

| Pl                                | tnr | Name                    | Zeit           | 1,3 km      |             |             |             |             |             |              | 7 P          |              |              |              |              |              |         |  |
|-----------------------------------|-----|-------------------------|----------------|-------------|-------------|-------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|---------|--|
|                                   |     |                         |                | 1(125)      | 2(130)      | 3(119)      | 4(112)      | 5(118)      | 6(117)      | 7(100)       | Ziel         |              |              |              |              |              |         |  |
| <b>H-10 (Herren bis 10) (3)</b>   |     |                         |                |             |             |             |             |             |             |              |              |              |              |              |              |              |         |  |
| 1                                 |     | <b>Daniel Schmidt</b>   | <b>10:03</b>   | <b>0:30</b> | <b>2:29</b> | <b>3:27</b> | <b>5:05</b> | <b>6:52</b> | <b>8:43</b> | <b>9:42</b>  | <b>10:03</b> |              |              |              |              |              |         |  |
|                                   |     | <b>TSG Wiesloch</b>     |                | <b>0:30</b> | <b>1:59</b> | <b>0:58</b> | <b>1:38</b> | <b>1:47</b> | <b>1:51</b> | 0:59         | <b>0:21</b>  |              |              |              |              |              |         |  |
| 2                                 |     | <b>Julian Doetsch</b>   | <b>17:50</b>   | 0:34        | 4:02        | 5:01        | 7:05        | 10:01       | 16:28       | 17:19        | 17:50        |              |              |              |              |              |         |  |
|                                   |     | <b>OLV Steinberg</b>    |                | 0:34        | 3:28        | 0:59        | 2:04        | 2:56        | 6:27        | <b>0:51</b>  | 0:31         |              |              |              |              |              |         |  |
| 3                                 |     | <b>Linus Girke</b>      | <b>56:09</b>   | 0:46        | 4:19        | 5:40        | 10:22       | 46:16       | 52:01       | 55:16        | 56:09        |              |              |              |              |              |         |  |
|                                   |     | <b>TSG Schwabenheim</b> |                | 0:46        | 3:33        | 1:21        | 4:42        | 35:54       | 5:45        | 3:15         | 0:53         |              |              |              |              |              |         |  |
| <b>D-12 (Damen bis 12) (4)</b>    |     |                         |                |             |             |             |             |             |             |              |              |              |              |              |              |              |         |  |
|                                   |     |                         |                | 2,1 km      |             |             |             |             |             |              | 12 P         |              |              |              |              |              |         |  |
|                                   |     |                         |                | 1(125)      | 2(130)      | 3(119)      | 4(112)      | 5(118)      | 6(113)      | 7(128)       | 8(116)       | 9(127)       | 10(121)      | 11(117)      | 12(100)      | Ziel         |         |  |
| 1                                 |     | <b>Katharina Saß</b>    | <b>20:54</b>   | 0:37        | 2:39        | 3:38        | 5:11        | <b>7:11</b> | <b>9:32</b> | <b>11:49</b> | <b>12:57</b> | <b>14:29</b> | <b>18:08</b> | <b>19:31</b> | <b>20:29</b> | <b>20:54</b> |         |  |
|                                   |     | <b>OLF Mainz</b>        |                | 0:37        | 2:02        | 0:59        | <b>1:33</b> | 2:00        | <b>2:21</b> | 2:17         | 1:08         | <b>1:32</b>  | 3:39         | 1:23         | <b>0:58</b>  | 0:25         |         |  |
| 2                                 |     | <b>Lina Behrendt</b>    | <b>21:16</b>   | <b>0:32</b> | <b>2:30</b> | <b>3:23</b> | <b>5:08</b> | 8:00        | 11:15       | 13:38        | 14:37        | 16:57        | 18:39        | 19:42        | 20:51        | 21:16        |         |  |
|                                   |     | <b>OLV Steinberg</b>    |                | <b>0:32</b> | <b>1:58</b> | <b>0:53</b> | 1:45        | 2:52        | 3:15        | 2:23         | <b>0:59</b>  | 2:20         | 1:42         | <b>1:03</b>  | 1:09         | 0:25         |         |  |
| 3                                 |     | <b>Lotte Strupp</b>     | <b>24:54</b>   | 0:56        | 4:27        | 5:22        | 7:24        | 9:19        | 12:40       | 14:44        | 15:52        | 18:38        | 21:36        | 23:00        | 24:27        | 24:54        |         |  |
|                                   |     | <b>TGM Budenheim</b>    |                | 0:56        | 3:31        | 0:55        | 2:02        | <b>1:55</b> | 3:21        | <b>2:04</b>  | 1:08         | 2:46         | 2:58         | 1:24         | 1:27         | 0:27         |         |  |
| 4                                 |     | <b>Clara Beiser</b>     | <b>27:06</b>   | 0:36        | 3:56        | 4:53        | 7:12        | 9:12        | 13:06       | 19:06        | 20:05        | 22:29        | 23:57        | 25:10        | 26:44        | 27:06        |         |  |
|                                   |     | <b>TGM Budenheim</b>    |                | 0:36        | 3:20        | 0:57        | 2:19        | 2:00        | 3:54        | 6:00         | <b>0:59</b>  | 2:24         | <b>1:28</b>  | 1:13         | 1:34         | <b>0:22</b>  |         |  |
| <b>D-14 (Damen bis 14) (2)</b>    |     |                         |                |             |             |             |             |             |             |              |              |              |              |              |              |              |         |  |
|                                   |     |                         |                | 1           | 2           | 3           | 4           | 5           | 6           | 7            | 8            | 9            | 10           | 11           | 12           | 13           | 14      |  |
| 1                                 |     | <b>Jule Wersin</b>      | <b>30:40</b>   | 1(121)      | 2(128)      | 3(129)      | 4(108)      | 5(120)      | 6(123)      | 7(125)       | 8(130)       | 9(119)       | 10(126)      | 11(100)      | Ziel         |              |         |  |
|                                   |     | <b>TGM Budenheim</b>    |                | 4:32        | 8:46        | 12:45       | 16:14       | 19:42       | 21:59       | 24:14        | 26:49        | 28:17        | 29:18        | 30:19        | 30:40        |              |         |  |
|                                   |     |                         |                | 4:32        | 4:14        | 3:59        | 3:29        | 3:28        | 2:17        | 2:15         | 2:35         | 1:28         | 1:01         | 1:01         | 0:21         |              |         |  |
| 2                                 |     | <b>Annika Simsch</b>    | <b>30:42</b>   | 1(121)      | 2(128)      | 3(129)      | 4(108)      | 5(120)      | 6(123)      | 7(125)       | 8(130)       | 9(119)       | 10(126)      | 11(100)      | Ziel         |              |         |  |
|                                   |     | <b>TGM Budenheim</b>    |                | 4:34        | 8:51        | 12:48       | 16:19       | 19:46       | 22:04       | 24:17        | 26:50        | 28:19        | 29:21        | 30:21        | 30:42        |              |         |  |
|                                   |     |                         |                | 4:34        | 4:17        | 3:57        | 3:31        | 3:27        | 2:18        | 2:13         | 2:33         | 1:29         | 1:02         | 1:00         | 0:21         |              |         |  |
| <b>D-10 (Damen bis 10) (1)</b>    |     |                         |                |             |             |             |             |             |             |              |              |              |              |              |              |              |         |  |
|                                   |     |                         |                | 1,3 km      |             |             |             |             |             |              | 7 P          |              |              |              |              |              |         |  |
|                                   |     |                         |                | 1(125)      | 2(130)      | 3(119)      | 4(112)      | 5(118)      | 6(117)      | 7(100)       | Ziel         |              |              |              |              |              |         |  |
| 1                                 |     | <b>Katja Horst</b>      | <b>11:04</b>   | <b>0:33</b> | <b>2:41</b> | <b>3:37</b> | <b>5:11</b> | <b>7:11</b> | <b>9:24</b> | <b>10:42</b> | <b>11:04</b> |              |              |              |              |              |         |  |
|                                   |     | <b>SC Königstein</b>    |                | <b>0:33</b> | <b>2:08</b> | <b>0:56</b> | <b>1:34</b> | <b>2:00</b> | <b>2:13</b> | <b>1:18</b>  | <b>0:22</b>  |              |              |              |              |              |         |  |
| <b>D15-18 (Damen bis 18) (2)</b>  |     |                         |                |             |             |             |             |             |             |              |              |              |              |              |              |              |         |  |
|                                   |     |                         |                | 1           | 2           | 3           | 4           | 5           | 6           | 7            | 8            | 9            | 10           | 11           | 12           | 13           | 14      |  |
| 1                                 |     | <b>Leane Schäfer</b>    | <b>1:06:40</b> | 1(124)      | 2(109)      | 3(110)      | 4(108)      | 5(102)      | 6(107)      | 7(131)       | 8(116)       | 9(114)       | 10(115)      | 11(129)      | 12(122)      | 13(107)      | 14(131) |  |
|                                   |     | <b>TGM Budenheim</b>    |                | 5:57        | 8:11        | 11:04       | 13:33       | 15:33       | 16:58       | 17:22        | 20:25        | 25:37        | 28:30        | 36:25        | 37:51        | 38:49        | 39:09   |  |
|                                   |     |                         |                | 5:57        | 2:14        | 2:53        | 2:29        | 2:00        | 1:25        | 0:24         | 3:03         | 5:12         | 2:53         | 7:55         | 1:26         | 0:58         | 0:20    |  |
|                                   |     |                         |                | 15(121)     | 16(128)     | 17(129)     | 18(108)     | 19(120)     | 20(123)     | 21(125)      | 22(130)      | 23(119)      | 24(126)      | 25(100)      | Ziel         |              |         |  |
|                                   |     |                         |                | 42:15       | 45:43       | 49:28       | 52:22       | 56:00       | 58:33       | 1:00:38      | 1:02:52      | 1:04:11      | 1:05:15      | 1:06:19      | 1:06:40      |              |         |  |
|                                   |     |                         |                | 3:06        | 3:28        | 3:45        | 2:54        | 3:38        | 2:33        | 2:05         | 2:14         | 1:19         | 1:04         | 1:04         | 0:21         |              |         |  |
| AK                                |     | <b>Erik Gallrein</b>    | <b>1:06:42</b> | 1(124)      | 2(109)      | 3(110)      | 4(108)      | 5(102)      | 6(107)      | 7(131)       | 8(116)       | 9(114)       | 10(115)      | 11(129)      | 12(122)      | 13(107)      | 14(131) |  |
|                                   |     | <b>kein Verein</b>      |                | 5:56        | 8:12        | 11:06       | 13:32       | 15:30       | 17:00       | 17:21        | 20:26        | 25:34        | 28:31        | 36:26        | 37:50        | 38:48        | 39:08   |  |
|                                   |     |                         |                | 5:56        | 2:16        | 2:54        | 2:26        | 1:58        | 1:30        | 0:21         | 3:05         | 5:08         | 2:57         | 7:55         | 1:24         | 0:58         | 0:20    |  |
|                                   |     |                         |                | 15(121)     | 16(128)     | 17(129)     | 18(108)     | 19(120)     | 20(123)     | 21(125)      | 22(130)      | 23(119)      | 24(126)      | 25(100)      | Ziel         |              |         |  |
|                                   |     |                         |                | 42:14       | 45:39       | 49:29       | 52:20       | 55:56       | 58:31       | 1:00:40      | 1:02:53      | 1:04:14      | 1:05:16      | 1:06:18      | 1:06:42      |              |         |  |
|                                   |     |                         |                | 3:06        | 3:25        | 3:50        | 2:51        | 3:36        | 2:35        | 2:09         | 2:13         | 1:21         | 1:02         | 1:02         | 0:24         |              |         |  |
| <b>H15-18 (Herren bis 18) (2)</b> |     |                         |                |             |             |             |             |             |             |              |              |              |              |              |              |              |         |  |
|                                   |     |                         |                | 1           | 2           | 3           | 4           | 5           | 6           | 7            | 8            | 9            | 10           | 11           | 12           | 13           | 14      |  |
| 1                                 |     | <b>Janis Waltaner</b>   | <b>1:21:38</b> | 1(106)      | 2(105)      | 3(104)      | 4(103)      | 5(122)      | 6(131)      | 7(117)       | 8(112)       | 9(119)       | 10(118)      | 11(113)      | 12(111)      | 13(131)      | 14(121) |  |
|                                   |     |                         |                | 9:00        | 12:52       | 15:46       | 18:02       | 21:14       | 21:48       | 26:05        | 40:31        | 42:08        | 44:54        | 48:24        | 52:10        | 55:14        | 57:22   |  |
|                                   |     |                         |                | 9:00        | 3:52        | 2:54        | 2:16        | 3:12        | 0:34        | 4:17         | 14:26        | 1:37         | 2:46         | 3:30         | 3:46         | 3:04         | 2:08    |  |
|                                   |     |                         |                | 15(128)     | 16(129)     | 17(108)     | 18(120)     | 19(123)     | 20(125)     | 21(130)      | 22(119)      | 23(126)      | 24(100)      | Ziel         |              |              |         |  |
|                                   |     |                         |                | 1:00:52     | 1:04:29     | 1:07:10     | 1:10:43     | 1:13:06     | 1:15:03     | 1:17:35      | 1:18:50      | 1:19:59      | 1:21:05      | 1:21:38      |              |              |         |  |
|                                   |     |                         |                | 3:30        | 3:37        | 2:41        | 3:33        | 2:23        | 1:57        | 2:32         | 1:15         | 1:09         | 1:06         | 0:33         |              |              |         |  |
|                                   |     | <b>Benno Raupach</b>    | <b>Aufg</b>    | 1(106)      | 2(105)      | 3(104)      | 4(103)      | 5(122)      | 6(131)      | 7(117)       | 8(112)       | 9(119)       | 10(118)      | 11(113)      | 12(111)      | 13(131)      | 14(121) |  |
|                                   |     | <b>OLV Steinberg</b>    |                | 4:35        | 5:31        | 7:50        | 9:25        | 11:48       | 12:12       | 14:52        | 17:55        | 19:28        | 21:41        | 23:41        | 27:22        | 30:42        | 32:38   |  |
|                                   |     |                         |                | 4:35        | 0:56        | 2:19        | 1:35        | 2:23        | 0:24        | 2:40         | 3:03         | 1:33         | 2:13         | 2:00         | 3:41         | 3:20         | 1:56    |  |
|                                   |     |                         |                | 15(128)     | 16(129)     | 17(108)     | 18(120)     | 19(123)     | 20(125)     | 21(130)      | 22(119)      | 23(126)      | 24(100)      | Ziel         |              |              |         |  |
|                                   |     |                         |                | 35:01       | 37:35       | 39:18       | 46:29       | ----        | ----        | ----         | ----         | ----         | ----         | 52:16        |              |              |         |  |
|                                   |     |                         |                | 2:23        | 2:34        | 1:43        | 7:11        |             |             |              |              |              |              |              |              |              |         |  |
| <b>D35- (Damen ab 35) (1)</b>     |     |                         |                |             |             |             |             |             |             |              |              |              |              |              |              |              |         |  |
|                                   |     |                         |                | 1           | 2           | 3           | 4           | 5           | 6           | 7            | 8            | 9            | 10           | 11           | 12           | 13           | 14      |  |
| 1                                 |     | <b>Svenja Liebler</b>   | <b>1:08:28</b> | 1(117)      | 2(112)      | 3(119)      | 4(118)      | 5(113)      | 6(111)      | 7(131)       | 8(106)       | 9(105)       | 10(104)      | 11(103)      | 12(122)      | 13(131)      | 14(121) |  |
|                                   |     | <b>CTG Koblenz</b>      |                | 5:17        | 9:19        | 11:03       | 13:48       | 16:38       | 20:41       | 23:46        | 31:12        | 32:37        | 35:43        | 37:31        | 40:54        | 41:25        | 44:32   |  |
|                                   |     |                         |                | 5:17        | 4:02        | 1:44        | 2:45        | 2:50        | 4:03        | 3:05         | 7:26         | 1:25         | 3:06         | 1:48         | 3:23         | 0:31         | 3:07    |  |
|                                   |     |                         |                | 15(128)     | 16(129)     | 17(108)     | 18(120)     | 19(123)     | 20(125)     | 21(130)      | 22(119)      | 23(126)      | 24(100)      | Ziel         |              |              |         |  |
|                                   |     |                         |                | 47:54       | 52:43       | 55:43       | 59:20       | 1:01:11     | 1:02:44     | 1:04:35      | 1:05:45      | 1:07:06      | 1:08:04      | 1:08:28      |              |              |         |  |
|                                   |     |                         |                | 3:22        | 4:49        | 3:00        | 3:37        | 1:51        | 1:33        | 1:51         | 1:10         | 1:21         | 0:58         | 0:24         |              |              |         |  |

| Pl                              | tnr                                  | Name    | Zeit    | 1                                    | 2       | 3       | 4       | 5       | 6       | 7       | 8       | 9       | 10      | 11      | 12      | 13      | 14      |
|---------------------------------|--------------------------------------|---------|---------|--------------------------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| <b>H35- (Herren ab 35) (11)</b> |                                      |         |         |                                      |         |         |         |         |         |         |         |         |         |         |         |         |         |
| 1                               | Marcel Göhler<br>CTG Koblenz         | 57:05   | 1(121)  | 2(127)                               | 3(111)  | 4(129)  | 5(122)  | 6(131)  | 7(101)  | 8(109)  | 9(102)  | 10(107) | 11(131) | 12(124) | 13(109) | 14(110) |         |
|                                 |                                      |         | 3:08    | 4:46                                 | 7:01    | 8:14    | 8:55    | 9:24    | 11:08   | 11:57   | 13:56   | 14:59   | 15:19   | 17:22   | 18:48   | 20:32   |         |
|                                 |                                      |         | 3:08    | 1:38                                 | 2:15    | 1:13    | 0:41    | 0:29    | 1:44    | 0:49    | 1:59    | 1:03    | 0:20    | 2:03    | 1:26    | 1:44    |         |
|                                 |                                      |         | 15(108) | 16(102)                              | 17(107) | 18(131) | 19(116) | 20(114) | 21(115) | 22(129) | 23(122) | 24(107) | 25(131) | 26(121) | 27(128) | 28(129) |         |
|                                 |                                      |         | 22:27   | 23:46                                | 24:45   | 25:04   | 27:15   | 30:39   | 32:39   | 36:46   | 37:31   | 38:06   | 38:23   | 40:44   | 43:06   | 45:36   |         |
|                                 |                                      |         | 1:55    | 1:19                                 | 0:59    | 0:19    | 2:11    | 3:24    | 2:00    | 4:07    | 0:45    | 0:35    | 0:17    | 2:21    | 2:22    | 2:30    |         |
|                                 |                                      |         | 29(108) | 30(120)                              | 31(123) | 32(125) | 33(130) | 34(119) | 35(126) | 36(100) | Ziel    |         |         |         |         |         |         |
|                                 |                                      |         | 47:45   | 50:04                                | 51:21   | 52:46   | 54:15   | 55:02   | 56:02   | 56:48   | 57:05   |         |         |         |         |         |         |
|                                 |                                      |         | 2:09    | 2:19                                 | 1:17    | 1:25    | 1:29    | 0:47    | 1:00    | 0:46    | 0:17    |         |         |         |         |         |         |
|                                 |                                      |         | 2       | Anatolii Dunaev<br>Gymnasion Offenba | 58:22   | 1(124)  | 2(109)  | 3(110)  | 4(108)  | 5(102)  | 6(107)  | 7(131)  | 8(116)  | 9(114)  | 10(115) | 11(129) | 12(122) |
| 3:23                            | 5:00                                 | 6:41    | 8:37    | 9:54                                 | 10:51   | 11:11   | 13:06   | 16:03   | 18:04   | 21:44   | 22:25   | 22:54   | 23:11   |         |         |         |         |
| 3:23                            | 1:37                                 | 1:41    | 1:56    | 1:17                                 | 0:57    | 0:20    | 1:55    | 2:57    | 2:01    | 3:40    | 0:41    | 0:29    | 0:17    |         |         |         |         |
| 15(121)                         | 16(127)                              | 17(111) | 18(129) | 19(122)                              | 20(131) | 21(101) | 22(109) | 23(102) | 24(107) | 25(131) | 26(121) | 27(128) | 28(129) |         |         |         |         |
| 24:52                           | 26:33                                | 32:01   | 33:14   | 33:56                                | 34:23   | 36:31   | 37:24   | 39:11   | 40:07   | 40:24   | 42:15   | 44:36   | 47:03   |         |         |         |         |
| 1:41                            | 1:41                                 | 5:28    | 1:13    | 0:42                                 | 0:27    | 2:08    | 0:53    | 1:47    | 0:56    | 0:17    | 1:51    | 2:21    | 2:27    |         |         |         |         |
| 29(108)                         | 30(120)                              | 31(123) | 32(125) | 33(130)                              | 34(119) | 35(126) | 36(100) | Ziel    |         |         |         |         |         |         |         |         |         |
| 48:50                           | 51:01                                | -----   | -----   | -----                                | -----   | -----   | -----   | 58:22   |         |         |         |         |         |         |         |         |         |
| 1:47                            | 2:11                                 |         |         |                                      |         |         |         | 7:21    |         |         |         |         |         |         |         |         |         |
| 3                               | Jakob Doetsch<br>OLV Steinberg       | 58:34   | 1(116)  | 2(114)                               | 3(115)  | 4(129)  | 5(122)  | 6(107)  | 7(131)  | 8(124)  | 9(109)  | 10(110) | 11(108) | 12(102) | 13(107) | 14(131) |         |
| 2:34                            | 5:21                                 | 7:33    | 11:41   | 12:30                                | 13:02   | 13:22   | 16:00   | 17:37   | 19:24   | 21:26   | 22:42   | 23:41   | 24:00   |         |         |         |         |
| 2:34                            | 2:47                                 | 2:12    | 4:08    | 0:49                                 | 0:32    | 0:20    | 2:38    | 1:37    | 1:47    | 2:02    | 1:16    | 0:59    | 0:19    |         |         |         |         |
| 15(121)                         | 16(127)                              | 17(111) | 18(129) | 19(122)                              | 20(131) | 21(101) | 22(109) | 23(102) | 24(107) | 25(131) | 26(121) | 27(128) | 28(129) |         |         |         |         |
| 25:51                           | 27:38                                | 30:17   | 31:33   | 32:19                                | 33:05   | 34:51   | 35:51   | 37:47   | 38:57   | 39:18   | 41:16   | 43:39   | 46:24   |         |         |         |         |
| 1:51                            | 1:47                                 | 2:39    | 1:16    | 0:46                                 | 0:46    | 1:46    | 1:00    | 1:56    | 1:10    | 0:21    | 1:58    | 2:23    | 2:45    |         |         |         |         |
| 29(108)                         | 30(120)                              | 31(123) | 32(125) | 33(130)                              | 34(119) | 35(126) | 36(100) | Ziel    |         |         |         |         |         |         |         |         |         |
| 48:43                           | 51:08                                | 52:44   | 54:01   | 55:48                                | 56:35   | 57:22   | 58:13   | 58:34   |         |         |         |         |         |         |         |         |         |
| 2:19                            | 2:25                                 | 1:36    | 1:17    | 1:47                                 | 0:47    | 0:47    | 0:51    | 0:21    |         |         |         |         |         |         |         |         |         |
| 4                               | Marcus Schmidt<br>Wiesloch, TSG      | 59:40   | 1(116)  | 2(114)                               | 3(115)  | 4(129)  | 5(122)  | 6(107)  | 7(131)  | 8(124)  | 9(109)  | 10(110) | 11(108) | 12(102) | 13(107) | 14(131) |         |
| 2:32                            | 5:58                                 | 7:54    | 11:54   | 12:41                                | 13:12   | 13:30   | 17:39   | 19:18   | 21:03   | 23:09   | 24:26   | 25:36   | 25:54   |         |         |         |         |
| 2:32                            | 3:26                                 | 1:56    | 4:00    | 0:47                                 | 0:31    | 0:18    | 4:09    | 1:39    | 1:45    | 2:06    | 1:17    | 1:10    | 0:18    |         |         |         |         |
| 15(121)                         | 16(127)                              | 17(111) | 18(129) | 19(122)                              | 20(131) | 21(101) | 22(109) | 23(102) | 24(107) | 25(131) | 26(121) | 27(128) | 28(129) |         |         |         |         |
| 27:51                           | 29:06                                | 31:27   | 32:46   | 33:36                                | 34:05   | 35:59   | 36:53   | 38:54   | 40:07   | 40:26   | 42:13   | 44:48   | 47:28   |         |         |         |         |
| 1:57                            | 1:15                                 | 2:21    | 1:19    | 0:50                                 | 0:29    | 1:54    | 0:54    | 2:01    | 1:13    | 0:19    | 1:47    | 2:35    | 2:40    |         |         |         |         |
| 29(108)                         | 30(120)                              | 31(123) | 32(125) | 33(130)                              | 34(119) | 35(126) | 36(100) | Ziel    |         |         |         |         |         |         |         |         |         |
| 49:38                           | 52:11                                | 53:44   | 55:14   | 56:52                                | 57:44   | 58:27   | 59:18   | 59:40   |         |         |         |         |         |         |         |         |         |
| 2:10                            | 2:33                                 | 1:33    | 1:30    | 1:38                                 | 0:52    | 0:43    | 0:51    | 0:22    |         |         |         |         |         |         |         |         |         |
| 5                               | Kai Pastor<br>OLF Mainz              | 1:03:14 | 1(124)  | 2(109)                               | 3(110)  | 4(108)  | 5(102)  | 6(107)  | 7(131)  | 8(116)  | 9(114)  | 10(115) | 11(129) | 12(122) | 13(107) | 14(131) |         |
| 4:00                            | 5:37                                 | 7:18    | 9:32    | 10:54                                | 12:00   | 12:28   | 14:48   | 17:55   | 20:21   | 25:06   | 25:56   | 26:35   | 26:55   |         |         |         |         |
| 4:00                            | 1:37                                 | 1:41    | 2:14    | 1:22                                 | 1:06    | 0:28    | 2:20    | 3:07    | 2:26    | 4:45    | 0:50    | 0:39    | 0:20    |         |         |         |         |
| 15(121)                         | 16(127)                              | 17(111) | 18(129) | 19(122)                              | 20(131) | 21(101) | 22(109) | 23(102) | 24(107) | 25(131) | 26(121) | 27(128) | 28(129) |         |         |         |         |
| 29:23                           | 30:28                                | 34:40   | 36:12   | 37:03                                | 37:39   | 39:29   | 40:21   | 42:30   | 43:47   | 44:06   | 46:01   | 48:24   | 51:20   |         |         |         |         |
| 2:28                            | 1:05                                 | 4:12    | 1:32    | 0:51                                 | 0:36    | 1:50    | 0:52    | 2:09    | 1:17    | 0:19    | 1:55    | 2:23    | 2:56    |         |         |         |         |
| 29(108)                         | 30(120)                              | 31(123) | 32(125) | 33(130)                              | 34(119) | 35(126) | 36(100) | Ziel    |         |         |         |         |         |         |         |         |         |
| 53:33                           | 55:58                                | 57:20   | 58:41   | 1:00:24                              | 1:01:17 | 1:02:02 | 1:02:56 | 1:03:14 |         |         |         |         |         |         |         |         |         |
| 2:13                            | 2:25                                 | 1:22    | 1:21    | 1:43                                 | 0:53    | 0:45    | 0:54    | 0:18    |         |         |         |         |         |         |         |         |         |
| 6                               | Christian Kosch<br>OLV Steinberg     | 1:03:20 | 1(121)  | 2(127)                               | 3(111)  | 4(129)  | 5(122)  | 6(131)  | 7(101)  | 8(109)  | 9(102)  | 10(107) | 11(131) | 12(116) | 13(114) | 14(115) |         |
| 3:09                            | 4:50                                 | 8:04    | 9:22    | 10:18                                | 10:54   | 13:07   | 14:08   | 16:26   | 17:50   | 18:07   | 20:23   | 23:44   | 25:51   |         |         |         |         |
| 3:09                            | 1:41                                 | 3:14    | 1:18    | 0:56                                 | 0:36    | 2:13    | 1:01    | 2:18    | 1:24    | 0:17    | 2:16    | 3:21    | 2:07    |         |         |         |         |
| 15(129)                         | 16(122)                              | 17(107) | 18(131) | 19(124)                              | 20(109) | 21(110) | 22(108) | 23(102) | 24(107) | 25(131) | 26(121) | 27(128) | 28(129) |         |         |         |         |
| 30:27                           | 31:22                                | 31:56   | 32:14   | 34:38                                | 36:32   | 38:30   | 40:44   | 42:03   | 43:22   | 43:40   | 45:34   | 48:35   | 51:31   |         |         |         |         |
| 4:36                            | 0:55                                 | 0:34    | 0:18    | 2:24                                 | 1:54    | 1:58    | 2:14    | 1:19    | 1:19    | 0:18    | 1:54    | 3:01    | 2:56    |         |         |         |         |
| 29(108)                         | 30(120)                              | 31(123) | 32(125) | 33(130)                              | 34(119) | 35(126) | 36(100) | Ziel    |         |         |         |         |         |         |         |         |         |
| 53:44                           | 56:10                                | 57:35   | 58:55   | 1:00:35                              | 1:01:24 | 1:02:09 | 1:02:59 | 1:03:20 |         |         |         |         |         |         |         |         |         |
| 2:13                            | 2:26                                 | 1:25    | 1:20    | 1:40                                 | 0:49    | 0:45    | 0:50    | 0:21    |         |         |         |         |         |         |         |         |         |
| 7                               | Thomas Göpfert<br>kein Verein        | 1:14:18 | 1(116)  | 2(114)                               | 3(115)  | 4(129)  | 5(122)  | 6(107)  | 7(131)  | 8(124)  | 9(109)  | 10(110) | 11(108) | 12(102) | 13(107) | 14(131) |         |
| 3:48                            | 10:33                                | 12:44   | 16:35   | 17:29                                | 18:05   | 18:24   | 25:25   | 27:12   | 28:49   | 30:42   | 32:48   | 33:51   | 34:11   |         |         |         |         |
| 3:48                            | 6:45                                 | 2:11    | 3:51    | 0:54                                 | 0:36    | 0:19    | 7:01    | 1:47    | 1:37    | 1:53    | 2:06    | 1:03    | 0:20    |         |         |         |         |
| 15(121)                         | 16(127)                              | 17(111) | 18(129) | 19(122)                              | 20(131) | 21(101) | 22(109) | 23(102) | 24(107) | 25(131) | 26(121) | 27(128) | 28(129) |         |         |         |         |
| 37:31                           | 40:09                                | 43:04   | 44:42   | 45:31                                | 46:00   | 49:13   | 50:19   | 52:04   | 53:05   | 53:23   | 55:23   | 58:46   | 1:01:19 |         |         |         |         |
| 3:20                            | 2:38                                 | 2:55    | 1:38    | 0:49                                 | 0:29    | 3:13    | 1:06    | 1:45    | 1:01    | 0:18    | 2:00    | 3:23    | 2:33    |         |         |         |         |
| 29(108)                         | 30(120)                              | 31(123) | 32(125) | 33(130)                              | 34(119) | 35(126) | 36(100) | Ziel    |         |         |         |         |         |         |         |         |         |
| 1:03:28                         | 1:06:10                              | 1:07:57 | 1:09:38 | 1:11:19                              | 1:12:09 | 1:12:55 | 1:13:51 | 1:14:18 |         |         |         |         |         |         |         |         |         |
| 2:09                            | 2:42                                 | 1:47    | 1:41    | 1:41                                 | 0:50    | 0:46    | 0:56    | 0:27    |         |         |         |         |         |         |         |         |         |
| 8                               | Carl-Christian Köpp<br>OLV Steinberg | 1:25:32 | 1(121)  | 2(127)                               | 3(111)  | 4(129)  | 5(122)  | 6(131)  | 7(101)  | 8(109)  | 9(102)  | 10(107) | 11(131) | 12(124) | 13(109) | 14(110) |         |
| 3:43                            | 5:58                                 | 10:05   | 11:38   | 12:29                                | 13:33   | 17:56   | 19:32   | 21:41   | 23:16   | 23:38   | 27:47   | 29:55   | 32:06   |         |         |         |         |
| 3:43                            | 2:15                                 | 4:07    | 1:33    | 0:51                                 | 1:04    | 4:23    | 1:36    | 2:09    | 1:35    | 0:22    | 4:09    | 2:08    | 2:11    |         |         |         |         |
| 15(108)                         | 16(102)                              | 17(107) | 18(131) | 19(116)                              | 20(114) | 21(115) | 22(129) | 23(122) | 24(107) | 25(131) | 26(121) | 27(128) | 28(129) |         |         |         |         |
| 34:50                           | 37:40                                | 39:04   | 39:29   | 42:28                                | 47:02   | 49:57   | 55:52   | 56:47   | 57:40   | 58:05   | 1:00:35 | 1:03:54 | 1:07:23 |         |         |         |         |
| 2:44                            | 2:50                                 | 1:24    | 0:25    | 2:59                                 | 4:34    | 2:55    | 5:55    | 0:55    | 0:53    | 0:25    | 2:30    | 3:19    | 3:29    |         |         |         |         |
| 29(108)                         | 30(120)                              | 31(123) | 32(125) | 33(130)                              | 34(119) | 35(126) | 36(100) | Ziel    |         |         |         |         |         |         |         |         |         |
| 1:10:32                         | 1:14:05                              | 1:16:02 | 1:17:50 | 1:20:07                              | 1:21:47 | 1:23:28 | 1:24:59 | 1:25:32 |         |         |         |         |         |         |         |         |         |
| 3:09                            | 3:33                                 | 1:57    | 1:48    | 2:17                                 | 1:40    | 1:41    | 1:31    | 0:33    |         |         |         |         |         |         |         |         |         |
| 9                               | Sven Göbel<br>Gymnasion Offenba      | 1:30:17 | 1(121)  | 2(127)                               | 3(111)  | 4(129)  | 5(122)  | 6(131)  | 7(101)  | 8(109)  | 9(102)  | 10(107) | 11(131) | 12(116) | 13(114) | 14(115) |         |
| 4:03                            | 6:36                                 | 10:03   | 12:02   | 13:09                                | 13:56   | 17:53   | 19:18   | 21:48   | 23:37   | 24:01   | 27:41   | 32:32   | 35:52   |         |         |         |         |
| 4:03                            | 2:33                                 | 3:27    | 1:59    | 1:07                                 | 0:47    | 3:57    | 1:25    | 2:30    | 1:49    | 0:24    | 3:40    | 4:51    | 3:20    |         |         |         |         |
| 15(129)                         | 16(122)                              | 17(107) | 18(131) | 19(124)                              | 20(109) | 21(110) | 22(108) | 23(102) | 24(107) | 25(131) | 26(121) | 27(128) | 28(129) |         |         |         |         |
| 42:36                           | 43:37                                | 44:24   | 44:48   | 48:01                                | 50:31   | 53:10   | 56:11   | 58:23   | 1:00:03 | 1:00:28 | 1:03:48 | 1:07:49 | 1:12:17 |         |         |         |         |
| 6:44                            | 1:01                                 | 0:47    | 0:24    | 3:13                                 | 2:30    | 2:39    | 3:01    | 2:12    | 1:40    | 0:2     |         |         |         |         |         |         |         |

| Pl                              | tnr | Name                      | Zeit           | (Forts.) |         |         |         |         |         |         |         |         |         |         |         |         |         |  |
|---------------------------------|-----|---------------------------|----------------|----------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|--|
|                                 |     |                           |                | 1        | 2       | 3       | 4       | 5       | 6       | 7       | 8       | 9       | 10      | 11      | 12      | 13      | 14      |  |
| <b>H35- (Herren ab 35) (11)</b> |     |                           |                |          | 3:27    | 4:03    | 2:16    | 2:04    | 2:26    | 1:10    | 0:58    | 1:04    | 0:32    |         |         |         |         |  |
|                                 |     | <b>Jesús Hervás Lucas</b> | <b>Fehlst</b>  | 1(116)   | 2(114)  | 3(115)  | 4(129)  | 5(122)  | 6(107)  | 7(131)  | 8(124)  | 9(109)  | 10(110) | 11(108) | 12(102) | 13(107) | 14(131) |  |
|                                 |     | <b>Gymnasion Offenba</b>  |                | 5:27     | 10:05   | 12:35   | 17:34   | 18:47   | 33:41   | 33:59   | ----    | 50:46   | ----    | 1:07:06 | ----    | ----    | ----    |  |
|                                 |     |                           |                | 5:27     | 4:38    | 2:30    | 4:59    | 1:13    | 14:54   | 0:18    |         | 16:47   |         | 16:20   |         |         |         |  |
|                                 |     |                           |                | 15(121)  | 16(127) | 17(111) | 18(129) | 19(122) | 20(131) | 21(101) | 22(109) | 23(102) | 24(107) | 25(131) | 26(121) | 27(128) | 28(129) |  |
|                                 |     |                           |                | ----     | ----    | ----    | ----    | ----    | ----    | ----    | ----    | ----    | ----    | ----    | ----    | ----    | ----    |  |
|                                 |     |                           |                | 29(108)  | 30(120) | 31(123) | 32(125) | 33(130) | 34(119) | 35(126) | 36(100) | Ziel    |         | *131    | *124    | *109    | *110    |  |
|                                 |     |                           |                | ----     | 1:10:40 | 1:12:48 | 1:14:19 | 1:16:15 | 1:17:11 | 1:17:59 | 1:18:54 | 1:19:15 |         | 19:21   | 23:06   | 25:28   | 27:56   |  |
|                                 |     |                           |                |          | 3:34    | 2:08    | 1:31    | 1:56    | 0:56    | 0:48    | 0:55    | 0:21    |         |         |         |         |         |  |
|                                 |     |                           |                | *108     | *102    | *121    | *127    | *111    | *129    | *122    | *101    | *102    | *107    | *131    | *121    | *128    | *129    |  |
|                                 |     |                           |                | 30:08    | 32:00   | 37:21   | 38:44   | 41:35   | 43:11   | 44:23   | 49:02   | 53:17   | 54:31   | 54:51   | 57:23   | 1:00:50 | 1:04:16 |  |
|                                 |     | <b>Ingo Horst</b>         | <b>Aufg</b>    | 1(116)   | 2(114)  | 3(115)  | 4(129)  | 5(122)  | 6(107)  | 7(131)  | 8(124)  | 9(109)  | 10(110) | 11(108) | 12(102) | 13(107) | 14(131) |  |
|                                 |     | <b>SC Königstein</b>      |                | 26:09    | 28:41   | 30:28   | 34:16   | 34:57   | 35:21   | 35:36   | ----    | ----    | ----    | ----    | ----    | ----    | ----    |  |
|                                 |     |                           |                | 26:09    | 2:32    | 1:47    | 3:48    | 0:41    | 0:24    | 0:15    |         |         |         |         |         |         |         |  |
|                                 |     |                           |                | 15(121)  | 16(127) | 17(111) | 18(129) | 19(122) | 20(131) | 21(101) | 22(109) | 23(102) | 24(107) | 25(131) | 26(121) | 27(128) | 28(129) |  |
|                                 |     |                           |                | ----     | ----    | ----    | ----    | ----    | ----    | ----    | ----    | ----    | ----    | ----    | ----    | ----    | ----    |  |
|                                 |     |                           |                | 29(108)  | 30(120) | 31(123) | 32(125) | 33(130) | 34(119) | 35(126) | 36(100) | Ziel    |         | *121    | *127    | *111    | *129    |  |
|                                 |     |                           |                | ----     | ----    | ----    | ----    | ----    | ----    | ----    | 38:39   | 39:08   |         | 3:35    | 5:08    | 7:54    | 9:03    |  |
|                                 |     |                           |                |          |         |         |         |         |         |         | 3:03    | 0:29    |         |         |         |         |         |  |
|                                 |     |                           |                | *122     | *131    | *101    | *109    | *102    | *107    | *131    | *124    | *109    | *110    | *108    | *102    | *107    | *131    |  |
|                                 |     |                           |                | 9:50     | 10:14   | 11:59   | 12:50   | 14:25   | 15:25   | 15:40   | 17:34   | 18:55   | 20:19   | 22:09   | 23:12   | 24:03   | 24:17   |  |
| <b>D45- (Damen ab 45) (3)</b>   |     |                           |                |          |         |         |         |         |         |         |         |         |         |         |         |         |         |  |
|                                 |     | <b>Karin Theel</b>        | <b>1:06:53</b> | 1(116)   | 2(114)  | 3(115)  | 4(129)  | 5(122)  | 6(107)  | 7(131)  | 8(124)  | 9(109)  | 10(110) | 11(108) | 12(102) | 13(107) | 14(131) |  |
|                                 |     | <b>TGM Budenheim</b>      |                | 4:36     | 8:53    | 11:59   | 17:47   | 19:07   | 19:53   | 20:16   | 26:36   | 28:58   | 32:15   | 35:07   | 37:07   | 38:45   | 39:13   |  |
|                                 |     |                           |                | 4:36     | 4:17    | 3:06    | 5:48    | 1:20    | 0:46    | 0:23    | 6:20    | 2:22    | 3:17    | 2:52    | 2:00    | 1:38    | 0:28    |  |
|                                 |     |                           |                | 15(121)  | 16(128) | 17(129) | 18(108) | 19(120) | 20(123) | 21(125) | 22(130) | 23(119) | 24(126) | 25(100) | Ziel    |         |         |  |
|                                 |     |                           |                | 42:11    | 45:56   | 49:45   | 53:06   | 56:42   | 58:46   | 1:00:30 | 1:02:39 | 1:03:50 | 1:04:55 | 1:06:15 | 1:06:53 |         |         |  |
|                                 |     |                           |                | 2:58     | 3:45    | 3:49    | 3:21    | 3:36    | 2:04    | 1:44    | 2:09    | 1:11    | 1:05    | 1:20    | 0:38    |         |         |  |
|                                 |     | <b>Iris Kosch</b>         | <b>1:20:51</b> | 1(124)   | 2(109)  | 3(110)  | 4(108)  | 5(102)  | 6(107)  | 7(131)  | 8(116)  | 9(114)  | 10(115) | 11(129) | 12(122) | 13(107) | 14(131) |  |
|                                 |     | <b>OLV Steinberg</b>      |                | 15:10    | 17:50   | 20:33   | 23:49   | 26:03   | 27:51   | 28:22   | 31:56   | 37:05   | 40:26   | 47:05   | 48:18   | 49:30   | 49:52   |  |
|                                 |     |                           |                | 15:10    | 2:40    | 2:43    | 3:16    | 2:14    | 1:48    | 0:31    | 3:34    | 5:09    | 3:21    | 6:39    | 1:13    | 1:12    | 0:22    |  |
|                                 |     |                           |                | 15(121)  | 16(128) | 17(129) | 18(108) | 19(120) | 20(123) | 21(125) | 22(130) | 23(119) | 24(126) | 25(100) | Ziel    |         |         |  |
|                                 |     |                           |                | 52:28    | 56:24   | 1:00:42 | 1:04:38 | 1:08:52 | 1:11:23 | 1:13:43 | 1:16:25 | 1:17:31 | 1:18:40 | 1:20:13 | 1:20:51 |         |         |  |
|                                 |     |                           |                | 2:36     | 3:56    | 4:18    | 3:56    | 4:14    | 2:31    | 2:20    | 2:42    | 1:06    | 1:09    | 1:33    | 0:38    |         |         |  |
|                                 |     | <b>Katja Lahm</b>         | <b>Fehlst</b>  | 1(116)   | 2(114)  | 3(115)  | 4(129)  | 5(122)  | 6(107)  | 7(131)  | 8(124)  | 9(109)  | 10(110) | 11(108) | 12(102) | 13(107) | 14(131) |  |
|                                 |     | <b>CTG Koblenz</b>        |                | ----     | ----    | ----    | 33:01   | ----    | ----    | ----    | ----    | ----    | ----    | 37:50   | ----    | ----    | ----    |  |
|                                 |     |                           |                |          |         |         | 33:01   |         |         |         |         |         |         | 4:49    |         |         |         |  |
|                                 |     |                           |                | 15(121)  | 16(128) | 17(129) | 18(108) | 19(120) | 20(123) | 21(125) | 22(130) | 23(119) | 24(126) | 25(100) | Ziel    |         | *121    |  |
|                                 |     |                           |                | ----     | ----    | ----    | ----    | 45:24   | 49:32   | 52:56   | 59:18   | 1:01:14 | 1:02:59 | 1:05:20 |         |         | 18:50   |  |
|                                 |     |                           |                |          |         |         |         | 7:34    | 4:08    | 3:24    | 6:22    | 1:56    | 1:45    | 2:21    |         |         |         |  |
|                                 |     |                           |                | *128     |         |         |         |         |         |         |         |         |         |         |         |         |         |  |
|                                 |     |                           |                | 25:14    |         |         |         |         |         |         |         |         |         |         |         |         |         |  |
| <b>H45- (Herren ab 45) (7)</b>  |     |                           |                |          |         |         |         |         |         |         |         |         |         |         |         |         |         |  |
|                                 |     | <b>Jörn Saß</b>           | <b>50:49</b>   | 1(117)   | 2(112)  | 3(119)  | 4(118)  | 5(113)  | 6(111)  | 7(131)  | 8(106)  | 9(105)  | 10(104) | 11(103) | 12(122) | 13(131) | 14(121) |  |
|                                 |     | <b>OLF Mainz</b>          |                | 3:34     | 7:03    | 8:30    | 10:27   | 12:53   | 16:01   | 18:22   | 23:08   | 24:19   | 27:08   | 28:40   | 30:46   | 31:17   | 33:37   |  |
|                                 |     |                           |                | 3:34     | 3:29    | 1:27    | 1:57    | 2:26    | 3:08    | 2:21    | 4:46    | 1:11    | 2:49    | 1:32    | 2:06    | 0:31    | 2:20    |  |
|                                 |     |                           |                | 15(128)  | 16(129) | 17(108) | 18(120) | 19(123) | 20(125) | 21(130) | 22(119) | 23(126) | 24(100) | Ziel    |         |         |         |  |
|                                 |     |                           |                | 36:18    | 38:42   | 40:46   | 43:35   | 45:04   | 46:28   | 48:09   | 48:56   | 49:38   | 50:28   | 50:49   |         |         |         |  |
|                                 |     |                           |                | 2:41     | 2:24    | 2:04    | 2:49    | 1:29    | 1:24    | 1:41    | 0:47    | 0:42    | 0:50    | 0:21    |         |         |         |  |
|                                 |     | <b>Claas Behrendt</b>     | <b>51:35</b>   | 1(117)   | 2(112)  | 3(119)  | 4(118)  | 5(113)  | 6(111)  | 7(131)  | 8(106)  | 9(105)  | 10(104) | 11(103) | 12(122) | 13(131) | 14(121) |  |
|                                 |     | <b>OLV Steinberg</b>      |                | 3:11     | 6:43    | 8:15    | 10:30   | 12:52   | 16:33   | 19:15   | 23:09   | 24:18   | 26:55   | 28:41   | 31:16   | 31:44   | 33:17   |  |
|                                 |     |                           |                | 3:11     | 3:32    | 1:32    | 2:15    | 2:22    | 3:41    | 2:42    | 3:54    | 1:09    | 2:37    | 1:46    | 2:35    | 0:28    | 1:33    |  |
|                                 |     |                           |                | 15(128)  | 16(129) | 17(108) | 18(120) | 19(123) | 20(125) | 21(130) | 22(119) | 23(126) | 24(100) | Ziel    |         |         |         |  |
|                                 |     |                           |                | 36:06    | 39:19   | 41:36   | 43:52   | 45:24   | 46:58   | 48:44   | 49:30   | 50:19   | 51:14   | 51:35   |         |         |         |  |
|                                 |     |                           |                | 2:49     | 3:13    | 2:17    | 2:16    | 1:32    | 1:34    | 1:46    | 0:46    | 0:49    | 0:55    | 0:21    |         |         |         |  |
|                                 |     | <b>Torsten Kleipa</b>     | <b>57:35</b>   | 1(117)   | 2(112)  | 3(119)  | 4(118)  | 5(113)  | 6(111)  | 7(131)  | 8(106)  | 9(105)  | 10(104) | 11(103) | 12(122) | 13(131) | 14(121) |  |
|                                 |     | <b>OLF Mainz</b>          |                | 7:39     | 10:40   | 12:08   | 14:44   | 16:51   | 20:35   | 23:28   | 27:45   | 29:41   | 32:10   | 33:39   | 36:19   | 36:53   | 38:50   |  |
|                                 |     |                           |                | 7:39     | 3:01    | 1:28    | 2:36    | 2:07    | 3:44    | 2:53    | 4:17    | 1:56    | 2:29    | 1:29    | 2:40    | 0:34    | 1:57    |  |
|                                 |     |                           |                | 15(128)  | 16(129) | 17(108) | 18(120) | 19(123) | 20(125) | 21(130) | 22(119) | 23(126) | 24(100) | Ziel    |         |         |         |  |
|                                 |     |                           |                | 42:27    | 45:07   | 47:16   | 49:41   | 51:21   | 52:39   | 54:22   | 55:21   | 56:14   | 57:11   | 57:35   |         |         |         |  |
|                                 |     |                           |                | 3:37     | 2:40    | 2:09    | 2:25    | 1:40    | 1:18    | 1:43    | 0:59    | 0:53    | 0:57    | 0:24    |         |         |         |  |
|                                 |     | <b>Peter Raupach</b>      | <b>1:03:06</b> | 1(106)   | 2(105)  | 3(104)  | 4(103)  | 5(122)  | 6(131)  | 7(117)  | 8(112)  | 9(119)  | 10(118) | 11(113) | 12(111) | 13(131) | 14(121) |  |
|                                 |     | <b>OLV Steinberg</b>      |                | 5:56     | 9:27    | 12:31   | 14:22   | 17:13   | 17:47   | 20:41   | 24:20   | 26:10   | 28:37   | 31:06   | 35:14   | 38:44   | 41:15   |  |
|                                 |     |                           |                | 5:56     | 3:31    | 3:04    | 1:51    | 2:51    | 0:34    | 2:54    | 3:39    | 1:50    | 2:27    | 2:29    | 4:08    | 3:30    | 2:31    |  |
|                                 |     |                           |                | 15(128)  | 16(129) | 17(108) | 18(120) | 19(123) | 20(125) | 21(130) | 22(119) | 23(126) | 24(100) | Ziel    |         |         |         |  |
|                                 |     |                           |                | 44:18    | 47:55   | 50:35   | 53:54   | 56:02   | 57:34   | 59:29   | 1:00:33 | 1:01:33 | 1:02:40 | 1:03:06 |         |         |         |  |
|                                 |     |                           |                | 3:03     | 3:37    | 2:40    | 3:19    | 2:08    | 1:32    | 1:55    | 1:04    | 1:00    | 1:07    | 0:26    |         |         |         |  |

| Pl                                  | tnr | Name  | Zeit           | (Forts.)   |   |  |   |   |   |  |   |   |  |  |   |                            |                            |    |
|-------------------------------------|-----|---|----------------|--|---|--|---|---|---|--|---|---|--|--|---|----------------------------|----------------------------|----|
|                                     |     |   |                | 1  | 2   | 3  | 4   | 5   | 6   | 7  | 8   | 9   | 10   | 11   | 12  | 13                         | 14                         |    |
| <b>H45- (Herren ab 45) (7)</b>      |     |   |                |  |   |  |   |   |   |  |   |   |  |  |   |                            |                            |    |
| 5                                   |     | <b>Eyke Diehr</b><br><b>OLF Mainz</b>             | <b>1:03:14</b> | 1(117)<br>3:36<br>3:36<br>15(128)<br>44:39<br>3:50   | 2(112)<br>7:44<br>4:08<br>16(129)<br>48:16<br>3:37    | 3(119)<br>9:29<br>1:45<br>17(108)<br>50:59<br>2:43     | 4(118)<br>12:11<br>2:42<br>18(120)<br>53:54<br>2:55   | 5(113)<br>14:39<br>2:28<br>19(123)<br>55:48<br>1:54   | 6(111)<br>19:06<br>4:27<br>20(125)<br>57:36<br>1:48   | 7(131)<br>22:19<br>3:13<br>21(130)<br>59:46<br>2:10    | 8(106)<br>28:14<br>5:55<br>22(119)<br>1:00:45<br>0:59 | 9(105)<br>29:29<br>1:15<br>23(126)<br>1:01:45<br>1:00 | 10(104)<br>32:37<br>3:08<br>24(100)<br>1:02:49<br>1:04 | 11(103)<br>34:43<br>2:06<br>Ziel<br>1:03:14<br>0:25    | 12(122)<br>38:06<br>3:23                            | 13(131)<br>38:42<br>0:36   | 14(121)<br>40:49<br>2:07   |    |
| 6                                   |     | <b>Roman Waltaner</b>                             | <b>1:23:55</b> | 1(106)<br>7:55<br>7:55<br>15(128)<br>1:00:23<br>6:16 | 2(105)<br>9:54<br>1:59<br>16(129)<br>1:05:43<br>5:20  | 3(104)<br>13:35<br>3:41<br>17(108)<br>1:08:42<br>2:59  | 4(103)<br>16:46<br>3:11<br>18(120)<br>1:13:09<br>4:27 | 5(122)<br>20:00<br>3:14<br>19(123)<br>1:16:06<br>2:57 | 6(131)<br>20:35<br>0:35<br>20(125)<br>1:17:56<br>1:50 | 7(117)<br>31:35<br>11:00<br>21(130)<br>1:19:49<br>1:53 | 8(112)<br>35:12<br>3:37<br>22(119)<br>1:20:59<br>1:10 | 9(119)<br>36:40<br>1:28<br>23(126)<br>1:22:03<br>1:04 | 10(118)<br>39:12<br>2:32<br>24(100)<br>1:23:16<br>1:13 | 11(113)<br>42:12<br>3:00<br>Ziel<br>1:23:55<br>0:39    | 12(111)<br>47:17<br>5:05                            | 13(131)<br>50:30<br>3:13   | 14(121)<br>54:07<br>3:37   |    |
| 7                                   |     | <b>Hanno Girke</b><br><b>TSG Schwabenheim</b>     | <b>1:53:25</b> | 1(106)<br>9:11<br>9:11<br>15(128)<br>1:21:27<br>5:59 | 2(105)<br>12:35<br>3:24<br>16(129)<br>1:30:21<br>8:54 | 3(104)<br>25:29<br>12:54<br>17(108)<br>1:33:22<br>3:01 | 4(103)<br>32:00<br>6:31<br>18(120)<br>1:37:42<br>4:20 | 5(122)<br>35:35<br>3:35<br>19(123)<br>1:43:04<br>5:22 | 6(131)<br>36:13<br>0:38<br>20(125)<br>1:45:21<br>2:17 | 7(117)<br>43:42<br>7:29<br>21(130)<br>1:47:56<br>2:35  | 8(112)<br>49:00<br>5:18<br>22(119)<br>1:49:50<br>1:54 | 9(119)<br>51:47<br>2:47<br>23(126)<br>1:51:03<br>1:13 | 10(118)<br>54:50<br>3:03<br>24(100)<br>1:52:41<br>1:38 | 11(113)<br>58:54<br>4:04<br>Ziel<br>1:53:25<br>0:44    | 12(111)<br>1:04:58<br>6:04                          | 13(131)<br>1:09:03<br>4:05 | 14(121)<br>1:15:28<br>6:25 |    |
| <b>H55- (Herren ab 55) (3)</b>      |     |   |                |  |   |  |   |   |   |  |   |   |  |  |   |                            |                            |    |
| 1                                   |     | <b>Klaus Helfrich</b><br><b>OLV Steinberg</b>     | <b>47:17</b>   | 1(116)<br>2:16<br>2:16<br>15(121)<br>30:07<br>1:59   | 2(114)<br>5:37<br>3:21<br>16(128)<br>32:22<br>2:15    | 3(115)<br>7:32<br>1:55<br>17(129)<br>35:15<br>2:53     | 4(129)<br>11:44<br>4:12<br>18(108)<br>37:26<br>2:11   | 5(122)<br>13:05<br>1:21<br>19(120)<br>39:56<br>2:30   | 6(107)<br>13:38<br>0:33<br>20(123)<br>42:40<br>1:30   | 7(131)<br>14:03<br>0:25<br>21(125)<br>44:31<br>1:14    | 8(124)<br>19:02<br>4:59<br>22(130)<br>45:19<br>1:51   | 9(109)<br>21:21<br>2:19<br>23(119)<br>46:05<br>0:48   | 10(110)<br>23:06<br>1:45<br>24(126)<br>46:55<br>0:46   | 11(108)<br>25:16<br>2:10<br>25(100)<br>47:17<br>0:50   | 12(102)<br>26:35<br>1:19<br>Ziel<br>47:17<br>0:22   | 13(107)<br>27:49<br>1:14   | 14(131)<br>28:08<br>0:19   |    |
| 2                                   |     | <b>Wolfgang Vilz</b><br><b>TV Jahn Eitelborn</b>  | <b>1:01:08</b> | 1(116)<br>7:51<br>7:51<br>15(121)<br>39:56<br>2:51   | 2(114)<br>11:54<br>4:03<br>16(128)<br>43:41<br>3:45   | 3(115)<br>14:13<br>2:19<br>17(129)<br>47:02<br>3:21    | 4(129)<br>20:00<br>5:47<br>18(108)<br>49:39<br>2:37   | 5(122)<br>21:07<br>1:07<br>19(120)<br>52:38<br>2:59   | 6(107)<br>21:43<br>0:36<br>20(123)<br>54:31<br>1:53   | 7(131)<br>22:11<br>0:28<br>21(125)<br>55:56<br>1:25    | 8(124)<br>26:13<br>4:02<br>22(130)<br>57:58<br>2:02   | 9(109)<br>28:50<br>2:37<br>23(119)<br>58:55<br>0:57   | 10(110)<br>30:59<br>2:09<br>24(126)<br>59:42<br>0:47   | 11(108)<br>33:36<br>2:37<br>25(100)<br>1:00:40<br>0:58 | 12(102)<br>35:08<br>1:32<br>Ziel<br>1:01:08<br>0:28 | 13(107)<br>36:46<br>1:38   | 14(131)<br>37:05<br>0:19   |    |
| AK                                  |     | <b>Simon Harston</b><br><b>TGM Budenheim</b>      | <b>1:20:58</b> | 1(124)<br>6:32<br>6:32<br>15(121)<br>49:01<br>3:50   | 2(109)<br>9:39<br>3:07<br>16(128)<br>53:07<br>4:06    | 3(110)<br>12:36<br>2:57<br>17(129)<br>57:18<br>4:11    | 4(108)<br>16:07<br>3:31<br>18(108)<br>1:01:16<br>3:58 | 5(102)<br>18:38<br>2:31<br>19(120)<br>1:06:22<br>5:06 | 6(107)<br>20:30<br>1:52<br>20(123)<br>1:09:24<br>3:02 | 7(131)<br>21:04<br>0:34<br>21(125)<br>1:12:11<br>2:47  | 8(116)<br>25:06<br>4:02<br>22(130)<br>1:15:34<br>3:23 | 9(114)<br>29:58<br>4:52<br>23(119)<br>1:17:05<br>1:31 | 10(115)<br>34:10<br>4:12<br>24(126)<br>1:18:30<br>1:25 | 11(129)<br>42:10<br>8:00<br>25(100)<br>1:20:13<br>1:43 | 12(122)<br>43:36<br>1:26<br>Ziel<br>1:20:58<br>0:45 | 13(107)<br>44:38<br>1:02   | 14(131)<br>45:11<br>0:33   |    |
| <b>D65- (Damen ab 65) (1)</b>       |     |   |                |  |   |  |   |   |   |  |   |   |  |  |   |                            |                            |    |
| 1                                   |     | <b>Gisela Müller</b><br><b>TV 1886 Diedenberg</b> | <b>48:27</b>   | 1(121)<br>8:51<br>8:51                               | 2(128)<br>15:05<br>6:14                               | 3(129)<br>20:27<br>5:22                                | 4(108)<br>26:07<br>5:40                               | 5(120)<br>31:53<br>5:46                               | 6(123)<br>35:54<br>4:01                               | 7(125)<br>38:41<br>2:47                                | 8(130)<br>41:49<br>3:08                               | 9(119)<br>43:39<br>1:50                               | 10(126)<br>45:55<br>2:16                               | 11(100)<br>47:34<br>1:39                               | Ziel<br>48:27<br>0:53                               | 12                         | 13                         | 14 |
| <b>H65- (Herren ab 65) (2)</b>      |     |   |                |  |   |  |   |   |   |  |   |   |  |  |   |                            |                            |    |
| 1                                   |     | <b>Heinrich Götte</b><br><b>OLF Mainz</b>         | <b>57:31</b>   | 1(121)<br>3:41<br>3:41<br>15(108)<br>42:43<br>3:17   | 2(127)<br>5:29<br>1:48<br>16(120)<br>46:02<br>3:19    | 3(111)<br>8:33<br>3:04<br>17(123)<br>48:25<br>2:23     | 4(129)<br>10:22<br>1:49<br>18(125)<br>50:04<br>1:39   | 5(122)<br>11:35<br>1:13<br>19(130)<br>52:31<br>2:27   | 6(131)<br>12:43<br>1:08<br>20(119)<br>53:45<br>1:14   | 7(101)<br>21:56<br>9:13<br>21(126)<br>55:18<br>1:33    | 8(109)<br>23:34<br>1:38<br>22(100)<br>56:34<br>1:16   | 9(102)<br>26:09<br>2:35<br>Ziel<br>57:31<br>0:57      | 10(107)<br>27:52<br>1:43                               | 11(131)<br>28:17<br>0:25                               | 12(121)<br>31:18<br>3:01                            | 13(128)<br>35:07<br>3:49   | 14(129)<br>39:26<br>4:19   |    |
|                                     |     | <b>Alfred Newerla</b><br><b>RSV Hannover</b>      | <b>Fehlst</b>  | 1(121)<br>4:35<br>4:35<br>15(108)<br>47:51<br>3:51   | 2(127)<br>7:53<br>3:18<br>16(120)<br>50:53<br>3:02    | 3(111)<br>13:08<br>5:15<br>17(123)<br>-----<br>-----   | 4(129)<br>15:00<br>1:52<br>18(125)<br>55:20<br>4:27   | 5(122)<br>16:38<br>1:38<br>19(130)<br>57:29<br>2:09   | 6(131)<br>17:22<br>0:44<br>20(119)<br>58:35<br>1:06   | 7(101)<br>23:49<br>6:27<br>21(126)<br>1:00:24<br>1:49  | 8(109)<br>25:26<br>1:37<br>22(100)<br>1:01:53<br>1:29 | 9(102)<br>28:33<br>3:07<br>Ziel<br>1:02:20<br>0:27    | 10(107)<br>31:21<br>2:48                               | 11(131)<br>32:00<br>0:39                               | 12(121)<br>34:30<br>2:30                            | 13(128)<br>38:54<br>4:24   | 14(129)<br>44:00<br>5:06   |    |
| <b>Anfänger (Offen Kurz) (1)</b>    |     |   |                |  |   |  |   |   |   |  |   |   |  |  |   |                            |                            |    |
|                                     |     |   |                | <b>1,3 km</b>  |   |  |   | <b>7 P</b>  |   |  |   |   |  |  |   |                            |                            |    |
| 1                                   |     | <b>Thorsten Rasch</b>                             | <b>22:39</b>   | 1(125)<br><b>1:05</b>                                | 2(130)<br><b>4:22</b>                                 | 3(119)<br><b>5:37</b>                                  | 4(112)<br><b>8:16</b>                                 | 5(118)<br><b>13:41</b>                                | 6(117)<br><b>20:04</b>                                | 7(100)<br><b>22:05</b>                                 | Ziel<br><b>22:39</b>                                  |   |  |  |   |                            |                            |    |
|                                     |     |   |                | <b>1:05</b>  | <b>3:17</b>   | <b>1:15</b>  | <b>2:39</b>   | <b>5:25</b>   | <b>6:23</b>   | <b>2:01</b>  | <b>0:34</b>   |   |  |  |   |                            |                            |    |
| <b>H19- (Herren ab 19 lang) (4)</b> |     |   |                |  |   |  |   |   |   |  |   |   |  |  |   |                            |                            |    |
|                                     |     |   |                | 1  | 2   | 3  | 4   | 5   | 6   | 7  | 8   | 9   | 10   | 11   | 12  | 13                         | 14                         |    |

| Pl                                  | tnr                              | Name    | Zeit    | (Forts.)                        |         |         |         |         |         |         |         |         |         |         |         |         |         |
|-------------------------------------|----------------------------------|---------|---------|---------------------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
|                                     |                                  |         |         | 1                               | 2       | 3       | 4       | 5       | 6       | 7       | 8       | 9       | 10      | 11      | 12      | 13      | 14      |
| <b>H19- (Herren ab 19 lang) (4)</b> |                                  |         |         |                                 |         |         |         |         |         |         |         |         |         |         |         |         |         |
| 1                                   | Toby Scott<br>OLV Steinberg      | 54:16   | 1(124)  | 2(109)                          | 3(110)  | 4(108)  | 5(102)  | 6(107)  | 7(131)  | 8(116)  | 9(114)  | 10(115) | 11(129) | 12(122) | 13(107) | 14(131) |         |
|                                     |                                  |         | 1:39    | 2:52                            | 4:11    | 5:41    | 6:40    | 7:24    | 8:05    | 9:05    | 11:18   | 12:59   | 16:11   | 16:53   | 17:19   | 17:34   |         |
|                                     |                                  |         | 1:39    | 1:13                            | 1:19    | 1:30    | 0:59    | 0:44    | 0:16    | 1:25    | 2:13    | 1:41    | 3:12    | 0:42    | 0:26    | 0:15    |         |
|                                     |                                  |         | 15(106) | 16(105)                         | 17(104) | 18(103) | 19(122) | 20(131) | 21(117) | 22(112) | 23(119) | 24(118) | 25(113) | 26(111) | 27(131) | 28(121) |         |
|                                     |                                  |         | 20:39   | 21:22                           | 23:08   | 24:25   | 26:07   | 26:31   | 28:09   | 30:32   | 31:45   | 33:27   | 35:10   | 37:56   | 39:42   | 41:11   |         |
|                                     |                                  |         | 3:05    | 0:43                            | 1:46    | 1:17    | 1:42    | 0:24    | 1:38    | 2:23    | 1:13    | 1:42    | 1:43    | 2:46    | 1:46    | 1:29    |         |
|                                     |                                  |         | 29(128) | 30(129)                         | 31(108) | 32(120) | 33(123) | 34(125) | 35(130) | 36(119) | 37(126) | 38(100) | Ziel    |         |         |         |         |
|                                     |                                  |         | 43:00   | 45:17                           | 46:51   | 48:41   | 49:47   | 50:43   | 52:02   | 52:40   | 53:17   | 53:58   | 54:16   |         |         |         |         |
|                                     |                                  |         | 1:49    | 2:17                            | 1:34    | 1:50    | 1:06    | 0:56    | 1:19    | 0:38    | 0:37    | 0:41    | 0:18    |         |         |         |         |
|                                     |                                  |         | 2       | Patrick Matthias<br>kein Verein | 1:29:53 | 1(106)  | 2(105)  | 3(104)  | 4(103)  | 5(122)  | 6(131)  | 7(117)  | 8(112)  | 9(119)  | 10(118) | 11(113) | 12(111) |
|                                     |                                  |         | 5:44    | 7:32                            | 10:47   | 12:16   | 15:02   | 15:29   | 17:57   | 23:30   | 25:50   | 28:13   | 30:25   | 34:03   | 36:51   | 39:11   |         |
|                                     |                                  |         | 5:44    | 1:48                            | 3:15    | 1:29    | 2:46    | 0:27    | 2:28    | 5:33    | 2:20    | 2:23    | 2:12    | 3:38    | 2:48    | 2:20    |         |
|                                     |                                  |         | 15(109) | 16(110)                         | 17(108) | 18(102) | 19(107) | 20(131) | 21(116) | 22(114) | 23(115) | 24(129) | 25(122) | 26(107) | 27(131) | 28(121) |         |
|                                     |                                  |         | 41:13   | 43:16                           | 45:56   | 47:15   | 48:27   | 48:48   | 50:58   | 54:58   | 57:32   | 1:02:44 | 1:04:01 | 1:04:32 | 1:04:49 | 1:07:42 |         |
|                                     |                                  |         | 2:02    | 2:03                            | 2:40    | 1:19    | 1:12    | 0:21    | 2:10    | 4:00    | 2:34    | 5:12    | 1:17    | 0:31    | 0:17    | 2:53    |         |
|                                     |                                  |         | 29(128) | 30(129)                         | 31(108) | 32(120) | 33(123) | 34(125) | 35(130) | 36(119) | 37(126) | 38(100) | Ziel    |         |         |         |         |
|                                     |                                  |         | 1:10:45 | 1:14:32                         | 1:16:56 | 1:20:43 | 1:22:52 | 1:24:21 | 1:26:31 | 1:27:33 | 1:28:35 | 1:29:35 | 1:29:53 |         |         |         |         |
|                                     |                                  |         | 3:03    | 3:47                            | 2:24    | 3:47    | 2:09    | 1:29    | 2:10    | 1:02    | 1:02    | 1:00    | 0:18    |         |         |         |         |
|                                     | Jens Thiel<br>TSV Armsheim       | Fehlst  | 1(124)  | 2(109)                          | 3(110)  | 4(108)  | 5(102)  | 6(107)  | 7(131)  | 8(116)  | 9(114)  | 10(115) | 11(129) | 12(122) | 13(107) | 14(131) |         |
|                                     |                                  |         | 5:08    | 8:02                            | 11:05   | 13:34   | 15:23   | 16:38   | 17:16   | -----   | -----   | -----   | 1:23:05 | -----   | -----   | -----   |         |
|                                     |                                  |         | 5:08    | 2:54                            | 3:03    | 2:29    | 1:49    | 1:15    | 0:38    |         |         |         | 1:05:49 |         |         |         |         |
|                                     |                                  |         | 15(106) | 16(105)                         | 17(104) | 18(103) | 19(122) | 20(131) | 21(117) | 22(112) | 23(119) | 24(118) | 25(113) | 26(111) | 27(131) | 28(121) |         |
|                                     |                                  |         | -----   | -----                           | -----   | -----   | -----   | -----   | -----   | -----   | 1:40:51 | -----   | -----   | -----   | -----   |         |         |
|                                     |                                  |         | 29(128) | 30(129)                         | 31(108) | 32(120) | 33(123) | 34(125) | 35(130) | 36(119) | 37(126) | 38(100) | Ziel    |         | *106    | *105    |         |
|                                     |                                  |         | -----   | -----                           | -----   | -----   | -----   | -----   | -----   | -----   | 1:41:57 | 0:00    | 1:44:11 |         | 25:03   | 27:07   |         |
|                                     |                                  |         |         |                                 |         |         |         |         |         |         | 1:06    | 2:14    |         |         |         |         |         |
|                                     |                                  |         | *104    | *103                            | *122    | *117    | *112    | *119    | *118    | *113    | *111    | *121    | *128    | *108    | *120    | *123    |         |
|                                     |                                  |         | 29:56   | 31:52                           | 34:30   | 38:54   | 49:43   | 51:30   | 54:57   | 1:03:14 | 1:07:35 | 1:14:13 | 1:17:46 | 1:28:43 | 1:33:05 | 1:35:21 |         |
|                                     |                                  |         | *125    | *130                            |         |         |         |         |         |         |         |         |         |         |         |         |         |
|                                     |                                  |         | 1:37:06 | 1:39:21                         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|                                     | Martin Simonovsky<br>kein Verein | Aufg    | 1(124)  | 2(109)                          | 3(110)  | 4(108)  | 5(102)  | 6(107)  | 7(131)  | 8(116)  | 9(114)  | 10(115) | 11(129) | 12(122) | 13(107) | 14(131) |         |
|                                     |                                  |         | 48:22   | 50:54                           | 53:21   | 56:10   | 58:07   | -----   | 1:00:04 | -----   | -----   | -----   | 1:36:14 | -----   | -----   | -----   |         |
|                                     |                                  |         | 48:22   | 2:32                            | 2:27    | 2:49    | 1:57    |         | 1:57    |         |         |         | 36:10   |         |         |         |         |
|                                     |                                  |         | 15(106) | 16(105)                         | 17(104) | 18(103) | 19(122) | 20(131) | 21(117) | 22(112) | 23(119) | 24(118) | 25(113) | 26(111) | 27(131) | 28(121) |         |
|                                     |                                  |         | -----   | -----                           | -----   | -----   | -----   | -----   | -----   | -----   | 1:49:32 | -----   | -----   | -----   | -----   |         |         |
|                                     |                                  |         |         |                                 |         |         |         |         |         |         | 13:18   |         |         |         |         |         |         |
|                                     |                                  |         | 29(128) | 30(129)                         | 31(108) | 32(120) | 33(123) | 34(125) | 35(130) | 36(119) | 37(126) | 38(100) | Ziel    |         | *106    | *105    |         |
|                                     |                                  |         | -----   | -----                           | -----   | -----   | -----   | -----   | -----   | -----   | 1:50:37 | 1:51:48 | 1:52:20 |         | 7:28    | 14:03   |         |
|                                     |                                  |         |         |                                 |         |         |         |         |         |         | 1:05    | 1:11    | 0:32    |         |         |         |         |
|                                     |                                  |         | *104    | *103                            | *102    | *107    | *131    | *116    | *114    | *115    | *129    | *122    | *107    | *131    | *117    | *112    |         |
|                                     |                                  |         | 17:35   | 19:33                           | 23:42   | 25:36   | 26:00   | 29:06   | 33:08   | 35:43   | 42:46   | 43:42   | 44:35   | 44:55   | 1:03:30 | 1:08:08 |         |
|                                     |                                  |         | *119    | *118                            | *113    | *111    | *121    | *128    | *108    | *120    | *123    | *125    | *130    |         |         |         |         |
|                                     |                                  |         | 1:10:00 | 1:14:07                         | 1:17:02 | 1:21:42 | 1:28:50 | 1:32:26 | 1:39:18 | 1:42:31 | 1:44:19 | 1:46:05 | 1:48:24 |         |         |         |         |
| <b>D19- (Damen ab 19 lang) (3)</b>  |                                  |         |         |                                 |         |         |         |         |         |         |         |         |         |         |         |         |         |
| 1                                   | Larissa Saß<br>OLF Mainz         | 59:13   | 1(121)  | 2(127)                          | 3(111)  | 4(129)  | 5(122)  | 6(131)  | 7(101)  | 8(109)  | 9(102)  | 10(107) | 11(131) | 12(116) | 13(114) | 14(115) |         |
|                                     |                                  |         | 2:35    | 4:18                            | 6:33    | 7:49    | 8:37    | 9:08    | 11:14   | 12:05   | 14:03   | 15:20   | 15:37   | 17:30   | 20:30   | 22:30   |         |
|                                     |                                  |         | 2:35    | 1:43                            | 2:15    | 1:16    | 0:48    | 0:31    | 2:06    | 0:51    | 1:58    | 1:17    | 0:17    | 1:53    | 3:00    | 2:00    |         |
|                                     |                                  |         | 15(129) | 16(122)                         | 17(107) | 18(131) | 19(124) | 20(109) | 21(110) | 22(108) | 23(102) | 24(107) | 25(131) | 26(121) | 27(128) | 28(129) |         |
|                                     |                                  |         | 26:33   | 27:27                           | 27:58   | 28:16   | 30:30   | 32:19   | 34:09   | 36:17   | 37:34   | 38:40   | 38:56   | 40:46   | 43:14   | 45:56   |         |
|                                     |                                  |         | 4:03    | 0:54                            | 0:31    | 0:18    | 2:14    | 1:49    | 1:50    | 2:08    | 1:17    | 1:06    | 0:16    | 1:50    | 2:28    | 2:42    |         |
|                                     |                                  |         | 29(108) | 30(120)                         | 31(123) | 32(125) | 33(130) | 34(119) | 35(126) | 36(100) | Ziel    |         |         |         |         |         |         |
|                                     |                                  |         | 48:10   | 50:46                           | 52:15   | 54:16   | 56:07   | 57:01   | 57:58   | 58:50   | 59:13   |         |         |         |         |         |         |
|                                     |                                  |         | 2:14    | 2:36                            | 1:29    | 2:01    | 1:51    | 0:54    | 0:57    | 0:52    | 0:23    |         |         |         |         |         |         |
|                                     |                                  |         | 2       | Anna Harston<br>OLG Lummerland  | 1:06:52 | 1(121)  | 2(127)  | 3(111)  | 4(129)  | 5(122)  | 6(131)  | 7(101)  | 8(109)  | 9(102)  | 10(107) | 11(131) | 12(124) |
|                                     |                                  |         | 3:04    | 5:27                            | 8:07    | 9:41    | 10:41   | 11:16   | 13:39   | 14:35   | 16:36   | 18:05   | 18:26   | 20:54   | 22:40   | 24:37   |         |
|                                     |                                  |         | 3:04    | 2:23                            | 2:40    | 1:34    | 1:00    | 0:35    | 2:23    | 0:56    | 2:01    | 1:29    | 0:21    | 2:28    | 1:46    | 1:57    |         |
|                                     |                                  |         | 15(108) | 16(102)                         | 17(107) | 18(131) | 19(116) | 20(114) | 21(115) | 22(129) | 23(122) | 24(107) | 25(131) | 26(121) | 27(128) | 28(129) |         |
|                                     |                                  |         | 26:57   | 28:24                           | 29:41   | 30:01   | 32:21   | 36:22   | 38:26   | 43:10   | 44:12   | 44:56   | 45:14   | 47:45   | 50:21   | 53:24   |         |
|                                     |                                  |         | 2:20    | 1:27                            | 1:17    | 0:20    | 2:20    | 4:01    | 2:04    | 4:44    | 1:02    | 0:44    | 0:18    | 2:31    | 2:36    | 3:03    |         |
|                                     |                                  |         | 29(108) | 30(120)                         | 31(123) | 32(125) | 33(130) | 34(119) | 35(126) | 36(100) | Ziel    |         |         |         |         |         |         |
|                                     |                                  |         | 55:41   | 58:55                           | 1:00:37 | 1:02:07 | 1:03:54 | 1:04:43 | 1:05:31 | 1:06:27 | 1:06:52 |         |         |         |         |         |         |
|                                     |                                  |         | 2:17    | 3:14                            | 1:42    | 1:30    | 1:47    | 0:49    | 0:48    | 0:56    | 0:25    |         |         |         |         |         |         |
| 3                                   | Sabeth Kosch<br>OLV Steinberg    | 1:11:12 | 1(116)  | 2(114)                          | 3(115)  | 4(129)  | 5(122)  | 6(107)  | 7(131)  | 8(124)  | 9(109)  | 10(110) | 11(108) | 12(102) | 13(107) | 14(131) |         |
|                                     |                                  |         | 2:38    | 6:01                            | 8:12    | 13:59   | 14:59   | 15:43   | 16:05   | 19:04   | 21:08   | 23:21   | 25:56   | 27:32   | 28:50   | 29:13   |         |
|                                     |                                  |         | 2:38    | 3:23                            | 2:11    | 5:47    | 1:00    | 0:44    | 0:22    | 2:59    | 2:04    | 2:13    | 2:35    | 1:36    | 1:18    | 0:23    |         |
|                                     |                                  |         | 15(121) | 16(127)                         | 17(111) | 18(129) | 19(122) | 20(131) | 21(101) | 22(109) | 23(102) | 24(107) | 25(131) | 26(121) | 27(128) | 28(129) |         |
|                                     |                                  |         | 31:20   | 34:42                           | 37:42   | 39:23   | 40:25   | 40:58   | 42:47   | 43:51   | 46:15   | 47:48   | 48:06   | 50:01   | 52:59   | 56:32   |         |
|                                     |                                  |         | 2:07    | 3:22                            | 3:00    | 1:41    | 1:02    | 0:33    | 1:49    | 1:04    | 2:24    | 1:33    | 0:18    | 1:55    | 2:58    | 3:33    |         |
|                                     |                                  |         | 29(108) | 30(120)                         | 31(123) | 32(125) | 33(130) | 34(119) | 35(126) | 36(100) | Ziel    |         |         |         |         |         |         |
|                                     |                                  |         | 59:03   | 1:01:57                         | 1:03:45 | 1:05:27 | 1:07:40 | 1:08:47 | 1:09:46 | 1:10:47 | 1:11:12 |         |         |         |         |         |         |
|                                     |                                  |         | 2:31    | 2:54                            | 1:48    | 1:42    | 2:13    | 1:07    | 0:59    | 1:01    | 0:25    |         |         |         |         |         |         |