	JG Verein*/Ort	AK	AK-Pl	Pos	1. Rnd	2. Rnd	3. Rnd	4. Rnd	Endzeit	Brutto	min/km	km/h
59	459	Genn, Christoph	86	MHK	15	62	07:00	08:27	08:44	09:08	0:42:13	0:42:19	4,13	14,21
60	496	Kranz, Elmar	59 TV Cochem	M45	6	63	07:00	08:27	08:40	08:55	0:42:15	0:42:21	4,14	14,20
61	351	Simonis, Matthias	75 *Koblenz	M30	6	64	06:45	08:23	08:49	08:53	0:42:16	0:42:22	4,14	14,19
62	272	Wilbert, Markus	72 *Koblenz	M30	7	65	08:08	09:04	08:14	08:21	0:42:21	0:42:34	4,14	14,17
63	218	Pelzer, Marco	67 LT Mertesdorf 2001 e.V.	M35	14	67	07:35	08:38	08:36	08:43	0:42:25	0:42:42	4,15	14,14
64	46	Beeck, Bernd	76 VfB Lützel Abteilung Bask	M30	8	68	07:13	08:38	08:55	09:02	0:42:43	0:42:47	4,16	14,05
65	325	Baum, Viktor	58 SSV Heimbach-Weis	M45	7	69	07:25	08:38	08:51	08:55	0:42:48	0:43:20	4,17	14,02
66	528	Schulze, Ralph	69 Running Team Burgbrohl	M35	15	71	07:26	08:33	08:47	08:51	0:42:53	0:42:59	4,17	13,99
67	16	Stauch, Wolfgang	65 *Lahnstein	M40	13	72	07:05	08:35	08:54	09:05	0:42:56	0:43:03	4,18	13,97
68	71	Platten, Willi	61 DST Mörسدorf	M45	8	73	07:34	08:39	08:42	08:46	0:42:56	0:43:07	4,18	13,97
69	438	Paschakarnis, Herbert	55 Marathonfieber Krumh	M50	7	74	06:54	08:42	08:57	09:09	0:42:56	0:42:59	4,18	13,97
70	158	Muglin, Gerhard	58 LT Maifelder SV	M45	9	75	07:15	08:39	08:53	09:03	0:43:00	0:43:35	4,18	13,95
71	510	Manthei, Christian	62 *Meckenheim	M40	14	76	07:12	08:37	08:45	08:57	0:43:05	0:43:13	4,18	13,93
72	489	Still, Hans Albert	38 LG Rhein Wied	M65	1	77	07:10	08:39	08:50	09:01	0:43:08	0:43:10	4,19	13,91
73	185	Windheuser, Karl-Heinz	52 HC Hammerstein	M50	8	78	07:38	08:48	08:53	08:58	0:43:19	0:43:38	4,20	13,85
74	520	Hammann, Theo	54 LT Neumagen/Dhron	M50	9	79	07:27	08:37	08:51	08:58	0:43:22	0:43:30	4,20	13,83
75	461	Luth, Stefan	65 TSV Mengerschied	M40	15	80	07:33	08:41	08:38	09:04	0:43:24	0:43:37	4,20	13,82
76	147	Jonas, Frank	70 Pädchestreter Wirges	M35	16	81	07:35	08:44	08:50	09:00	0:43:25	0:43:38	4,21	13,82
77	251	Göbel, Rainer	65 X-Sport-Kastellaun	M40	16	82	07:21	08:37	08:58	09:20	0:43:31	0:43:38	4,21	13,78
78	263	Lenz, Ralf	72 FFW Bruttig	M30	9	83	07:21	08:44	08:56	09:14	0:43:32	0:43:52	4,21	13,78
79	471	Hillen, Markus	65 *Melsbach	M40	17	84	07:12	08:39	08:52	09:09	0:43:33	0:43:54	4,21	13,77
80	506	Urbatzka, Dirk	68 TMK Triathlon Mülheim-K.	M35	17	85	07:06	08:41	09:04	09:15	0:43:34	0:43:43	4,21	13,77
81	319	Feld, Stefan	66 DJK Oberwesel	M40	18	86	07:36	08:49	08:59	09:05	0:43:35	0:43:51	4,22	13,76
82	508	Fidorffa, Olaf	70 RSG Montabaur	M35	18	87	07:07	08:41	09:05	09:16	0:43:35	0:43:43	4,22	13,76
83	280	Denkel, Ludwig	64 *Saffig	M40	19	88	06:50	08:31	09:07	09:23	0:43:39	0:43:41	4,22	13,74
84	368	Gehring, Karl-Heinz	59 *Biebelsheim	M45	10	89	00:00	00:00	00:00	00:00	0:43:39	0:43:41	4,22	13,74
85	374	Gehring, Karl-Heinz	59	M45	11	90	06:52	08:32	08:58	09:27	0:43:42	0:43:42	4,22	13,73
86	275	Neuhaus, Gunter	62 Running Team Bad Ems	M40	20	91	07:35	08:43	08:56	09:07	0:43:43	0:43:54	4,22	13,72
87	338	Baumgart, Ivo	70 *Mayen	M35	19	92	06:51	08:50	09:09	09:19	0:43:47	0:43:47	4,23	13,70
88	214	Joppe, Thomas	63 Aktivita Koblenz-Karthus	M40	21	95	07:27	08:50	09:00	09:06	0:43:49	0:43:56	4,23	13,69
88	437	Jung, Udo	60	M45	12	94	07:36	08:40	08:57	09:04	0:43:49	0:44:23	4,23	13,69
90	182	Frieb-Preis, Timo	71 LT Maifelder SV	M35	20	96	07:23	08:41	09:01	09:08	0:43:54	0:44:28	4,23	13,67
91	167	Schüller, Christoph	70 TMK Triathlon Mülheim K	M35	21	97	07:25	09:00	09:01	08:58	0:43:56	0:44:10	4,24	13,66
92	40	Rünz, Christian	66 *Urmitz	M40	22	98	07:30	08:49	09:00	09:13	0:43:57	0:44:08	4,24	13,65
93	150	Kraemer, Thomas	66 Das Team der Wand Kobl	M40	23	99	07:20	08:53	09:04	09:11	0:44:00	0:44:08	4,24	13,64
94	486	Nettelmann, Thomas	61 Vulkanläufer	M45	13	100	06:58	08:42	09:05	09:23	0:44:02	0:44:07	4,24	13,63
95	76	von Elmpt, Mario	71 LT DJK Andernach	M35	22	101	07:28	08:52	09:08	09:10	0:44:05	0:44:13	4,25	13,61
96	114	Spaude, Erik	70 *Drekenach	M35	23	102	07:36	08:49	08:59	09:06	0:44:08	0:44:24	4,25	13,59
97	22	Retzmann, Thomas	71 *Andernach	M35	24	103	07:26	08:45	09:01	09:24	0:44:14	0:44:25	4,25	13,56
98	277	Daleki, Uwe	67 SV Weitersburg	M35	25	104	06:53	08:36	09:18	09:35	0:44:15	0:44:19	4,26	13,56
99	209	Marquet, Joe	69 SV Landkern	M35	26	105	07:40	08:50	08:56	09:07	0:44:15	0:44:26	4,26	13,56
100	340	Dorer, Tony	64 LG Maifeld-Pellenz	M40	24	106	06:55	08:50	09:12	09:34	0:44:16	0:44:18	4,26	13,55
101	38	Heiseler, Gerd	52 Grünewaldläufer SV Luxe	M50	10	107	07:46	09:01	09:09	09:09	0:44:25	0:44:45	4,27	13,51
102	460	Nicklas, Thilo	65 Biathlon SportClub Adana	M40	25	108	07:37	08:52	09:09	09:19	0:44:25	0:44:37	4,27	13,50
103	127	Weidenbach, Roland	65 Team Kalenborn Naturst	M40	26	109	07:23	08:58	09:09	09:18	0:44:26	0:44:33	4,27	13,50
104	128	Rausch, Kurt	65 Team Kalenborn Naturst	M40	27	110	07:23	08:58	09:09	09:18	0:44:26	0:44:33	4,27	13,50
105	47	Tautz, Peter	56 *Bendorf	M50	11	111	07:47	09:04	09:07	09:08	0:44:28	0:44:48	4,27	13,49
106	494	Stadtmüller, Christoph	81 BBC Horchheim	MHK	16	112	07:25	08:37	09:00	09:48	0:44:37	0:44:55	4,28	13,44
107	186	Windheuser, Thomas	80 HC Hammerstein	MHK	17	113	07:39	08:47	09:08	09:24	0:44:41	0:45:00	4,28	13,42
108	163	Dott, Stephan	71 Run4Kati	M35	27	114	07:29	09:09	09:15	09:18	0:44:45	0:45:16	4,29	13,40
109	463	Bullinger, Manfred	58 *Pffaffenheck	M45	14	115	07:52	08:57	09:16	09:16	0:44:45	0:44:59	4,29	13,40
110	237	Fuhrmann, Peter	53 BBC Koblenz-Horchheim	M50	12	116	07:30	08:42	09:08	09:32	0:44:47	0:45:05	4,29	13,39
111	227	Knaup, Ralf	65 TSV Lehmen	M40	28	117	09:07	10:55	11:52	00:00	0:44:49	0:45:30	4,29	13,39
112	306	Mohr, Udo	64 *Boppard	M40	29	118	07:45	09:01	09:12	09:20	0:44:49	0:45:01	4,29	13,39
113	491	Beyer, Dirk	67 *Boppard	M35	28	119	07:28	08:53	09:14	09:23	0:44:55	0:45:02	4,30	13,36
114	516	Schneider, Wilfried	62 LT SV Westum	M40	30	120	07:29	08:57	09:22	09:25	0:44:56	0:45:04	4,30	13,35
115	433	Thomm, Thomas	80	MHK	18	121	08:08	10:40	12:46	00:00	0:45:00	0:45:14	4,30	13,33
116	436	König, Stephan	65 Westfalen Running T.	M40	31	122	06:59	08:50	09:21	09:44	0:45:04	0:45:08	4,30	13,31

Männer

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117	376	Meyer, Hans	48 LG Kreis Ahrweiler	M55	1	12'	07:19	08:57	09:22	09:34	0:45:09	0:45:15	4,31	13,29
118	355	Mattern, Sebastian	86 TuS Immendorf e.V.	MHK	19	12'	07:38	08:59	09:22	09:27	0:45:10	0:45:45	4,31	13,28
119	79	Bretz, Manfred	58 TV 05 Mülheim	M45	15	12'	07:35	08:50	09:18	09:30	0:45:13	0:45:26	4,31	13,27
120	212	Pinger, Jochem	67 AAC Polch	M35	29	12'	07:31	09:22	09:29	09:24	0:45:15	0:45:25	4,32	13,26
121	276	Setzlach, Guido	66 TuWi Adenau	M40	32	12'	07:48	09:00	09:16	09:26	0:45:16	0:45:35	4,32	13,25
122	229	Hansen, Kim	76 X-Sport Kastellaun	M30	10	13'	07:24	08:57	09:29	09:42	0:45:18	0:45:25	4,32	13,24
122	105	Reichertz, Bernd	49 LA TuS Mayen	M55	2	12'	07:21	09:08	09:30	09:28	0:45:18	0:45:26	4,32	13,24
124	206	Klein, Daniel	68 Running Team Bad Ems	M35	30	13'	07:32	09:06	09:19	09:34	0:45:19	0:45:56	4,32	13,24
125	391	Ziganow, Wassily	70 TriTeam Erdinger Alkohol	M35	31	13'	07:29	09:25	10:50	00:00	0:45:20	0:45:54	4,32	13,23
126	467	Schütze, Dieter	42 Gerolsteiner LGV	M60	1	13'	07:20	09:03	09:20	09:35	0:45:24	0:45:24	4,32	13,21
127	390	Steininger, Stephan	69 TriTeam Erdinger Alkoho	M35	32	13'	07:12	08:58	09:29	09:44	0:45:25	0:45:59	4,33	13,21
128	11	Schütz, Thomas	64 LA TuS Mayen	M40	33	13'	07:59	09:18	09:20	09:20	0:45:28	0:45:51	4,33	13,19
129	526	Zillgen, Thomas	71 SpassLäufer Daun	M35	33	13'	07:17	08:41	09:20	09:50	0:45:30	0:45:47	4,33	13,19
130	331	Dötsch, Martin	58 LG Maifeld-Pellenz	M45	16	13'	07:40	09:06	09:13	09:36	0:45:35	0:46:14	4,34	13,16
131	61	Schubert, Udo	56 *Kalt	M50	13	13'	07:37	09:02	09:21	09:31	0:45:36	0:45:42	4,34	13,16
132	134	Prangenberg, Jürgen	61 Winkler + Dünnebier	M45	17	13'	07:27	08:47	09:13	09:41	0:45:39	0:46:05	4,34	13,14
133	160	Becker, Heiner	65 Griesson de Beukelaer	M40	34	14'	07:32	09:08	09:22	09:38	0:45:53	0:45:58	4,35	13,07
134	222	Dietrich, Karl-Heinz	61 LT Hirten	M45	18	14'	07:32	09:12	09:35	09:41	0:45:54	0:46:08	4,35	13,07
135	394	Marx, Rene	63 Intrain Andernach	M40	35	14'	07:44	09:13	09:27	09:35	0:45:55	0:46:01	4,36	13,06
136	131	Thelen, Aljoscha	71 SV Ertstolz Niederaußem	M35	34	14'	07:09	09:00	09:34	09:58	0:45:58	0:46:08	4,36	13,05
137	513	Baulig, Manfred	53	M50	14	14'	07:47	09:19	09:28	09:34	0:46:01	0:46:10	4,36	13,04
138	300	Pies, Helmut	59 Griesson de Beukelaer	M45	19	14'	07:26	08:57	09:17	09:44	0:46:04	0:46:11	4,36	13,02
139	179	Knecht, Christoph	68 Team Niesmann+Bischoff	M35	35	14'	07:47	09:02	09:26	09:43	0:46:05	0:46:57	4,37	13,02
140	454	Cremer, Benjamin	88	MJA	2	14'	08:30	09:32	09:13	09:17	0:46:17	0:46:58	4,38	12,96
141	266	Wolff, Thomas	66 *Bitburg	M40	36	15'	07:32	09:14	09:41	09:52	0:46:18	0:46:19	4,38	12,96
142	165	Lauer, Artur	61 FiberMark Lahnstein	M45	20	15'	07:43	09:05	09:24	09:43	0:46:19	0:46:40	4,38	12,95
143	137	Conrad, Markus	65 VfB-Polch/Abtl. Fußball	M40	37	15'	07:58	09:18	09:20	09:37	0:46:20	0:46:45	4,38	12,95
144	312	Becker, August	50 DJK Ochtendung	M55	3	15'	07:36	09:15	09:34	09:45	0:46:23	0:46:29	4,38	12,93
145	502	Michels, Rainer	68 SV Hambuch	M35	36	15'	08:36	09:12	09:25	09:31	0:46:25	0:46:48	4,39	12,92
146	59	Giese, Dr.-Ing. Hans	63 *Polch	M40	38	15'	07:33	09:11	09:38	10:00	0:46:29	0:46:56	4,39	12,90
147	24	Bersch, Dirk	69 TV Winingen	M35	37	15'	07:12	08:58	09:32	10:14	0:46:31	0:46:34	4,39	12,90
148	115	Welz, Thorsten	67 FFW Bruttig	M35	38	15'	07:34	09:12	09:47	09:57	0:46:33	0:46:52	4,39	12,89
149	470	Pries, Ingo	60 LT Höhr-Grenzhausen	M45	21	15'	07:46	09:11	09:30	09:52	0:46:41	0:47:06	4,40	12,85
150	256	Nicklisch, Frank	64 www.ultrarunners.de	M40	39	16'	07:32	09:08	09:34	09:48	0:46:45	0:47:11	4,41	12,83
151	208	Rayermann, Andreas	63 Kölsche Klüngel	M40	40	16'	07:31	09:20	10:16	09:49	0:46:47	0:46:52	4,41	12,82
152	242	Bender, Rouven	79 Spvgg Nickenich	MHK	20	16'	07:47	09:06	09:37	09:48	0:46:51	0:47:03	4,41	12,81
153	70	Schmitt, Heinz-Josef	61 *Halsenbach	M45	22	16'	08:14	09:27	09:40	09:45	0:46:51	0:47:03	4,41	12,80
154	360	Brost, Jochem	63 TMK Triathlon Mülheim-Kä	M40	41	16'	07:17	09:16	09:46	10:14	0:46:55	0:46:57	4,42	12,79
155	33	Adam, Thomas	70 Spvgg Nickenich	M35	39	16'	07:53	09:28	09:46	09:41	0:47:00	0:47:12	4,42	12,77
156	201	Winkler, Armin	72 *Urschmitt	M30	11	16'	08:14	09:22	09:27	09:41	0:47:02	0:47:29	4,42	12,75
157	504	Müller, Patrick	80 Stahlhofen	MHK	21	17'	07:30	09:16	09:56	10:06	0:47:04	0:47:09	4,42	12,75
158	234	Schaus, Dirk	73 Schwimmbadteam Koble	M30	12	17'	07:54	09:36	09:47	10:03	0:47:06	0:48:09	4,43	12,74
159	90	Baltes, Martin	91 *Neuwied	MJB	3	17'	08:22	09:58	09:45	09:36	0:47:13	0:47:35	4,43	12,70
160	420	Scholtes, Theo	54 SV Oberweis	M50	15	17'	07:48	09:35	09:46	09:51	0:47:14	0:47:26	4,43	12,70
161	485	Müller, Günter	68 SV Viktoria Holzfeld	M35	40	17'	07:51	09:32	09:46	09:53	0:47:15	0:47:21	4,44	12,70
162	28	Kreuter, Michael	89 LT TuS Lonnig	MJB	4	17'	07:58	09:18	09:56	10:02	0:47:15	0:47:40	4,44	12,70
163	314	Thiel, Harald	57 LT Welschbillig e.V.	M45	23	17'	07:34	09:20	09:51	10:14	0:47:18	0:47:50	4,44	12,68
164	456	Rein, Christoph	39 SV Büchel	M65	2	18'	08:10	09:31	09:42	09:46	0:47:20	0:47:41	4,44	12,68
165	233	Justen, Harald	63 *Monreal	M40	42	18'	08:09	09:28	09:37	09:55	0:47:26	0:47:47	4,45	12,65
166	57	Böttcher, Nic	88 DLRG Andernach	MJA	3	18'	07:30	09:16	09:53	10:20	0:47:26	0:47:32	4,45	12,65
167	194	Ginster, Bernhard	62 SG Ehrbachtal	M40	43	18'	08:15	09:29	09:40	09:52	0:47:29	0:47:39	4,45	12,63
168	20	Kowatsch, Günter	76 *Wassenach	M30	13	18'	08:09	09:21	09:49	10:08	0:47:34	0:47:47	4,45	12,61
169	92	Schwab, Karl-Helmut	60 Kobern	M45	24	18'	08:21	09:41	09:45	09:46	0:47:34	0:48:04	4,45	12,61
170	503	Reichert, Uwe	62 *Koblenz	M40	44	18'	08:10	09:27	09:49	09:57	0:47:36	0:48:27	4,46	12,60
171	250	Scheuren, Lothar	58 *Beilstein	M45	25	18'	08:15	09:40	09:43	09:47	0:47:39	0:48:23	4,46	12,59
172	480	Frühwirth, Klaus	63 Meddy's Laufaden	M40	45	18'	08:19	09:45	09:46	09:50	0:47:46	0:48:17	4,47	12,56
173	136	Theisen, Jürgen	64 VfB Polch	M40	46	18'	07:44	09:17	10:00	10:18	0:47:49	0:48:11	4,47	12,54
174	200	Schmidt, Alexander	65 FiberMark Lahnstein	M40	47	19'	07:45	09:17	09:59	10:18	0:47:50	0:48:11	4,47	12,54

Männer

Platz	Startnr.	Name	JG Verein/*Ort	AK	AK-Pl	Pos	1. Rnd	2. Rnd	3. Rnd	4. Rnd	Endzeit	Brutto	min/km	km/h
175	345	Boentgen, Walter	62 AOK Mayen	M40	48	19'	07:55	09:29	09:53	10:09	0:47:54	0:48:43	4,47	12,53
176	262	Roeder, Sven	74 *Mayen	M30	14	19'	07:37	08:54	09:59	10:47	0:48:03	0:48:18	4,48	12,49
177	67	Hermann, Rainer	63 LT TuS Lonnig	M40	49	19'	07:57	09:30	09:57	10:04	0:48:04	0:48:20	4,48	12,48
178	25	Braunschädel, Jürgen	66 LA TuS Mayen	M40	50	19'	08:18	09:33	09:46	10:05	0:48:07	0:48:20	4,49	12,47
179	308	Welter, Thomas	80 *Gering	MHK	22	19'	07:22	09:11	10:22	10:36	0:48:12	0:48:22	4,49	12,45
180	188	Faust, Dr. Harald	64 *Waldorf	M40	51	19'	07:16	09:41	10:10	10:21	0:48:16	0:48:38	4,50	12,43
181	339	Probstfeld, Willi	50 LG Kalt	M55	4	19'	08:10	09:45	09:55	10:09	0:48:20	0:48:30	4,50	12,41
182	336	Grein, Eberhard	63 Griesson de Beukelaer	M40	52	19'	07:58	09:28	09:48	10:10	0:48:21	0:48:50	4,50	12,41
183	102	Kalk, Marcus	67 Turbo IT Koblenz	M35	41	19'	08:17	09:50	09:56	10:19	0:48:25	0:48:50	4,51	12,39
184	31	Lung, Dipl.Ing Uwe	62 LT Hirten	M40	53	20'	08:14	09:36	09:46	10:10	0:48:26	0:48:41	4,51	12,39
185	452	Riedel, Marco	68 LT Herschbach	M35	42	20'	08:27	09:43	10:07	10:04	0:48:27	0:49:18	4,51	12,38
186	451	Grieger, Uwe	67	M35	43	20'	08:27	09:44	10:06	09:52	0:48:28	0:49:18	4,51	12,38
187	337	Sandhofe, Michael	66 SG-Elztal	M40	54	20'	08:11	09:45	10:03	10:14	0:48:34	0:48:51	4,51	12,35
187	195	Schmitt, Erwin	59 *Kollig	M45	26	20'	08:11	09:45	10:02	10:14	0:48:34	0:48:51	4,51	12,35
189	389	Fischer, Frank	67	M35	44	20'	08:45	09:37	09:44	09:51	0:48:34	0:48:49	4,51	12,35
189	196	Sztipanovics, Paul	58 LF Naheland	M45	27	20'	08:21	09:32	09:50	10:36	0:48:34	0:49:10	4,51	12,35
191	239	Schmitz, Kurt	63 BC Mayen e.V.	M40	55	20'	07:59	09:24	10:06	10:30	0:48:37	0:49:27	4,52	12,34
192	498	Schütz, Heinz	56 Heidenroder Lauftreff	M50	16	20'	08:21	09:52	09:56	09:56	0:48:38	0:48:48	4,52	12,34
193	372	Schlegel, Jürgen Meinrad	38 LG Laacher See	M65	3	21'	08:13	19:53	10:05	00:00	0:48:44	0:48:53	4,52	12,31
194	207	Annen, Norbert	64 *Lonnig	M40	56	21'	08:20	09:42	09:54	10:07	0:48:48	0:49:44	4,53	12,29
195	84	Theß, Heiko	68 *Koblenz	M35	45	21'	07:27	09:27	10:15	10:45	0:48:49	0:49:09	4,53	12,29
196	171	Theis, Dr. Heinz J.	51 BBC Koblenz-Horchheim	M55	5	21'	08:10	09:37	10:05	10:11	0:48:52	0:49:16	4,53	12,28
197	329	Waldvogel, Horst	51 SSV Heimbach-Weis	M55	6	21'	08:13	09:44	10:10	10:21	0:48:54	0:49:34	4,53	12,27
198	224	Benda, Carsten	64 *Koblenz	M40	57	21'	07:41	09:19	10:37	10:37	0:49:00	0:49:04	4,54	12,24
199	523	Fries, Michael	73 Skate-on	M30	15	21'	08:19	09:38	10:08	10:30	0:49:03	0:49:40	4,54	12,23
200	145	Noll, Matthias	69 Turbo IT Koblenz	M35	46	21'	08:18	09:50	09:53	10:19	0:49:04	0:49:28	4,54	12,23
201	432	Bock, Friedhelm	63 *Grafschaft	M40	58	21'	08:16	09:41	10:09	10:25	0:49:06	0:49:14	4,55	12,22
202	103	Wüschem, Alois	55 Schwimmbadteam Koble	M50	17	22'	07:53	09:45	10:11	10:26	0:49:07	0:50:10	4,55	12,21
203	213	Kopp, Andreas	66 LT TuS Lonnig	M40	59	22'	08:09	09:46	09:55	10:29	0:49:10	0:49:20	4,55	12,20
204	86	Thiele, Jens	63 Schwimmbadteam Koble	M40	60	22'	07:55	09:44	10:11	10:27	0:49:14	0:50:14	4,55	12,19
205	69	Seifner, Herbert	56 TV06 Bad Neuenahr	M50	18	22'	08:12	09:51	10:09	10:20	0:49:18	0:49:38	4,56	12,17
206	85	Schorn, Rudi	59 Neuwied	M45	28	22'	08:26	10:00	10:00	10:15	0:49:24	0:49:46	4,56	12,14
207	286	Trompeter, Dirk	73 MTV Dedenhausen TT	M30	16	22'	08:12	09:46	10:04	10:23	0:49:24	0:49:41	4,56	12,14
208	41	Gransee, Andreas	64 *Kollig	M40	61	22'	08:17	09:56	10:07	10:25	0:49:26	0:49:42	4,57	12,13
209	472	Marx, Wolfgang	79 DRK Team Mainz	MHK	23	22'	08:17	10:08	10:08	10:27	0:49:30	0:50:15	4,57	12,12
210	366	Schmerer, Jörg	61 Skiclub Remagen	M45	29	22'	08:19	10:15	10:23	10:20	0:49:35	0:50:34	4,58	12,10
211	409	Mayer, Manfred	57	M45	30	22'	08:36	09:54	10:03	10:18	0:49:36	0:50:00	4,58	12,10
212	406	Ningel, Rainer	53	M50	19	23'	08:36	09:54	10:03	10:18	0:49:36	0:49:59	4,58	12,10
213	527	Einig, Guido	70 *Kaisersesch	M35	47	23'	08:52	09:59	10:00	10:13	0:49:38	0:50:04	4,58	12,09
214	177	Rohlinger, Achim	71 Musikverein Manderscheid	M35	48	23'	08:08	10:04	10:12	10:30	0:49:40	0:49:58	4,58	12,08
215	439	Pung, Ingo	69 RVE Mülheim	M35	49	23'	07:01	08:08	08:12	08:22	0:49:41	0:49:49	4,58	12,07
216	287	Schmiedel, Bernd	56 Spvgg Nickenich	M50	20	23'	08:11	09:49	10:18	10:30	0:49:42	0:49:54	4,58	12,07
217	534	Breuer, Christoph	65 Eller 04 Düsseldorf	M40	62	23'	08:12	09:48	10:23	10:32	0:49:42	0:49:59	4,58	12,07
218	537	Schneiders, Rudi	61 SV Ellscheid	M45	31	23'	08:52	09:56	10:04	10:14	0:49:48	0:50:14	4,59	12,05
219	407	Ningel, Matthias	87	MJA	4	23'	08:50	10:00	09:57	10:24	0:49:49	0:49:52	4,59	12,04
220	117	Pelzer, Udo Eric	72 *Halsenbach	M30	17	24'	08:48	10:13	10:17	10:16	0:49:49	0:50:24	4,59	12,04
221	64	Weiß, Bernhard	64 *Bamberg	M40	63	24'	08:45	09:56	10:16	10:23	0:49:58	0:50:22	5,00	12,01
222	2	Hermann, Herbert	59 LA TuS Mayen	M45	32	24'	09:17	10:19	10:12	10:01	0:49:59	0:50:23	5,00	12,00
223	118	Bäcker, Georg	65 *Gillenbeuren	M40	64	24'	08:34	10:05	10:11	10:19	0:50:01	0:50:45	5,00	11,99
224	829	Durben, Rudi	66 SG Elztal	M40	65	24'	08:01	09:38	10:20	10:43	0:50:03	0:50:19	5,00	11,99
225	219	Gresch, Torsten	78 TTV Andernach	MHK	24	24'	08:38	10:08	10:18	10:37	0:50:09	0:50:39	5,01	11,96
226	525	Lange, Dan	76	M30	18	24'	09:26	10:18	10:23	10:12	0:50:09	0:50:45	5,01	11,96
227	332	Goßsch, Markus	71 LG Maifeld-Pellenz	M35	50	25'	07:52	09:41	10:25	10:54	0:50:24	0:50:37	5,02	11,90
228	445	Stein, Magnus	60 FW Dreckenach	M45	33	25'	09:07	10:14	10:11	10:17	0:50:25	0:51:13	5,03	11,90
229	417	Meurer, Thomas	81	MHK	25	25'	08:25	09:32	10:23	10:49	0:50:29	0:50:52	5,03	11,89
230	449	Westergaard, Björn	71	M35	51	25'	07:57	09:35	10:19	10:55	0:50:30	0:50:54	5,03	11,88
231	238	Willnecker, Georg	31 SV Urmitz	M75	1	25'	08:32	10:12	10:23	10:29	0:50:31	0:50:46	5,03	11,88
232	168	Link, Udo	60 *Gappenach	M45	34	25'	08:30	10:14	10:28	10:41	0:50:35	0:50:40	5,04	11,86

Männer

Platz	Startnr.	Name	JG Verein/*Ort	AK	AK-Pl	Pos	1. Rnd	2. Rnd	3. Rnd	4. Rnd	Endzeit	Brutto	min/km	km/h
233	42	Degen, Heinz-Peter	41 LF Brohltal	M65	4	25	08:58	10:15	10:08	10:25	0:50:39	0:51:08	5,04	11,84
234	173	Goebel, Christoph	66 Trimmers	M40	66	25	08:17	10:01	10:20	10:36	0:50:39	0:50:48	5,04	11,84
235	30	Petri, Rainer	65 *Andernach	M40	67	25	08:34	10:07	10:32	10:36	0:50:40	0:51:16	5,04	11,84
236	395	Thome, Niko	66 Meddys Lauf- u. Walking T	M40	68	25	08:06	10:04	10:37	10:46	0:50:47	0:51:04	5,05	11,81
237	429	Schnieders, Christoph	56 *Kastellaun	M50	21	26	08:43	09:59	10:22	10:42	0:50:50	0:51:45	5,05	11,80
238	190	Arens, Hermann	66 *Gappench	M40	69	26	08:31	10:14	10:28	10:40	0:51:02	0:51:07	5,06	11,75
239	157	Muglin, Thorsten	84 LT Maifelder SV	MHK	26	26	09:19	10:52	10:11	10:09	0:51:04	0:51:39	5,06	11,75
240	479	Schunk, Matthias	85 Alkeners Jungs	MHK	27	26	08:21	09:36	09:52	10:55	0:51:06	0:51:35	5,07	11,74
241	354	Wambach, Werner	65 *Polch	M40	70	26	08:27	09:55	10:26	11:01	0:51:12	0:51:34	5,07	11,72
242	15	Fölbach, Manfred	55 TV Arzbach	M50	22	26	08:26	10:19	10:39	10:49	0:51:20	0:51:30	5,08	11,68
243	465	Seul, Hans Werner	39	M65	5	26	08:38	10:16	10:24	10:40	0:51:24	0:51:41	5,08	11,67
244	68	May, Franz-Josef	63 SV Illerich	M40	71	26	08:53	10:18	10:34	10:43	0:51:26	0:51:52	5,09	11,66
245	216	Bock, Gerhard	58 *Kölbinger	M45	35	26	08:35	10:13	10:32	10:55	0:51:26	0:51:40	5,09	11,66
246	119	Münch, Gerhard	68 *Binningen	M35	52	27	09:13	10:25	10:15	10:28	0:51:26	0:52:05	5,09	11,66
247	505	Wagner, Philipp	86	MHK	28	27	08:48	10:05	10:23	10:46	0:51:29	0:52:01	5,09	11,65
248	299	Boes, Harald	73 *Koborn-Gondorf	M30	19	27	09:00	10:24	10:24	10:42	0:51:30	0:51:47	5,09	11,65
249	448	Löhmar, Uwe	65	M40	72	27	08:20	09:46	10:24	11:16	0:51:31	0:52:22	5,09	11,64
250	274	Kaiser, Otto	46 LT DJK Andernach	M60	2	27	08:41	10:27	10:31	10:41	0:51:34	0:51:43	5,09	11,63
251	431	Jutz, Wolfgang	53 DJK Wißmannsdorf	M50	23	27	09:03	10:33	10:39	10:31	0:51:38	0:52:08	5,10	11,62
251	403	Simon, Jürgen	67 SV Forst	M35	53	27	08:29	10:07	10:44	11:05	0:51:38	0:51:49	5,10	11,62
253	247	Horst, Erwin	66 Feuerwehr Kalt	M40	73	27	08:19	10:04	10:40	11:23	0:51:39	0:51:48	5,10	11,62
254	191	Schmitt, Frank	68 SCHMITT ENERTEC	M35	54	28	08:31	10:09	10:23	10:55	0:51:55	0:52:34	5,12	11,55
255	204	Fischer von Drathen, Jörg	71 *Trier	M35	55	28	08:07	10:21	10:55	11:03	0:51:57	0:52:25	5,12	11,55
256	254	Weiler, Dipl. Betrie Karl E	52 TuS Fortuna Kottenheim	M50	24	28	08:30	10:09	10:42	11:03	0:52:08	0:52:46	5,13	11,51
257	468	Münch, Arno	78	MHK	29	28	08:55	10:21	10:37	11:05	0:52:11	0:52:39	5,13	11,50
258	469	Cremer, Johannes	83	MHK	30	28	08:55	10:21	10:38	11:05	0:52:11	0:52:39	5,13	11,50
259	34	Breitreutz, Kläuschen	62 Von-Null-auf-42	M40	74	28	08:53	10:23	10:28	10:54	0:52:12	0:52:53	5,13	11,49
260	257	Weisbarth, Ralf	67 *Bonn	M35	56	28	09:48	10:46	10:38	10:22	0:52:13	0:53:03	5,13	11,49
261	169	Elzer, Rolf	54 *Ettringen	M50	25	28	08:08	09:40	10:47	11:25	0:52:18	0:52:34	5,14	11,47
262	404	Unschuld, Torsten	75 TSV Lehmen	M30	20	29	08:53	10:23	10:26	10:54	0:52:20	0:53:01	5,14	11,46
263	246	Arent, Karl-Heinz	56 *Koblenz	M50	26	29	09:17	10:33	10:43	11:01	0:52:24	0:52:55	5,14	11,45
264	333	Peschel, Michael	72 X-Sport, Kastellaun	M30	21	29	09:07	10:37	10:48	10:57	0:52:28	0:52:43	5,15	11,43
265	415	Schneider, Michael	59	M45	36	29	09:13	10:30	10:45	10:36	0:52:29	0:53:09	5,15	11,43
266	399	Montada, Thomas	68 Eifelrose Kail	M35	57	29	08:57	10:33	10:51	11:03	0:52:30	0:52:54	5,15	11,43
267	373	Pfeiffer, Karl-Heinz	37 ASG Altenkirchen	M65	6	29	08:37	10:18	10:53	11:24	0:52:32	0:52:40	5,15	11,42
268	426	Buttinger, Michael	66	M40	75	29	09:20	10:56	10:57	10:50	0:52:39	0:53:17	5,16	11,39
269	129	Nett, Rüdiger	69 Team Kalenborn Naturst	M35	58	30	09:25	11:15	11:28	09:46	0:52:43	0:52:55	5,16	11,38
270	385	Gormanns, Alexander	67	M35	59	30	08:26	10:19	10:55	11:15	0:52:46	0:53:13	5,17	11,37
271	392	Fischer, Jürgen	62	M40	76	30	09:05	10:54	11:02	10:56	0:52:46	0:52:53	5,17	11,37
272	60	Wagner, Markus	70 1. FC Kaiserslautern	M35	60	30	08:25	10:31	10:59	11:14	0:52:52	0:53:05	5,17	11,35
273	107	Beneke, Friedrich	57 *Naunheim	M45	37	30	07:44	09:51	10:47	12:00	0:53:02	0:53:05	5,18	11,31
273	172	Hörsch, Dieter	64 *Gappench	M40	77	30	08:41	10:25	10:57	11:27	0:53:02	0:53:07	5,18	11,31
275	198	Dawson, Gregory	64 Trimmers	M40	78	30	08:20	10:03	11:26	11:22	0:53:03	0:53:14	5,18	11,31
276	357	Klug, Boris	70 *Koblenz	M35	61	30	09:16	10:59	11:06	10:52	0:53:07	0:53:56	5,19	11,29
277	146	Lehr, Rolf-Dieter	70 *Koblenz	M35	62	31	09:44	10:55	10:40	10:39	0:53:13	0:53:54	5,19	11,27
278	405	Driessen, Gerd	50 LT TuS Lonnig	M55	7	31	08:42	10:32	10:55	11:08	0:53:15	0:54:02	5,20	11,27
279	161	Hans-Joachim, Dr. Dötsch	60 TV Trimbs	M45	38	31	08:03	10:53	11:08	11:24	0:53:15	0:53:17	5,20	11,27
280	296	Bohne, Leo	40 SV Endorf	M65	7	31	09:28	10:59	11:00	10:50	0:53:21	0:53:29	5,20	11,24
281	249	Lanz, Jürgen	62 LA TuS Mayen	M40	79	31	08:51	10:32	10:54	11:18	0:53:22	0:53:59	5,20	11,24
282	487	Fremgen, Jürgen	48	M55	8	31	08:29	10:13	10:47	11:24	0:53:24	0:53:40	5,20	11,23
283	155	Albiez, Marcus	71 Turbo IT Koblenz	M35	63	31	09:23	10:49	10:52	11:12	0:53:30	0:53:56	5,21	11,21
284	393	Scharrenbach, Willi	65	M40	80	31	08:56	10:46	11:06	11:21	0:53:33	0:53:52	5,21	11,20
285	243	Walgenbach, Dirk	74 *Mayen	M30	22	31	08:11	10:40	11:26	11:20	0:53:38	0:53:55	5,22	11,19
286	245	Rausch, Thomas	64 *Mayen	M40	81	32	09:00	11:04	11:16	11:17	0:53:40	0:53:57	5,22	11,18
287	45	Meyer, Werner	42 LA TuS Mayen	M60	3	32	08:55	10:35	10:57	11:19	0:53:43	0:53:46	5,22	11,17
288	411	Massion, Joachim	58 LG Laacher See	M45	39	32	09:23	10:44	10:52	11:16	0:53:45	0:54:28	5,23	11,16
289	97	Pauken, Rainer	56 TV Welling	M50	27	32	09:36	11:01	11:01	11:12	0:53:48	0:54:24	5,23	11,15
290	512	Lay, Frank	64 *Neuwied	M40	82	32	08:55	10:30	10:54	11:26	0:53:54	0:54:16	5,23	11,13

Männer

Platz	Startnr.	Name	JG Verein/*Ort	AK	AK-PI	Pos	1. Rnd	2. Rnd	3. Rnd	4. Rnd	Endzeit	Brutto	min/km	km/h
291	156	Schmitt, Ralf	67 *Oberwesel	M35	64	32f	09:15	10:51	11:18	11:33	0:54:16	0:54:22	5,26	11,05
292	347	Weyers, Elmar	50 AOK Mayen	M55	9	33f	10:06	11:24	11:01	10:48	0:54:24	0:55:16	5,26	11,03
293	476	Neumann, Ernst	51 *Neuwied	M55	10	33f	09:32	11:00	11:09	11:17	0:54:34	0:54:51	5,27	10,99
294	205	Mirow, Stefan	66 THE TRIMMERS	M40	83	33f	08:46	10:58	11:22	11:38	0:54:35	0:54:45	5,28	10,99
295	402	Naunheim, Hans-Dieter	50 LT TuS Lonnig	M55	11	33f	09:18	11:07	11:20	11:09	0:54:37	0:55:07	5,28	10,99
296	522	Schuster, Friedhelm	58 Marathonfieber Krumh	M45	40	33f	09:21	11:06	11:11	11:11	0:54:42	0:55:09	5,28	10,97
297	180	Wend, Karl-Heinz	61 Team Niesmann+Bischoff	M45	41	33f	09:14	10:45	11:11	11:38	0:54:45	0:55:05	5,29	10,96
298	490	Heupel, Andreas	65	M40	84	34f	09:32	11:11	11:18	11:29	0:55:06	0:55:53	5,31	10,89
299	183	Steffens, Henry	52 SV Binningen	M50	28	34f	10:14	11:28	11:02	10:59	0:55:07	0:56:01	5,31	10,88
300	430	Esch, Thomas	64 Barmer Ersatzkasse	M40	85	34f	09:04	11:09	11:35	11:40	0:55:22	0:55:36	5,32	10,83
301	531	Aschkowski, Dieter	64 LT Heimbach-Weis	M40	86	34f	07:31	09:03	09:22	09:38	0:55:23	0:55:56	5,32	10,83
302	458	Schulz, Eckhard	41	M65	8	34f	09:22	10:58	11:18	11:40	0:55:48	0:56:10	5,35	10,75
303	203	Noll, Uwe	64 SV Hatzenport-Löf	M40	87	35f	09:02	10:53	11:28	11:53	0:55:54	0:56:13	5,35	10,73
304	108	Beneke, Martin	87 *Naunheim	MJA	5	35f	07:43	10:56	12:02	12:25	0:56:02	0:56:05	5,36	10,71
305	342	Gerard, Reinhold	58 *Welschbillig	M45	42	35f	09:19	10:57	11:24	11:48	0:56:03	0:56:36	5,36	10,70
306	474	Oden, Jürgen	59 SV Urmitz	M45	43	35f	09:36	11:21	11:39	11:43	0:56:03	0:56:34	5,36	10,70
307	535	Jahnz, Klaus	49 LG Laacher See	M55	12	35f	00:00	00:00	00:00	00:00	0:56:06	0:56:48	5,37	10,70
308	49	Schöffeler, Thomas	71 *Mülheim-Kärlich	M35	65	36f	09:58	11:34	11:26	11:28	0:56:16	0:56:45	5,38	10,66
309	236	Heß, Thomas	72 FFW Bruttig	M30	23	36f	09:40	11:19	11:33	12:09	0:56:44	0:57:17	5,40	10,57
310	538	Hanfler, Oliver	67	M35	66	36f	09:48	11:10	11:34	12:04	0:56:50	0:57:20	5,41	10,55
311	282	Geifes, Michael	64 *Koblenz	M40	88	36f	09:46	11:22	11:38	11:44	0:56:52	0:57:23	5,41	10,55
312	428	Kastor, Frank	77 *Niederfell	MHK	31	36f	09:31	11:09	11:59	12:05	0:56:58	0:57:29	5,42	10,53
313	141	Welches, Rainer	68 *Bruttig-Fankel	M35	67	37f	09:39	11:19	11:33	12:10	0:57:00	0:57:33	5,42	10,52
314	285	Schäfer, Peter	68 SG Elztal	M35	68	37f	09:11	11:17	12:00	12:12	0:57:03	0:57:20	5,42	10,51
315	500	Lotz, Ralph	60	M45	44	37f	09:58	11:44	11:22	11:52	0:57:04	0:57:34	5,42	10,51
316	226	Peuter, Jürgen	63 *Michelbach	M40	89	37f	10:44	12:02	11:47	11:20	0:57:07	0:57:50	5,43	10,50
317	348	Riba, Carsten	66 AOK Mayen	M40	90	37f	10:20	11:32	11:24	11:36	0:57:31	0:58:25	5,45	10,43
318	279	Piel, Hans	57 *Bornheim	M45	45	37f	09:02	11:40	12:06	12:22	0:57:33	0:57:40	5,45	10,43
319	223	Weber, Thomas	69 LT Maifelder SV	M35	69	38f	09:37	11:08	11:27	11:56	0:57:37	0:58:11	5,46	10,41
320	221	Rollmann, Sven	87 *Plaidt	MJA	6	38f	09:03	10:26	10:40	13:25	0:57:40	0:57:45	5,46	10,40
321	104	Leich, Christian	76 SV Ruitsch-Kerben	M30	24	38f	09:02	11:41	12:14	12:22	0:57:42	0:58:13	5,46	10,40
322	457	Peifer, Martin	39 Hamburg Freie Hansesta	M65	9	38f	10:00	11:49	11:45	11:55	0:57:45	0:58:09	5,47	10,39
323	356	Stolte, Wilfried	51 TUS Volkesfeld	M55	13	38f	10:14	11:57	12:20	11:38	0:58:01	0:58:56	5,48	10,34
324	109	Emmerich, Norbert	60 SV Illerich	M45	46	38f	10:08	11:36	11:49	12:02	0:58:05	0:58:49	5,49	10,33
325	350	Kleudgen, Philip	87 AOK Mayen	MJA	7	38f	10:05	11:24	11:36	12:15	0:58:08	0:59:02	5,49	10,32
326	418	Marschall, Manfred	64	M40	91	39f	09:45	11:39	11:59	12:23	0:58:36	0:59:02	5,52	10,24
327	293	Lohrum, Herbert	51 LT DJK Andernach	M55	14	39f	10:06	11:30	11:55	12:14	0:58:37	0:59:29	5,52	10,23
328	323	Lörsch, Willi	50 TUS Immendorf	M55	15	39f	10:01	11:56	12:10	12:12	0:58:54	0:59:39	5,53	10,18
329	529	Kub, Christoph	72 *Koblenz	M30	25	39f	08:43	11:24	12:22	13:12	0:58:57	0:59:01	5,54	10,18
330	176	Kutzner, Thomas	65 X-Sport Kastellaun	M40	92	39f	10:03	11:49	12:01	12:18	0:59:01	0:59:33	5,54	10,17
331	199	Arenz, Michael	64 Meddys Lauf- u. Walking T	M40	93	40f	10:37	12:11	12:21	11:55	0:59:03	0:59:11	5,54	10,16
332	396	Fuchs, Jürgen	63 Team Kalenborn Naturst	M40	94	40f	09:25	11:15	11:59	12:50	0:59:18	0:59:30	5,56	10,12
333	435	Wilbert, Rudi	29 SV Waldesch	M75	2	40f	10:21	12:01	12:15	12:04	0:59:22	1:00:01	5,56	10,11
334	292	Mohrs, Achim	60 *Bassenheim	M45	47	40f	10:14	11:57	12:35	12:32	0:59:40	1:00:35	5,58	10,05
335	423	Schick, Jürgen	56	M50	29	41f	10:14	12:07	12:22	12:29	1:00:05	1:00:23	6,01	9,98
336	283	Pauls, Marcel	76 LA TuS Mayen	M30	26	41f	09:57	11:56	12:38	12:56	1:00:12	1:00:49	6,01	9,97
337	26	Gödderz, Ralf	69 *Mayen	M35	70	41f	10:33	12:12	12:25	12:15	1:00:13	1:01:06	6,01	9,96
338	77	Prochazka, Tobias	81 *Mendig	MHK	32	41f	09:57	11:56	12:38	12:56	1:00:13	1:00:50	6,01	9,96
339	427	Bär, Thorsten	71 *Gamlen	M35	71	42f	10:16	11:47	12:20	13:20	1:00:39	1:01:06	6,04	9,89
340	416	Irmiter, Alois	54 SV Alzheim	M50	30	42f	10:39	12:28	12:29	12:43	1:00:43	1:01:31	6,04	9,88
341	138	Loch, Wolfgang	59 Dany Sportclub Koblenz	M45	48	42f	10:28	12:17	12:41	12:47	1:00:53	1:01:49	6,05	9,85
342	444	Baader, Michael	58 TuS Immendorf	M45	49	42f	09:42	11:47	12:47	13:10	1:01:04	1:01:24	6,06	9,82
343	231	König, Thomas	66 LT Mertesdorf 2001 e.V.	M40	95	42f	10:18	12:19	12:33	12:57	1:01:12	1:02:04	6,07	9,80
344	497	Meitzdorf, Johann	53 LT Welschbillig	M50	31	43f	10:15	12:24	12:31	12:59	1:01:13	1:02:04	6,07	9,80
345	51	Opper, Mario	70 Neuwied	M35	72	43f	10:29	12:08	12:17	12:56	1:01:28	1:02:23	6,09	9,76
346	261	Hilger, Gottfried	56 TuS Weibern	M50	32	43f	10:07	11:58	13:47	12:24	1:01:31	1:01:46	6,09	9,75
347	447	Witsch, Hans-Jürgen	50 SG Anspach	M55	16	43f	10:40	12:26	12:00	13:03	1:01:51	1:02:41	6,11	9,70
348	3	Franz, Alexander	73 DRK Running-Team Main	M30	27	43f	10:07	11:43	12:48	13:12	1:01:56	1:02:42	6,12	9,69

Männer

Platz	Startnr.	Name	JG Verein/*Ort	AK	AK-Pl	Pos	1. Rnd	2. Rnd	3. Rnd	4. Rnd	Endzeit	Brutto	min/km	km/h
349	268	Grünewald, Stephan	75 FFW Bruttig	M30	28	43 ^t	10:35	12:11	12:40	12:57	1:02:00	1:02:46	6,12	9,68
350	478	Ammann, Sebastian	81 Alkener Jungs	MHK	33	43 ^t	10:15	11:56	12:14	13:01	1:02:04	1:02:31	6,12	9,67
351	197	Verhagen, Joachim	73 *Polch	M30	29	43 ^t	09:58	12:05	12:43	13:24	1:02:06	1:03:00	6,13	9,66
352	265	Reck, Stefan	84 *Polch	MHK	34	43 ^t	09:59	12:05	12:43	13:23	1:02:07	1:03:00	6,13	9,66
353	302	Weppner, Oliver	62 *Marienfels	M40	96	44 ^t	09:48	12:01	12:47	13:45	1:02:09	1:02:57	6,13	9,65
354	442	Naunheim, Peter	58 TuS Vernich	M45	50	44 ^t	10:41	12:56	12:56	13:24	1:02:50	1:03:13	6,17	9,55
355	455	Mittler, Thomas	70 SV Büchel	M35	73	44 ^t	09:37	11:44	13:29	14:04	1:03:11	1:03:34	6,19	9,50
356	400	Fußberger, Ulrich	53 Meddys Lauf- u. Walking T	M50	33	44 ^t	10:44	12:39	12:49	13:18	1:03:24	1:03:31	6,20	9,46
357	143	Bersch, Christian	86 *Andernach	MHK	35	45 ^t	09:03	11:20	14:34	16:32	1:03:51	1:03:56	6,23	9,40
358	367	Bach, Hans - Georg	55 *Nachtsheim	M50	34	45 ^t	10:36	12:45	13:06	13:28	1:04:13	1:04:23	6,25	9,34
359	401	Wolf, Norbert	36 TUS Bendorf	M70	1	45 ^t	09:51	12:53	13:24	13:47	1:04:31	1:04:42	6,27	9,30
360	95	Mohr, Axel	72 *Koblenz	M30	30	45 ^t	10:46	12:53	13:07	13:42	1:05:09	1:05:12	6,31	9,21
361	284	Caspary, Jürgen	54 SG Elztal	M50	35	46 ^t	10:04	12:41	14:05	14:41	1:06:32	1:07:12	6,39	9,02
362	271	Budday, Thomas	69 *Bendorf	M35	74	46 ^t	10:39	13:14	13:40	14:41	1:06:56	1:07:41	6,42	8,96
363	379	Rooze, Henk	55	M50	36	47 ^t	10:57	13:08	14:53	14:59	1:08:56	1:09:33	6,54	8,70

Frauen

Platz	Startnr.	Name	JG Verein/*Ort	AK	AK-Pl	Pos	1. Rnd	2. Rnd	3. Rnd	4. Rnd	Endzeit	Brutto	min/km	km/h
1	375	Jacobi, Birgit	64 BBC Koblenz-Horchheim	W40	1	13	06:13	07:28	07:35	07:47	0:37:16	0:37:17	3,44	16,10
2	514	Oetz, Ulrike	69 Rot-Weiss-Koblenz	W35	1	36	07:11	08:22	08:18	08:21	0:40:55	0:40:59	4,06	14,66
3	378	von Klitzing, Margit	63 LG Maifeld-Pellenz	W40	2	41	07:14	08:21	08:19	08:26	0:41:13	0:41:17	4,07	14,56
4	139	Rasbach, Dagmar	69 LA TuS Mayen	W35	2	66	07:02	08:27	08:42	08:54	0:42:23	0:42:26	4,14	14,15
5	267	Bette, Regine	60 LA TuS Mayen	W45	1	70	07:02	08:25	08:44	09:08	0:42:50	0:42:51	4,17	14,01
6	154	Prieß, Elfi	71 LA TuS Mayen	W35	3	93	07:23	08:47	08:51	09:03	0:43:47	0:43:48	4,23	13,70
7	55	Porten-Sturm, Bärbel	64 LA TuS Mayen	W40	3	12	07:36	09:07	09:18	09:23	0:45:16	0:45:18	4,32	13,25
8	382	Gilberg, Bettina	63 LG Maifeld-Pellenz	W40	4	14	07:49	09:16	09:27	09:34	0:46:07	0:46:13	4,37	13,01
9	258	Hellebrand, Diana	77 Meddys Lauf- u. Walking T	WHK	1	14	07:50	09:15	09:36	09:34	0:46:14	0:46:32	4,37	12,97
10	44	Meyer, Karin	53 LA TuS Mayen	W50	1	15	07:54	09:14	09:33	09:42	0:46:32	0:46:37	4,39	12,89
11	8	Pudersch, Helga	71 LV Turbine Anschau	W35	4	16	09:49	11:33	12:07	00:00	0:46:49	0:47:36	4,41	12,81
12	358	Junker, Jessica	69 Running Team Bad Ems	W35	5	16	07:33	09:02	09:46	10:09	0:47:00	0:47:05	4,42	12,76
13	515	Schneider, Ulrike	62 LT SV Westum	W40	5	16	07:50	09:17	09:40	09:50	0:47:03	0:47:10	4,42	12,75
14	235	Mülfarth, Sylwia	78 Schwimmbadteam Koble	WHK	2	17	08:14	09:28	09:37	09:35	0:47:05	0:47:08	4,43	12,74
15	377	Meyer, Elisabeth	49 LG Kreis Ahrweiler	W55	1	17	07:49	09:19	09:39	10:00	0:47:12	0:47:18	4,43	12,71
16	135	Mauer, Petra	81 Pädchestreter Wirges	WHK	3	17	08:10	09:32	09:43	09:41	0:47:13	0:47:27	4,43	12,70
17	303	Weppner, Martina	62 Heidenroder Lauftreff	W40	6	20	08:21	09:53	09:55	09:50	0:48:25	0:48:35	4,51	12,39
18	361	Aschkowski, Ulrike	63 LT Heimbach-Weis	W40	7	21	08:15	09:44	10:17	10:16	0:48:54	0:49:34	4,53	12,27
19	72	Rausch-Radke, Susanne	69 *Daubach	W35	6	23	08:19	09:54	10:19	10:21	0:49:43	0:49:59	4,58	12,07
20	440	Schamber, Birgit	65 EBMAS Gym. Neuwied	W40	8	23	00:00	00:00	00:00	00:00	0:49:48	0:50:21	4,59	12,05
21	330	Böhm, Elke	63 SSV Heimbach-Weis	W40	9	24	08:41	10:01	10:16	10:34	0:50:14	0:50:55	5,01	11,94
22	220	Schulz, Martina	63 Meddys Lauf- u. Walking T	W40	10	24	08:20	10:14	10:27	10:27	0:50:15	0:50:34	5,02	11,94
23	120	Pillig, Conny	69 *Binningen	W35	7	24	09:13	10:10	09:59	10:18	0:50:18	0:50:56	5,02	11,93
24	278	Kudell, Claudia	71 Intersport Krumholz	W35	8	26	07:57	09:56	10:40	11:16	0:51:09	0:51:14	5,07	11,73
25	241	Wendland, Monika	54 LF Naheland	W50	2	27	08:56	10:24	10:35	10:43	0:51:41	0:52:17	5,10	11,61
26	518	Geis, Claudia	71 PSV Remagen	W35	9	27	08:48	10:23	10:25	10:54	0:51:48	0:51:59	5,11	11,58
27	36	Arenz, Ulrike	70 *Gamlen	W35	10	28	09:00	10:35	10:31	10:46	0:51:52	0:52:19	5,11	11,57
28	304	Wirtz, Erika	57 *Bad Rappenau	W45	2	28	09:11	10:35	10:33	10:43	0:52:03	0:52:38	5,12	11,53
29	398	Wirschem, Birgit	66	W40	11	29	08:57	10:33	10:51	11:03	0:52:29	0:52:54	5,15	11,43
30	273	Sander, Beate	64 LT Ahrweiler	W40	12	29	09:09	10:51	10:54	10:56	0:52:33	0:52:53	5,15	11,42
31	232	Weissenfels, Beate	65 Aktivita Koblenz-Karthus	W40	13	29	08:11	10:22	10:53	11:14	0:52:38	0:52:46	5,16	11,40
32	344	Boentgen, Lydia	62 AOK Mayen	W40	14	30	08:49	10:30	10:46	11:11	0:52:55	0:53:43	5,18	11,34
33	14	Fölbach, Birgit	61 TV Arzbach	W45	3	30	09:17	10:52	10:49	10:55	0:53:02	0:53:12	5,18	11,31
34	217	Haendgen, Gertrud	68 TV 06 Bad Neuenahr Lauf	W35	11	31	09:39	11:08	11:08	10:42	0:53:25	0:53:45	5,21	11,23
35	288	Schmiedel, Sabine	65 Spvgg Nickenich	W40	15	32	09:04	10:46	10:59	11:20	0:53:56	0:54:09	5,24	11,12
36	53	Potrickus, Mara	78 *Andernach	WHK	4	32	09:30	10:41	11:07	11:18	0:54:01	0:54:37	5,24	11,11
37	87	Heimes, Melanie	70 SV Landkern	W35	12	32	08:54	10:34	11:17	11:22	0:54:04	0:54:47	5,24	11,10
38	495	Gelbert, Gerwid	63 *Löhnberg	W40	16	32	08:41	10:57	11:21	11:27	0:54:20	0:54:33	5,26	11,04
39	193	Heidger, Sonja	66 *Koblenz	W40	17	33	09:12	10:50	11:16	11:34	0:54:27	0:55:07	5,27	11,02
40	225	Peuter, Sonja	70 *Michelbach	W35	13	33	10:42	11:12	10:51	10:42	0:54:28	0:55:13	5,27	11,01
41	425	Diezler, Martina	59	W45	4	33	09:03	10:51	11:15	11:20	0:54:29	0:55:01	5,27	11,01
42	82	Dörle, Birgit	71 *Gamlen	W35	14	33	09:05	10:49	11:11	11:35	0:54:55	0:55:22	5,30	10,92
43	260	Karbach, Christiane	72 LG Laacher See	W30	1	34	09:33	11:01	11:09	11:34	0:55:00	0:55:35	5,30	10,91
44	410	Fuhrmann, Andrea	76	W30	2	34	09:26	10:41	11:09	11:33	0:55:03	0:55:43	5,30	10,90
45	414	Saxler, Monika	68	W35	15	34	09:13	10:25	11:04	12:03	0:55:31	0:56:09	5,33	10,81
46	52	Schlöder, Anja	69 LT Maifelder SV	W35	16	34	09:20	10:56	11:22	11:42	0:55:32	0:56:06	5,33	10,80
47	511	Kutscheid, Silvia	66	W40	18	34	09:44	11:20	11:26	11:30	0:55:40	0:56:07	5,34	10,78
48	74	Lott, Silvia	77 *Bonn	WHK	5	35	08:37	10:56	11:41	11:55	0:55:55	0:56:18	5,36	10,73
49	73	Scherhag, Anke	79 *Kleve	WHK	6	35	08:37	10:57	11:41	11:59	0:55:57	0:56:20	5,36	10,72
50	464	Frischauf-Bullinger, Marion	60 *Pfaffenheck	W45	5	35	09:20	11:12	11:35	11:42	0:56:02	0:56:18	5,36	10,71
51	148	Brümmer, Bettina	69 LG Laacher See	W35	17	35	10:14	11:21	11:09	11:33	0:56:05	0:56:48	5,37	10,70
52	89	Herrmann, Petra	56 *Neuwied	W50	3	35	09:56	11:20	11:32	11:35	0:56:11	0:56:47	5,37	10,68
53	48	Schöffler, Kerstin	74 *Mülheim-Kärlich	W30	3	36	09:57	11:34	11:26	11:28	0:56:16	0:56:45	5,38	10,66
54	481	Sülzen, Izabela	69 LG Rhein-Wied	W35	18	36	09:57	11:19	11:32	11:35	0:56:18	0:56:54	5,38	10,66
55	202	Winkler, Kerstin	80 *Koblenz	WHK	7	36	10:47	11:58	11:15	11:04	0:56:26	0:57:08	5,39	10,63
56	475	Rohen, Kerstin	77 LT Baar	WHK	8	36	10:04	11:23	11:29	11:33	0:56:47	0:57:35	5,41	10,56
57	264	Lenz, Bettina	73 *Bruttig	W30	4	36	09:24	11:25	11:43	12:09	0:56:53	0:57:26	5,41	10,55
58	386	Meder, Anita	73	W30	5	37	08:37	11:54	11:54	12:43	0:57:04	0:57:16	5,42	10,51

Frauen

Platz	Startnr.	Name	JG Verein/*Ort	AK	AK-Pl	Pos	1. Rnd	2. Rnd	3. Rnd	4. Rnd	Endzeit	Brutto	min/km	km/h
59	507	Urbatzka, Sabine	68 TMK Mülheim-Kärlich	W35	19	37f	09:46	11:26	11:42	11:55	0:57:09	0:57:27	5,43	10,50
60	533	Steffen, Bianca	67 TUS Kaisersesch	W35	20	37f	09:24	11:22	11:47	12:05	0:57:20	0:57:32	5,44	10,46
61	349	Lambrich, Simone	76 AOK Mayen	W30	6	37f	10:05	11:24	11:26	11:53	0:57:31	0:58:25	5,45	10,43
62	29	Kreuter, Heike	65 LT TuS Lonnig	W40	19	38f	09:40	11:10	11:46	12:20	0:57:50	0:58:36	5,47	10,37
63	499	Schütz, Ingrid	52 Heidenroder Lauftreff	W50	4	38f	09:53	11:26	11:43	12:14	0:58:13	0:59:01	5,49	10,31
64	228	Hansen, Christine	73 X-Sport Kastellaun	W30	7	38f	09:23	11:31	12:12	12:31	0:58:14	0:58:28	5,49	10,30
65	151	Kraemer, Roswita	44 Das Team der Wand Kobl	W60	1	39f	10:12	11:38	11:50	12:00	0:58:18	0:58:47	5,50	10,29
66	281	Hiltrop, Anette	72 *Melsbach	W30	8	39f	11:23	13:51	15:56	00:00	0:58:22	0:58:57	5,50	10,28
67	110	Emmerich, Trudi	64 SV Illerich	W40	20	39f	10:08	11:37	11:48	12:02	0:58:25	0:59:08	5,51	10,27
68	289	Meurer, Rita	66 TV-Kärlich	W40	21	39f	10:05	11:46	12:05	12:08	0:58:53	0:59:14	5,53	10,19
69	175	Klebula, Claudia	65 SF Höhr-Grenzhausen	W40	22	39f	10:09	11:36	12:06	12:22	0:59:02	0:59:32	5,54	10,16
70	174	Klebula, Ute	54 SF Höhr-Grenzhausen	W50	5	40f	10:08	11:37	12:06	12:23	0:59:02	0:59:32	5,54	10,16
71	178	Sabatschus, Annette	45 SV Kell	W60	2	40f	10:07	12:00	12:02	12:13	0:59:04	0:59:33	5,54	10,16
72	63	Bonacker, Petra	68 *Löf	W35	21	40f	10:37	11:48	11:55	12:11	0:59:07	0:59:32	5,55	10,15
73	99	Jung, Sarah	87 *Forst	WJA	1	40f	10:26	11:56	11:56	12:14	0:59:17	0:59:57	5,56	10,12
74	37	Weber, Ruth	67 *Brey	W35	22	40f	09:07	11:42	12:49	12:45	0:59:19	0:59:52	5,56	10,11
75	269	Hinz, Belinda	76 *Koblenz	W30	9	40f	10:47	12:01	11:21	12:21	0:59:43	1:00:26	5,58	10,04
76	152	Herrmann, Corinna	76 Das Team der Wand Kobl	W30	10	41f	10:33	12:24	12:38	12:13	0:59:49	1:00:30	5,59	10,03
77	422	Schick, Gabriele	57	W45	6	41f	10:13	12:08	12:23	12:29	1:00:05	1:00:23	6,01	9,99
78	421	Temme, Christa	52	W50	6	41f	10:14	12:07	12:22	12:30	1:00:10	1:00:28	6,01	9,97
79	184	Hoffmann, Marion	70 KSC Moselkern	W35	23	41f	10:14	11:28	12:09	12:46	1:00:13	1:01:07	6,01	9,96
80	408	Ningel, Christel	57	W45	7	41f	10:26	12:00	12:13	12:44	1:00:13	1:00:53	6,01	9,96
81	434	Hermann, Ulrike	61 Rsuzwurm Team	W45	8	41f	10:12	11:57	12:27	12:45	1:00:21	1:01:00	6,02	9,94
82	122	Wingender, Manuela	67 Team Kalenborn Naturst	W35	24	42f	10:18	12:18	12:54	12:19	1:00:31	1:00:43	6,03	9,91
83	453	Wichterich, Heike	59 Rsuzwurm-Team	W45	9	42f	10:13	11:57	12:27	12:46	1:00:44	1:01:23	6,04	9,88
84	215	Moitzfeld, Tanja	69 LT Maifelder SV	W35	25	42f	09:45	11:58	12:36	12:58	1:00:48	1:01:22	6,05	9,87
85	530	Waldorf, Elisabeth	64 LG Laacher See	W40	23	42f	10:28	12:19	12:18	12:25	1:00:57	1:01:39	6,06	9,84
86	412	Massion, Anita	59 LG Laacher See	W45	10	42f	10:15	11:44	12:33	12:57	1:00:59	1:01:42	6,06	9,84
87	91	Ferdinand, Andrea	82 *Niederwerth	WHK	9	43f	10:22	12:29	12:39	12:48	1:01:55	1:02:29	6,12	9,69
88	56	Weiler, Dagmar	67 LA TuS Mayen	W35	26	44f	11:00	12:32	12:35	12:59	1:02:42	1:02:59	6,16	9,57
89	441	Naunheim, Pia	65 *Weilerswist	W40	24	44f	10:41	12:56	12:56	13:24	1:02:51	1:03:13	6,17	9,55
90	244	Knebel, Monika	63 Meddys Lauf- u. Walking T	W40	25	44f	10:44	12:36	12:49	13:18	1:03:13	1:03:20	6,19	9,49
91	121	Wingender, Liane	63 Team Kalenborn Naturst	W40	26	44f	10:18	12:18	12:54	13:45	1:03:23	1:03:34	6,20	9,47
92	123	Kalenborn, Christa	65 Team Kalenborn Naturst	W40	27	44f	10:18	12:19	12:54	13:45	1:03:23	1:03:34	6,20	9,46
93	240	Itschert-Rasch, Petra	57 Meddys Lauf- u. Walking T	W45	11	44f	10:44	12:38	12:50	13:18	1:03:24	1:03:31	6,20	9,46
94	230	Thewes, Beata	70 *Sinzig	W35	27	45f	10:41	13:05	13:07	13:05	1:03:25	1:03:53	6,20	9,46
95	140	Steck, Mechthild	61 *Bruttig-Fankel	W45	12	45f	10:35	12:11	12:42	13:59	1:04:43	1:05:29	6,28	9,27
96	113	Böhm, Anne	73 *Dreckenach	W30	11	45f	10:44	12:56	13:28	13:34	1:04:56	1:05:37	6,30	9,24
97	517	Balzer-Flöck, Alexandra	77 *Waldesch	WHK	10	45f	10:44	12:57	13:28	13:35	1:04:56	1:05:37	6,30	9,24
98	93	Loth, Jennifer	82 *Koblenz	WHK	11	45f	10:46	12:53	13:07	13:42	1:05:09	1:05:12	6,31	9,21
99	9	Hastenteufel, Birgit	76 LV Turbine Anschau	W30	12	45f	10:44	12:31	13:50	13:54	1:05:22	1:06:09	6,32	9,18
100	159	Böhme, Heike	66 LT TuS Lonnig	W40	28	46f	10:59	12:53	13:03	13:54	1:05:27	1:05:56	6,33	9,17
101	111	Klöckner, Sandra	72 *Girkenroth	W30	13	46f	10:49	12:58	13:35	13:54	1:05:46	1:06:39	6,35	9,12
102	112	Welz, Barbara	68 *Bruttig-Fankel	W35	28	46f	10:44	13:14	13:50	14:00	1:06:17	1:07:03	6,38	9,05
103	362	Ternes, Margit	68 *Binningen	W35	29	46f	11:03	13:23	13:46	13:58	1:06:43	1:07:09	6,40	8,99
104	364	Mohr, Nicole	73 *Binningen	W30	14	46f	11:02	13:23	13:45	13:58	1:06:45	1:07:12	6,41	8,99
105	270	Budday, Ulla	72 *Bendorf	W30	15	46f	10:39	13:14	13:39	14:41	1:06:56	1:07:42	6,42	8,96
106	1718	Faßbender, Anika	76 LV Turbine Anschau	W30	16	46f	10:44	12:47	14:04	14:37	1:07:08	1:07:54	6,43	8,94
107	133	Rohrbeck, Teresa	83 *Vallendar	WHK	12	46f	10:46	13:45	14:29	15:07	1:08:52	1:09:26	6,53	8,71
108	380	Leister, Monika	63 Spvgg Nickenich	W40	29	47f	10:57	13:08	14:52	14:58	1:08:56	1:09:32	6,54	8,70
109	125	Krüber, Claudia	67 *Winningen	W35	30	47f	12:10	14:50	15:31	15:34	1:14:09	1:14:52	7,25	8,09
110	334	Straßfeld, Rosemarie	51 VfL 09 Jünkerath	W55	2	47f	12:41	14:50	15:12	15:26	1:14:28	1:15:23	7,27	8,06