

7. Griesson - de Beukelaer Stadtlauf - Polch

28. September 2008

Gesamtliste 5km LEICHT & CROSS Jedermannslauf

gedruckt 28.09.2008 17:02:50

Männer

| Platz | Startnr. | Name | JG Verein*/Ort | AK | AK-Pl | Pos | Endzeit | Brutto | min/km | km/h |
|-------|----------|----------------------|-----------------------------|-----|-------|-----|---------|---------|--------|-------|
| 1 | 1157 | Zenzen, Mirco | 93 *Kelberg | M15 | 1 | 1 | 0:16:30 | 0:16:30 | 3,18 | 18,18 |
| 2 | 1172 | Zenzen, Enrico | 88 Post Sport Telekom Trier | MHK | 1 | 2 | 0:16:30 | 0:16:31 | 3,18 | 18,16 |
| 3 | 928 | Jeandré, Julien | 94 *Altenahr/Altenburg | M14 | 1 | 3 | 0:17:30 | 0:17:31 | 3,30 | 17,14 |
| 4 | 1143 | Wecker, Lukas | 91 LA TuS Mayen | MHK | 2 | 4 | 0:17:44 | 0:17:45 | 3,33 | 16,92 |
| 5 | 909 | Hoffmann, Christian | 69 LG Maifeld-Pellenz | MHK | 3 | 5 | 0:18:05 | 0:18:06 | 3,37 | 16,58 |
| 6 | 1193 | Schmitz, Sebastian | 94 LAZ Puma Troisdorf-Sie | M14 | 2 | 6 | 0:18:07 | 0:18:07 | 3,37 | 16,55 |
| 7 | 1103 | Schweikert, Markus | 94 TUS Spay | M14 | 3 | 7 | 0:18:10 | 0:18:10 | 3,38 | 16,51 |
| 8 | 1170 | Durst, Thomas | 75 TCEC Mainz | MHK | 4 | 8 | 0:18:13 | 0:18:15 | 3,39 | 16,46 |
| 9 | 956 | Knuffmann, Matthias | 93 LG Maifeld-Pellenz | M15 | 2 | 9 | 0:18:17 | 0:18:19 | 3,40 | 16,40 |
| 10 | 1130 | Sturm, Konrad | 96 LG Lahn-Aar-Esterau | M14 | 4 | 10 | 0:18:21 | 0:18:22 | 3,40 | 16,34 |
| 11 | 793 | Brandis, Robin | 92 LA TuS Mayen | MHK | 5 | 11 | 0:18:51 | 0:18:55 | 3,46 | 15,90 |
| 12 | 918 | Ibald, Justus | 92 LG Maifeld-Pellenz | MHK | 6 | 12 | 0:18:56 | 0:18:59 | 3,47 | 15,83 |
| 13 | 907 | Hillen, Markus | 65 TMK | MHK | 7 | 13 | 0:19:00 | 0:19:02 | 3,48 | 15,78 |
| 14 | 1213 | Spitzborn, Oliver | 65 DBL-Team RSG Montaba | MHK | 8 | 14 | 0:19:05 | 0:19:06 | 3,49 | 15,72 |
| 15 | 1202 | Lorré, Jaan | 95 LG Vulkaneifel | M14 | 5 | 15 | 0:19:17 | 0:19:18 | 3,52 | 15,55 |
| 16 | 1079 | Schimpitz, Christian | 89 LT TuS Lonngig | MHK | 9 | 16 | 0:19:23 | 0:19:25 | 3,53 | 15,47 |
| 17 | 994 | Mannebach, Niklas | 94 LG Maifeld-Pellenz | M14 | 6 | 17 | 0:19:31 | 0:19:32 | 3,54 | 15,37 |
| 18 | 1092 | Schneider, Harald | 64 BSG Sparkasse Koblenz | MHK | 10 | 18 | 0:19:34 | 0:19:37 | 3,55 | 15,33 |
| 19 | 1182 | Adams, Andree | 90 LG Maifeld-Pellenz | MHK | 11 | 19 | 0:19:40 | 0:19:42 | 3,56 | 15,25 |
| 20 | 1031 | Nübel, Nicolas | 92 LG Maifeld-Pellenz | MHK | 12 | 20 | 0:19:42 | 0:19:44 | 3,57 | 15,22 |
| 21 | 774 | Bermel, Lars | 90 LG Maifeld-Pellenz | MHK | 13 | 21 | 0:19:46 | 0:19:48 | 3,57 | 15,17 |
| 22 | 824 | Ehram, Gary | 93 LG Maifeld-Pellenz | M15 | 3 | 22 | 0:19:50 | 0:19:51 | 3,58 | 15,12 |
| 23 | 1081 | Schlebusch, Moriche | 93 *Pillig | M15 | 4 | 23 | 0:19:57 | 0:20:00 | 4,00 | 15,03 |
| 24 | 1021 | Nett, Simon | 90 TuWi Adenau | MHK | 14 | 24 | 0:19:58 | 0:20:17 | 4,00 | 15,01 |
| 25 | 1219 | Ulrich, Constantin | 95 SSG Königswinter | M14 | 7 | 25 | 0:19:59 | 0:20:01 | 4,00 | 15,00 |
| 26 | 939 | Keifenheim, Rene | 93 LA TuS Mayen | M15 | 5 | 26 | 0:20:10 | 0:20:39 | 4,02 | 14,87 |
| 27 | 1198 | Hagenon, Rolf | 68 SRL Triathlon Koblenz | MHK | 15 | 27 | 0:20:11 | 0:20:12 | 4,02 | 14,85 |
| 28 | 782 | Blotzki, Michael | 90 *Kobern- Gondorf | MHK | 16 | 28 | 0:20:22 | 0:20:40 | 4,05 | 14,72 |
| 29 | 1023 | Neu, Patrick | 88 Sportler-für-Christus | MHK | 17 | 29 | 0:20:30 | 0:20:32 | 4,06 | 14,62 |
| 30 | 916 | Hunkemöller, Marco | 76 *Kettig | MHK | 18 | 30 | 0:20:36 | 0:20:46 | 4,07 | 14,56 |
| 31 | 1286 | Hellwig, Benno | 61 LG Boppard Bad Salzig | MHK | 19 | 31 | 0:20:38 | 1:01:19 | 4,08 | 14,53 |
| 32 | 784 | Bonah, Leon | 97 TuS Immendorf | M14 | 8 | 32 | 0:20:42 | 0:20:46 | 4,08 | 14,49 |
| 33 | 1200 | Mauren, Ludwig | 64 Team Finkenweg | MHK | 20 | 33 | 0:20:45 | 0:20:51 | 4,09 | 14,45 |
| 34 | 936 | Kaiser, Tobias | 94 VfB Polch | M14 | 9 | 34 | 0:20:51 | 0:20:57 | 4,10 | 14,39 |
| 35 | 1004 | Meurisch, Nico | 95 *Koblenz | M14 | 10 | 37 | 0:21:11 | 0:21:41 | 4,14 | 14,16 |
| 36 | 1093 | Scholz, Christian | 97 Meddy's LWT Koblenz | M14 | 11 | 38 | 0:21:11 | 0:21:13 | 4,14 | 14,15 |
| 37 | 1094 | Scholz, Wolfgang | 65 Meddy's LWT Koblenz | MHK | 21 | 39 | 0:21:12 | 0:21:13 | 4,14 | 14,15 |
| 38 | 922 | Immig, Ruben | 95 *Koblenz | M14 | 12 | 40 | 0:21:20 | 0:21:38 | 4,16 | 14,06 |
| 39 | 983 | Lenartz, Wolfgang | 67 SV Mosella | MHK | 22 | 41 | 0:21:21 | 0:21:32 | 4,16 | 14,04 |
| 40 | 921 | Immig, Ralf | 65 *Koblenz | MHK | 23 | 42 | 0:21:27 | 0:21:46 | 4,17 | 13,98 |
| 41 | 785 | Bonah, Luis | 97 TuS Immendorf | M14 | 13 | 43 | 0:21:28 | 0:21:32 | 4,18 | 13,97 |
| 42 | 1002 | Metzner, Jörg | 68 LG Boppard Bad Salzig | MHK | 24 | 44 | 0:21:32 | 0:22:08 | 4,18 | 13,93 |
| 43 | 1058 | Retterath, Marvin | 88 *Weibern | MHK | 25 | 45 | 0:21:34 | 0:21:39 | 4,19 | 13,90 |
| 44 | 1189 | Schwörer, Fabian | 92 LG Maifeld Pellenz | MHK | 26 | 46 | 0:21:35 | 0:21:39 | 4,19 | 13,90 |
| 45 | 1134 | Theisen, Jürgen | 64 VfB Polch | MHK | 27 | 47 | 0:21:40 | 0:21:42 | 4,20 | 13,84 |
| 46 | 935 | Kaiser, Matthias | 66 VfB Polch | MHK | 28 | 48 | 0:21:46 | 0:21:53 | 4,21 | 13,78 |
| 47 | 1175 | Bersch, Dirk | 69 | MHK | 29 | 49 | 0:21:47 | 0:21:58 | 4,21 | 13,77 |
| 48 | 988 | Link, Jörg | 64 *Mertloch | MHK | 30 | 51 | 0:21:49 | 0:22:20 | 4,22 | 13,74 |
| 49 | 1195 | Ackermann, Frank | 67 DBL Team RSG Montaba | MHK | 31 | 52 | 0:21:50 | 0:21:56 | 4,22 | 13,73 |
| 50 | 1180 | Meisner, Jeremias | 95 | M14 | 14 | 53 | 0:21:52 | 0:22:23 | 4,23 | 13,71 |
| 51 | 1025 | Neuhaus, Lukas | 94 Running Team Bad Ems | M14 | 15 | 54 | 0:21:52 | 0:21:55 | 4,23 | 13,71 |
| 52 | 1197 | Buchbender, Jan | 68 LG Siebengebirge | MHK | 32 | 55 | 0:21:59 | 0:22:01 | 4,24 | 13,65 |
| 53 | 777 | Birnstock, Florian | 97 *Polch | M14 | 16 | 56 | 0:22:05 | 0:22:25 | 4,25 | 13,58 |
| 53 | 1181 | Gresch, Torsten | 78 LG Maifeld-Pellenz | MHK | 33 | 57 | 0:22:05 | 0:22:06 | 4,25 | 13,58 |

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| Platz | Startnr. | Name | JG Verein/*Ort | AK | AK-Pl | Pos | Endzeit | Brutto | min/km | km/h |
|-------|----------|-----------------------|----------------------------|-----|-------|-----|---------|---------|--------|-------|
| 55 | 1061 | Rickert, Svend | 71 *Lonnig | MHK | 34 | 58 | 0:22:08 | 0:22:43 | 4,26 | 13,55 |
| 56 | 1083 | Schmidt, Jan | 96 *Polch | M14 | 17 | 60 | 0:22:11 | 0:22:31 | 4,26 | 13,52 |
| 57 | 924 | Jager, Luca | 90 LG Laacher See | MHK | 35 | 61 | 0:22:14 | 0:22:45 | 4,27 | 13,48 |
| 58 | 1110 | Setzlach, Marvin | 92 TuWi Adenau | MHK | 36 | 62 | 0:22:15 | 0:22:35 | 4,27 | 13,48 |
| 59 | 867 | Grunau, Bernhard | 65 TuS Immendorf | MHK | 37 | 63 | 0:22:15 | 0:22:18 | 4,27 | 13,47 |
| 60 | 1015 | Moritz, Marcel | 71 *Koborn-Gondorf | MHK | 38 | 64 | 0:22:16 | 0:22:28 | 4,27 | 13,47 |
| 61 | 1217 | Ulrich, Julius | 98 SSG Königswinter | M14 | 18 | 65 | 0:22:19 | 0:22:22 | 4,28 | 13,44 |
| 62 | 1053 | Pütz, Yannick | 97 TuS Kaisersesch | M14 | 19 | 66 | 0:22:24 | 0:22:30 | 4,29 | 13,39 |
| 63 | 1052 | Pütz, Rainer | 64 Laufkäfer Greimersburg | MHK | 39 | 67 | 0:22:24 | 0:22:30 | 4,29 | 13,39 |
| 64 | 1216 | Geis, Thomas | 68 LT SV Westum | MHK | 40 | 68 | 0:22:32 | 0:22:38 | 4,30 | 13,31 |
| 65 | 756 | Bach, Werner | 61 LG Maifeld-Pellenz | MHK | 41 | 69 | 0:22:33 | 0:22:39 | 4,31 | 13,30 |
| 66 | 868 | Grunau, Jonas | 97 TuS Immendorf | M14 | 20 | 70 | 0:22:33 | 0:22:37 | 4,31 | 13,29 |
| 67 | 1022 | Neu, Edgar | 58 Sportler-für-Christus | MHK | 42 | 71 | 0:22:34 | 0:22:37 | 4,31 | 13,29 |
| 68 | 1129 | Sturm, Anton | 98 LG Lahn-Aar-Esterau | M14 | 21 | 72 | 0:22:36 | 0:22:36 | 4,31 | 13,27 |
| 69 | 1016 | Müller, Aaron | 96 VfB Polch | M14 | 22 | 73 | 0:22:38 | 0:22:42 | 4,32 | 13,25 |
| 70 | 795 | Brechtel, Christian | 93 LG Maifeld-Pellenz | M15 | 6 | 74 | 0:22:39 | 0:22:40 | 4,32 | 13,24 |
| 71 | 1096 | Schorn, Rudi | 59 Meddy's LWT Koblenz | MHK | 43 | 76 | 0:22:49 | 0:22:57 | 4,34 | 13,14 |
| 72 | 862 | Goebel, Jonas | 95 LG Maifeld-Pellenz | M14 | 23 | 77 | 0:22:55 | 0:22:58 | 4,35 | 13,08 |
| 73 | 930 | Jonas, Klaus | 72 TV Wirges | MHK | 44 | 78 | 0:22:56 | 0:23:06 | 4,35 | 13,07 |
| 74 | 963 | Krapf, Nils | 97 TuS Immendorf | M14 | 24 | 79 | 0:22:57 | 0:23:00 | 4,35 | 13,07 |
| 75 | 1027 | Nick, Jonas | 95 *Bassenheim | M14 | 25 | 80 | 0:22:57 | 0:23:05 | 4,36 | 13,07 |
| 76 | 761 | Barden, René | 97 LG Maifeld-Pellenz | M14 | 26 | 82 | 0:23:04 | 0:23:08 | 4,37 | 13,00 |
| 77 | 838 | Fölbach, Manfred | 55 Running Team Bad Ems | MHK | 45 | 83 | 0:23:07 | 0:23:11 | 4,38 | 12,97 |
| 78 | 815 | Dirschauer, Gerd | 62 Hungener Tanzclub Blau | MHK | 46 | 84 | 0:23:08 | 0:23:41 | 4,38 | 12,97 |
| 79 | 1011 | Möller, Sebastian | 96 LG Maifeld-Pellenz | M14 | 27 | 85 | 0:23:10 | 0:23:30 | 4,38 | 12,95 |
| 80 | 1220 | Busch, Sebastian | 83 Spvgg Nickenich | MHK | 47 | 86 | 0:23:13 | 0:23:46 | 4,39 | 12,92 |
| 81 | 1020 | Neiser, Frank | 72 SV Oppenhausen | MHK | 48 | 87 | 0:23:16 | 0:23:34 | 4,39 | 12,89 |
| 82 | 813 | Dawson, Jeremy | 96 *Polch | M14 | 28 | 88 | 0:23:19 | 0:23:38 | 4,40 | 12,87 |
| 83 | 1095 | Schon, Stefan | 65 LA TuS Mayen | MHK | 49 | 89 | 0:23:20 | 0:23:27 | 4,40 | 12,85 |
| 84 | 865 | Gröning, Sebastian | 92 LG Boppard Bad Salzig | MHK | 50 | 90 | 0:23:23 | 0:24:08 | 4,41 | 12,82 |
| 85 | 902 | Herren, Dirk | 61 *Koblenz | MHK | 51 | 91 | 0:23:26 | 0:24:15 | 4,41 | 12,80 |
| 86 | 887 | Hawecker, Martin | 64 Debeka | MHK | 52 | 92 | 0:23:27 | 0:23:39 | 4,41 | 12,79 |
| 87 | 1024 | Neu, Timotheus | 93 Sportler-für-Christus | M15 | 7 | 93 | 0:23:31 | 0:23:34 | 4,42 | 12,75 |
| 88 | 1183 | Scherzinger, Georg | 59 *Boppard | MHK | 53 | 94 | 0:23:32 | 0:23:58 | 4,42 | 12,75 |
| 89 | 966 | Krautkrämer, Thomas | 62 LG Boppard Bad Salzig | MHK | 54 | 95 | 0:23:33 | 0:24:18 | 4,43 | 12,74 |
| 90 | 973 | Lampmann, Heinz-Joach | 53 LA TuS Mayen | MHK | 55 | 97 | 0:23:35 | 0:23:50 | 4,43 | 12,72 |
| 91 | 955 | Knuffmann, Carsten | 91 LG Maifeld-Pellenz | MHK | 56 | 98 | 0:23:39 | 0:23:41 | 4,44 | 12,68 |
| 92 | 1039 | Petri, Jörg | 68 VfB Polch | MHK | 57 | 99 | 0:23:41 | 0:23:48 | 4,44 | 12,66 |
| 93 | 1072 | Schäfer, Robin | 97 *Ehlscheid | M14 | 29 | 100 | 0:23:41 | 0:23:47 | 4,44 | 12,66 |
| 94 | 1074 | Schäfer, Timo | 67 *Ehlscheid | MHK | 58 | 101 | 0:23:41 | 0:23:47 | 4,44 | 12,66 |
| 95 | 1008 | Mohr, Johannes | 96 *Polch | M14 | 30 | 102 | 0:23:42 | 0:24:05 | 4,44 | 12,66 |
| 96 | 967 | Krayer, Lukas | 96 LT Baar | M14 | 31 | 103 | 0:23:48 | 0:24:05 | 4,46 | 12,60 |
| 97 | 1164 | Meid, Manfred | 68 SV Mosella Mesenich | MHK | 59 | 104 | 0:23:50 | 0:24:04 | 4,46 | 12,59 |
| 98 | 773 | Berg, Simon | 79 *Koblenz | MHK | 60 | 105 | 0:23:54 | 0:24:34 | 4,47 | 12,55 |
| 99 | 847 | Geiermann, Jan | 96 *Polch | M14 | 32 | 106 | 0:23:57 | 0:24:19 | 4,48 | 12,52 |
| 100 | 1120 | Stephan, Frank | 67 *Ochtendung | MHK | 61 | 107 | 0:24:02 | 0:24:18 | 4,48 | 12,48 |
| 101 | 831 | Esper, Sebastian | 93 Fun Runner Greimersburg | M15 | 8 | 110 | 0:24:06 | 0:24:26 | 4,49 | 12,45 |
| 102 | 1211 | Sturm, Felix | 94 LA Tus Mayen | M14 | 33 | 111 | 0:24:08 | 0:24:12 | 4,50 | 12,43 |
| 103 | 1156 | Zelter, Lukas | 96 *Polch | M14 | 34 | 112 | 0:24:15 | 0:24:35 | 4,51 | 12,37 |
| 104 | 753 | Anders, Robin | 95 LG Laacher See | M14 | 35 | 113 | 0:24:15 | 0:24:56 | 4,51 | 12,36 |
| 105 | 1084 | Schmiede, Wolfgang | 69 *Sinzig | MHK | 62 | 114 | 0:24:17 | 0:24:37 | 4,52 | 12,35 |
| 106 | 812 | Dawson, Gregory | 64 Trimmers Polch | MHK | 63 | 115 | 0:24:18 | 0:24:38 | 4,52 | 12,34 |
| 107 | 971 | Kube, Artur | 93 *Polch | M15 | 9 | 120 | 0:24:21 | 0:24:23 | 4,52 | 12,32 |
| 108 | 783 | Bober, Christoph | 84 *Ulmen | MHK | 64 | 121 | 0:24:22 | 0:24:34 | 4,52 | 12,31 |

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| Platz | Startnr. | Name | JG Verein/*Ort | AK | AK-Pl | Pos | Endzeit | Brutto | min/km | km/h |
|-------|----------|-----------------------|--------------------------|-----|-------|-----|---------|---------|--------|-------|
| 109 | 1191 | Krautkrämer, Markus | 99 LG Boppard Bad Salzig | M14 | 36 | 12: | 0:24:22 | 0:25:06 | 4,53 | 12,30 |
| 110 | 1086 | Schmitt, Christian | 94 *Müden | M14 | 37 | 12: | 0:24:25 | 0:24:26 | 4,53 | 12,29 |
| 111 | 927 | Jarski, Jannik | 97 TuS Immendorf | M14 | 38 | 12: | 0:24:31 | 0:24:35 | 4,54 | 12,23 |
| 112 | 1222 | Zilske, Markus | 78 | MHK | 65 | 12: | 0:24:34 | 0:24:34 | 4,55 | 12,20 |
| 113 | 1125 | Storck, Philipp | 96 LG Maifeld-Pellenz | M14 | 39 | 12: | 0:24:35 | 0:25:25 | 4,55 | 12,20 |
| 114 | 778 | Birnstock, Jörg | 70 *Polch | MHK | 66 | 13: | 0:24:38 | 0:25:01 | 4,56 | 12,17 |
| 115 | 751 | Ackermann, Gabriel | 96 LG Maifeld-Pellenz | M14 | 40 | 13: | 0:24:38 | 0:25:28 | 4,56 | 12,17 |
| 116 | 1128 | Strässer, Jonas | 96 TSV Lehmen | M14 | 41 | 13: | 0:24:42 | 0:24:48 | 4,56 | 12,14 |
| 117 | 938 | Keifenheim, Rainer | 59 LA TuS Mayen | MHK | 67 | 13: | 0:24:48 | 0:25:17 | 4,58 | 12,10 |
| 118 | 1171 | Boesen, Gabriel | 99 LG Kalt | M14 | 42 | 13: | 0:24:48 | 0:24:59 | 4,58 | 12,09 |
| 119 | 825 | Emmerich, Michael | 66 *Plaidt | MHK | 68 | 13: | 0:24:49 | 0:24:52 | 4,58 | 12,08 |
| 120 | 953 | Knaup, Ralf | 65 TSV Lehmen | MHK | 69 | 13: | 0:24:55 | 0:25:15 | 4,59 | 12,04 |
| 121 | 854 | Gieraths, Simon | 94 LT SV Westum | M14 | 43 | 14: | 0:25:05 | 0:25:28 | 5,01 | 11,96 |
| 122 | 972 | Kuppler, Christian | 80 *Winningen | MHK | 70 | 14: | 0:25:10 | 0:25:18 | 5,02 | 11,91 |
| 123 | 1190 | ter Meer, Nick | 93 LG Boppard Bad Salzig | M15 | 10 | 14: | 0:25:11 | 0:25:55 | 5,02 | 11,91 |
| 124 | 1206 | Lanser, Manfred | 51 | MHK | 71 | 14: | 0:25:16 | 0:25:44 | 5,03 | 11,87 |
| 125 | 853 | Gieraths, Hans-Peter | 62 LT SV Westum | MHK | 72 | 15: | 0:25:21 | 0:25:43 | 5,04 | 11,83 |
| 126 | 864 | Gröning, Michael | 56 LG Boppard Bad Salzig | MHK | 73 | 15: | 0:25:25 | 0:26:10 | 5,05 | 11,80 |
| 127 | 970 | Kreuter, Dennis | 93 9laeuft | M15 | 11 | 15: | 0:25:26 | 0:26:01 | 5,05 | 11,79 |
| 128 | 1127 | Strässer, Frank | 66 TSV Lehmen | MHK | 74 | 15: | 0:25:26 | 0:25:33 | 5,05 | 11,79 |
| 129 | 1159 | Krieg, Jan Lukas | 95 LG Maifeld-Pellenz | M14 | 44 | 15: | 0:25:27 | 0:25:29 | 5,05 | 11,79 |
| 130 | 1018 | Nalbach, Heiko | 80 *Ulmen | MHK | 75 | 15: | 0:25:31 | 0:25:46 | 5,06 | 11,75 |
| 131 | 1208 | Penkert, Benny | 81 *Koblenz | MHK | 76 | 16: | 0:25:31 | 0:26:12 | 5,06 | 11,75 |
| 132 | 1044 | Phasen, Lukas | 93 SV Ruitsch-Kerben | M15 | 12 | 16: | 0:25:36 | 0:26:16 | 5,07 | 11,71 |
| 133 | 863 | Gorges, Berthold | 69 TuS Düngenheim | MHK | 77 | 16: | 0:25:37 | 0:26:04 | 5,07 | 11,71 |
| 134 | 1043 | Phasen, Jürgen | 64 *Polch | MHK | 78 | 16: | 0:25:38 | 0:26:17 | 5,08 | 11,70 |
| 135 | 835 | Flicka, Marius | 97 TuS Immendorf | M14 | 45 | 16: | 0:25:42 | 0:25:46 | 5,09 | 11,67 |
| 136 | 776 | Beutner, Uwe | 62 9laeuft | MHK | 79 | 16: | 0:25:46 | 0:26:25 | 5,09 | 11,64 |
| 137 | 768 | Becker, Jörg | 74 *Landkern | MHK | 80 | 17: | 0:25:47 | 0:26:10 | 5,10 | 11,63 |
| 138 | 1184 | Schlederer, Thomas | 68 | MHK | 81 | 17: | 0:25:48 | 0:25:55 | 5,10 | 11,63 |
| 139 | 836 | Flicka, Michael | 64 TuS Immendorf | MHK | 82 | 17: | 0:25:52 | 0:25:55 | 5,10 | 11,60 |
| 140 | 1214 | Schäfer, Heinz-Werner | 57 | MHK | 83 | 17: | 0:25:58 | 0:26:02 | 5,12 | 11,55 |
| 141 | 1196 | Anders, Peter | 55 LG Laachersee | MHK | 84 | 17: | 0:25:58 | 0:26:39 | 5,12 | 11,55 |
| 142 | 1105 | Scosceria, Pietro | 60 *Koblenz | MHK | 85 | 17: | 0:26:01 | 0:26:31 | 5,12 | 11,53 |
| 143 | 1055 | Regnier, Klaus R. | 65 SV Landkern | MHK | 86 | 17: | 0:26:02 | 0:26:24 | 5,12 | 11,52 |
| 144 | 877 | Haegel, Pascal | 64 *Kehrig | MHK | 87 | 18: | 0:26:05 | 0:26:09 | 5,13 | 11,50 |
| 145 | 905 | Hesse, Bodo | 66 *Lahnstein | MHK | 88 | 18: | 0:26:05 | 0:26:37 | 5,13 | 11,50 |
| 146 | 1114 | Spulin, Alexei | 80 *Ulmen | MHK | 89 | 18: | 0:26:06 | 0:26:20 | 5,13 | 11,49 |
| 147 | 1059 | Retterath, Ramón | 97 *Weibern | M14 | 46 | 18: | 0:26:16 | 0:26:32 | 5,15 | 11,42 |
| 148 | 1145 | Wermelskirchen, Jens | 68 *Wassenach | MHK | 90 | 18: | 0:26:16 | 0:26:59 | 5,15 | 11,42 |
| 149 | 1001 | Metzner, Dennis | 94 LG Boppard Bad Salzig | M14 | 47 | 18: | 0:26:17 | 0:27:00 | 5,15 | 11,41 |
| 150 | 1062 | Riebe, Tobias | 95 *Andernach | M14 | 48 | 18: | 0:26:17 | 0:26:37 | 5,15 | 11,41 |
| 151 | 975 | Laux, Wolfgang | 55 LA TuS Mayen | MHK | 91 | 19: | 0:26:21 | 0:26:25 | 5,16 | 11,38 |
| 152 | 987 | Lindl, Frank | 66 Bendorf | MHK | 92 | 19: | 0:26:24 | 0:26:29 | 5,17 | 11,36 |
| 153 | 1046 | Pitz, Wolfgang | 50 LA TuS Mayen | MHK | 93 | 19: | 0:26:28 | 0:26:43 | 5,18 | 11,34 |
| 154 | 894 | Helling, Christoph | 68 Sparkasse Koblenz | MHK | 94 | 19: | 0:26:28 | 0:26:34 | 5,18 | 11,33 |
| 155 | 937 | Keifenheim, Nico | 90 LA TuS Mayen | MHK | 95 | 19: | 0:26:29 | 0:26:58 | 5,18 | 11,33 |
| 156 | 915 | Hübner, Gernot | 66 *Kaisersesch | MHK | 96 | 19: | 0:26:29 | 0:26:56 | 5,18 | 11,32 |
| 157 | 885 | Hastrich, Michael | 59 *Guckheim | MHK | 97 | 20: | 0:26:35 | 0:26:52 | 5,19 | 11,28 |
| 158 | 959 | Krämer, Carsten | 90 *Münstermaifeld | MHK | 98 | 20: | 0:26:39 | 0:27:02 | 5,20 | 11,25 |
| 159 | 1151 | Winter, Wolfram | 73 *Cochem | MHK | 99 | 20: | 0:26:46 | 0:27:19 | 5,21 | 11,20 |
| 160 | 800 | Brück, Volker | 65 Debeka | MHK | 100 | 20: | 0:26:48 | 0:27:17 | 5,22 | 11,19 |
| 161 | 1041 | Peuter, Jonas | 94 *Michelbach | M14 | 49 | 20: | 0:26:50 | 0:26:58 | 5,22 | 11,17 |
| 162 | 1132 | Ternes, Daniel | 97 *Koblenz | M14 | 50 | 21: | 0:26:56 | 0:27:01 | 5,23 | 11,14 |

7. Griesson - de Beukelaer Stadtlauf - Polch

28. September 2008

Gesamtliste 5km LEICHT & CROSS Jedermannslauf

gedruckt 28.09.2008 17:02:50

Männer

| Platz | Startnr. | Name | JG Verein/*Ort | AK | AK-Pl | Pos | Endzeit | Brutto | min/km | km/h |
|-------|----------|------------------------|----------------------------|-----|-------|-----------------|---------|---------|--------|-------|
| 163 | 1006 | Meyer, Werner | 42 LA TuS Mayen | MHK | 101 | 21 ^c | 0:26:57 | 0:27:01 | 5,23 | 11,13 |
| 164 | 986 | Liebscher, Dr. Jörg | 65 RC Koblenz Mittelrhein | MHK | 102 | 21 ^f | 0:27:02 | 0:27:13 | 5,24 | 11,09 |
| 165 | 1037 | Petermann, Franz-Josef | 51 *Neuwied | MHK | 103 | 21 ⁱ | 0:27:07 | 0:27:53 | 5,26 | 11,06 |
| 166 | 1019 | Nalbach, Peter | 59 *Neuwied | MHK | 104 | 21 ^l | 0:27:08 | 0:27:53 | 5,26 | 11,05 |
| 167 | 1154 | Wolf, Simon | 96 *Polch | M14 | 51 | 21 ^l | 0:27:08 | 0:27:13 | 5,26 | 11,05 |
| 168 | 759 | Bär, Henry | 69 TUS Spay | MHK | 105 | 22 ^l | 0:27:10 | 0:27:24 | 5,26 | 11,04 |
| 169 | 1010 | Möller, Michael | 68 *Polch | MHK | 106 | 22 ^c | 0:27:12 | 0:27:36 | 5,27 | 11,02 |
| 170 | 821 | Dücking, Hans-Jürgen | 60 *Mertloch | MHK | 107 | 22 ^c | 0:27:13 | 0:28:00 | 5,27 | 11,02 |
| 171 | 978 | Lehmann, Jürgen | 66 SV Leimbach | MHK | 108 | 22 ^f | 0:27:22 | 0:27:47 | 5,28 | 10,96 |
| 172 | 1106 | Seeberg, David | 87 *Neuwied | MHK | 109 | 22 ⁱ | 0:27:22 | 0:27:36 | 5,28 | 10,96 |
| 173 | 1048 | Pörzgen, Lukas | 93 TV- Gladbach | M15 | 13 | 23 ^c | 0:27:29 | 0:28:06 | 5,30 | 10,91 |
| 174 | 830 | Esper, Patrick | 97 Fun Runner Greimersburg | M14 | 52 | 23 ^c | 0:27:32 | 0:27:53 | 5,31 | 10,89 |
| 175 | 828 | Esper, Bernd | 66 Fun Runner Greimersburg | MHK | 110 | 23 ^c | 0:27:33 | 0:27:54 | 5,31 | 10,89 |
| 176 | 1207 | Zerwas, Bernd | 80 TV Rübenach | MHK | 111 | 23 ^f | 0:27:36 | 0:28:16 | 5,31 | 10,87 |
| 177 | 1082 | Schlott, Marco | 70 9laeuft | MHK | 112 | 23 ^f | 0:27:40 | 0:28:17 | 5,32 | 10,84 |
| 178 | 841 | Freiberg, Frank | 63 Griesson - de Beukelaer | MHK | 113 | 23 ^l | 0:27:43 | 0:28:25 | 5,33 | 10,82 |
| 179 | 985 | Leßlich, Achim | 56 *Koborn-Gondorf | MHK | 114 | 24 ^l | 0:27:43 | 0:28:10 | 5,33 | 10,82 |
| 180 | 755 | Anger, Peter | 97 TUS Asbach | M14 | 53 | 24 ^c | 0:27:45 | 0:28:00 | 5,33 | 10,81 |
| 181 | 842 | Frings, Christian | 85 TuWi Adenau | MHK | 115 | 24 ^c | 0:27:50 | 0:28:03 | 5,34 | 10,78 |
| 182 | 765 | Baudenbacher, Uwe | 65 SSG Kell | MHK | 116 | 24 ^l | 0:27:50 | 0:28:00 | 5,34 | 10,77 |
| 183 | 1148 | Weyer, Arthur | 60 *Plaidt | MHK | 117 | 24 ^c | 0:27:57 | 0:28:33 | 5,35 | 10,73 |
| 184 | 888 | Heimes, Markus | 78 *Kamp-Bornhofen | MHK | 118 | 25 ^l | 0:27:59 | 0:28:16 | 5,36 | 10,72 |
| 185 | 1221 | König, Felix | 97 SSG Kell | M14 | 54 | 25 ^c | 0:28:06 | 0:28:14 | 5,37 | 10,68 |
| 186 | 871 | Gügel, Detlev | 62 *Polch | MHK | 119 | 25 ^f | 0:28:16 | 0:28:28 | 5,39 | 10,61 |
| 187 | 1112 | Sonne, Markus | 75 TV Raversbeuren | MHK | 120 | 25 ^l | 0:28:21 | 0:28:42 | 5,40 | 10,58 |
| 188 | 913 | HOHL, RAINER | 45 HSC 1990 Gamlen | MHK | 121 | 26 ^c | 0:28:22 | 0:28:26 | 5,41 | 10,57 |
| 189 | 767 | Baum, Henry | 62 TV- Gladbach | MHK | 122 | 26 ^c | 0:28:23 | 0:28:59 | 5,41 | 10,57 |
| 190 | 1091 | Schneider, Gerd | 58 9laeuft | MHK | 123 | 26 ^c | 0:28:24 | 0:29:00 | 5,41 | 10,56 |
| 191 | 827 | Ersch, Marko | 97 TuS Immendorf | M14 | 55 | 26 ^c | 0:28:26 | 0:28:32 | 5,41 | 10,55 |
| 192 | 1169 | Halscheidt, Henry | 97 TuS Immendorf | M14 | 56 | 26 ^l | 0:28:27 | 0:28:31 | 5,41 | 10,54 |
| 193 | 818 | Dötsch, Gerd | 64 *Koblenz | MHK | 124 | 26 ⁱ | 0:28:32 | 0:28:57 | 5,42 | 10,51 |
| 194 | 856 | Glatz, Günther | 62 *Polch | MHK | 125 | 26 ^l | 0:28:33 | 0:28:59 | 5,43 | 10,50 |
| 195 | 996 | Marquet, Joe | 69 X-Sport Kastellaun | MHK | 126 | 27 ^l | 0:28:36 | 0:28:57 | 5,43 | 10,49 |
| 196 | 1065 | Rooze, Henk | 55 *Mendig | MHK | 127 | 27 ^c | 0:28:37 | 0:28:53 | 5,44 | 10,48 |
| 197 | 1167 | Hutgens, Jan | 97 TuS Immendorf | M14 | 57 | 27 ^c | 0:28:50 | 0:28:55 | 5,46 | 10,40 |
| 198 | 872 | Gumm, Felix | 94 TUS-Laubach | M14 | 58 | 27 ^l | 0:28:52 | 0:29:09 | 5,47 | 10,39 |
| 199 | 1166 | Born, Dieter | 58 | MHK | 128 | 27 ^l | 0:28:53 | 0:29:11 | 5,47 | 10,39 |
| 200 | 1137 | Vockel, Christian | 76 TuS Immendorf | MHK | 129 | 28 ^c | 0:28:57 | 0:29:03 | 5,48 | 10,36 |
| 201 | 758 | Baltes, Michael | 58 *Neuwied | MHK | 130 | 28 ⁱ | 0:29:05 | 0:29:33 | 5,49 | 10,31 |
| 202 | 898 | Hermann, Jan Patrick | 92 Ruzswurm-Team | MHK | 131 | 28 ^l | 0:29:16 | 0:29:47 | 5,51 | 10,25 |
| 203 | 897 | Herhaus, Armin | 60 *Münstermaifeld | MHK | 132 | 29 ^l | 0:29:28 | 0:29:55 | 5,54 | 10,18 |
| 204 | 1069 | Sauerborn, Yannic | 96 *Polch | M14 | 59 | 30 ^c | 0:29:37 | 0:30:00 | 5,55 | 10,13 |
| 205 | 878 | Hammer, Werner | 42 DJK Gebhardshain | MHK | 133 | 30 ^c | 0:29:40 | 0:30:10 | 5,56 | 10,11 |
| 206 | 886 | Häuser, Thomas | 64 *Polch | MHK | 134 | 30 ^l | 0:29:45 | 0:30:09 | 5,57 | 10,08 |
| 207 | 1085 | Schmitt, Alexander | 96 *Polch | M14 | 60 | 30 ^l | 0:29:46 | 0:30:13 | 5,57 | 10,07 |
| 208 | 1176 | Brand, Christopher | 98 | M14 | 61 | 30 ^l | 0:29:48 | 0:29:58 | 5,58 | 10,06 |
| 209 | 805 | Correia, Alex | 71 TuS Immendorf | MHK | 135 | 31 ^c | 0:29:49 | 0:29:55 | 5,58 | 10,06 |
| 210 | 806 | Correia, Josua | 97 TuS Immendorf | M14 | 62 | 31 ^l | 0:29:49 | 0:29:54 | 5,58 | 10,06 |
| 211 | 991 | Lossah, Paul | 56 Sportler-für-Christus | MHK | 136 | 31 ^l | 0:29:54 | 0:30:40 | 5,59 | 10,03 |
| 212 | 1087 | Schmitt, Rainer | 68 LT Baar | MHK | 137 | 31 ^l | 0:30:10 | 0:30:31 | 6,02 | 9,94 |
| 213 | 880 | Hanrath, Marc | 81 Feuerwehr Ochtendung | MHK | 138 | 32 ^c | 0:30:16 | 0:30:42 | 6,03 | 9,91 |
| 214 | 1177 | Jung, Hermann | 45 SV Forst | MHK | 139 | 32 ^l | 0:30:25 | 0:30:35 | 6,05 | 9,86 |
| 215 | 1000 | Mayer, Andreas | 81 Feuerwehr Ochtendung | MHK | 140 | 32 ^l | 0:30:29 | 0:30:54 | 6,06 | 9,84 |
| 216 | 794 | Brandt, Steven | 80 *Mayen | MHK | 141 | 33 ^c | 0:30:40 | 0:31:07 | 6,08 | 9,78 |

Männer

| Platz | Startnr. | Name | JG Verein/*Ort | AK | AK-Pl | Pos | Endzeit | Brutto | min/km | km/h |
|-------|----------|---------------------|--------------------------|-----|-------|-----|---------|---------|--------|------|
| 217 | 797 | Breil, Oliver | 96 *Trimbs | M14 | 63 | 33: | 0:30:41 | 0:31:07 | 6,08 | 9,78 |
| 218 | 1205 | Lützenkirchen, Kai | 98 Tus Rhens | M14 | 64 | 33: | 0:30:41 | 0:31:02 | 6,08 | 9,77 |
| 219 | 762 | Bartz, Tim | 71 ZeBIT | MHK | 142 | 33: | 0:30:41 | 0:31:22 | 6,08 | 9,77 |
| 220 | 779 | Bischoff, Marc | 86 *Koblenz-Rübenach | MHK | 143 | 33: | 0:30:46 | 0:30:58 | 6,09 | 9,75 |
| 221 | 926 | Jan Erik, Brakonier | 98 *Kottenheim | M14 | 65 | 34: | 0:30:48 | 0:31:06 | 6,10 | 9,74 |
| 222 | 920 | Illich, Michael | 60 *Polch | MHK | 144 | 34: | 0:30:52 | 0:31:24 | 6,11 | 9,71 |
| 223 | 1026 | Neumann, Robert | 82 9laeuft | MHK | 145 | 34: | 0:30:54 | 0:31:31 | 6,11 | 9,70 |
| 224 | 1098 | Schröder, Peter | 63 *Rüber | MHK | 146 | 34: | 0:31:04 | 0:31:15 | 6,13 | 9,65 |
| 225 | 807 | Dahm, Gangolf | 54 *Plaidt | MHK | 147 | 34: | 0:31:10 | 0:31:39 | 6,14 | 9,62 |
| 226 | 851 | Gerharz, Stefan | 69 *Arzbach | MHK | 148 | 35: | 0:31:25 | 0:31:41 | 6,17 | 9,55 |
| 227 | 869 | Grundl, Rainer | 71 *Mayen | MHK | 149 | 35: | 0:31:32 | 0:32:12 | 6,19 | 9,51 |
| 228 | 1017 | Nagel, Sascha | 77 *Boppard-Buchholz | MHK | 150 | 35: | 0:31:34 | 0:31:42 | 6,19 | 9,50 |
| 229 | 1101 | Schrömgies, Manfred | 67 SRL Triathlon Koblenz | MHK | 151 | 36: | 0:31:35 | 0:32:06 | 6,19 | 9,50 |
| 230 | 947 | Klose, Siegfried | 55 SSG Kell | MHK | 152 | 36: | 0:31:40 | 0:32:00 | 6,20 | 9,47 |
| 231 | 964 | Krauß, Michael | 60 *Großmaiseid | MHK | 153 | 36: | 0:31:47 | 0:32:30 | 6,22 | 9,44 |
| 232 | 1013 | Monreal, Thomas | 65 TV Ehrenbreitstein | MHK | 154 | 37: | 0:31:48 | 0:32:09 | 6,22 | 9,43 |
| 233 | 965 | Krauß, Tobias | 94 LSC Maischeid | M14 | 66 | 37: | 0:31:49 | 0:32:32 | 6,22 | 9,43 |
| 234 | 941 | Klasen, Florian | 36 LG Laacher See | MHK | 155 | 37: | 0:31:58 | 0:32:38 | 6,24 | 9,38 |
| 235 | 1035 | Opper, Mario | 70 Neuwied | MHK | 156 | 37: | 0:32:20 | 0:32:58 | 6,28 | 9,28 |
| 236 | 980 | Lenartz, Max | 00 *Mesenich | M14 | 67 | 38: | 0:32:25 | 0:32:37 | 6,29 | 9,25 |
| 237 | 1179 | Baumert, Armin | 43 HSC Gamlen | MHK | 157 | 38: | 0:32:38 | 0:33:04 | 6,32 | 9,19 |
| 238 | 951 | Klotz, Tim | 96 TV Altendorf-Ersdorf | M14 | 68 | 39: | 0:33:06 | 0:33:43 | 6,37 | 9,06 |
| 239 | 949 | Klotz, Andreas | 68 TV Altendorf-Ersdorf | MHK | 158 | 39: | 0:33:06 | 0:33:44 | 6,37 | 9,06 |
| 240 | 769 | Behrend, Steffen | 78 *Albig | MHK | 159 | 39: | 0:33:37 | 0:34:08 | 6,43 | 8,92 |
| 241 | 1071 | Schäfer, Elmar | 78 *Vallendar | MHK | 160 | 40: | 0:34:13 | 0:34:48 | 6,51 | 8,77 |
| 242 | 981 | Lenartz, Moritz | 99 *Mesenich | M14 | 69 | 40: | 0:34:14 | 0:34:26 | 6,51 | 8,76 |
| 243 | 1142 | Weber, Ralf | 61 Debeka | MHK | 161 | 41: | 0:35:06 | 0:35:31 | 7,01 | 8,55 |
| 244 | 1140 | Wagener, Michael | 55 RC KO - MR | MHK | 162 | 41: | 0:35:22 | 0:35:29 | 7,04 | 8,48 |
| 245 | 1141 | Wagener, Stephan | 97 RC KO - MR | M14 | 70 | 42: | 0:35:22 | 0:35:29 | 7,04 | 8,48 |
| 246 | 771 | Beltz, Siegfried | 58 Sports and Comunity | MHK | 163 | 42: | 0:35:23 | 0:35:30 | 7,05 | 8,48 |

7. Griesson - de Beukelaer Stadtlaf - Polch

28. September 2008

Gesamtliste 5km LEICHT & CROSS Jedermannslauf

gedruckt 28.09.2008 17:02:50

Frauen

| Platz | Startnr. | Name | JG Verein*/Ort | AK | AK-Pl | Pos | Endzeit | Brutto | min/km | km/h |
|-------|----------|--------------------------|------------------------------|-----|-------|-----|---------|---------|--------|-------|
| 1 | 790 | Brachtendorf, Vanessa | 92 LG Maifeld-Pellenz | WHK | 1 | 35 | 0:20:51 | 0:20:52 | 4,10 | 14,38 |
| 2 | 1139 | von Klitzing, Katharina | 94 LG Maifeld-Pellenz | W14 | 1 | 36 | 0:21:01 | 0:21:02 | 4,12 | 14,27 |
| 3 | 1210 | Rech, Jana | 91 Virneburg | WHK | 2 | 50 | 0:21:47 | 0:21:48 | 4,22 | 13,77 |
| 4 | 990 | Loch, Stefanie | 86 LG Maifeld-Pellenz | WHK | 3 | 59 | 0:22:09 | 0:22:12 | 4,26 | 13,54 |
| 5 | 1215 | Geis, Claudia | 71 LT SV Westum | WHK | 4 | 75 | 0:22:47 | 0:22:53 | 4,33 | 13,17 |
| 6 | 889 | Heimes, Melanie | 70 LG Maifeld-Pellenz | WHK | 5 | 81 | 0:22:58 | 0:23:01 | 4,36 | 13,05 |
| 7 | 1188 | Schwörer, Anja | 66 LG Maifeld Pellenz | WHK | 6 | 96 | 0:23:34 | 0:23:51 | 4,43 | 12,73 |
| 8 | 781 | Bleser, Bärbel | 78 *Köln | WHK | 7 | 106 | 0:23:54 | 0:24:34 | 4,47 | 12,55 |
| 9 | 989 | Lisson, Barbara | 72 LG Maifeld-Pellenz | WHK | 8 | 107 | 0:23:55 | 0:24:03 | 4,47 | 12,54 |
| 10 | 1212 | Benz, Selina | 92 LG Vulkaneifel | WHK | 9 | 110 | 0:24:02 | 0:24:05 | 4,49 | 12,47 |
| 11 | 895 | Hellwig, Dr. Stefanie | 65 LG Boppard Bad Salzig | WHK | 10 | 117 | 0:24:03 | 0:24:43 | 4,49 | 12,47 |
| 12 | 789 | Bößler-Nick, Gabi | 63 *Bassenheim | WHK | 11 | 114 | 0:24:14 | 0:24:24 | 4,51 | 12,37 |
| 13 | 1090 | Schmitz, Melanie | 77 *Kettig | WHK | 12 | 118 | 0:24:18 | 0:24:31 | 4,52 | 12,34 |
| 14 | 837 | Fölbach, Birgit | 61 Running Team Bad Ems | WHK | 13 | 120 | 0:24:18 | 0:24:30 | 4,52 | 12,34 |
| 15 | 1204 | Pung, Lorena | 95 LG Maifeld Pellenz | W14 | 2 | 127 | 0:24:19 | 0:24:28 | 4,52 | 12,34 |
| 16 | 803 | Caserta-Metzner, Claudia | 69 LG Boppard Bad Salzig | WHK | 14 | 128 | 0:24:30 | 0:25:09 | 4,54 | 12,24 |
| 17 | 910 | Hoffmann, Joachim | 73 *St. Sebastian | WHK | 15 | 137 | 0:24:43 | 0:25:02 | 4,57 | 12,14 |
| 18 | 960 | Krämer, Julia | 91 LG Maifeld-Pellenz | WHK | 16 | 134 | 0:24:44 | 0:24:55 | 4,57 | 12,13 |
| 19 | 1070 | Schäfer, Bärbel | 65 TuS Volkesfeld | WHK | 17 | 138 | 0:24:52 | 0:25:02 | 4,59 | 12,06 |
| 20 | 786 | Bonah, Sabine | 67 TuS Immendorf | WHK | 18 | 140 | 0:24:55 | 0:25:01 | 4,59 | 12,04 |
| 21 | 1007 | Michels, Franziska | 93 LA TuS Mayen | W15 | 1 | 147 | 0:24:57 | 0:25:06 | 4,59 | 12,02 |
| 22 | 948 | Klose, Susanne | 92 SSG Kell | WHK | 19 | 149 | 0:24:57 | 0:25:05 | 5,00 | 12,02 |
| 23 | 899 | Hermann, Petra | 56 *Neuwied | WHK | 20 | 146 | 0:25:04 | 0:25:12 | 5,01 | 11,96 |
| 24 | 834 | Fischer, Tonia | 56 LG Maifeld-Pellenz | WHK | 21 | 147 | 0:25:15 | 0:25:21 | 5,03 | 11,88 |
| 25 | 1122 | Stölben, Nicole | 70 *Mesenich | WHK | 22 | 149 | 0:25:19 | 0:25:32 | 5,04 | 11,84 |
| 26 | 1109 | Sesterhenn, Alice | 62 LG Maifeld-Pellenz | WHK | 23 | 157 | 0:25:22 | 0:25:28 | 5,04 | 11,82 |
| 27 | 1102 | Schumann, Andrea | 59 LT Heimbach-Weis | WHK | 24 | 156 | 0:25:29 | 0:26:09 | 5,06 | 11,77 |
| 28 | 757 | Backhaus, Tina | 58 LT Heimbach-Weis | WHK | 25 | 157 | 0:25:29 | 0:26:09 | 5,06 | 11,77 |
| 29 | 1067 | Rump, Sonja | 65 LG Maifeld-Pellenz | WHK | 26 | 158 | 0:25:30 | 0:25:37 | 5,06 | 11,76 |
| 30 | 796 | Breil, Judith | 75 *Mendig | WHK | 27 | 167 | 0:25:32 | 0:25:49 | 5,06 | 11,75 |
| 31 | 829 | Esper, Martina | 67 Fun Runner Greimersburg | WHK | 28 | 167 | 0:25:32 | 0:25:51 | 5,06 | 11,75 |
| 32 | 942 | Klein, Alice | 89 LG Boppard Bad Salzig | WHK | 29 | 167 | 0:25:36 | 0:26:05 | 5,07 | 11,71 |
| 33 | 903 | Herschbach, Lea | 96 TuS Kaisersesch | W14 | 3 | 168 | 0:25:43 | 0:25:57 | 5,09 | 11,66 |
| 34 | 892 | Helf, Sylvia | 70 HSV Rhein-Nette | WHK | 30 | 177 | 0:25:51 | 0:26:04 | 5,10 | 11,60 |
| 35 | 954 | Knaup, Vanessa | 94 TSV Lehmen | W14 | 4 | 174 | 0:25:57 | 0:26:17 | 5,11 | 11,56 |
| 36 | 1064 | Rockenbach, Stephanie | 71 Injoy Laufteam Kastellaun | WHK | 31 | 177 | 0:25:59 | 0:26:14 | 5,12 | 11,54 |
| 37 | 884 | Hastrich, Jessica | 84 *Guckheim | WHK | 32 | 187 | 0:26:07 | 0:26:23 | 5,13 | 11,49 |
| 38 | 1147 | Wesche, Birgit | 62 LT Untermosel | WHK | 33 | 188 | 0:26:19 | 0:26:27 | 5,16 | 11,40 |
| 39 | 1135 | Theisen, Regina | 56 *Greimersburg | WHK | 34 | 189 | 0:26:21 | 0:26:36 | 5,16 | 11,38 |
| 40 | 1121 | Stöckl, Michaela | 61 TSV Bullay-Alf | WHK | 35 | 190 | 0:26:21 | 0:26:59 | 5,16 | 11,38 |
| 41 | 1009 | Mohr, Maria | 65 LT TuS Lonnig | WHK | 36 | 197 | 0:26:26 | 0:26:40 | 5,17 | 11,35 |
| 42 | 817 | Dorweiler, Sandra | 82 Injoy Laufteam Kastellaun | WHK | 37 | 194 | 0:26:26 | 0:26:42 | 5,17 | 11,34 |
| 43 | 1351 | Thielen, Manuela | 69 Vulkanläufer | WHK | 38 | 199 | 0:26:27 | 0:26:30 | 5,17 | 11,34 |
| 44 | 984 | Lenzgen, Sarah | 90 LG Maifeld-Pellenz | WHK | 39 | 200 | 0:26:35 | 0:26:45 | 5,19 | 11,29 |
| 45 | 801 | Brust, Judith | 86 *Lonnig | WHK | 40 | 207 | 0:26:38 | 0:26:52 | 5,20 | 11,26 |
| 46 | 1123 | Storck, Anita | 66 LG Maifeld-Pellenz | WHK | 41 | 207 | 0:26:40 | 0:27:29 | 5,20 | 11,25 |
| 47 | 1042 | Peuter, Sonja | 70 *Michelbach | WHK | 42 | 208 | 0:26:50 | 0:26:58 | 5,22 | 11,17 |
| 48 | 931 | Juchem, Natalie | 75 TG Polch | WHK | 43 | 209 | 0:26:52 | 0:27:02 | 5,23 | 11,16 |
| 49 | 1057 | Retterath, Conny | 62 *Weibern | WHK | 44 | 210 | 0:26:53 | 0:27:08 | 5,23 | 11,16 |
| 50 | 977 | Lauxen, Petra | 68 LA TuS Mayen | WHK | 45 | 217 | 0:26:55 | 0:27:07 | 5,23 | 11,14 |
| 51 | 976 | Lauxen, Lena | 96 TuS Kaisersesch | W14 | 5 | 217 | 0:26:56 | 0:27:07 | 5,23 | 11,13 |
| 52 | 1073 | Schäfer, Sandra | 73 *Ehlscheid | WHK | 46 | 218 | 0:26:58 | 0:27:04 | 5,24 | 11,12 |
| 53 | 1080 | Schimpitz, Cornelia | 91 LT TuS Lonnig | WHK | 47 | 227 | 0:27:15 | 0:27:27 | 5,27 | 11,01 |
| 54 | 1187 | Piroth, Anja | 67 | WHK | 48 | 224 | 0:27:15 | 0:28:02 | 5,27 | 11,00 |

7. Griesson - de Beukelaer Stadtlaf - Polch

28. September 2008

Gesamtliste 5km LEICHT & CROSS Jedermannslauf

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Frauen

| Platz | Startnr. | Name | JG Verein*/Ort | AK | AK-Pl | Pos | Endzeit | Brutto | min/km | km/h |
|-------|----------|----------------------|------------------------------|-----|-------|-----|---------|---------|--------|-------|
| 55 | 879 | Hammes, Karin | 64 *Bruttig-Fankel | WHK | 49 | 22! | 0:27:20 | 0:27:20 | 5,28 | 10,98 |
| 56 | 943 | Klein, Vera | 89 *Neuwied | WHK | 50 | 22! | 0:27:22 | 0:27:36 | 5,29 | 10,96 |
| 57 | 850 | Gerharz, Anne | 75 *Bendorf | WHK | 51 | 22! | 0:27:25 | 0:27:44 | 5,29 | 10,94 |
| 58 | 1003 | Meurisch, Angela | 92 *Koblenz | WHK | 52 | 23! | 0:27:25 | 0:27:55 | 5,29 | 10,94 |
| 59 | 760 | Barden, Ellen | 73 Injoy Laufteam Kastellaun | WHK | 53 | 23! | 0:27:26 | 0:27:42 | 5,29 | 10,93 |
| 60 | 881 | Hasbach, Victoria | 89 LG Rhein-Wied | WHK | 54 | 23! | 0:27:35 | 0:27:47 | 5,31 | 10,87 |
| 61 | 1045 | Piel, Janette | 93 *Bornheim | W15 | 2 | 23! | 0:27:38 | 0:27:54 | 5,32 | 10,85 |
| 62 | 1116 | Steck, Christina | 87 FFW Bruttig | WHK | 55 | 24! | 0:27:46 | 0:28:19 | 5,33 | 10,80 |
| 63 | 754 | Anger, Andrea | 65 TUS Asbach | WHK | 56 | 24! | 0:27:47 | 0:28:02 | 5,34 | 10,79 |
| 64 | 1097 | Schröder, Christiane | 69 *Bassenheim | WHK | 57 | 24! | 0:27:56 | 0:28:01 | 5,35 | 10,73 |
| 65 | 891 | Heimes, Tina | 81 *Kamp-Bornhofen | WHK | 58 | 24! | 0:27:58 | 0:28:16 | 5,36 | 10,72 |
| 66 | 1144 | Weiler, Sabine | 70 rst ochtendung | WHK | 59 | 24! | 0:27:58 | 0:28:33 | 5,36 | 10,72 |
| 67 | 1117 | Steffens, Chistina | 78 *Lahnstein | WHK | 60 | 25! | 0:28:00 | 0:28:17 | 5,36 | 10,71 |
| 68 | 822 | Dücking, Lena | 91 *Mertloch | WHK | 61 | 25! | 0:28:01 | 0:28:46 | 5,36 | 10,71 |
| 69 | 752 | Ackermann, Maria | 90 LG Maifeld-Pellenz | WHK | 62 | 25! | 0:28:05 | 0:28:15 | 5,37 | 10,68 |
| 70 | 764 | Baudenbacher, Jana | 95 SSG Kell | W14 | 6 | 25! | 0:28:06 | 0:28:14 | 5,37 | 10,67 |
| 71 | 925 | Jakobs, Andrea | 64 *Bassenheim | WHK | 63 | 25! | 0:28:18 | 0:28:27 | 5,40 | 10,60 |
| 72 | 780 | Blanke, Nina | 82 TV- Gladbach | WHK | 64 | 25! | 0:28:20 | 0:28:56 | 5,40 | 10,58 |
| 73 | 1066 | Röttig, Kerstin | 64 TV- Gladbach | WHK | 65 | 26! | 0:28:22 | 0:28:55 | 5,41 | 10,57 |
| 74 | 1186 | Spitzhorn, Petra | 70 | WHK | 66 | 26! | 0:28:31 | 0:29:19 | 5,42 | 10,52 |
| 75 | 995 | Marquet, Anja | 70 X-Sport Kastellaun | WHK | 67 | 26! | 0:28:36 | 0:28:57 | 5,43 | 10,49 |
| 76 | 787 | Boos, Rabea | 94 LG Maifeld-Pellenz | W14 | 7 | 27! | 0:28:36 | 0:28:39 | 5,43 | 10,49 |
| 77 | 1032 | Nusselein, Susanne | 59 DJK Kempener LC | WHK | 68 | 27! | 0:28:41 | 0:29:23 | 5,44 | 10,46 |
| 78 | 1111 | Siefert, Sandra | 69 *Dausenau | WHK | 69 | 27! | 0:28:46 | 0:28:58 | 5,45 | 10,42 |
| 79 | 992 | Ludwig, Ines | 69 *Naunheim | WHK | 70 | 27! | 0:28:46 | 0:29:02 | 5,45 | 10,42 |
| 80 | 1054 | Reffgen, Christa | 61 *Münstermaifeld | WHK | 71 | 27! | 0:28:49 | 0:29:15 | 5,46 | 10,41 |
| 81 | 929 | Jonas, Adelheid | 64 *Sinzig | WHK | 72 | 28! | 0:28:55 | 0:29:24 | 5,47 | 10,37 |
| 82 | 810 | Dämgen, Elke | 62 Injoy Laufteam Kastellaun | WHK | 73 | 28! | 0:28:56 | 0:29:13 | 5,47 | 10,36 |
| 83 | 997 | Martin, Karin | 63 Ruzswurm-Team | WHK | 74 | 28! | 0:28:59 | 0:29:31 | 5,48 | 10,35 |
| 84 | 1150 | Wichterich, Heike | 59 Ruzswurm-Team | WHK | 75 | 28! | 0:28:59 | 0:29:30 | 5,48 | 10,35 |
| 85 | 900 | Hermann, Ulrike | 61 Ruzswurm-Team | WHK | 76 | 28! | 0:28:59 | 0:29:31 | 5,48 | 10,35 |
| 86 | 763 | Bast, Sandra | 76 Injoy Laufteam Kastellaun | WHK | 77 | 28! | 0:29:05 | 0:29:21 | 5,49 | 10,31 |
| 87 | 1168 | Halscheidt, Astrid | 66 TuS Immendorf | WHK | 78 | 28! | 0:29:09 | 0:29:15 | 5,50 | 10,29 |
| 88 | 1047 | Plasa, Uta | 48 LT Baar | WHK | 79 | 29! | 0:29:18 | 0:29:34 | 5,52 | 10,24 |
| 89 | 844 | Gabel, Angela | 61 *Saffig | WHK | 80 | 29! | 0:29:19 | 0:29:54 | 5,52 | 10,23 |
| 90 | 1133 | Ternes, Doris | 68 *Koblenz | WHK | 81 | 29! | 0:29:19 | 0:29:35 | 5,52 | 10,23 |
| 91 | 1136 | Treu, Birgit | 62 LT Untermosel | WHK | 82 | 29! | 0:29:24 | 0:29:36 | 5,53 | 10,20 |
| 92 | 1028 | Nickenig, Dagmar | 65 LG Maifeld-Pellenz | WHK | 83 | 29! | 0:29:25 | 0:30:02 | 5,53 | 10,20 |
| 93 | 1063 | Roch, Gabriele | 66 LG Maifeld-Pellenz | WHK | 84 | 29! | 0:29:26 | 0:30:02 | 5,53 | 10,19 |
| 94 | 1209 | Serwazi, Beate | 67 SV Mosella | WHK | 85 | 29! | 0:29:27 | 0:29:41 | 5,54 | 10,18 |
| 95 | 814 | Denker, Petra | 70 LT TuS Lonnig | WHK | 86 | 29! | 0:29:28 | 0:29:43 | 5,54 | 10,18 |
| 96 | 808 | Dahm, Hanna | 86 *Plaidt | WHK | 87 | 29! | 0:29:33 | 0:30:02 | 5,55 | 10,15 |
| 97 | 845 | Gassen, Irina | 91 LT SV Westum | WHK | 88 | 30! | 0:29:34 | 0:29:55 | 5,55 | 10,14 |
| 98 | 950 | Klotz, Jenny | 99 TV Altendorf-Ersdorf | W14 | 8 | 30! | 0:29:36 | 0:30:13 | 5,55 | 10,13 |
| 99 | 945 | Klöckner, Sandra | 72 *Girkenroth | WHK | 89 | 30! | 0:29:38 | 0:30:24 | 5,56 | 10,12 |
| 100 | 843 | Fuhrmann, Ute | 68 *Saffig | WHK | 90 | 30! | 0:29:45 | 0:30:20 | 5,57 | 10,08 |
| 101 | 858 | Glatz, Maria | 64 *Polch | WHK | 91 | 30! | 0:29:46 | 0:30:12 | 5,57 | 10,07 |
| 102 | 1126 | Storr, Claudia | 62 Sportler-für-Christus | WHK | 92 | 31! | 0:29:48 | 0:29:53 | 5,58 | 10,06 |
| 103 | 1078 | Schilling, Annette | 73 LT Untermosel | WHK | 93 | 31! | 0:29:50 | 0:30:02 | 5,58 | 10,05 |
| 104 | 961 | Krämer, Susanne | 59 Running Team Bad Ems | WHK | 94 | 31! | 0:29:52 | 0:29:57 | 5,59 | 10,04 |
| 105 | 1104 | Schweitzer, Anja | 71 *Mayen | WHK | 95 | 31! | 0:30:00 | 0:30:24 | 6,00 | 10,00 |
| 106 | 1068 | Saatmann, Angelika | 61 *Neuwied | WHK | 96 | 31! | 0:30:05 | 0:30:41 | 6,01 | 9,97 |
| 107 | 923 | Jacobi, Carmen | 75 TV- Gladbach | WHK | 97 | 31! | 0:30:11 | 0:30:46 | 6,02 | 9,94 |
| 108 | 940 | Keller, Ursula | 72 *Kruft | WHK | 98 | 32! | 0:30:16 | 0:30:50 | 6,03 | 9,91 |

Frauen

| Platz | Startnr. | Name | JG Verein*/Ort | AK | AK-Pl | Pos | Endzeit | Brutto | min/km | km/h |
|-------|----------|----------------------------|------------------------------|-----|-------|-----|---------|---------|--------|------|
| 109 | 849 | Georg, Sabine | 67 LT Untermosel | WHK | 99 | 32: | 0:30:17 | 0:30:25 | 6,03 | 9,90 |
| 110 | 946 | Klose, Marianne | 88 SSG Kell | WHK | 100 | 32: | 0:30:18 | 0:30:37 | 6,04 | 9,90 |
| 111 | 1030 | Noll, Elisa | 99 *Boppard | W14 | 9 | 32: | 0:30:20 | 0:31:13 | 6,04 | 9,89 |
| 112 | 811 | Dastig, Vera | 83 *Bassenheim | WHK | 101 | 32: | 0:30:23 | 0:30:51 | 6,05 | 9,87 |
| 113 | 1049 | Prangenberg, Anne-Sophi | 92 *Breitscheid | WHK | 102 | 32: | 0:30:28 | 0:30:52 | 6,06 | 9,84 |
| 114 | 857 | Glatz, Lea | 94 *Polch | W14 | 10 | 32: | 0:30:32 | 0:30:57 | 6,06 | 9,82 |
| 115 | 859 | Göbel, Melanie | 82 *Koblenz | WHK | 103 | 33: | 0:30:33 | 0:31:01 | 6,07 | 9,82 |
| 116 | 766 | Bauer, Ina | 83 ZeBIT | WHK | 104 | 33: | 0:30:41 | 0:31:22 | 6,08 | 9,77 |
| 117 | 962 | Kranz, Claudia | 74 *Polch | WHK | 105 | 33: | 0:30:42 | 0:31:15 | 6,09 | 9,77 |
| 118 | 1173 | Maurus, Edeltraud | 51 TV Wirges | WHK | 106 | 33: | 0:30:43 | 0:31:14 | 6,09 | 9,76 |
| 119 | 1118 | Steffes-Holländer, Bettina | 70 *Polch | WHK | 107 | 33: | 0:30:43 | 0:31:15 | 6,09 | 9,76 |
| 120 | 914 | Horn, Maike | 66 *Waldesch | WHK | 108 | 34: | 0:30:58 | 0:31:32 | 6,12 | 9,69 |
| 121 | 1050 | Prangenberg, Bettina | 70 *Breitscheid | WHK | 109 | 34: | 0:30:59 | 0:31:22 | 6,12 | 9,68 |
| 122 | 893 | Helling, Birgit | 74 Sparkasse Koblenz | WHK | 110 | 34: | 0:31:01 | 0:31:09 | 6,12 | 9,67 |
| 123 | 1099 | Schröder, Petra | 68 *Rüber | WHK | 111 | 34: | 0:31:04 | 0:31:14 | 6,13 | 9,65 |
| 124 | 809 | Dahm, Melanie | 83 LG Maifeld-Pellenz | WHK | 112 | 34: | 0:31:10 | 0:31:39 | 6,14 | 9,62 |
| 125 | 968 | Krayer, Thekla | 63 LT Baar | WHK | 113 | 35: | 0:31:16 | 0:31:33 | 6,15 | 9,59 |
| 126 | 788 | Born, Sonja | 69 *Kruft | WHK | 114 | 35: | 0:31:20 | 0:32:04 | 6,16 | 9,57 |
| 127 | 1146 | Wermelskirchen, Kirsten | 63 *Miesenheim/Andernach | WHK | 115 | 35: | 0:31:21 | 0:32:04 | 6,16 | 9,57 |
| 128 | 802 | Burgmaier-Wilm, Michaela | 56 *Niederfell | WHK | 116 | 35: | 0:31:23 | 0:31:50 | 6,17 | 9,56 |
| 129 | 919 | Illenseer, Julia | 96 SSG Kell | W14 | 11 | 35: | 0:31:30 | 0:31:37 | 6,18 | 9,52 |
| 130 | 804 | Caspers, Hiltrud | 61 *Hausten | WHK | 117 | 35: | 0:31:30 | 0:31:46 | 6,18 | 9,52 |
| 131 | 979 | Lehnard, Silke | 78 *Andernach | WHK | 118 | 35: | 0:31:32 | 0:31:42 | 6,19 | 9,51 |
| 132 | 1100 | Schrömgies, Gina | 92 *Saffig | WHK | 119 | 36: | 0:31:35 | 0:32:04 | 6,19 | 9,50 |
| 133 | 1034 | Olbermann, Janina | 89 Meddy's LWT Koblenz | WHK | 120 | 36: | 0:31:39 | 0:32:08 | 6,20 | 9,47 |
| 134 | 933 | Jung, Ursula | 61 9laeuft | WHK | 121 | 36: | 0:31:40 | 0:32:18 | 6,20 | 9,47 |
| 135 | 957 | Köhl, Ilona | 63 *Münstermaifeld | WHK | 122 | 36: | 0:31:41 | 0:31:46 | 6,20 | 9,47 |
| 136 | 1077 | Scheidweiler, Claudia | 61 Lauftreff Heimbach | WHK | 123 | 36: | 0:31:44 | 0:32:16 | 6,21 | 9,45 |
| 137 | 1075 | Schattel, Simone | 87 *Polch | WHK | 124 | 36: | 0:31:47 | 0:32:13 | 6,22 | 9,44 |
| 138 | 1012 | Monreal, Gabriele | 54 TV 1884 Niederlahnstein | WHK | 125 | 36: | 0:31:48 | 0:32:09 | 6,22 | 9,43 |
| 139 | 896 | Herberz-Pütz, Nicole | 67 Laufkäfer Greimersburg | WHK | 126 | 37: | 0:31:53 | 0:32:37 | 6,23 | 9,41 |
| 140 | 882 | Hasbach-Bernath, Elke | 60 LG Rhein-Wied | WHK | 127 | 37: | 0:31:53 | 0:32:06 | 6,23 | 9,41 |
| 141 | 1056 | Reif, Nicole | 69 LT Untermosel | WHK | 128 | 37: | 0:32:00 | 0:32:12 | 6,24 | 9,37 |
| 142 | 1201 | Klöckner, Susanne | 82 *Polch | WHK | 129 | 37: | 0:32:04 | 0:32:26 | 6,25 | 9,35 |
| 143 | 1199 | Spurzem, Daniela | 81 *Kehrig | WHK | 130 | 37: | 0:32:05 | 0:32:27 | 6,25 | 9,35 |
| 144 | 848 | Geißler, Michaela | 73 9laeuft | WHK | 131 | 37: | 0:32:06 | 0:32:44 | 6,25 | 9,34 |
| 145 | 826 | Ersch, Karin | 69 TuS Immendorf | WHK | 132 | 38: | 0:32:22 | 0:32:29 | 6,29 | 9,26 |
| 146 | 944 | Klöckner, Antonia | 58 *Mayen | WHK | 133 | 38: | 0:32:28 | 0:32:52 | 6,30 | 9,24 |
| 147 | 1033 | Ockenfeld, Gertrudis | 56 *Mayen | WHK | 134 | 38: | 0:32:29 | 0:32:52 | 6,30 | 9,23 |
| 148 | 998 | Max, Alexandra | 71 *Polch | WHK | 135 | 38: | 0:32:38 | 0:33:07 | 6,32 | 9,19 |
| 149 | 819 | Dötsch, Petra | 64 *Koblenz | WHK | 136 | 38: | 0:32:46 | 0:33:10 | 6,33 | 9,15 |
| 150 | 823 | Eberz, Britta | 66 *Koblenz | WHK | 137 | 38: | 0:32:47 | 0:33:10 | 6,33 | 9,15 |
| 151 | 1152 | Wirz, Katharina | 87 Meddy's LWT Koblenz | WHK | 138 | 38: | 0:32:54 | 0:33:23 | 6,35 | 9,12 |
| 152 | 1119 | Stein, Brigitte | 65 Lauftreff Heimbach | WHK | 139 | 38: | 0:32:57 | 0:33:29 | 6,35 | 9,10 |
| 153 | 1218 | Schmelter, Andrea | 67 SSG Königswinter | WHK | 140 | 39: | 0:33:05 | 0:33:35 | 6,37 | 9,07 |
| 154 | 798 | Brück, Julia | 97 Debeka | W14 | 12 | 39: | 0:33:07 | 0:33:34 | 6,38 | 9,06 |
| 155 | 799 | Brück, Petra | 66 Debeka | WHK | 141 | 39: | 0:33:15 | 0:33:42 | 6,39 | 9,02 |
| 156 | 1155 | Wulfinghoff, Astrid | 82 *koblenz | WHK | 142 | 39: | 0:33:19 | 0:33:36 | 6,40 | 9,00 |
| 157 | 1036 | Pabst, Beatrix | 64 9laeuft | WHK | 143 | 39: | 0:33:36 | 0:34:15 | 6,43 | 8,93 |
| 158 | 1194 | Broll, Karin | 87 *Hadamar | WHK | 144 | 39: | 0:33:37 | 0:34:06 | 6,44 | 8,92 |
| 159 | 1113 | Spiestersbach, Nathalie | 90 LG Boppard Bad Salzig | WHK | 145 | 39: | 0:33:44 | 0:34:14 | 6,45 | 8,89 |
| 160 | 846 | Gebauer, Stephanie | 92 Biathlon Sportclub Adenau | WHK | 146 | 40: | 0:33:52 | 0:34:01 | 6,46 | 8,86 |
| 161 | 840 | Föllenz, Beate | 64 SpVg Weiler-Gevenich | WHK | 147 | 40: | 0:34:08 | 0:34:41 | 6,50 | 8,79 |
| 162 | 833 | Fischer, Sigrid | 56 Meddy's LWT Koblenz | WHK | 148 | 40: | 0:34:10 | 0:34:19 | 6,50 | 8,78 |

Frauen

| Platz | Startnr. | Name | JG Verein/*Ort | AK | AK-Pl | Pos | Endzeit | Brutto | min/km | km/h |
|-------|----------|----------------------|-----------------------|-----|-------|-----|---------|---------|--------|------|
| 163 | 820 | Dötsch, Verena | 61 LG Maifeld-Pellenz | WHK | 149 | 40: | 0:34:12 | 0:34:47 | 6,50 | 8,77 |
| 164 | 870 | Gügel, Agnes | 59 *Polch | WHK | 150 | 40: | 0:34:19 | 0:34:30 | 6,52 | 8,74 |
| 165 | 999 | May, Vanessa | 90 *Illerich | WHK | 151 | 40: | 0:34:23 | 0:34:38 | 6,53 | 8,72 |
| 166 | 932 | Jung, Adelheid | 48 SV Forst | WHK | 152 | 40: | 0:34:37 | 0:34:48 | 6,55 | 8,66 |
| 167 | 1089 | Schmitz, Karin | 43 *Dünfus | WHK | 153 | 40: | 0:34:38 | 0:34:49 | 6,56 | 8,66 |
| 168 | 1107 | Seif, Sabine | 65 LG Laacher See | WHK | 154 | 41: | 0:34:40 | 0:35:23 | 6,56 | 8,65 |
| 169 | 1192 | Puderbach, Seraphina | 97 *Elben | W14 | 13 | 41: | 0:34:55 | 0:35:03 | 6,59 | 8,59 |
| 170 | 1178 | Schmorzleiz, Steffi | 69 | WHK | 155 | 41: | 0:35:06 | 0:35:31 | 7,01 | 8,55 |
| 171 | 993 | Maass, Birgitta | 65 *Koblenz | WHK | 156 | 41: | 0:35:07 | 0:35:31 | 7,01 | 8,54 |
| 172 | 1138 | Vogel, Monika | 57 LT TuS Lonng | WHK | 157 | 41: | 0:35:08 | 0:35:42 | 7,02 | 8,54 |
| 173 | 1203 | Kuderski, Julia | 91 *Oberirsen | WHK | 158 | 41: | 0:35:10 | 0:35:18 | 7,02 | 8,53 |
| 174 | 1165 | Meid, Margot | 69 | WHK | 159 | 41: | 0:35:14 | 0:35:27 | 7,03 | 8,51 |
| 175 | 982 | Lenartz, Nicole | 70 SV Mosella | WHK | 160 | 41: | 0:35:15 | 0:35:27 | 7,03 | 8,51 |
| 176 | 1115 | Staiger, Renate | 58 *Braubach | WHK | 161 | 42: | 0:35:31 | 0:35:40 | 7,06 | 8,45 |
| 177 | 791 | Brakonier, Sabine | 65 *Kottenheim | WHK | 162 | 42: | 0:37:40 | 0:38:00 | 7,32 | 7,96 |
| 178 | 934 | Kaiser, Anne | 69 *Koblenz | WHK | 163 | 42: | 0:38:08 | 0:38:14 | 7,38 | 7,87 |
| 179 | 904 | Hess, Karina | 86 *Bruttig-Fankel | WHK | 164 | 42: | 0:38:31 | 0:38:42 | 7,42 | 7,79 |
| 180 | 1076 | Schaumann, Sabine | 69 *Koblenz | WHK | 165 | 42: | 0:39:33 | 0:39:57 | 7,55 | 7,58 |