



Ergebnisse Männer

Platz	St-Nr.	Name	Jg	Nat	Verein/Team	AK	AK-Pl.	Pos	Netto	Brutto
1	147	Schneider, Pitt	82	LUX	Trispeed	M30	1	1	1:17:06	1:17:07
2	229	Nösner, Helmuth	69	DEU		M45	1	2	1:19:10	1:19:13
3	508	Putzke, Marc	83	DEU	TB Cannstatt Triathlon	M30	2	3	1:19:53	1:19:55
4	99999	Brenner, Sascha	90	DEU	Bosch Service Brenner	MH	1	4	1:20:15	1:20:19
5	139	Schmidt, Andreas	72	DEU	Team NAHE	M40	1	5	1:22:20	1:22:23
6	421	Kleinhans, Stephan	80	DEU	AS Lahnlaender e.V.	M35	1	6	1:22:43	1:22:47
7	677	Dahl, Sebastian	90	DEU	TCEC Mainz	MH	2	7	1:22:56	1:22:57
8	227	Sieben, Christian	83	DEU		M30	3	9	1:23:54	1:23:55
9	447	Beck, Dominik	82	DEU	Laufftreff LC Haßloch	M30	4	10	1:23:57	1:24:07
10	31	Postel, Martin	69	DEU	Erdinger Alkohlfrei Haßloch	M45	2	11	1:23:59	1:24:09
11	676	Weber, Otto	64	DEU	Heppenheimer Skiclub	M50	1	12	1:24:32	1:24:37
12	454	Wolf, Matthias	84	DEU	Mannheimer Turn- und Spor	M30	5	13	1:25:04	1:25:09
13	82	Pretsch, Michael	81	DEU	Passtschon98	M35	2	14	1:26:27	1:26:30
14	246	Hoeffler, Wolfgang	70	DEU		M45	3	15	1:26:41	1:26:51
15	99	Mertel, Peter	67	DEU	Rhoihesse Runners	M45	4	16	1:27:19	1:27:21
16	473	Baldo, Massimo	78	ITA	RENOLIT SE	M35	3	17	1:27:45	1:28:17
17	618	Diederichs, Jochen	72	DEU		M40	2	18	1:27:52	1:27:57
18	277	Schäfer, Michael	69	DEU		M45	5	19	1:28:28	1:28:31
19	423	Lutterbach, Stefan	76	DEU	DJK GW Büdesheim	M40	3	20	1:28:37	1:28:43
20	688	Kappelmann, Dennis	84	DEU	SV Geinsheim	M30	6	21	1:28:54	1:28:58
21	295	Burgemeister, Stephan	83	DEU	AOK Rheinland-Pfalz/Saarla	M30	7	22	1:29:25	1:29:27
22	565	Darlington, Finn	99	DEU		MU18	1	24	1:30:00	1:30:05
23	53	Woll, Markus	83	DEU	Laufftreff Mantaplatte	M30	8	25	1:30:03	1:30:09
24	236	Zimmermann, Erik	78	DEU		M35	4	26	1:30:19	1:30:22
25	655	Lehmann, Paul	75	DEU		M40	4	27	1:30:32	1:30:35
26	120	Gschwind, Michael	75	DEU	SpVgg Baiertal	M40	5	28	1:30:33	1:30:42
27	106	Haas, Thiemo	82	DEU	Sandbox Warriors	M30	9	29	1:30:42	1:30:51
27	686	Fröhlich, Ralf	66	DEU		M50	2	29	1:30:42	1:30:44
29	171	Walter, Holger	62	DEU	Volksbank Alzey-Worms eG	M50	3	31	1:31:05	1:31:08
30	474	Puyol Urra, Victor	71	ESP	RENOLIT SE	M45	6	32	1:31:35	1:31:44
31	477	Bender, Sebastian	79	POL	RENOLIT SE	M35	5	33	1:31:40	1:31:56
32	98	Dian, Roland	60	DEU	RENOLIT SE	M55	1	34	1:31:41	1:31:48
33	30	Kerker, Marcel	97	DEU	Enjoy the moment	MU20	1	35	1:31:45	1:31:50
34	175	Ulbricht, Olaf	51	DEU	Wingertläufer Vendersheim	M65	1	36	1:31:48	1:31:53
35	45	Wahlig, André	76	DEU	Heppenheimer Skiclub	M40	6	37	1:31:51	1:31:55
36	292	Pallier, Jens	68	DEU	AOK Rheinland-Pfalz/Saarla	M45	7	38	1:32:00	1:32:09
37	69	Sandberg, Thomas	66	DEU	LLG Wonnegau	M50	4	39	1:32:08	1:32:12
38	57	Klein, Thomas	77	DEU	LC Bingen	M35	6	40	1:33:14	1:33:25
39	475	Garcia Lanz, Fernando	72	ESP	RENOLIT SE	M40	7	41	1:33:14	1:33:23
40	92	Hinkel, Daniel	82	DEU	RENOLIT SE	M30	10	42	1:33:19	1:33:55
41	60	Gotto, Robert	57	DEU	LG HSC Gamlen-RSC Untermo	M55	2	43	1:33:29	1:33:35
42	456	Meyer, Christoph	73	DEU	Marathonprojekt Darmstadt	M40	8	44	1:33:53	1:34:01
43	525	Do Nascimento Garcia, J	70	PRT	1998	M45	8	45	1:34:10	1:34:15
44	164	Oswald, Dirk	69	DEU	TV 1848 Guntersblum	M45	9	46	1:34:12	1:34:22
45	26	Paszek, Marius	62	DEU	DAV Ludwigshafen	M50	5	47	1:34:14	1:34:20
46	70	Sobotzik, Christian	61	DEU	LLG Wonnegau	M55	3	48	1:34:25	1:34:57
47	108	Zorn, Jochen	73	DEU	Sandbox Warriors	M40	9	49	1:34:30	1:35:59
48	640	Autenrieth, Benjamin	85	DEU		M30	11	50	1:34:34	1:34:43
49	89	Weygand, Marcus	90	DEU	Reifenhäuser Blown Film Gmb	MH	3	51	1:34:45	1:34:59
50	104	Scholtz, Mathias	67	DEU	RV Germania Lollar	M45	10	52	1:34:48	1:35:02
51	675	Reeb, Alexander	87	DEU		MH	4	53	1:35:09	1:35:49
52	131	Kromer, Peter	72	DEU	Team ERDINGER Alkoholfrei	M40	10	54	1:35:14	1:35:19



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Platz	St-Nr.	Name	Jg	Nat	Verein/Team	AK	AK-Pl.	Pos	Netto	Brutto
53	521	Hübinger, Christian	79	DEU	United Runners of Pfalz	M35	7	55	1:35:31	1:37:05
54	66	Müller, Daniel	88	DEU	LLG Wonnegau	MH	5	56	1:35:55	1:35:59
55	553	Daugherty, Sebastian	76	DEU		M40	11	57	1:35:59	1:36:07
56	470	Stelzer, Christian	85	DEU	Reifenhäuser Blown Film Gmb	M30	12	58	1:36:01	1:36:16
57	515	Günther, Christoph	78	DEU	TV Bürstadt	M35	8	59	1:36:22	1:36:47
58	458	Kegel, Jürgen	66	DEU	MTG Mannheim Running	M50	6	60	1:36:33	1:36:38
59	240	Rudloff, Folke	75	DEU		M40	12	61	1:36:39	1:36:45
60	51	Fückel, Heiko	68	DEU	KSV "Die Anderen" Nauheim	M45	11	62	1:36:40	1:36:54
61	187	Bastian, Gilbert	67	LUX		M45	12	63	1:36:51	1:37:00
62	293	Kraus, Michael	77	DEU	AOK Rheinland-Pfalz/Saarla	M35	9	64	1:37:02	1:37:13
63	700	Krolla, Matthias	71	DEU	DJKGW Bingen-Büdesch.	M45	13	65	1:37:05	1:37:10
64	179	Bauer, Matthias	69	DEU		M45	14	67	1:38:00	1:38:06
65	283	Pees, Daniel	71	DEU		M45	15	69	1:38:03	1:38:09
66	155	Sauder, Wolfgang	64	DEU	TuS Dorn-Dürkheim	M50	7	70	1:38:05	1:38:11
67	220	Spietz, Sven	76	DEU		M40	13	71	1:38:10	1:39:22
68	150	Karl, Wolfgang	65	DEU	TSG Maxdorf\Sandbox Warri	M50	8	72	1:38:21	1:39:51
69	501	Nowitzki, Jens	85	DEU	suchdialog AG	M30	13	73	1:38:30	1:40:12
70	569	Heydt, Jochen	87	DEU		MH	6	74	1:38:40	1:39:05
71	695	Gordillo, Carlos	65	DEU		M50	9	76	1:38:57	1:39:16
72	190	Krug, Meinrad	56	AUT		M60	1	77	1:39:07	1:39:14
73	326	Drewes, Jörg	65	DEU	AOK Rheinland-Pfalz/Saarla	M50	10	78	1:39:09	1:39:14
74	671	Splesnialy, Hans	71	DEU	RENOLIT SE	M45	16	79	1:39:30	1:41:08
75	266	Spahr, Clemens	79	DEU		M35	10	80	1:39:37	1:39:56
76	203	Lang, Torsten	70	DEU		M45	17	81	1:39:51	1:40:00
77	612	Mitteldorf, Steffen	93	DEU		MH	7	82	1:40:02	1:40:07
78	63	Oswald, Bernd	66	DEU	LG Rheinfront	M50	11	83	1:40:21	1:40:30
79	156	Hein, Klaus	53	DEU	TuS Gensingen	M60	2	84	1:40:28	1:40:42
80	483	Stamboulakis, Christos	72	DEU	ROWE MINERALÖLWERK GMB	M40	14	85	1:40:58	1:41:12
81	42	Peters, Manuel	80	DEU	Finisher Club	M35	11	86	1:41:00	1:41:02
82	272	Ruf, Boris	73	DEU		M40	15	87	1:41:12	1:41:21
83	238	Mehlmann, Alois	51	DEU		M65	2	88	1:41:12	1:41:27
84	487	Richtberg, Falko	84	DEU	Sandbox Warriors	M30	14	89	1:41:18	1:41:34
85	702	Vergnaud, Leonard	80	FRA	Sandbox Warriors	M35	12	90	1:41:18	1:41:34
86	278	Schürr, Christian	66	DEU		M50	12	91	1:41:30	1:41:41
87	503	Hagmann, Nicola Andre	91	DEU	suchdialog AG	MH	8	92	1:41:37	1:43:22
88	168	Andres, Uwe	67	DEU	VfR Wormatia Worms	M45	18	93	1:41:47	1:42:32
89	444	Falk, Florian	86	DEU	Landau Running Company	M30	15	94	1:42:00	1:42:51
90	144	Eichert, Ulrich	59	DEU	Team RNV	M55	4	95	1:42:08	1:43:28
91	177	Dunkelberg, Frank	72	DEU	1.FC Kaiserslautern	M40	16	96	1:42:19	1:43:01
92	523	Emrich, Pascalè	92	DEU	VSK-Technik Kübler GmbH	MH	9	97	1:42:21	1:42:53
93	472	Hintz, Patrick	86	DEU	RENOLIT SE	M30	16	98	1:42:38	1:44:16
94	100	Mörz, Andreas	62	DEU	Röchling Automotive German	M50	13	99	1:42:42	1:43:02
95	237	Brettnacher, Fabrice	69	FRA		M45	19	101	1:42:43	1:42:50
96	132	Müller, Manuel	77	DEU	Team ERDINGER Alkoholfrei	M35	13	102	1:42:46	1:44:16
97	46	Baecker, Karsten	70	DEU	Heppenheimer Skiclub	M45	20	103	1:42:49	1:43:15
98	654	Degen, Dagobert	67	DEU		M45	21	104	1:43:04	1:43:16
99	124	Lutz, Rolf-Dieter	64	DEU	Synthomer	M50	14	105	1:43:18	1:43:27
100	17	Stet, Valerius	76	DEU	AOK Rheinland-Pfalz/Saarla	M40	17	106	1:43:22	1:43:56
101	97	Keller, Erwin	65	DEU	RENOLIT SE	M50	15	107	1:43:26	1:44:15
102	584	Kühne, Alexander	79	DEU		M35	14	109	1:43:58	1:44:30
103	162	Sauder, Thomas	60	DEU	TV Wintersheim	M55	5	110	1:44:21	1:44:27
104	56	Jäger, Axel	65	DEU	Lauf-Tri-Pfalz	M50	16	111	1:44:39	1:44:54



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Platz	St-Nr.	Name	Jg	Nat	Verein/Team	AK	AK-Pl.	Pos	Netto	Brutto
104	582	Paszek, Daniel	91	DEU		MH	10	111	1:44:39	1:45:32
106	410	Heimes, Stefan	68	DEU	AOK Rheinland-Pfalz/Saarla	M45	22	113	1:44:50	1:45:09
107	684	Köller, Erik	79	DEU		M35	15	114	1:45:05	1:45:27
108	499	Schwarztrauber, Oliver	78	DEU	Stimmel Sports e.V.	M35	16	115	1:45:37	1:45:48
109	505	Pawlitzki, Steffen	85	DEU	suchdialog AG	M30	17	116	1:45:39	1:47:22
110	448	Bartenbach, Stephan	60	DEU	LBM Worms	M55	6	118	1:46:06	1:47:22
111	185	Hillingshäuser, Fabian	86	DEU		M30	18	119	1:46:15	1:48:02
112	595	Bohn, Christian	76	DEU		M40	18	120	1:46:16	1:47:04
113	429	Serasinghe, Denis	86	DEU	Grace	M30	19	121	1:46:20	1:46:55
114	165	Reeb, Matthias	83	DEU	United Runners of Pfalz	M30	20	122	1:46:21	1:47:08
115	453	Müller, Ruven	87	DEU	LT Wasserturm Sindelfingen	MH	11	123	1:46:31	1:46:48
116	136	Walther, Joachim	75	DEU	Team ERDINGER Alkoholfrei	M40	19	125	1:46:58	1:47:16
117	674	Löffler, Peter	87	DEU		MH	12	126	1:46:58	1:47:32
118	616	Abeling, Ralph	78	DEU		M35	17	127	1:47:07	1:47:57
119	532	Mills, Bryan	72	DEU		M40	20	128	1:47:10	1:48:25
120	200	Heppe, Detlef	64	DEU		M50	17	129	1:47:10	1:47:13
121	72	Schmidt, Ralph	68	DEU	LLG Wonnegau/Team Erding	M45	23	130	1:47:18	1:47:36
122	202	Nischwitz, Jürgen	63	DEU		M50	18	131	1:47:26	1:47:37
123	484	Köpp, Benedikt	87	DEU	ROWE MINERALÖLWERK GMB	MH	13	132	1:47:30	1:47:44
124	492	Zöllner, Heiko	80	DEU	Sandbox Warriors	M35	18	133	1:47:42	1:49:14
125	685	Rieger, Etienne	78	DEU		M35	19	134	1:47:53	1:48:16
126	19	Honebrinker, Jan	80	DEU	Bab's Laufzirkus	M35	20	135	1:47:55	1:48:42
127	27	Wolf, Torsten	75	DEU	DHL Paket GmbH	M40	21	136	1:48:02	1:49:19
128	345	Hein, Michael	64	DEU	AOK Rheinland-Pfalz/Saarla	M50	19	137	1:48:11	1:49:37
129	170	Strubel, Ralf	69	DEU	Viernheimer Lauftreff e.V.	M45	24	138	1:48:19	1:48:34
130	198	Heeb, Bernd	67	DEU		M45	25	139	1:48:26	1:49:03
131	284	Hieronimus, Erich	58	DEU	AOK Rheinland-Pfalz/Saarla	M55	7	140	1:48:35	1:49:22
132	90	Walter, Fred	72	DEU	RENOLIT SE	M40	22	141	1:48:41	1:48:51
133	556	Orzen, Henrik	71	DEU		M45	26	143	1:48:46	1:48:53
134	94	Saile, Alfred	62	DEU	RENOLIT SE	M50	20	144	1:48:53	1:49:23
135	257	Möllerhenn, Rene	68	DEU		M45	27	145	1:48:56	1:49:58
136	593	Trenkle, Holger	68	DEU		M45	28	148	1:48:58	1:49:07
137	349	Beck, Christian	88	DEU	AOK Rheinland-Pfalz/Saarla	MH	14	149	1:49:00	1:50:26
138	7	Kloos, Michael	63	DEU	AOK Rheinland-Pfalz/Saarla	M50	21	150	1:49:01	1:49:16
139	197	Klemp, Mario	62	DEU		M50	22	151	1:49:14	1:49:53
140	428	Jordan, Edgar	76	DEU	Grace	M40	23	152	1:49:16	1:49:55
141	546	Castor, Dennis	80	DEU		M35	21	153	1:49:17	1:51:05
142	560	Müller Petschke, Till	73	DEU		M40	24	154	1:49:25	1:49:32
143	75	Sieben, Martin	68	DEU	Mainzel Runners	M45	29	155	1:49:32	1:50:29
144	254	Scheuren, Frank	66	DEU		M50	23	156	1:49:33	1:50:06
145	4	Sellner, Gottfried	66	DEU	Altrheinläufer	M50	24	157	1:49:39	1:49:47
146	438	Kern, Stefan	87	DEU	Injoy Black&White GmbH&Co.	MH	15	158	1:49:40	1:49:51
147	88	Tasch, Thomas	66	DEU	Red Rock Runners Bad Kreuz	M50	25	159	1:49:40	1:50:11
148	35	Bröll, Dirk	72	DEU	Evonik Industries AG	M40	25	160	1:49:58	1:50:10
149	58	Werner, Michael	69	DEU	LG Bachrain Hockenheim	M45	30	161	1:50:06	1:50:24
150	443	Wanner, Michael	66	DEU	LAC Frankenthal	M50	26	162	1:50:11	1:50:27
151	221	Adamek, Thomas	73	DEU		M40	26	163	1:50:33	1:52:09
152	540	Hähnel, Markus	00	DEU		MU18	2	164	1:50:38	1:50:45
153	527	Niemes, Simon	86	DEU		M30	21	165	1:50:38	1:51:37
154	137	Dautermann, Klaus	59	DEU	Team NAHE	M55	8	166	1:50:56	1:51:53
155	74	Windecker, Thomas	66	DEU	LTC Mutterstadt	M50	27	167	1:51:01	1:51:33
156	662	Guettler, Torben	75	DEU		M40	27	168	1:51:04	1:51:33



Ergebnisse Männer

Platz	St-Nr.	Name	Jg	Nat	Verein/Team	AK	AK-Pl.	Pos	Netto	Brutto
157	182	Klöppinger, Dominik	89	DEU		MH	16	169	1:51:07	1:51:18
158	494	Barbian, Michael	76	DEU	Searay Sundancer	M40	28	171	1:51:23	1:51:43
159	591	Diesing, Frank	64	DEU		M50	28	172	1:51:24	1:51:36
160	468	Bruch, Andreas	88	DEU	Reifenhäuser Blown Film Gmb	MH	17	173	1:51:49	1:52:58
161	225	Krick, Tobias	91	DEU		MH	18	175	1:51:51	1:52:02
162	44	Mühlena, Michael	77	DEU	Gemüse auf Lauf	M35	22	176	1:51:55	1:53:24
163	663	Bauer, Ralf	66	DEU	LLG Wonnegau	M50	29	177	1:51:59	1:52:17
164	537	Sassen, Felix Philipp	75	DEU		M40	29	178	1:52:03	1:53:15
165	646	Stein, Matthias	83	DEU		M30	22	179	1:52:12	1:52:47
166	526	Losch, Martin	90	DEU		MH	19	180	1:52:14	1:52:59
167	107	Roßbach, Alex	72	DEU	Sandbox Warriors	M40	30	181	1:52:16	1:53:45
168	424	Schwarz, Niklas	96	DEU	Entsorgungs- und Baubetrieb \	MH	20	182	1:52:18	1:52:31
169	282	Mitsch, Martin	83	DEU		M30	23	183	1:52:20	1:53:54
170	643	Gutschalk, Andre	79	DEU		M35	23	184	1:52:21	1:53:56
171	502	Mrohs, Thomas	85	DEU	suchdialog AG	M30	24	186	1:52:48	1:54:33
172	239	Vogel, Joachim	62	DEU	Hot Socks Worms	M50	30	187	1:52:53	1:54:38
173	507	Reinhardt, Tobias	72	DEU	suchdialog AG	M40	31	188	1:52:57	1:54:41
174	425	Deneke, Heiko	89	DEU	Evonik Industries AG	MH	21	189	1:53:02	1:53:27
175	125	Scheibe, Michael	87	DEU	TC Zornheim	MH	22	190	1:53:10	2:02:30
176	241	Hoffmann, Jan	76	DEU		M40	32	192	1:53:14	1:54:01
177	85	Brock, Harald	63	DEU	Polizeipräsidium Rheinlandpfalz	M50	31	194	1:53:32	1:53:46
178	87	Tesch, Kai	77	DEU	Red Rock Runners Bad Kreuz	M35	24	195	1:53:33	1:54:04
179	167	Kumbartzki, Heinz	65	DEU	Universitätsmedizin Mainz	M50	32	196	1:53:37	1:54:42
180	586	Meczys, Edgar	60	DEU		M55	9	197	1:54:00	1:55:51
181	117	Krappel, Dietmar	66	DEU	SG Stern Mannheim	M50	33	198	1:54:06	1:54:20
182	493	Teichert, Jens	83	DEU		M30	25	199	1:54:08	1:54:34
183	34	Voll, Marco	83	DEU	Evonik Industries AG	M30	26	200	1:54:10	1:54:35
184	80	Lardong, Ralf	73	DEU	Nibelungenlauf-Team	M40	33	203	1:54:14	1:54:48
185	91	Doppler, Alexander	69	DEU	RENOLIT SE	M45	31	204	1:54:15	1:55:17
186	374	Klein, Marc	77	DEU	AOK Rheinland-Pfalz/Saarla	M35	25	206	1:54:30	1:55:31
187	174	Grosch, Markus	70	DEU	Werkfeuerwehr KSB	M45	32	208	1:54:34	1:55:10
188	233	Schneider, Sven	72	DEU		M40	34	209	1:54:39	1:56:08
189	308	Burdinski, Jan Hendrik	85	DEU	AOK Rheinland-Pfalz/Saarla	M30	27	210	1:54:43	1:56:02
190	604	Tippmann, Jens	82	DEU		M30	28	211	1:54:45	1:55:01
191	420	Tasch, Bastian	79	DEU	AOK Rheinland-Pfalz/Saarla	M35	26	212	1:54:52	1:55:07
192	600	Pfänder, Oliver	74	DEU		M40	35	213	1:54:54	1:56:31
193	603	Schäfer, Bernhard	87	DEU		MH	23	214	1:54:58	1:55:38
193	605	Ruh, Stefan	86	DEU		M30	29	214	1:54:58	1:55:38
195	64	Scholtz, Helmut	39	DEU	lg wettenberg	M75	1	216	1:54:58	1:55:03
196	692	Bickert, Thilo	66	DEU		M50	34	218	1:55:04	1:56:34
197	583	Arnoldy, Achim	76	DEU		M40	36	219	1:55:05	1:55:17
198	601	Plankermann, Kai	82	DEU		M30	30	225	1:55:27	1:57:02
199	617	Dreuw, Andreas	72	DEU		M40	37	228	1:55:42	1:56:25
200	665	Mecky, Jens	85	DEU		M30	31	229	1:55:43	1:56:30
201	664	Bachmann, Eric	76	DEU		M40	38	230	1:55:44	1:56:31
202	310	Graf, Sascha	79	DEU	AOK Rheinland-Pfalz/Saarla	M35	27	231	1:55:46	1:56:44
203	482	Ries, Tobias	90	DEU	Röchling Automotive German	MH	24	232	1:55:49	1:57:12
204	62	Becker, Gerhard	56	DEU	LG Mörfelden-Walldorf	M60	3	233	1:55:56	1:57:09
205	680	Pfohlmann, Andre	89	DEU	TV Ruchheim	MH	25	234	1:55:58	1:56:25
206	281	Vogel, Patrick	80	DEU		M35	28	235	1:56:03	1:56:25
207	21	Schneider, Werner	66	DEU	Blau Gold Kleineichen	M50	35	236	1:56:04	1:56:19
208	581	Hassinger, Patrick	79	DEU		M35	29	237	1:56:27	1:57:03



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Platz	St-Nr.	Name	Jg	Nat	Verein/Team	AK	AK-Pl.	Pos	Netto	Brutto
209	268	Bleicher, Marc	76	DEU		M40	39	238	1:56:28	1:56:35
210	169	Klotzbach, Christian	71	DEU	Viernheimer Lauftreff e.V.	M45	33	239	1:56:28	1:56:43
211	276	Walz, Uwe	58	DEU		M55	10	241	1:56:30	1:57:52
212	566	Krass, Thomas	79	DEU		M35	30	242	1:56:42	1:58:25
213	61	Völlmeke, Stefan	65	DEU	LG Laacher See	M50	36	243	1:56:45	1:57:42
214	173	Heymann, Jens	62	DEU	Weinbergjogger Bermersheim	M50	37	245	1:56:55	1:58:05
215	256	Schnur, Hans Peter	57	DEU		M55	11	246	1:56:58	1:57:31
216	274	Schmeichel, Patrick	91	DEU		MH	26	247	1:57:05	1:58:03
217	653	Ordelt, Heiko	85	DEU	MTG Mannheim	M30	32	248	1:57:08	1:57:12
218	291	Nagel, Michael	75	DEU	AOK Rheinland-Pfalz/Saarla	M40	40	250	1:57:11	1:58:20
219	83	Trier, Klaus	66	DEU	Physiotherapie Klaus Trier /L	M50	38	251	1:57:13	1:58:09
220	433	Hartig, Max	88	DEU	Hot Socks Worms	MH	27	252	1:57:26	1:59:04
221	704	Grübe, Alexander	74	DEU	United Runners of Pfalz	M40	41	254	1:57:33	1:59:07
222	6	Wolff, Bernhard	62	DEU	AOK Rheinland-Pfalz/Saarla	M50	39	255	1:57:34	1:58:36
223	130	Hellenschmidt, Udo	67	DEU	Team ERDINGER Alkoholfrei	M45	34	257	1:57:40	1:58:38
224	54	Harl, Gunther	65	DEU	Lauftreff SG Rechtenbach	M50	40	258	1:57:40	1:58:54
225	481	Petrisor, Catalin	86	ROU	Röchling Automotive German	M30	33	259	1:57:41	1:58:42
226	667	Dann, Frank	67	DEU	JDC	M45	35	260	1:57:44	1:59:00
227	500	Pressler, Ralf	78	DEU	suchdialog AG	M35	31	261	1:57:50	1:59:34
228	623	Rott, Waldemar	73	DEU		M40	42	262	1:57:55	1:59:24
229	445	Lösch, Hans	60	DEU	Laufgruppe Enerplex	M55	12	263	1:57:58	1:58:35
230	96	Wolf, Marcus	70	DEU	RENOLIT SE	M45	36	264	1:58:03	1:58:52
231	41	Kulzer, Karsten	77	DEU	FFW Worms-Heppenheim	M35	32	265	1:58:06	1:59:56
232	209	Renz, Jan	85	DEU		M30	34	266	1:58:07	1:59:46
233	331	Blum, Axel	70	DEU	AOK Rheinland-Pfalz/Saarla	M45	37	267	1:58:24	1:59:35
234	166	Erben, Klaus	77	DEU	United Runners of Pfalz	M35	33	268	1:58:31	1:59:17
235	588	Gerstenlauer, Sven	66	DEU		M50	41	269	1:58:34	2:00:03
236	145	Hetzel, Uwe	62	DEU	Team RNV	M50	42	270	1:58:35	2:00:01
237	358	Schellert, Ulrich	64	DEU	AOK Rheinland-Pfalz/Saarla	M50	43	271	1:58:39	2:00:01
238	575	Winter, Yannick	94	DEU		MH	28	272	1:58:48	2:00:32
239	212	Stix, Manuel	99	DEU		MU18	3	273	1:58:49	1:59:30
240	243	Mengel, Hans Walter	57	DEU		M55	13	275	1:58:52	2:00:13
241	652	Mikolajczyk, Tobias	86	DEU		M30	35	277	1:59:02	2:00:36
242	231	Greiß, Felix	87	DEU		MH	29	281	1:59:18	1:59:43
243	205	Fischer, Rolf	57	DEU		M55	14	282	1:59:19	1:59:40
244	68	Drumm, Uwe	59	DEU	LLG Wonnegau	M55	15	285	1:59:40	2:00:02
245	219	Fuchs, Mario	68	DEU		M45	38	288	2:00:21	2:00:26
246	149	Winter, Markus	69	DEU	TSG Kastel 1846	M45	39	290	2:00:51	2:02:34
247	637	Vollbrecht, Holger	68	DEU		M45	40	291	2:00:57	2:01:13
248	154	Bauer, Frank	80	DEU	TTC Gersbach	M35	34	292	2:00:59	2:02:02
249	430	Böhmer, Herbert	57	DEU	Gutenberg-Marathon-Club Ma	M55	16	293	2:01:02	2:02:52
250	594	Löchelt, Marc	98	DEU		MU20	2	295	2:01:27	2:02:09
251	307	Bocklet, Michael	57	DEU	AOK Rheinland-Pfalz/Saarla	M55	17	296	2:01:43	2:03:03
252	682	Barbian, Michael	0	DEU				297	2:01:43	2:02:46
253	207	Römer, Julian	92	DEU		MH	30	298	2:02:00	2:03:17
254	158	Baskaya, Coskun	69	DEU	TV Laubenheim 0 auf 21	M45	41	299	2:02:02	2:02:57
255	288	Petry, Frank Andy	62	DEU	AOK Rheinland-Pfalz/Saarla	M50	44	300	2:02:05	2:03:14
256	262	Eichhorn, Werner	55	DEU		M60	4	301	2:02:13	2:02:35
257	611	Hornbach, Carsten	77	DEU		M35	35	302	2:02:16	2:03:33
258	142	Debus, Jörg	67	DEU	Team RNV	M45	42	303	2:02:19	2:03:57
259	357	Kudrjawzew, Sergej	82	DEU	AOK Rheinland-Pfalz/Saarla	M30	36	306	2:02:38	2:03:18
260	452	Keller, Uwe	65	DEU	LT TV Alsheim	M50	45	307	2:02:57	2:03:20



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Platz	St-Nr.	Name	Jg	Nat	Verein/Team	AK	AK-Pl.	Pos	Netto	Brutto
261	513	Petruzzelli, Giovanni	78	DEU	TSG Kastel 1846	M35	36	308	2:03:04	2:04:47
262	639	Erlenwein, Ingo	65	DEU		M50	46	309	2:03:12	2:04:48
263	110	Ulrich, Dr. Andreas	63	DEU	SC Lahm-Schneck	M50	47	311	2:03:27	2:04:33
264	8	Poth, Erwin	63	DEU	AOK Rheinland-Pfalz/Saarla	M50	48	312	2:03:32	2:03:39
265	534	Krämer, Maximilian	83	DEU		M30	37	314	2:04:02	2:04:45
266	279	Jobst, Thomas	70	DEU		M45	43	315	2:04:12	2:05:51
267	216	Wiedmann, Steffen	90	DEU		MH	31	318	2:04:20	2:05:59
268	247	Dilg, Volker	67	DEU		M45	44	319	2:04:23	2:05:44
269	217	Reineck, Peter	70	DEU		M45	45	320	2:04:35	2:05:25
270	86	Heinze, Ewald	63	DEU	Praxis Gabriele Heinze	M50	49	321	2:04:36	2:05:28
271	696	Pawlitza, Peter	82	DEU		M30	38	323	2:04:42	2:05:45
272	518	Reis, Julian	99	DEU	TV Wehen	MU18	4	324	2:04:52	2:06:00
273	196	Frühling, Eric	68	DEU		M45	46	325	2:05:07	2:05:46
274	446	Cretti, Dennis	92	DEU	Laufgruppe Enerplex	MH	32	326	2:05:10	2:05:45
275	188	Lang, Peter	64	DEU		M50	50	327	2:05:15	2:06:03
276	226	Kayser, Sven	74	DEU		M40	43	328	2:05:15	2:06:03
277	252	Schwinn, Ralf	65	DEU		M50	51	329	2:05:24	2:05:34
278	67	Bauer, Patrick	95	DEU	LLG Wonnegau	MH	33	330	2:05:42	2:05:59
279	148	Rösner, Reinhold	62	DEU	TSG Heidesheim	M50	52	332	2:05:59	2:06:11
280	620	Gerkhardt, Martin	83	DEU		M30	39	336	2:06:13	2:07:42
281	32	Dörr, Thomas	82	DEU	ESV Ludwigshafen	M30	40	338	2:06:15	2:07:56
282	259	Tasch, Egon	61	DEU		M55	18	339	2:06:27	2:06:58
283	562	Schoenherr, Tobias	87	DEU		MH	34	341	2:06:36	2:07:50
284	625	Teschner, Thorsten	72	DEU		M40	44	342	2:06:40	2:06:47
285	194	Hager, Achim	71	DEU		M45	47	344	2:06:51	2:07:55
286	641	Wittek, Dr. Peter	82	HUN		M30	41	346	2:06:55	2:07:31
287	359	Von Geldern, Werner	72	DEU	AOK Rheinland-Pfalz/Saarla	M40	45	347	2:07:01	2:08:22
288	322	Zimmermann, Ullrich	58	DEU	AOK Rheinland-Pfalz/Saarla	M55	19	348	2:07:01	2:08:44
289	77	Sebastian, Frank	78	DEU	Nibelungenlauf-Team	M35	37	350	2:07:11	2:08:46
290	351	Bohlscheid, Patrick	73	DEU	AOK Rheinland-Pfalz/Saarla	M40	46	351	2:07:14	2:08:49
291	78	Retterath, Dr. Martin	61	DEU	Nibelungenlauf-Team	M55	20	353	2:07:16	2:08:50
292	698	Bartholomä, Andreas	71	DEU	The Lurunner	M45	48	355	2:07:26	2:08:24
293	459	Horn, Christian	71	DEU	Narregaul Runners Rüssingen	M45	49	357	2:07:35	2:08:49
294	263	Berg, Tim	84	DEU		M30	42	358	2:07:38	2:08:49
295	119	Sippel, Christoph	89	DEU	SPD Unterbezirk Worms	MH	35	359	2:07:44	2:09:09
296	432	Beelmann, Philip	88	DEU	Hot Socks Worms	MH	36	362	2:07:56	2:09:35
297	479	Blanch, Johnnie	83	ENG	RENOLIT SE	M30	43	364	2:08:18	2:09:10
298	112	Schade, Jürgen	65	DEU	Schade	M50	53	365	2:08:19	2:10:00
299	352	Ehlgen, Dennis	83	DEU	AOK Rheinland-Pfalz/Saarla	M30	44	367	2:08:28	2:10:04
300	404	Kern, Robert	69	DEU	AOK Rheinland-Pfalz/Saarla	M45	50	368	2:08:29	2:09:32
301	480	Reiber, Maxim	86	DEU	Röchling Automotive German	M30	45	369	2:08:35	2:09:59
302	116	Dexheimer, Uwe	60	DEU	SG Spiesheim	M55	21	373	2:09:09	2:10:19
303	350	Becker, Volker	66	DEU	AOK Rheinland-Pfalz/Saarla	M50	54	375	2:09:16	2:10:53
304	101	Dorigatti, Riccardo	69	ITA	Röchling Automotive German	M45	51	376	2:09:30	2:10:53
305	436	Will, Karl	60	DEU	Injoy Black&White GmbH&Co.	M55	22	377	2:09:46	2:10:43
306	512	Scheuermann, Stephan	69	DEU	TSG Grünstadt	M45	52	380	2:10:04	2:11:33
307	495	Koppenhöfer, Thomas	75	DEU	SG Poseidon Eppelheim	M40	47	381	2:10:05	2:11:02
308	335	Keil, Frank	56	DEU	AOK Rheinland-Pfalz/Saarla	M60	5	382	2:10:15	2:11:50
309	460	Bohn, Simon	79	DEU	Nelly-Sachs-IGS	M35	38	384	2:10:32	2:11:45
310	5	Emrath, Carsten	71	DEU	Alzeyer Lauftreff	M45	53	385	2:10:34	2:11:58
311	143	Weikert, Sebastian	84	DEU		M30	46	386	2:10:36	2:12:16
312	490	Karl, Steffen	73	DEU	Sandbox Warriors	M40	48	388	2:10:50	2:12:23



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Platz	St-Nr.	Name	Jg	Nat	Verein/Team	AK	AK-Pl.	Pos	Netto	Brutto
313	55	Sippel, Hans Jürgen	53	DEU	Laufftreff TG Westhofen	M60	6	389	2:10:51	2:11:49
314	465	Dehm, Egon	62	DEU	Polizei Oppenheim	M50	55	391	2:11:18	2:11:56
315	81	Hahn, Alexander	90	DEU	OBI Worms	MH	37	392	2:11:20	2:12:44
316	103	Rödel, Klaus	70	DEU	Run for Schorle	M45	54	393	2:11:25	2:12:23
317	269	Wagener, Thomas	76	DEU		M40	49	394	2:11:28	2:12:37
318	550	Gerber, Harro	66	DEU		M50	56	395	2:12:07	2:13:33
319	592	Brandt, Frank	64	DEU		M50	57	396	2:12:25	2:13:19
320	298	Klein, Christoph	68	DEU	AOK Rheinland-Pfalz/Saarla	M45	55	397	2:12:34	2:13:07
321	703	Rasse, Tobias	77	DEU		M35	39	399	2:12:55	2:14:03
322	49	Machmer, Nicolas	93	DEU	Injoy Black&White GmbH&Co.	MH	38	400	2:12:57	2:13:56
323	557	Lösch, Dr. Simon	79	DEU		M35	40	402	2:13:05	2:14:45
324	463	Offenhäuser, Nils	74	DEU	Nibelungenlauf-Team	M40	50	403	2:13:23	2:14:04
325	510	Leder, Wolfgang	56	DEU	Team ERDINGER Alkoholfrei	M60	7	407	2:13:45	2:15:02
326	285	Golowerda, Aleksej	75	DEU	AOK Rheinland-Pfalz/Saarla	M40	51	409	2:13:52	2:15:41
327	343	Bierbaum, Jens	66	DEU	AOK Rheinland-Pfalz/Saarla	M50	58	412	2:14:28	2:15:53
328	631	Schotte, Christian	91	DEU		MH	39	413	2:14:41	2:16:21
329	659	Trantum, Stephen	56	ENG		M60	8	415	2:14:49	2:16:05
330	380	Leitloff, Tobias	74	DEU	AOK Rheinland-Pfalz/Saarla	M40	52	416	2:14:53	2:15:53
331	629	Bouanani, Sabri	83	DEU		M30	47	417	2:14:54	2:16:14
332	316	Sobhedeli, Jousef	60	DEU	AOK Rheinland-Pfalz/Saarla	M55	23	419	2:14:56	2:16:15
333	517	Kirsch, Christian	89	DEU	TV Ruchheim	MH	40	422	2:15:45	2:16:11
334	340	Schröder, Thomas	79	DEU	AOK Rheinland-Pfalz/Saarla	M35	41	423	2:16:00	2:17:36
335	577	Waldmann, Christoph	87	DEU		MH	41	424	2:16:11	2:17:00
336	576	Eger, Achim	67	DEU		M45	56	425	2:16:11	2:17:00
337	232	Stegner, Bernd	80	DEU		M35	42	426	2:16:19	2:16:33
338	542	Steurich, Björn	68	DEU		M45	57	429	2:17:06	2:18:10
339	153	Müller, Engelbert	34	DEU	TSV Warzen	M80	1	430	2:17:06	2:17:20
340	354	Idelberger, Michael	64	DEU	AOK Rheinland-Pfalz/Saarla	M50	59	431	2:17:07	2:18:43
341	339	Schmidt, Armin	64	DEU	AOK Rheinland-Pfalz/Saarla	M50	60	432	2:17:07	2:18:42
342	341	Günter, Roland	67	DEU	AOK Rheinland-Pfalz/Saarla	M45	58	433	2:17:07	2:18:43
343	235	Hofmeier, Stefan	62	DEU		M50	61	434	2:17:21	2:18:46
344	178	Scholtz, Alexander	81	DEU	1981	M35	43	435	2:17:22	2:19:03
345	40	Mayer, Michael	79	DEU	FC Hansa Gimsheim e.V.	M35	44	437	2:18:00	2:18:41
346	22	Bölzing, Dr. Dieter	58	DEU	BLINKINSOP	M55	24	439	2:18:03	2:18:48
347	609	Köhler, Matthias	80	DEU		M35	45	440	2:18:27	2:18:51
348	530	Heil, Thomas	67	DEU		M45	59	441	2:18:28	2:20:12
349	48	Conrads, Dr. Martin	56	DEU	Hot Socks Worms	M60	9	442	2:18:41	2:20:20
350	572	Scheuermann, Martin	82	DEU		M30	48	445	2:18:53	2:20:24
351	36	Tragesser, Jens	72	DEU	Evonik Industries AG	M40	53	446	2:18:55	2:20:07
352	511	Lux, Werner	57	DEU	Team RNV	M55	25	448	2:18:58	2:20:41
353	161	Reis, Markus	65	DEU	TV Wehen	M50	62	449	2:19:09	2:20:18
354	218	Hefner, Stephan	70	DEU		M45	60	452	2:20:21	2:21:48
355	163	Sippel, Reiner	52	DEU	TV 1848 e.V. Gimsheim	M60	10	453	2:20:36	2:21:58
356	384	Müller, Marcel	94	DEU	AOK Rheinland-Pfalz/Saarla	MH	42	456	2:20:54	2:21:21
357	141	Paterna, Peter	72	DEU	Team RNV	M40	54	457	2:21:28	2:22:55
358	413	Walgenbach, Mario	73	DEU	AOK Rheinland-Pfalz/Saarla	M40	55	458	2:21:45	2:22:31
359	496	Akil, Sezer Cuma	95	DEU	Sparkasse Worms-Alzey-Ried	MH	43	460	2:22:30	2:22:49
360	189	Donsbach, Thomas	69	DEU		M45	61	461	2:22:34	2:23:56
361	332	Dorst, Marc	84	DEU	AOK Rheinland-Pfalz/Saarla	M30	49	464	2:23:18	2:24:27
362	690	Müller, Klaus Dieter	62	DEU	FC-Blau-Weiß	M50	63	466	2:23:22	2:23:43
363	406	Borchert, Frank	67	DEU	AOK Rheinland-Pfalz/Saarla	M45	62	467	2:23:25	2:24:10
364	369	Schweitzer, Peter	74	DEU	AOK Rheinland-Pfalz/Saarla	M40	56	471	2:23:47	2:24:54



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Platz	St-Nr.	Name	Jg	Nat	Verein/Team	AK	AK-Pl.	Pos	Netto	Brutto
365	245	Cych, Marco	81	DEU		M35	46	475	2:24:14	2:25:19
366	84	Stuhlmacher, Dennis	81	DEU	pipi-aua-heimweh	M35	47	476	2:24:14	2:25:19
367	580	Orth, Christian	78	DEU		M35	48	478	2:24:37	2:26:12
368	554	Gilzer, Ralf	68	DEU		M45	63	480	2:24:53	2:25:55
369	660	Weis, Markus	66	DEU		M50	64	483	2:25:39	2:27:12
370	159	Weigmann, Johannes	56	DEU	TV Laubenheim 1883 eV	M60	11	485	2:25:46	2:27:23
371	705	Baskaya, Sevim	65	DEU	TVL Laubenheim	M50	65	486	2:26:07	2:27:03
372	434	Wecker, Alexander	75	DEU	IKK Südwest	M40	57	490	2:27:12	2:29:00
373	127	Beisheim, Bernhard	82	DEU	Team ERDINGER Alkoholfrei	M30	50	493	2:28:21	2:28:32
374	602	Snegirew, Konstantin	88	DEU		MH	44	495	2:28:34	2:29:01
375	411	Herschbach, Achim	61	DEU	AOK Rheinland-Pfalz/Saarla	M55	26	497	2:28:54	2:30:09
376	314	Kirakosov, Armen	67	DEU	AOK Rheinland-Pfalz/Saarla	M45	64	498	2:29:29	2:30:50
377	348	Staffel, Christopher	90	DEU	AOK Rheinland-Pfalz/Saarla	MH	45	500	2:30:18	2:31:45
378	264	Wingender, Frank	78	DEU		M35	49	502	2:30:21	2:31:38
379	378	Engelhardt, Christopher	66	DEU	AOK Rheinland-Pfalz/Saarla	M50	66	503	2:30:21	2:31:20
380	561	Becker, Ralf	77	DEU		M35	50	505	2:30:29	2:31:39
381	412	Lauxen, Guido	68	DEU	AOK Rheinland-Pfalz/Saarla	M45	65	508	2:31:08	2:32:05
382	633	Seufert, Stefan	75	DEU		M40	58	510	2:31:22	2:32:57
383	399	Schwenker, Günter	56	DEU	AOK Rheinland-Pfalz/Saarla	M60	12	511	2:31:43	2:31:54
384	395	Pontes, Martin	68	DEU	AOK Rheinland-Pfalz/Saarla	M45	66	512	2:31:50	2:33:03
385	193	Wanger, Hagen	66	DEU		M50	67	514	2:32:27	2:33:34
386	687	Ries, Dr. Wolfgang	53	DEU	LLG Wonnegau	M60	13	515	2:32:57	2:34:12
387	670	Schmidt, Thomas	62	DEU		M50	68	516	2:32:57	2:34:12
388	362	Klein, Christian	85	DEU	AOK Rheinland-Pfalz/Saarla	M30	51	518	2:33:44	2:34:49
389	661	Lillard, Ulrike	61	DEU		M55	27	519	2:34:40	2:35:24
390	418	Schwarz, Andreas	65	DEU	AOK Rheinland-Pfalz/Saarla	M50	69	520	2:35:41	2:37:24
391	385	Schreiber, Johannes	81	DEU	AOK Rheinland-Pfalz/Saarla	M35	51	521	2:36:28	2:37:59
392	377	Trierweiler, Bernhard	68	DEU	AOK Rheinland-Pfalz/Saarla	M45	67	536	2:41:43	2:42:38
393	394	Drenk, Norbert	63	DEU	AOK Rheinland-Pfalz/Saarla	M50	70	541	2:45:28	2:46:32
394	400	Mann, Ludwig	50	DEU	AOK Rheinland-Pfalz/Saarla	M65	3	547	2:52:26	2:53:25
395	330	Vieth, Carsten	68	DEU	AOK Rheinland-Pfalz/Saarla	M45	68	553	3:05:33	3:06:58



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Platz	St-Nr.	Name	Jg	Nat	Verein/Team	AK	AK-Pl.	Pos	Netto	Brutto
1	1	Uphoff, Tinka	83	DEU		W30	1	8	1:23:18	1:23:20
2	466	Broggi, Benedetta	92	ITA	Raschiani Triathlon Pavese	WH	1	23	1:29:38	1:29:42
3	683	Knape, Uta	73	DEU		W40	1	66	1:37:34	1:37:44
4	706	Fischer, Marie-Charlotte	90	DEU		WH	2	68	1:38:01	1:38:19
5	180	Darlington, Julia	74	DEU		W40	2	75	1:38:48	1:38:58
6	176	Sonemann, Anke	66	DEU	YSV Mainz	W50	1	100	1:42:43	1:43:14
7	2	Pawlowska, Kamila	77	DEU	LLG Wonnegau	W35	1	108	1:43:50	1:44:08
8	450	Middelberg, Eva Maria E	83	DEU	LLG Wonnegau	W30	2	117	1:45:57	1:46:32
9	555	Kowalewski, Birgit	75	DEU		W40	3	124	1:46:55	1:47:29
10	319	Zeitvogel, Tanja	74	DEU	AOK Rheinland-Pfalz/Saarla	W40	4	142	1:48:43	1:49:43
11	79	Franck, Dominique	68	DEU	Nibelungenlauf-Team	W45	1	146	1:48:57	1:49:38
12	538	Wiegmann, Katharina	88	DEU		WH	3	147	1:48:57	1:49:15
13	186	Hahn, Dorothea	71	DEU		W45	2	170	1:51:11	1:51:41
14	587	Piperis, Eva	74	DEU		W40	5	174	1:51:50	1:53:04
15	3	Rush, Jenny	88	DEU	Injoy Black&White GmbH&Co.	WH	4	185	1:52:36	1:52:46
16	585	Graser, Britta	81	DEU		W35	2	191	1:53:11	1:53:26
17	498	Kane, Sabine Sinning	60	USA	Steel City Road Runners Club	W55	1	193	1:53:22	1:54:49
18	250	Tretter, Natascha	83	DEU		W30	3	201	1:54:12	1:54:50
19	152	Hoschek, Jessica	94	DEU	TSV Flörsheim-Dalsheim	WH	5	202	1:54:13	1:54:19
20	224	Teichmann, Dr. Kirsten	73	DEU		W40	6	205	1:54:25	1:54:43
21	673	Kuhn, Kirstin	72	DEU	Go for Fini	W40	7	207	1:54:33	1:55:11
22	691	Bickert, Ulrike	73	DEU		W40	8	217	1:55:01	1:56:34
23	464	Hack, Isabelle	88	DEU	Nibelungenlauf-Team	WH	6	220	1:55:07	1:56:41
24	462	Klapper, Chantal	88	DEU	Nibelungenlauf-Team	WH	7	221	1:55:07	1:56:41
25	76	Notopol, Janine	82	DEU	Nibelungenlauf-Team	W30	4	222	1:55:08	1:55:48
26	579	Jakob, Elke	60	DEU		W55	2	223	1:55:19	1:55:36
27	669	Celik, Cemile	64	TUR		W50	2	224	1:55:22	1:56:58
28	407	Brück, Angelika	80	DEU	AOK Rheinland-Pfalz/Saarla	W35	3	226	1:55:32	1:56:17
29	590	Diesing Sosnowska, Katar	69	DEU		W45	3	227	1:55:34	1:55:46
30	437	Schnell, Nadine	86	DEU	Injoy Black&White GmbH&Co.	W30	5	240	1:56:29	1:57:34
31	204	Poekkh, Astrid	83	AUT		W30	6	244	1:56:52	1:58:09
32	105	Kutger, Katharina	80	DEU	Sandbox Warriors	W35	4	249	1:57:10	1:58:42
33	9	Schneck, Ute	62	DEU	AOK Rheinland-Pfalz/Saarla	W50	3	253	1:57:32	1:57:43
34	533	Hoffmann Mills, Melanie	70	DEU		W45	4	256	1:57:38	1:58:54
35	253	Schwinn, Stefanie	75	DEU		W40	9	274	1:58:51	1:58:55
36	138	Dautermann, Ingeborg	62	DEU	Team NAHE	W50	4	276	1:58:57	1:59:53
37	520	Nicht, Tina	85	DEU	UMM	W30	7	278	1:59:07	2:00:35
38	651	Emrich, Jessica	81	DEU		W35	5	279	1:59:14	2:00:48
39	230	Jekosch, Anika	89	DEU		WH	8	280	1:59:18	1:59:43
40	160	Bittmann, Anja	69	DEU	TV Uelversheim	W45	5	283	1:59:26	2:00:45
41	260	Schiller, Marika	74	DEU		W40	10	284	1:59:35	2:00:05
42	461	Hrvat, Liana	77	DEU	Nibelungenlauf-Team	W35	6	286	1:59:41	2:00:22
43	551	Korluß, Lisa	87	DEU		WH	9	287	1:59:55	2:00:22
44	306	Lehnen, Anne	65	DEU	AOK Rheinland-Pfalz/Saarla	W50	5	289	2:00:50	2:01:53
45	191	Kaiser, Irina	86	DEU		W30	8	294	2:01:16	2:02:27
46	699	Blaul, Marlene	95	DEU		WH	10	304	2:02:24	2:03:44
47	270	Brendt, Sabine	85	DEU		W30	9	305	2:02:27	2:03:50
48	109	Sabock Ulrich, Regina	63	DEU	SC Lahm-Schneck	W50	6	310	2:03:26	2:04:33
49	536	Nonnewitz, Judith	77	DEU		W35	7	313	2:03:59	2:04:18
50	325	Grasmück, Katja	71	DEU	AOK Rheinland-Pfalz/Saarla	W45	6	316	2:04:13	2:05:00
51	606	Zinser, Maren	90	DEU		WH	11	317	2:04:14	2:04:49
52	615	Schmid, Mandy	71	DEU		W45	7	322	2:04:39	2:04:51



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Platz	St-Nr.	Name	Jg	Nat	Verein/Team	AK	AK-Pl.	Pos	Netto	Brutto
53	636	Santos, Dr. Laila	80	BRA		W35	8	331	2:05:49	2:07:34
54	280	Frischmann, Margot	61	DEU		W55	3	333	2:06:01	2:07:51
55	529	Merle, Stefanie	85	DEU		W30	10	334	2:06:13	2:06:59
55	33	Feyhl, Miriam	82	DEU	ESV Ludwigshafen	W30	10	334	2:06:13	2:07:56
57	619	Baader, Philine	85	DEU		W30	12	337	2:06:14	2:07:42
58	668	Buffor, Emine	65	TUR	ASV Heßheim	W50	7	340	2:06:30	2:08:07
59	544	Brünner, Moni	63	DEU		W50	8	343	2:06:42	2:07:09
60	589	Traverso, Giulia	90	ITA		WH	12	345	2:06:55	2:07:31
61	114	Scholtz, Beate	66	DEU	SG Fronhausen	W50	9	349	2:07:11	2:08:35
62	552	Hammann, Meike	84	DEU		W30	13	352	2:07:16	2:07:48
63	126	Seiman, Claudia	77	DEU	TC Zornheim	W35	9	354	2:07:22	2:16:43
64	228	Kumpch, Christina	72	DEU		W40	11	356	2:07:34	2:07:54
65	118	Sippel, Tabea	87	DEU	SPD Unterbezirk Worms	WH	13	360	2:07:44	2:09:09
66	323	Kloos, Svenja	76	DEU	AOK Rheinland-Pfalz/Saarla	W40	12	361	2:07:55	2:08:42
67	172	Heymann, Prof. Dr. Sim	63	DEU	Weinbergjogger Bernersheim	W50	10	363	2:08:14	2:09:24
68	223	Richer, Bianca	71	DEU		W45	8	366	2:08:25	2:08:39
69	304	Braun, Sarah	75	DEU	AOK Rheinland-Pfalz/Saarla	W40	13	370	2:08:40	2:09:43
70	564	Krauß, Heike	66	DEU		W50	11	371	2:08:59	2:09:51
71	258	Link, Juliane	85	DEU		W30	14	372	2:09:03	2:10:50
72	71	Maus, Sandra	89	DEU	LLG Wonnegau	WH	14	374	2:09:15	2:09:42
73	435	Will, Iveta	64	DEU	Injoy Black&White GmbH&Co.	W50	12	378	2:09:46	2:10:43
74	300	Mayer, Ute	59	DEU	AOK Rheinland-Pfalz/Saarla	W55	4	379	2:09:50	2:10:47
75	381	Beck, Claudia	69	DEU	AOK Rheinland-Pfalz/Saarla	W45	9	383	2:10:22	2:11:00
76	504	Klaes, Corinna	87	DEU	suchdialog AG	WH	15	387	2:10:45	2:12:31
77	213	Waltenberg, Grit	76	DEU		W40	14	390	2:11:06	2:12:06
78	539	Murray, Ashley	90	USA		WH	16	398	2:12:42	2:13:31
79	548	Meyer, Katrin	76	DEU		W40	15	401	2:12:59	2:13:44
80	630	Vockel, Ingrid	92	DEU		WH	17	404	2:13:34	2:15:13
81	222	Sattler, Nicole	78	DEU		W35	10	405	2:13:38	2:14:49
82	701	Walz-Kebblowsky, Ina	63	DEU		W50	13	406	2:13:39	2:15:01
83	261	Martens, Marieke	92	DEU		WH	18	408	2:13:47	2:14:15
84	568	Hagedorn, Brigitta	66	DEU		W50	14	410	2:13:58	2:15:06
85	201	Baumgarten, Sabine	53	DEU		W60	1	411	2:14:07	2:15:38
86	658	Watson, Mairi	70	ENG		W45	10	414	2:14:49	2:16:05
87	192	Bouanani, Sara	86	DEU		W30	15	418	2:14:54	2:16:14
88	115	Bretschneider, Petra	72	DEU	SG Neptun Lampertheim	W40	16	420	2:15:13	2:15:35
89	489	Lambrecht, Charlotte	63	DEU	Sandbox Warriors	W50	15	421	2:15:23	2:16:56
90	318	Stridde-Oertle, Claudia	63	DEU	AOK Rheinland-Pfalz/Saarla	W50	16	427	2:16:20	2:17:20
91	516	Schelp, Claudia	71	DEU	TV Queichheim	W45	11	428	2:16:43	2:18:17
92	519	Kraft, Nadine	83	DEU	UMM	W30	16	436	2:17:54	2:19:23
93	23	Blenkinsop, Dr. Shirley	67	ENG	BLINKINSOP	W45	12	438	2:18:03	2:18:48
94	313	Kabisreiter, Beate	64	DEU	AOK Rheinland-Pfalz/Saarla	W50	17	443	2:18:44	2:20:03
95	401	Adamus, Agatha	93	DEU	AOK Rheinland-Pfalz/Saarla	WH	19	444	2:18:52	2:19:29
96	570	Kirschner, Madlen Tamar	93	DEU		WH	20	447	2:18:55	2:20:25
97	578	Pötschke, Christine	59	DEU		W55	5	450	2:19:16	2:19:32
98	289	Reiber, Swetlana	87	DEU	AOK Rheinland-Pfalz/Saarla	WH	21	451	2:19:37	2:20:45
99	311	Hong, Chau-Ngoc	73	DEU	AOK Rheinland-Pfalz/Saarla	W40	17	454	2:20:50	2:22:10
100	38	Lipari, Sofia	63	DEU	FC Deutsche Post	W50	18	455	2:20:50	2:22:01
101	397	Wisotzki, Ellen	69	DEU	AOK Rheinland-Pfalz/Saarla	W45	13	459	2:22:20	2:22:37
102	286	Ghebremedhin, Marta	80	DEU	AOK Rheinland-Pfalz/Saarla	W35	11	462	2:22:55	2:24:42
103	10	Heib, Alexandra	84	DEU	AOK Rheinland-Pfalz/Saarla	W30	17	463	2:23:05	2:24:05
104	356	Kudrjawzew, Jenny	87	DEU	AOK Rheinland-Pfalz/Saarla	WH	22	465	2:23:21	2:24:01



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Platz	St-Nr.	Name	Jg	Nat	Verein/Team	AK	AK-Pl.	Pos	Netto	Brutto
105	365	Nissle, Andrea	84	DEU	AOK Rheinland-Pfalz/Saarla	W30	18	468	2:23:44	2:24:50
106	366	Vatter, Anja	71	DEU	AOK Rheinland-Pfalz/Saarla	W45	14	469	2:23:44	2:24:51
107	375	Köhntopp, Sonja	70	DEU	AOK Rheinland-Pfalz/Saarla	W45	15	470	2:23:46	2:24:42
108	364	Kiefer, Sandra	78	DEU	AOK Rheinland-Pfalz/Saarla	W35	12	472	2:23:56	2:24:56
109	11	Metzger, Simone	73	DEU	AOK Rheinland-Pfalz/Saarla	W40	18	473	2:23:58	2:25:05
110	478	Roccatello, Valentina	84	ITA	RENOLIT SE	W30	19	474	2:24:09	2:25:33
111	405	Biancu, Sandra	72	DEU	AOK Rheinland-Pfalz/Saarla	W40	19	477	2:24:29	2:25:32
112	402	Röther, Sophie	98	DEU	AOK Rheinland-Pfalz/Saarla	WU20	1	479	2:24:40	2:25:42
113	514	Hohmann, Melanie	77	DEU	TuS GW Wendelsheim	W35	13	481	2:25:33	2:26:31
114	545	Müller, Sylvia	74	DEU		W40	20	482	2:25:37	2:27:26
115	398	Lourenco Rodrigues, Ang	91	DEU	AOK Rheinland-Pfalz/Saarla	WH	23	484	2:25:44	2:26:43
116	255	Klein, Svenja	94	DEU		WH	24	487	2:26:51	2:28:08
117	333	Freyer, Sabine	72	DEU	AOK Rheinland-Pfalz/Saarla	W40	21	488	2:26:54	2:28:00
118	337	Kühnl, Silvia	77	DEU	AOK Rheinland-Pfalz/Saarla	W35	14	489	2:26:58	2:28:34
119	367	Jacoby, Ursula	72	DEU	AOK Rheinland-Pfalz/Saarla	W40	22	491	2:27:21	2:28:31
120	672	Lackner, Christine	69	DEU	LT Mannheim	W45	16	492	2:27:30	2:29:11
121	467	Krämer, Alexandra	69	DEU	RC Vorwärts Speyer	W45	17	494	2:28:34	2:29:54
122	689	Münzer, Christine	80	DEU		W35	15	496	2:28:49	2:30:09
123	666	Patti, Manuela	0	DEU				499	2:29:45	2:30:49
124	309	Graf, Birgit	80	DEU	AOK Rheinland-Pfalz/Saarla	W35	16	501	2:30:20	2:31:38
125	373	Harnischmacher, Nicola	64	DEU	AOK Rheinland-Pfalz/Saarla	W50	19	504	2:30:23	2:31:19
126	334	Steinmetz, Anette	66	DEU	AOK Rheinland-Pfalz/Saarla	W50	20	506	2:30:38	2:31:33
127	361	Hoyer, Maike	78	DEU	AOK Rheinland-Pfalz/Saarla	W35	17	507	2:30:38	2:31:33
128	353	Glanz, Ella	93	DEU	AOK Rheinland-Pfalz/Saarla	WH	25	509	2:31:21	2:32:57
129	528	Oxsher, Dr. Fiona	85	DEU		W30	20	513	2:32:11	2:33:34
130	383	Mayer, Nadja	82	DEU	AOK Rheinland-Pfalz/Saarla	W30	21	517	2:33:30	2:35:18
131	347	Schäfer, Beatrix	64	DEU	AOK Rheinland-Pfalz/Saarla	W50	21	522	2:36:35	2:38:02
132	389	Klyta, Anna	88	DEU	AOK Rheinland-Pfalz/Saarla	WH	26	523	2:36:53	2:37:59
133	320	Charbonneau, Jennifer	82	DEU	AOK Rheinland-Pfalz/Saarla	W30	22	524	2:37:49	2:39:30
134	344	Hannappel, Susanne	64	DEU	AOK Rheinland-Pfalz/Saarla	W50	22	525	2:38:02	2:39:28
135	382	Jovanovski, Gordana	89	DEU	AOK Rheinland-Pfalz/Saarla	WH	27	526	2:38:14	2:39:19
136	59	Gotto, Irma	64	DEU	LG HSC Gamlen-RSC Untermo	W50	23	527	2:38:40	2:39:38
137	386	Spiess, Sabrina	84	DEU	AOK Rheinland-Pfalz/Saarla	W30	23	528	2:38:57	2:40:02
138	244	Birk, Julia	89	DEU		WH	28	529	2:39:17	2:40:10
139	419	Schwarz, Elisa	96	DEU	AOK Rheinland-Pfalz/Saarla	WH	29	530	2:40:36	2:42:18
140	338	Müller, Andrea	70	DEU	AOK Rheinland-Pfalz/Saarla	W45	18	531	2:40:39	2:42:15
141	414	Hill, Eva	82	DEU	AOK Rheinland-Pfalz/Saarla	W30	24	532	2:41:02	2:42:50
142	370	Mohr, Bernadette	86	DEU	AOK Rheinland-Pfalz/Saarla	W30	25	533	2:41:04	2:42:51
143	391	Kissling, Simone	71	DEU	AOK Rheinland-Pfalz/Saarla	W45	19	534	2:41:05	2:42:54
144	388	Matheis, Viktoria	89	DEU	AOK Rheinland-Pfalz/Saarla	WH	30	535	2:41:25	2:42:50
145	317	Steiner, Sabrina	82	DEU	AOK Rheinland-Pfalz/Saarla	W30	26	537	2:42:15	2:43:35
146	355	Kepler, Martina	64	DEU	AOK Rheinland-Pfalz/Saarla	W50	24	538	2:44:18	2:45:46
147	324	Wolter, Hanna	98	DEU	AOK Rheinland-Pfalz/Saarla	WU20	2	539	2:45:13	2:45:48
148	408	Franzen, Gabriele	64	DEU	AOK Rheinland-Pfalz/Saarla	W50	25	540	2:45:16	2:46:11
149	393	Drenk, Elke	66	DEU	AOK Rheinland-Pfalz/Saarla	W50	26	542	2:45:29	2:46:32
150	312	Illgen, Anja	67	DEU	AOK Rheinland-Pfalz/Saarla	W45	20	543	2:45:54	2:47:15
151	376	Stern, Anneliese	55	DEU	AOK Rheinland-Pfalz/Saarla	W60	2	544	2:46:28	2:47:23
152	416	Gies, Christina	62	DEU	AOK Rheinland-Pfalz/Saarla	W50	27	545	2:48:34	2:49:58
153	16	Tenzer, Claudia	88	DEU	AOK Rheinland-Pfalz/Saarla	WH	31	546	2:49:02	2:50:01
154	694	Knapp, Anke	66	DEU		W50	28	548	2:53:00	2:54:14
155	12	Vogt, Elke	73	DEU	AOK Rheinland-Pfalz/Saarla	W40	23	549	2:54:01	2:54:13
156	265	Schuler, Martina	91	DEU		WH	32	550	2:54:36	2:56:14



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Platz	St-Nr.	Name	Jg	Nat	Verein/Team	AK	AK-Pl.	Pos	Netto	Brutto
157	363	Loeben, Diana	85	DEU	AOK Rheinland-Pfalz/Saarla	W30	27	551	3:02:46	3:03:51
158	681	Knapp, Nadiene	73	DEU	AOK Rheinland-Pfalz/Saarla	W40	24	552	3:03:04	3:03:26
159	372	Harnischmacher, Ann Ka	91	DEU	AOK Rheinland-Pfalz/Saarla	WH	33	554	3:08:19	3:09:17
160	290	Bryla, Miriam	90	DEU	AOK Rheinland-Pfalz/Saarla	WH	34	555	3:08:19	3:09:15
161	327	Hiller, Herlind	76	DEU	AOK Rheinland-Pfalz/Saarla	W40	25	556	3:08:30	3:08:54