

9. Maxdorfer Triathlon (14. Juni 2009) / Gesamt

	START	NAME	VORNAME	VEREIN	AK	AK_PL	GES_ZEIT	SWIM_ZEIT	SRG	RAD_ZEIT	RRG	LAUF_ZEIT	LRG
1	165	Stadler	Normann	Soprema Team MTG	TM35	1	03:45:18	00:25:32	7	02:05:16	1	01:14:30	4
2	220	Göhner	Michael	TEAM ROWE MOTOROIL	TM25	1	03:52:21	00:25:40	10	02:13:59	4	01:12:42	2
3	163	Wagner	Martin	VfR-Simmern	TM25	2	03:53:53	00:24:06	4	02:17:22	8	01:12:25	1
4	218	Taubert	Alex	Soprema Team MTG	TM40	1	03:56:35	00:25:36	8	02:16:11	6	01:14:48	5
5	51	Blumentritt	Sebastian	TRI Post Trier I	TM25	3	03:57:17	00:27:18	21	02:13:30	3	01:16:29	7
6	216	Blankenfuland	Daniel	LLG Wonnegau	TM30	1	03:58:32	00:26:16	14	02:15:28	5	01:16:48	8
7	61	Gärtner	Tobias	DJK St. Ingbert	TM30	2	03:59:21	00:29:06	40	02:11:50	2	01:18:25	11
8	41	Anstett	Georg	PSV Pirmasens	TM40	2	04:02:29	00:28:32	34	02:17:33	9	01:16:24	6
9	209	Pfähler	Mathias	LSV Ladenburg	TM35	2	04:03:43	00:00:00		02:51:00	253	01:12:43	3
10	205	Bleitgen	Sebastian	TuS Griesheim	TM30	3	04:04:15	00:24:03	2	02:16:59	7	01:23:13	28
11	211	Streiß	Christoph	VfR Simmern	TM25	4	04:07:56	00:24:04	3	02:17:45	10	01:26:07	38
12	164	Schramm	Till	Kölntriathlon e.V	TM20	1	04:08:38	00:26:35	17	02:23:33	17	01:18:30	12
13	213	Okyay	Mustafa	TV Lebach	TM35	3	04:10:10	00:28:35	36	02:22:33	14	01:19:02	14
14	217	Deiß	Jens	TSG Maxdorf	TM25	5	04:10:23	00:28:02	28	02:22:21	13	01:20:00	17
15	1	Fries	Jürgen	DBL-RSG M.-baur 3	TM40	3	04:11:30	00:27:57	26	02:24:44	21	01:18:49	13
16	26	Faber	Sven	TMK	TM25	6	04:15:23	00:27:59	27	02:22:00	12	01:25:24	35
17	225	Amann	Marco	TSG Maxdorf	TM30	4	04:16:08	00:25:29	5	02:27:01	29	01:23:38	31
18	84	Steurethaler	Christoph	TCEC Mainz	TM30	5	04:16:41	00:31:06	91	02:28:43	38	01:16:52	9
19	83	Sonnack	Christoph	TCEC Mainz	TM30	6	04:17:00	00:30:00	59	02:25:02	22	01:21:58	23
20	43	Riedl	Jens	PSV Pirmasens	TM30	7	04:17:06	00:29:04	39	02:27:04	30	01:20:58	20
21	9	Weiler	Georg	SRL-Koblenz	TM25	7	04:17:28	00:30:04	61	02:20:49	11	01:26:35	41
22	224	Keck	Michael	DJK Feudenheim	TM30	8	04:17:32	00:29:32	54	02:25:27	23	01:22:33	25
23	4	Spitzhorn	Heiko	DBL-RSG M.-baur 3	TM40	4	04:17:38	00:32:20	128	02:26:15	27	01:19:03	15
24	236	Heider	Thomas	TSG Maxdorf	TM40	5	04:18:06	00:32:26	129	02:23:51	18	01:21:49	22
25	39	Münz	Marc	DBL-RSG M.-baur 4	TM35	4	04:19:08	00:31:39	105	02:22:52	15	01:24:37	34
26	18	Voß	Sven-Martin	TV Mußbach	TM40	6	04:19:59	00:32:55	138	02:26:13	26	01:20:51	19
27	262	Laue	Tobias		TM35	5	04:20:05	00:27:19	22	02:29:40	43	01:23:06	27
28	29	Schmitz	Ruben	TMK	TM30	9	04:20:26	00:31:57	115	02:30:35	50	01:17:54	10
29	5	Ritschel	Thomas	DBL-RSG M.-baur 3	TM45	1	04:20:34	00:32:17	125	02:26:01	24	01:22:16	24
30	235	Dörr	Frank	LTF Köllertal	TM40	7	04:20:49	00:29:30	52	02:27:45	35	01:23:34	30
31	22	Busse	Michael	WSF Zweibrücken	TM30	10	04:20:54	00:34:11	188	02:26:49	28	01:19:54	16
32	250	Nerding	Benjamin	TV Herxheim	TM20	2	04:21:59	00:30:19	66	02:28:49	39	01:22:51	26
33	90	Bielen	Markus	DJK Andernach	TM40	8	04:22:16	00:34:17	192	02:24:42	20	01:23:17	29
34	46	Grauvogel	Bernd	DJK Dudweiler	TM40	9	04:23:26	00:33:12	146	02:23:05	16	01:27:09	43

35	80	Weiler	Torsten	SC Pos. Worms	TM40	10	04:24:12	00:32:34	131	02:31:18	53	01:20:20	18
36	2	Meuer	Michael	DBL-RSG M.-baur 3	TM35	6	04:25:39	00:35:14	227	02:26:12	25	01:24:13	32
37	264	Weller	Stefan	LC Olym.Wiesbad.	TM30	11	04:26:04	00:32:17	125	02:24:24	19	01:29:23	55
38	48	Bender	Dieter	DJK Dudweiler	TM45	2	04:26:06	00:31:16	96	02:28:24	36	01:26:26	39
39	237	Hildenbrand	Stefan	TSG Reutlingen	TM30	12	04:26:57	00:25:42	12	02:32:40	62	01:28:35	49
40	3	Knopp	Andreas	DBL-RSG M.-baur 3	TM25	8	04:29:21	00:35:41	242	02:29:04	40	01:24:36	33
41	50	Spath	Karsten	DJK Dudweiler	TM40	11	04:30:00	00:31:03	88	02:31:09	52	01:27:48	47
42	87	Radke	Mario	DBL-RSG Montabaur	TM40	12	04:30:49	00:32:07	121	02:29:22	42	01:29:20	53
43	241	März	Michael	Gesundheits.Stimm.	TM25	9	04:31:17	00:31:01	87	02:30:04	46	01:30:12	63
44	150	Rabe	Katja	SC Poseidon Koblen	TW30	1	04:31:52	00:26:18	15	02:37:46	104	01:27:48	47
45	86	Meurer	Jürgen	DBL-RSG Montabaur	TM45	3	04:31:59	00:29:25	50	02:32:12	60	01:30:22	64
46	257	Staub	Jürgen	LTF Marpingen	TM50	1	04:32:02	00:31:43	107	02:31:42	57	01:28:37	50
47	222	Bollinger	Klemens	SV Nikar Heidelb.	TM40	13	04:32:07	00:30:35	75	02:29:13	41	01:32:19	80
48	153	Woysch	Nicole	TriSaar Hochwald	TW30	2	04:32:10	00:29:22	47	02:41:29	141	01:21:19	21
49	13	Ring	Markus	TV Hatzenbühl Tri	TM35	7	04:32:40	00:31:23	99	02:27:08	32	01:34:09	97
50	228	Pfeifer	Markus	TC Chaos Viernh.	TM40	14	04:32:54	00:28:04	29	02:31:59	59	01:32:51	84
51	195	Balbach	Silvia	TS Herzogenaurach	TW30	3	04:34:07	00:32:00	117	02:35:35	80	01:26:32	40
52	295	Schüler	Henning	ZDF Sportgruppe	TM40	15	04:34:33	00:26:23	16	02:33:19	69	01:34:51	101
53	227	Hammer	Hagen	VfL Waiblingen	TM40	16	04:34:49	00:29:31	53	02:33:13	67	01:32:05	77
54	52	Nagel	Jens	TRI Post Trier I	TM30	13	04:34:50	00:28:36	37	02:36:38	90	01:29:36	58
55	239	Bentz	Volker	TV Herxheim	TM35	8	04:34:52	00:30:39	78	02:33:13	67	01:31:00	70
56	267	Lensdorf	Lars	Tria-Team Bruchkö.	TM40	17	04:35:10	00:29:28	51	02:35:38	81	01:30:04	61
57	24	Spurzem	Oliver	WSF Zweibrücken	TM30	14	04:35:17	00:30:16	65	02:34:04	72	01:30:57	69
58	94	Mattheis	Bernd	Ludwigshafener SV	TM40	18	04:35:39	00:34:10	186	02:31:58	58	01:29:31	57
59	256	Schuff	Rainer	1. FC K-lautern	TM35	9	04:35:59	00:29:24	49	02:31:38	56	01:34:57	102
60	74	Layendecker	Per	RSC Untermosel	TM25	10	04:36:08	00:31:59	116	02:36:44	93	01:27:25	44
61	82	Schweiger	Stephan	TCEC Mainz	TM30	15	04:37:21	00:35:15	229	02:30:32	49	01:31:34	73
62	72	Marinus	Dirk	RSC Untermosel	TM35	10	04:37:24	00:35:17	231	02:31:24	54	01:30:43	68
63	78	Stimmel	Jörg	SC Pos. Worms	TM40	19	04:37:55	00:33:52	174	02:33:25	70	01:30:38	67
64	155	Schlemmer	Vanessa	SV Nikar Heidelb.	TW25	1	04:38:15	00:28:06	30	02:37:40	102	01:32:29	81
65	40	Riedel	Marco	DBL-RSG M.-baur 4	TM40	20	04:38:32	00:31:06	91	02:35:47	83	01:31:39	74
66	413	Nolte	Stephan	Tria-Team Bruchkö.	TM40	21	04:38:47	00:30:26	72	02:40:39	133	01:27:42	45
67	308	Sieber	Sebastian	TSG K-lautern	TM25	11	04:38:48	00:33:29	160	02:32:17	61	01:33:02	85
68	37	Güttler	Frank	DBL-RSG M.-baur 4	TM35	11	04:39:13	00:34:52	215	02:27:39	34	01:36:42	127
69	261	Tewes	Christian	Frankf. Laufshop	TM25	12	04:39:32	00:34:24	195	02:38:18	109	01:26:50	42
70	44	Ehrhardt	Paul	PSV Pirmasens	TM20	3	04:40:01	00:31:05	90	02:37:29	99	01:31:27	72

71	88	Hofmann	Robert	DBL-RSG Montabaur	TM40	22	04:40:04	00:27:53	25	02:40:51	135	01:31:20	71
72	272	Gehrmann	Ralf	TSG Grünstadt	TM30	16	04:41:01	00:29:13	43	02:38:20	110	01:33:28	89
73	246	Kuhn	Andre	TSG Grünstadt	TM35	12	04:41:30	00:30:42	81	02:35:34	79	01:35:14	111
74	248	Löwer	Julien	ASV Landau	TM20	4	04:41:39	00:42:42	442	02:30:10	48	01:28:47	51
75	7	Marx	Thorsten	SRL-Koblenz	TM25	13	04:41:43	00:36:27	275	02:39:27	123	01:25:49	37
76	35	Rönisch	Benni	ALV Mainz	TM30	17	04:41:49	00:30:31	74	02:35:55	85	01:35:23	114
77	371	Nicolai	Jens	Karlsruher Lemming	TM40	23	04:41:50	00:31:30	102	02:32:50	63	01:37:30	136
78	123	Kuhn	Nina	ALV Mainz	TW25	2	04:41:56	00:31:09	93	02:32:56	66	01:37:51	140
79	112	Lang	Jürgen	TSG Maxdorf	TM40	24	04:42:06	00:31:41	106	02:34:57	78	01:35:28	115
80	268	Philipp	Jochen	DZ BANK Runners	TM40	25	04:42:07	00:35:14	227	02:39:11	119	01:27:42	45
81	54	Steinmetz	Martin	TRI Post Trier I	TM25	14	04:42:24	00:28:33	35	02:34:44	76	01:39:07	154
82	369	Wetzler	Klaus	TV Mußbach	TM40	26	04:42:31	00:36:11	261	02:32:50	63	01:33:30	90
83	260	Woll	Peter	LTF Marpingen	TM35	13	04:42:46	00:30:24	70	02:38:25	113	01:33:57	96
84	442	Thull	Patrick	MTV Kronberg	TM35	14	04:43:12	00:34:04	181	02:39:29	125	01:29:39	59
85	231	Bressl	Stefan	Soprema Team MTG	TM30	18	04:43:28	00:30:37	77	02:34:05	73	01:38:46	150
86	269	Linkhauer	Frank	SZ Kornwestheim	TM35	15	04:43:35	00:33:36	166	02:40:39	133	01:29:20	53
87	25	Frank	Weber	WSF Zweibrücken	TM35	16	04:43:39	00:33:49	173	02:37:42	103	01:32:08	78
88	55	Lettau	Fred	TRI Post Trier I	TM35	17	04:44:21	00:35:57	250	02:34:33	75	01:33:51	95
89	70	Schulz	Michael	TSG Maxdorf II	TM50	2	04:44:48	00:37:45	312	02:41:24	140	01:25:39	36
90	258	Kronmüller	Volker	TB Cannstatt	TM40	27	04:45:02	00:31:33	103	02:44:00	168	01:29:29	56
91	548	von dem Broch	Thorsten	LTF Köllertal	TM20	5	04:45:06	00:30:06	62	02:42:19	147	01:32:41	82
92	294	Rose	Bernhard	Soprema Team MTG	TM40	28	04:45:07	00:30:21	67	02:42:58	157	01:31:48	75
93	31	Bach	Manuel	ALV Mainz	TM20	6	04:45:37	00:31:27	100	02:36:27	89	01:37:43	137
94	279	Dengel	Heiko	VFR Waldkatzenb.	TM40	29	04:45:40	00:33:33	164	02:36:09	88	01:35:58	118
95	203	Krone	Tina	1. FC K-lautern	TW35	1	04:45:50	00:33:42	168	02:36:57	97	01:35:11	110
96	71	Pillig	Michael	RSC Untermosel	TM40	30	04:45:53	00:33:09	141	02:36:01	86	01:36:43	128
97	100	Schrömges	Manfred	SRL-Koblenz	TM40	31	04:46:06	00:34:03	180	02:35:39	82	01:36:24	123
98	49	Braun-Hübsch	Volker	DJK Dudweiler	TM40	32	04:46:19	00:29:35	56	02:31:27	55	01:45:17	232
99	63	Gales	Gerhard	DJK St. Ingbert	TM45	4	04:47:22	00:26:14	13	02:33:45	71	01:47:23	260
100	367	Bauer	Christian	SV Gelnhausen	TM25	15	04:47:32	00:30:09	64	02:37:32	100	01:39:51	162
101	253	Öholm	Christer	Frankenthaler SV	TM40	33	04:47:42	00:33:32	162	02:37:49	105	01:36:21	122
102	93	Schubert	Birger	DJK Andernach	TM40	34	04:48:01	00:25:41	11	02:46:21	201	01:35:59	119
103	36	Stein	Boris	DBL-RSG M.-baur 4	TM25	16	04:48:08	00:32:44	134	02:38:22	112	01:37:02	131
104	160	Paulus	Katharina	LC Bingen	TW20	1	04:48:10	00:31:12	95	02:43:22	162	01:33:36	92
105	152	Lotz	Judith	ALZSigmaringen	TW25	3	04:48:32	00:27:04	19	02:46:29	204	01:34:59	103
106	6	Becher	Eike	SRL-Koblenz	TM20	7	04:48:45	00:33:15	150	02:30:53	51	01:44:37	223

107	75	van Loo	Martijn	RSC Untermosel	TM40	35	04:49:14	00:34:13	190	02:43:00	159	01:32:01	76
108	12	Kasper	Jürgen	TV Hatzenbühl Tri	TM35	18	04:49:33	00:36:08	254	02:39:55	128	01:33:30	90
109	349	Palussek	Sebastian	Radspport Wagner	TM30	19	04:49:46	00:39:43	389	02:29:54	45	01:40:09	167
110	138	Etzbach	Britta	LLG Wonnegau	TW25	4	04:49:56	00:33:14	149	02:43:27	165	01:33:15	86
111	276	Scherer	Franz-Josef	Tri-Team SC-Illing	TM55	1	04:50:38	00:33:25	158	02:37:58	106	01:39:15	156
112	266	Gebhardt	Udo	LTF Marpingen	TM50	3	04:50:39	00:32:14	123	02:38:02	107	01:40:23	172
113	11	Burg	Christoph	TV Hatzenbühl Tri	TM35	19	04:50:40	00:34:37	202	02:36:56	96	01:39:07	154
114	166	Stomporowski	Eva	TV Mußbach	TW30	4	04:50:41	00:37:11	300	02:41:22	139	01:32:08	78
115	362	Reis	Stefan	Radspport Wagner	TM40	36	04:50:43	00:31:56	113	02:37:34	101	01:41:13	181
116	27	Glinitzki	Heiko	TMK	TM35	20	04:50:50	00:34:09	185	02:36:41	92	01:40:00	165
117	503	Simon	Lothar	Team proficoaching	TM40	37	04:50:57	00:37:06	297	02:44:48	178	01:29:03	52
118	151	Schneider	Lilli	DJK Tri Andernach	TW25	5	04:50:59	00:30:41	80	02:45:45	190	01:34:33	99
119	189	Rudolph	Kati	Soprema Team MTG	TW35	2	04:51:08	00:29:09	41	02:40:57	136	01:41:02	178
120	34	Veith	Martin	ALV Mainz	TM25	17	04:51:15	00:33:46	171	02:42:23	148	01:35:06	107
121	304	Plein	Joachim	TCEC Mainz	TM45	5	04:52:20	00:36:42	279	02:45:32	187	01:30:06	62
122	42	Breschke	Jens	PSV Pirmasens	TM30	20	04:52:24	00:30:58	86	02:36:40	91	01:44:46	226
123	337	Hofmann	Markus	TV Lampertheim	TM40	38	04:52:59	00:30:21	67	02:40:11	131	01:42:27	193
124	495	Wenzel	Uwe	Ski Club Heidelber	TM45	6	04:53:09	00:34:25	196	02:41:51	144	01:36:53	129
125	278	Herrlitz	Gerd	SG Arheilgen Tri	TM50	4	04:53:17	00:34:59	219	02:39:58	129	01:38:20	145
126	32	Baumdicker	Martin	ALV Mainz	TM30	21	04:53:28	00:26:56	18	02:42:49	153	01:43:43	211
127	545	Görlach	Axel	LSV Ladenburg	TM40	39	04:53:32	00:00:00		03:23:01	466	01:30:31	66
128	89	Fröhlich	Christian	DBL-RSG Montabaur	TM50	5	04:53:41	00:33:20	155	02:41:40	142	01:38:41	149
128	331	Frost	Carsten		TM35	21	04:53:41	00:34:49	213	02:42:58	157	01:35:54	117
130	73	Marquet	Robert	RSC Untermosel	TM40	40	04:53:46	00:00:00		03:17:12	452	01:36:34	125
131	378	Hünnerkopf	Stephan	TV Dielheim	TM40	41	04:54:06	00:41:31	428	02:42:52	155	01:29:43	60
132	329	Blaß	Hanno	Tri-Team SC-Illing	TM25	18	04:54:09	00:31:55	112	02:36:44	93	01:45:30	233
133	20	Krieger	Pierre	TV Mußbach	TM35	22	04:54:20	00:37:50	317	02:42:41	151	01:33:49	93
134	159	Fulde	Stefanie	PSV Pirmasens	TW30	5	04:54:27	00:36:23	272	02:44:15	170	01:33:49	93
135	98	Dorer	Tony	SRL-Koblenz	TM45	7	04:54:31	00:35:13	226	02:39:24	122	01:39:54	164
136	255	Klein	Johannes	VfR Simmern	TM45	8	04:54:45	00:32:53	137	02:49:07	233	01:32:45	83
137	400	Müller	Uwe B.	SSG Bensheim	TM40	42	04:55:03	00:29:21	45	02:46:05	195	01:39:37	159
138	385	Arnold	Ralf	Soprema Team MTG	TM35	23	04:55:04	00:35:38	238	02:29:45	44	01:49:41	288
139	161	Bette	Regine	LA TUS Mayen	TW45	1	04:55:08	00:36:18	268	02:44:25	173	01:34:25	98
140	289	Tretbar	Oliver	ASG Tria Hockenh.	TM30	22	04:55:26	00:39:06	358	02:41:13	138	01:35:07	108
141	313	Schoch	Markus	SV Nikar Heidelb.	TM35	24	04:55:31	00:30:25	71	02:45:35	188	01:39:31	158
142	16	Henz	Thomas	TV Mußbach	TM40	43	04:55:41	00:36:09	258	02:37:28	98	01:42:04	188

143	286	Ritz	Fabian		TM20	8	04:55:52	00:35:42	243	02:45:05	183	01:35:05	105
144	111	Klinner	Christian	TSG Maxdorf	TM40	44	04:55:53	00:31:50	108	02:39:51	127	01:44:12	216
145	259	Saelz	Stephan	LSV Ladenburg	TM40	45	04:55:54	00:32:15	124	02:39:00	117	01:44:39	224
146	102	Sattler	Hans Ludwig	TCEC Mainz	TM50	6	04:56:00	00:28:30	33	02:44:31	174	01:42:59	202
147	314	Blaffert	Uwe	uweblaffert.de	TM35	25	04:56:20	00:34:43	208	02:46:01	193	01:35:36	116
148	135	Lütticken	Irmgard	TRI Post Trier	TW45	2	04:56:26	00:40:09	404	02:41:12	137	01:35:05	105
149	263	Rudolph	Timo		TM30	23	04:56:56	00:30:07	63	02:44:40	175	01:42:09	190
150	408	Knapp	Olli	laufundsportshop.d	TM30	24	04:57:16	00:30:55	84	02:39:27	123	01:46:54	252
151	427	Hauschild	Stefan	Soprema Team MTG	TM45	9	04:57:17	00:32:00	117	02:42:51	154	01:42:26	192
152	306	Rubey	Michael	SV Nikar Heidelb.	TM40	46	04:57:26	00:32:02	119	02:47:22	211	01:38:02	143
153	154	Weihs	Monika	LTF Marpingen	TW40	1	04:57:37	00:33:09	141	02:42:57	156	01:41:31	183
154	305	Heck	Stefan	SG Stern Gaggenau	TM40	47	04:57:39	00:30:36	76	02:46:10	197	01:40:53	177
155	285	Berger	Olaf	Waldsee	TM40	48	04:57:43	00:30:48	82	02:45:03	182	01:41:52	186
156	208	Rasbach	Dagmar	LA TUS Mayen	TW40	2	04:57:51	00:35:40	240	02:48:49	228	01:33:22	88
156	301	Giese	Matthias	fitness.com	TM25	19	04:57:51	00:36:59	293	02:40:04	130	01:40:48	174
158	105	Maris	Heiko	TCEC Mainz	TM40	49	04:57:57	00:33:04	139	02:39:14	120	01:45:39	236
159	139	Nakissa	Kathleen	LLG Wonnegau	TW20	2	04:58:04	00:36:50	285	02:44:58	179	01:36:16	120
160	233	Schlohmann	Thomas	TSG Maxdorf	TM25	20	04:58:17	00:29:22	47	02:50:30	249	01:38:25	147
161	119	Stamm	Thomas	PSV Pirmasens	TM45	10	04:58:19	00:40:06	400	02:40:16	132	01:37:57	141
162	45	Behncke	Michael	PSV Pirmasens	TM25	21	04:58:21	00:35:06	223	02:44:10	169	01:39:05	153
163	53	Oechsner	Joachim	TRI Post Trier I	TM40	50	04:59:13	00:28:15	32	02:28:26	37	02:02:32	393
163	365	Treichel	Stephan	LCO Edenkoben	TM45	11	04:59:13	00:34:42	207	02:42:46	152	01:41:45	184
165	104	Peters	Achim	TCEC Mainz	TM40	51	04:59:15	00:34:39	205	02:49:32	238	01:35:04	104
166	333	Schmidt	Oliver	SG Arheilgen Tri	TM35	26	04:59:20	00:34:22	194	02:47:08	208	01:37:50	139
167	121	Wetz	Markus	PSV Pirmasens	TM40	52	04:59:32	00:32:31	130	02:36:49	95	01:50:12	297
168	392	Werner	Martin		TM45	12	04:59:46	00:38:20	329	02:38:58	116	01:42:28	194
169	374	Szász	Paul		TM45	13	04:59:58	00:36:57	291	02:47:41	215	01:35:20	113
170	76	Koppenhöfer	Daniel	SC Pos. Worms	TM25	22	05:00:08	00:33:40	167	02:44:15	170	01:42:13	191
171	62	Schwinghammer	Jan	DJK St. Ingbert	TM30	25	05:00:42	00:44:36	472	02:36:04	87	01:40:02	166
172	270	Abendschön	Steffen	SG Stern Gaggenau	TM35	27	05:00:58	00:39:16	364	02:48:27	224	01:33:15	86
173	145	Schloß	Anna	TV Hatzenbühl Tri	TW20	3	05:01:06	00:31:21	98	02:49:27	237	01:40:18	171
174	530	Weygoldt	Jörg Reiner	RheinNeckar Racing	TM35	28	05:01:11	00:32:51	136	02:45:50	191	01:42:30	196
175	91	Neudecker	Michael	DJK Andernach	TM55	2	05:01:30	00:40:42	412	02:43:22	162	01:37:26	135
176	66	Fiege	Jens	TSG Maxdorf II	TM30	26	05:01:48	00:41:37	429	02:39:23	121	01:40:48	174
177	453	Krebs	Björn		TM30	27	05:01:54	00:33:20	155	02:48:53	229	01:39:41	160
178	110	Götz	Thomas	TSG Maxdorf	TM40	53	05:01:59	00:35:55	248	02:49:25	235	01:36:39	126

179	85	Bremmer	Christian	TCEC Mainz	TM25	23	05:02:04	00:35:51	246	02:51:06	254	01:35:07	108
180	345	Jäckels	Bernd	TriSaar Hochwald	TM40	54	05:02:08	00:33:35	165	02:49:59	244	01:38:34	148
181	316	Resch	Uwe	Amicitia Viernh.	TM35	29	05:02:09	00:36:39	278	02:44:46	177	01:40:44	173
182	330	Wölke	Joachim	SV Simmern	TM35	30	05:02:10	00:36:10	259	02:48:16	222	01:37:44	138
183	343	Hauser	Bernd	TSG Maxdorf	TM50	7	05:02:12	00:37:50	317	02:46:22	202	01:38:00	142
184	348	Warnatz	Uwe	TRI-Team TG Konz	TM40	55	05:02:31	00:34:07	184	02:48:33	225	01:39:51	162
185	288	Kilian	Thomas	ASG Tria Hockenh.	TM50	8	05:02:38	00:33:57	178	02:49:25	235	01:39:16	157
186	510	Arnold	Stefan	Gitarrenschule Ma	TM20	9	05:02:39	00:38:32	337	02:47:37	214	01:36:30	124
187	409	Immer	Ralf	SSC Karlsruhe	TM35	31	05:02:41	00:39:51	393	02:38:27	114	01:44:23	218
188	359	Cesian	Arne	LC Olym.Wiesbad.	TM45	14	05:03:13	00:33:12	146	02:52:50	279	01:37:11	132
189	122	Sommer	Anna	ALV Mainz	TW25	6	05:03:15	00:31:56	113	02:47:22	211	01:43:57	212
190	38	Althofen	Martin	DBL-RSG M.-baur 4	TM40	56	05:03:16	00:36:03	252	02:44:41	176	01:42:32	198
191	396	Herrmann	Reiner	TSV Schmiden	TM50	9	05:03:34	00:35:03	222	02:49:40	241	01:38:51	151
192	299	Hilberath	Jürgen	LSV Ladenburg	TM40	57	05:04:13	00:34:59	219	02:47:17	210	01:41:57	187
193	230	van Wickeren	Dennis	LSV Ladenburg	TM30	28	05:04:14	00:32:41	133	02:34:30	74	01:57:03	359
194	282	Döring	Franky	Soprema Team MTG	TM40	58	05:04:15	00:39:17	368	02:38:21	111	01:46:37	245
195	234	Sommer	Klaus	TV Haibach	TM50	10	05:04:45	00:33:55	176	02:48:01	217	01:42:49	201
196	386	Langer	Werner		TM50	11	05:05:03	00:35:24	232	02:42:24	149	01:47:15	257
197	298	Rucktäschel	Lars	TG Heddesheim	TM25	24	05:05:09	00:27:27	23	02:38:10	108	01:59:32	375
198	422	Wieczorek	René		TM35	32	05:05:17	00:34:05	183	02:51:23	259	01:39:49	161
199	335	Ferchow	Karsten	SV Nikar Heidelb.	TM50	12	05:05:19	00:39:26	375	02:45:36	189	01:40:17	170
200	404	Schneider	Claus	LC Olym.Wiesbad.	TM40	59	05:05:28	00:36:03	252	02:42:27	150	01:46:58	253
201	99	Kremer	Dirk	SRL-Koblenz	TM40	60	05:05:37	00:38:13	325	02:51:07	255	01:36:17	121
202	310	Mélix	Pascal	BSG HP Böblingen	TM50	13	05:06:06	00:40:51	416	02:45:01	181	01:40:14	169
203	207	Seeberger	Jens	1. FC K-lautern	TM35	33	05:06:11	00:34:46	210	02:41:48	143	01:49:37	286
204	149	Willersinn	Elke	TSG Maxdorf	TW40	3	05:06:12	00:37:21	304	02:46:20	200	01:42:31	197
205	328	Hartkopf	Bernd	TCEC Mainz	TM40	61	05:06:32	00:43:21	451	02:48:33	225	01:34:38	100
206	69	Neubert	Christof	TSG Maxdorf II	TM35	34	05:06:42	00:35:55	248	02:53:50	291	01:36:57	130
206	549	Herrle	Mike		TM30	29	05:06:42	00:39:18	369	02:49:03	232	01:38:21	146
208	158	Wilbois	Beate	Radspport Wagner	TW40	4	05:06:45	00:36:17	266	02:45:59	192	01:44:29	222
209	95	Fischer	Frank	Ludwigshafener SV	TM40	62	05:07:10	00:37:13	302	02:44:21	172	01:45:36	235
210	479	Schmitt	Dieter	Heddesheim	TM45	15	05:07:24	00:33:30	161	02:48:15	221	01:45:39	236
211	64	Schneider	Wolfgang	DJK St. Ingbert	TM40	63	05:07:55	00:42:04	433	02:42:10	146	01:43:41	210
212	364	Wüllenweber	Michael	DJK-SG St. Ingbert	TM40	64	05:08:42	00:31:53	110	02:52:24	273	01:44:25	220
213	441	Grunert	Frank	Team Erdinger	TM50	14	05:09:14	00:37:27	309	02:50:42	250	01:41:05	179
214	347	Schneider	Kristof		TM30	30	05:09:30	00:34:54	217	02:45:28	186	01:49:08	280

215	366	Urbany	Guido	CAEG Grevenm./Lux	TM40	65	05:10:13	00:37:04	296	02:48:59	230	01:44:10	215
216	183	Sarica	Senay	RV 03 Bürstadt	TW40	5	05:10:18	00:40:50	415	02:52:15	270	01:37:13	133
217	394	Cavelius	Ralf	Moewe-Schmelz	TM45	16	05:10:22	00:34:33	199	02:53:20	285	01:42:29	195
218	47	Duchene	Karsten	DJK Dudweiler	TM35	35	05:10:23	00:35:49	245	02:47:34	213	01:47:00	254
219	485	Grimm	Thorsten	TCEC Mainz	TM40	66	05:10:41	00:38:19	327	02:49:23	234	01:42:59	202
220	206	Gayer	Marcus	Poseidon Worms	TM35	36	05:11:01	00:33:16	152	02:52:15	270	01:45:30	233
221	324	Lutz	Andreas	TV Hatzenbühl	TM40	67	05:11:02	00:36:26	274	02:46:30	205	01:48:06	267
222	315	Wenzel	Arno	DZ BANK Runners	TM40	68	05:11:24	00:00:00		03:40:57	479	01:30:27	65
223	28	Vinzent	Tristan	TMK	TM45	17	05:11:38	00:39:01	355	02:48:59	230	01:43:38	209
224	277	Borger	Eric	Tria-Team Bruchkö.	TM30	31	05:11:46	00:38:37	341	02:34:45	77	01:58:24	365
225	103	Leinweber	Jochen	TCEC Mainz	TM50	15	05:11:49	00:29:19	44	03:01:24	370	01:41:06	180
225	311	Diels	Olaf	LC Olym.Wiesbad.	TM35	37	05:11:49	00:34:48	211	02:53:04	281	01:43:57	212
227	466	Höner	Franz	Run4Fun Bübing.	TM35	38	05:12:52	00:35:37	237	02:50:14	245	01:47:01	255
228	176	Steffen	Susanne	LTF Marpingen	TW40	6	05:12:57	00:39:13	363	02:50:17	246	01:43:27	208
229	59	Thees	Erik	TRI Post Trier II	TM35	39	05:13:16	00:38:19	327	02:46:04	194	01:48:53	278
230	341	Porth	Lothar	TV Odernheim	TM40	69	05:13:26	00:39:16	364	02:56:55	319	01:37:15	134
231	387	Krupp	Matthias	LC Bingen	TM35	40	05:13:36	00:34:34	200	02:50:18	247	01:48:44	272
232	162	Klein	Bettina	Tri Team SC Illing	TW25	7	05:13:42	00:28:09	31	02:59:12	350	01:46:21	242
233	468	Richter	Thomas		TM45	18	05:13:55	00:33:11	144	02:54:06	293	01:46:38	246
234	435	Hippler	Andreas	LG MuLi	TM35	41	05:14:29	00:36:36	277	02:52:42	278	01:45:11	230
235	177	Weber	Anita	SV Mannheim	TW40	7	05:14:33	00:34:36	201	02:57:17	325	01:42:40	200
236	419	Spitzer	Ingo	TCEC Mainz	TM40	70	05:14:34	00:38:54	352	02:52:27	275	01:43:13	206
237	426	Heinrichs	Alexander	Trialex	TM40	71	05:14:38	00:39:23	373	02:50:51	251	01:44:24	219
238	381	Massier	Timo	DLRG Eberbach	TM20	10	05:14:44	00:29:33	55	02:56:33	315	01:48:38	271
239	281	Meyer	Frank	SKG Sprendlingen	TM45	19	05:14:59	00:31:10	94	02:47:05	207	01:56:44	357
240	58	Gödecke	Christian	TRI Post Trier II	TM30	32	05:15:05	00:40:53	418	02:52:24	273	01:41:48	185
241	201	Adler	Tanja	LSV Ladenburg	TW25	8	05:15:06	00:27:50	24	02:53:05	282	01:54:11	346
242	344	Paszek	Marius	RV Wörrstadt	TM45	20	05:15:10	00:35:15	229	02:52:34	276	01:47:21	259
243	124	Fliegel	Vanessa	ALV Mainz	TW20	4	05:15:35	00:33:13	148	02:46:19	199	01:56:03	356
244	332	Schneider	Martin	RC Friesenheim	TM30	33	05:15:37	00:40:24	406	02:43:00	159	01:52:13	324
245	254	Ernst	Matthias	PSV Pirmasens	TM45	21	05:15:43	00:36:56	290	02:57:21	327	01:41:26	182
246	339	Claessen	Jürgen	LTF Köllertal	TM45	22	05:15:45	00:34:04	181	02:52:12	269	01:49:29	284
247	379	Willersinn	Uwe	Tri Willersinn&Lan	TM40	72	05:15:53	00:38:50	348	02:43:54	167	01:53:09	335
248	390	Bode	Andreas		TM50	16	05:15:59	00:34:16	191	02:52:01	265	01:49:42	289
249	210	Behles	Petra	LTF Marpingen	TW40	8	05:16:09	00:33:11	144	02:52:03	266	01:50:55	307
250	252	Lohberger	Bernd	Bad Homburger SC	TM45	23	05:16:17	00:36:51	286	02:44:58	179	01:54:28	347

251	340	Beissel	Klaus		TM45	24	05:16:27	00:34:10	186	02:57:33	329	01:44:44	225
252	529	Jene	Bernhard	TV Maikammer	TM40	73	05:16:40	00:44:07	462	02:46:05	195	01:46:28	244
253	300	Gama	Juan Carlos	SG Stern Gaggenau	TM35	42	05:16:45	00:36:15	263	02:54:21	297	01:46:09	239
254	245	Diener	Thomas	SG Pos. Eppelheim	TM40	74	05:16:51	00:32:07	121	02:54:06	293	01:50:38	303
254	406	Birrenbach	Andre	TCEC Mainz	TM45	25	05:16:51	00:33:15	150	02:59:08	347	01:44:28	221
256	401	Seipp	Martin	TSV Krofdorf-Gleib	TM40	75	05:17:08	00:34:52	215	02:53:32	287	01:48:44	272
257	393	Lindenblatt	Walter	TCEC Mainz	TM40	76	05:17:22	00:38:46	345	02:48:11	219	01:50:25	300
258	188	Hornig	Maja	RG Haldern	TW30	6	05:17:28	00:33:18	154	02:59:23	352	01:44:47	227
259	132	Kerschensteiner	Karin	TCEC Mainz	TW25	9	05:17:34	00:35:33	236	02:57:13	323	01:44:48	228
260	293	Keller	Uwe	LC Bad Kreuznach	TM45	26	05:17:54	00:35:28	234	02:47:03	206	01:55:23	353
261	372	Schumann	Ulrich		TM35	43	05:18:03	00:30:51	83	02:52:03	266	01:55:09	352
262	423	Bette Dr.	Martin	LA TUS Mayen	TM45	27	05:18:06	00:36:10	259	02:53:05	282	01:48:51	277
263	346	Kornau	Dirk	TCEC Mainz	TM45	28	05:18:13	00:30:23	69	03:00:16	360	01:47:34	261
264	368	Gehr	Sven	RSV-Bühlertal	TM35	44	05:18:17	00:39:28	376	02:51:38	262	01:47:11	256
265	291	Vogtmüller	Moritz	DauerPower Ems	TM35	45	05:18:21	00:36:08	254	02:48:35	227	01:53:38	340
266	451	Eisel	Philipp	laufundsportshop.d	TM20	11	05:18:37	00:40:33	408	02:45:20	185	01:52:44	327
267	433	Rexhaus	Thomas	TCEC Mainz	TM40	77	05:18:40	00:37:47	315	02:51:26	260	01:49:27	283
268	355	Dohn	Philipp	TCEC Mainz	TM45	29	05:18:50	00:41:01	422	02:54:47	300	01:43:02	205
269	543	Sammet	Steffen	LC Schifferstadt	TM25	25	05:18:57	00:41:29	427	02:51:16	256	01:46:12	241
270	320	Dawo	Franz	TV Hatzenbühl	TM55	3	05:19:06	00:34:43	208	02:58:12	337	01:46:11	240
271	357	Butzer	Werner	TV Mußbach	TM45	30	05:19:09	00:37:00	294	02:52:39	277	01:49:30	285
272	283	Kranz	Rüdiger	Bennhausen	TM40	78	05:19:16	00:39:40	386	02:51:48	264	01:47:48	264
273	525	Prentzel	Andreas	Hellas Brühl	TM45	31	05:19:18	00:41:25	426	02:57:40	333	01:40:13	168
274	21	Max	Sattler	WSF Zweibrücken	TM25	26	05:19:25	00:29:11	42	02:51:35	261	01:58:39	366
275	19	Klein	Matthias	TV Mußbach	TM25	27	05:19:34	00:39:23	373	02:56:46	318	01:43:25	207
276	457	Prentzel	Dieter	Radsport Wagner	TM45	32	05:19:36	00:38:22	330	02:53:08	284	01:48:06	267
277	317	Tauchmann	Stefan		TM35	46	05:19:49	00:42:32	438	02:45:19	184	01:51:58	321
278	113	Haensel	Heinrich	TSG Maxdorf	TM60	1	05:20:24	00:37:02	295	03:00:44	364	01:42:38	199
279	504	Fuchs	Stefan	Vielfrass	TM25	28	05:20:25	00:41:04	423	02:48:13	220	01:51:08	311
280	460	Links	Martin		TM30	34	05:20:33	00:36:54	289	02:55:34	305	01:48:05	266
281	464	Gorges	Sebastian	Tri Freunde Saarl.	TM20	12	05:20:45	00:33:32	162	03:11:57	438	01:35:16	112
282	115	Fusaro	Marco	Tri Post Trier	TM40	79	05:21:15	00:36:46	281	02:55:39	307	01:48:50	275
283	143	Büchler	Rebecca	TV Hatzenbühl Tri	TW20	5	05:21:27	00:34:11	188	02:57:51	334	01:49:25	282
284	434	Otterstätter	Oliver		TM40	80	05:21:57	00:40:07	402	02:53:32	287	01:48:18	269
285	142	Beck	Christine	TV Hatzenbühl Tri	TW25	10	05:22:45	00:37:25	307	02:54:55	301	01:50:25	300
286	334	Gehrke	Sebastian	Frankenthaler SV	TM30	35	05:22:47	00:38:26	333	02:53:37	289	01:50:44	305

287	402	Walter	Uli	TCEC Mainz	TM40	81	05:22:51	00:38:51	349	02:50:51	251	01:53:09	335
288	384	Graf	Udo	SKV Mörfelden	TM45	33	05:22:54	00:40:33	408	02:52:05	268	01:50:16	298
289	140	Friedrich	Sonja	LLG Wonnegau	TW35	3	05:22:56	00:33:17	153	03:06:39	405	01:43:00	204
289	455	Schmidt	Robert	LSV Frankfurt	TM40	82	05:22:56	00:38:36	340	02:53:48	290	01:50:32	302
291	480	Frisch	Thomas	Triathlon-Jägersb.	TM50	17	05:23:46	00:40:56	420	02:49:57	243	01:52:53	332
292	187	Krieg	Stefanie	Frankenthaler SV	TW30	7	05:23:48	00:40:47	413	03:04:45	395	01:38:16	144
292	380	Bentz	Günther	TV Rheinzabern	TM40	83	05:23:48	00:34:37	202	02:58:24	339	01:50:47	306
294	438	Büllesbach	Martin		TM45	34	05:23:51	00:38:31	336	02:54:12	295	01:51:08	311
295	437	Monshausen	Karl-Heinz	BSG Stadtw. Trier	TM50	18	05:23:54	00:39:04	357	03:04:01	390	01:40:49	176
296	312	Götz	Guido	SG Arheilgen Tri	TM35	47	05:24:08	00:34:56	218	02:48:01	217	02:01:11	382
297	191	Dörr	Grit	Athletic Eidenborn	TW40	9	05:24:33	00:27:15	20	03:07:17	415	01:50:01	293
298	487	Höwler	Dieter	ASG Tria Hockenh.	TM50	19	05:24:34	00:45:47	478	02:52:22	272	01:46:25	243
299	377	Gogol	Hartmut	Triathlon Wetterau	TM40	84	05:24:36	00:38:40	342	03:03:50	388	01:42:06	189
300	323	Lengsfeld	Thomas	TV Hatzenbühl	TM45	35	05:24:51	00:39:40	386	02:57:18	326	01:47:53	265
301	481	Roth	Michael		TM45	36	05:25:03	00:37:21	304	02:56:13	310	01:51:29	314
302	342	Zumbach	Peter	1. FC K-lautern	TM50	20	05:25:18	00:38:27	335	02:55:17	304	01:51:34	315
303	502	Briot	Patrick	L&S Lauf.Sport.Sho	TM30	36	05:25:41	00:35:54	247	02:56:59	321	01:52:48	329
304	350	Seinsche	Steffen	SKV Mörfelden	TM35	48	05:25:45	00:39:16	364	02:59:41	355	01:46:48	249
305	56	Adrian	Volker	TRI Post Trier II	TM40	85	05:26:16	00:31:54	111	02:51:41	263	02:02:41	394
306	118	Müller	Rolf	PSV Pirmasens	TM40	86	05:26:47	00:39:09	360	02:57:34	330	01:50:04	296
307	326	Daub	Christian	LTF Köllertal	TM20	13	05:26:52	00:30:56	85	02:49:51	242	02:06:05	411
308	244	Richter	Bernd	TriSaar Hochwald	TM40	87	05:26:53	00:42:35	439	02:46:16	198	01:58:02	363
309	470	Starck	Georg	LC Olym.Wiesbad.	TM35	49	05:27:08	00:41:10	424	02:56:39	317	01:49:19	281
310	79	Jäger	Dieter	SC Pos. Worms	TM40	88	05:27:16	00:37:19	303	02:57:55	336	01:52:02	322
311	17	Renner	Herbert	TV Mußbach	TM50	21	05:27:23	00:35:10	224	02:58:45	344	01:53:28	338
312	440	Probst	Wilfried	TCEC Mainz	TM45	37	05:27:40	00:37:42	311	02:51:19	257	01:58:39	366
313	190	Schillinger	Birgit	www.laufreport.de	TW45	3	05:27:47	00:36:17	266	03:04:10	391	01:47:20	258
314	137	Fusaro	Claudia	TRI Post Trier	TW40	10	05:27:56	00:36:18	268	03:02:48	381	01:48:50	275
315	522	Schröder	Axel		TM45	38	05:27:58	00:38:52	350	02:59:14	351	01:49:52	290
316	538	Jakoby	Andreas	TriSaar Hochwald	TM35	50	05:28:07	00:43:29	454	02:54:20	296	01:50:18	299
317	116	Rach	Helmut	Tri Post Trier	TM40	89	05:28:17	00:32:36	132	03:03:00	383	01:52:41	326
318	448	Urlbauer	Jörg	WRAG	TM35	51	05:28:22	00:38:52	350	02:54:57	302	01:54:33	350
319	131	Baur	Anne	TCEC Mainz	TW20	6	05:28:36	00:34:26	197	03:02:00	375	01:52:10	323
320	287	Grimm	Andreas	Skiclub Speyer	TM40	90	05:28:47	00:39:35	381	02:56:58	320	01:52:14	325
321	446	Bauer	Lutz	RV 03 Bürstadt	TM50	22	05:29:00	00:41:37	429	02:59:36	354	01:47:47	262
322	403	Krämer	Jörg	Tri Freunde Saarl.	TM40	91	05:29:01	00:41:19	425	02:57:39	332	01:50:03	294

323	198	Gieser	Barbara		TW30	8	05:29:07	00:31:18	97	02:59:10	349	01:58:39	366
324	383	Holtkamp	Rüdiger	TRIA TEAM Bruchkö.	TM45	39	05:29:16	00:40:55	419	02:56:25	312	01:51:56	320
325	181	Zacher	Angela	Amicitia Viernh.	TW45	4	05:29:22	00:39:21	372	03:04:47	396	01:45:14	231
326	399	Hörl	Stephan	Ski Club Heidelber	TM45	40	05:29:50	00:36:44	280	03:01:59	374	01:51:07	310
326	521	Stork	Thomas	TV Lampertheim	TM45	40	05:29:50	00:38:01	321	03:00:09	357	01:51:40	318
328	420	Schmidt	Wolfgang	KSV Baunatal	TM55	4	05:30:08	00:37:10	299	03:00:08	356	01:52:50	330
329	338	Bucher	Klaus-Peter		TM50	23	05:30:10	00:37:46	314	03:08:21	419	01:44:03	214
330	175	Koop	Christine	Poseidon Worms	TW30	9	05:30:36	00:37:23	306	03:00:13	359	01:53:00	333
331	450	Reidenbach	Daniel	ASG Tria Hockenh.	TM30	37	05:30:45	00:45:12	475	03:06:40	408	01:38:53	152
332	397	van der Heijden	Eric	von-null-auf-42	TM45	42	05:30:55	00:36:52	287	03:00:55	366	01:53:08	334
333	546	Schönfeld	Tobias	Soprema Team MTG	TM25	29	05:31:12	00:31:03	88	02:47:13	209	02:12:56	432
334	382	Dojnia	Veit		TM55	5	05:31:14	00:39:55	395	03:04:29	394	01:46:50	251
335	318	Maniurka	Heinrich	LLG Wonnegau	TM45	43	05:31:57	00:44:18	465	02:58:55	345	01:48:44	272
336	353	Fries	Michael	Tri Freunde Saarl.	TM40	92	05:32:16	00:33:05	140	02:57:16	324	02:01:55	388
337	120	Tinnes	Ralf	PSV Pirmasens	TM45	44	05:32:24	00:34:50	214	02:58:38	342	01:58:56	369
338	169	Schäfer	Sandra	1. FC K-lautern	TW35	4	05:33:32	00:40:06	400	03:06:39	405	01:46:47	248
339	173	Joecken	Gabi	TriSaar Hochwald	TW40	11	05:33:38	00:37:09	298	02:54:39	298	02:01:50	387
340	171	Dengel	Stefanie	TV Eberbach	TW40	12	05:33:52	00:33:27	159	03:10:31	432	01:49:54	291
341	537	Dupont	Pierre-Francois	Vielfrass	TM35	52	05:33:53	00:43:22	452	03:02:44	379	01:47:47	262
342	542	Lütke	Christian	RheinNeckar Racing	TM35	53	05:33:58	00:42:59	448	02:52:56	280	01:58:03	364
343	296	Krebs	Thomas	LC Olym.Wiesbad.	TM35	54	05:34:23	00:36:22	271	02:57:31	328	02:00:30	377
344	519	Greiner-Mai	Frank		TM40	93	05:34:32	00:42:37	440	03:07:36	416	01:44:19	217
345	168	Adami	Andrea	LLG Wonnegau	TW50	1	05:34:52	00:42:18	435	03:00:57	367	01:51:37	317
346	467	Grützner	Marc	DSW12 Darmstadt	TM45	45	05:35:05	00:39:54	394	03:02:26	377	01:52:45	328
347	275	Faßhauer	Uwe	Startnet Team DSW	TM45	46	05:35:09	00:40:59	421	02:49:34	240	02:04:36	402
348	461	Rupprecht	Jürgen	VFL Bellheim	TM40	94	05:35:14	00:40:31	407	03:07:54	417	01:46:49	250
349	509	Arnold	Dietmar	Soprema Team MTG	TM45	47	05:35:20	00:39:40	386	02:46:28	203	02:09:12	422
350	421	Alter	Otto	TSV Tria Viernheim	TM55	6	05:35:38	00:33:55	176	03:02:45	380	01:58:58	370
351	528	Kristek	Matthias	TG Laudenbach	TM40	95	05:35:40	00:46:13	481	02:57:51	334	01:51:36	316
352	512	Kilian	Dennis	TS Geisenheim	TM30	38	05:35:46	00:43:41	456	03:00:51	365	01:51:14	313
353	462	Thome	Michael	Gipfelstürmerle	TM45	48	05:35:54	00:42:56	447	02:59:09	348	01:53:49	343
354	68	Wassermann	Rüdiger	TSG Maxdorf II	TM40	96	05:36:20	00:40:51	416	03:01:57	373	01:53:32	339
355	199	Wolfering	Theda	Tri Freunde Saarl.	TW45	5	05:36:25	00:38:02	322	03:09:58	429	01:48:25	270
356	108	Kremer	Michael	TMK	TM40	97	05:36:55	00:40:09	404	02:59:00	346	01:57:46	361
357	492	Lützel	Andreas	TSG Maxdorf	TM40	98	05:37:05	00:39:20	370	03:08:40	421	01:49:05	279
358	309	Wendt	Eckard	TG Heddesheim	TM40	99	05:37:20	00:31:27	100	02:53:50	291	02:12:03	428

359	77	Kaufmann	Jörg	SC Pos. Worms	TM40	100	05:37:31	00:28:47	38	02:43:25	164	02:25:19	449
360	126	Friedrich	Petra	DBL-RSG Montabaur	TW25	11	05:39:03	00:46:01	479	03:03:23	385	01:49:39	287
361	376	Hübner	Klaus	Passtschon 98	TM45	49	05:39:25	00:45:38	476	03:07:06	412	01:46:41	247
362	96	Imberg	Thomas	Ludwigshafener SV	TM45	50	05:39:30	00:38:26	333	02:58:44	343	02:02:20	390
363	65	Balazs	Vilmos	DJK St. Ingbert	TM40	101	05:39:44	00:44:07	462	00:00:00		04:55:37	460
364	360	Würtz	Friedhelm	TSG Maxdorf	TM60	2	05:39:45	00:39:49	392	02:58:30	341	02:01:26	383
365	491	Goschler	Manfred		TM50	24	05:39:47	00:39:57	396	03:00:26	361	01:59:24	373
366	508	Rickel	Thorsten	Frankenthaler SV	TM35	55	05:39:55	00:38:02	322	03:02:33	378	01:59:20	372
367	459	Scheubert	Peter	TSG Maxdorf	TM55	7	05:40:02	00:41:43	432	02:53:24	286	02:04:55	405
368	414	Wilbois	Johannes	Radspport Wagner	TM60	3	05:40:16	00:39:33	380	02:58:14	338	02:02:29	392
369	204	Rucktäschel	Ulla	TV Lampertheim	TW50	2	05:40:34	00:39:16	364	03:16:10	451	01:45:08	229
370	514	Jarzombek	Harry	TSG Maxdorf	TM40	102	05:40:44	00:44:14	464	03:05:50	401	01:50:40	304
371	60	Kneer	Bernd	TRI Post Trier II	TM35	56	05:41:01	00:37:54	319	02:54:46	299	02:08:21	419
372	373	Schüler	Markus	TCEC Mainz	TM30	39	05:41:12	00:38:25	332	02:50:27	248	02:12:20	430
373	194	Gräve	Kathrin	SSC Karlsruhe	TW30	10	05:41:19	00:32:50	135	03:03:23	385	02:05:06	408
374	170	Stimmel	Claudia	Poseidon Worms	TW40	13	05:41:46	00:34:19	193	02:56:13	310	02:11:14	425
375	127	Mille	Bianca	DBL-RSG Montabaur	TW35	5	05:42:00	00:31:37	104	03:08:57	423	02:01:26	383
375	445	Stelter	Gottfried		TM40	103	05:42:00	00:36:52	287	03:04:13	392	02:00:55	379
377	240	Träutlein	Dominik	TV Mußbach	TM30	40	05:42:06	00:36:46	281	02:56:27	313	02:08:53	420
378	486	Hoecker	Hans-Jürgen	Poseidon Worms	TM50	25	05:42:24	00:40:49	414	02:56:59	321	02:04:36	402
379	388	Blaess	Josef	TSV Tria Viernheim	TM50	26	05:42:25	00:36:58	292	03:01:31	371	02:03:56	400
380	500	Ehmer	Ulrich		TM45	51	05:42:27	00:37:26	308	03:05:45	400	01:59:16	371
381	458	Thesen	Hans-Peter	Tri Post Trier	TM55	8	05:42:49	00:40:40	410	03:16:07	450	01:46:02	238
382	515	Wasilewski	Robert	Eintr.Frankfurt eV	TM40	104	05:42:51	00:42:49	444	03:07:11	413	01:52:51	331
383	271	Bernhardt	Harald	DELKER-TEAM	TM25	30	05:43:20	00:39:44	390	03:09:49	427	01:53:47	342
384	130	Autschbach	Cornelia	TCEC Mainz	TW45	6	05:43:29	00:42:24	436	03:04:00	389	01:57:05	360
385	526	Kastner	Christian		TM40	105	05:43:32	00:44:49	474	03:07:01	411	01:51:42	319
386	147	Jochem	Silke	TSG Maxdorf	TW25	12	05:43:36	00:35:47	244	03:04:24	393	02:03:25	397
387	133	Syring	Ulrike	TCEC Mainz	TW30	11	05:43:51	00:39:28	376	03:09:51	428	01:54:32	348
387	336	Seibel	Harald	TV Hauenstein	TM40	106	05:43:51	00:33:10	143	03:05:12	397	02:05:29	409
388	391	Vogel	Thomas	VFR Waldkatzenb.	TM40	106	05:43:51	00:43:45	457	02:55:35	306	02:04:31	401
390	447	Reininger	Sven	LSV 07	TM30	41	05:44:49	00:34:02	179	02:59:33	353	02:11:14	425
391	358	Wagner	Christian	Startnet Team DSW	TM25	31	05:44:53	00:36:23	272	03:06:54	409	02:01:36	386
392	327	Kämmerer	Andreas		TM35	57	05:45:25	00:31:51	109	03:01:20	369	02:12:14	429
393	405	Fehrer	Frank	Tri Freunde Saarl.	TM40	108	05:45:46	00:42:41	441	03:07:14	414	01:55:51	355
394	184	Herrmann	Angelika	TSV Schmidn	TW45	7	05:45:58	00:35:40	240	03:09:10	424	02:01:08	380

395	354	Weber	Steffen		TM40	109	05:46:27	00:49:09	484	03:03:34	387	01:53:44	341
396	524	Kramer	Ulrich	TSG Wiesloch	TM40	110	05:46:31	00:32:19	127	03:10:18	431	02:03:54	399
397	319	Dausque	Matthias	TV Hatzenbühl	TM35	58	05:46:50	00:39:36	384	03:02:16	376	02:04:58	406
398	146	Gronwald	Ute	TSG Maxdorf	TW30	12	05:46:58	00:39:11	361	03:17:44	453	01:50:03	294
399	186	Rose	Silvia	Soprema Team MTG	TW40	14	05:48:42	00:36:08	254	02:56:30	314	02:16:04	441
400	489	Kiesswetter	Martin	Kondition Mühlh.aM	TM40	111	05:49:30	00:38:49	347	03:06:05	403	02:04:36	402
401	428	Lessmeister	Hardy	1. FC K-lautern	TM45	52	05:50:20	00:39:59	397	03:01:19	368	02:09:02	421
401	477	Reister	Steffen	TCEC Mainz	TM40	112	05:50:20	00:33:47	172	03:21:49	463	01:54:44	351
403	117	Steffgen	Reiner	Tri Post Trier	TM45	53	05:50:28	00:40:08	403	03:08:54	422	02:01:26	383
404	499	Scholz	Matthias	TSG Maxdorf	TM40	113	05:51:23	00:39:11	361	03:00:43	363	02:11:29	427
405	410	Braunagel	Thomas	SG Stern Gaggenau	TM40	114	05:51:27	00:33:24	157	03:05:25	399	02:12:38	431
406	505	Rosinus	Maik	3athlon.org	TM25	32	05:51:29	00:42:51	446	02:58:28	340	02:10:10	424
407	148	Nothacker	Nadine	TSG Maxdorf	TW25	13	05:51:37	00:34:48	211	03:10:05	430	02:06:44	416
408	488	Frank	Dieter	Poseidon Worms	TM45	54	05:52:02	00:43:58	461	03:01:33	372	02:06:31	414
409	129	Hessel	Andrea	DBL-RSG Montabaur	TW45	8	05:53:10	00:39:37	385	03:19:01	458	01:54:32	348
410	172	Dieter	Andrea	Amicitia Viernh.	TW35	6	05:53:30	00:35:02	221	03:12:23	440	02:06:05	411
411	193	Mair	Lore	DJK Feudenheim	TW50	3	05:53:58	00:39:20	370	03:18:53	456	01:55:45	354
412	182	Claessen	Anette	LTF Köllertal	TW45	9	05:54:05	00:36:13	262	03:09:33	426	02:08:19	418
413	531	Schwartz	Christian	Outdoor Schule	TM40	115	05:54:10	00:36:35	276	03:11:51	437	02:05:44	410
414	465	Roth	Frank D.	TSV Krofdorf-Gleib	TM40	116	05:54:59	00:39:06	358	02:55:57	309	02:19:56	446
415	473	Wegner	Steve	LSV 07	TM30	42	05:55:16	00:43:46	458	03:10:57	434	02:00:33	378
416	134	Lellig	Karin	TRI Post Trier	TW50	4	05:55:57	00:38:32	337	03:26:27	472	01:50:58	308
417	107	Profittlich	Monika	TMK	TW40	15	05:56:03	00:43:26	453	03:11:29	435	02:01:08	380
418	535	Weirich	Wolfgang	TCEC Mainz	TM55	9	05:56:22	00:42:49	444	03:13:13	443	02:00:20	376
419	178	Helbig	Petra	LSV Ladenburg	TW35	7	05:56:37	00:45:45	477	03:07:55	418	02:02:57	395
420	452	Uhlmann	Frank	Soprema Team MTG	TM45	55	05:56:43	00:38:04	324	02:55:41	308	02:22:58	448
421	507	Mohr	David		TM20	14	05:56:56	00:43:18	450	02:55:15	303	02:18:23	445
422	280	Beck	Holger		TM35	59	05:57:17	00:36:47	283	03:05:21	398	02:15:09	439
423	534	Kißler	Rainer	TSG Grünstadt	TM45	56	05:57:23	00:38:46	345	02:51:22	258	02:27:15	451
424	425	Wittmann	Ralf	Aikido Club Frank.	TM40	117	05:57:38	00:49:30	486	03:03:09	384	02:04:59	407
425	490	Beyermann	Marcus	SKV Mörfelden	TM45	57	05:57:48	00:36:48	284	03:18:58	457	02:02:02	389
426	144	Lengsfeld	Marion	TV Hatzenbühl Tri	TW45	10	05:58:08	00:42:44	443	03:24:19	469	01:51:05	309
427	430	Klaes	Christian	Vit. -Mayence-Mz	TM40	118	05:58:31	00:39:01	355	03:06:03	402	02:13:27	434
428	432	von dem Broch	Roland	LTF Köllertal	TM45	58	05:58:33	00:44:21	466	03:21:01	462	01:53:11	337
429	478	Grah	Klaus	TCEC Mainz	TM40	119	05:58:41	00:37:36	310	03:18:00	454	02:03:05	396
430	527	Koch	Gunther	LCO Edenkoben	TM40	120	05:59:02	00:42:26	437	03:22:43	465	01:53:53	344

431	202	Wolf-Sichelschm	Anja	AC Weinheim	TW40	16	05:59:56	00:35:32	235	03:14:18	445	02:10:06	423
432	497	Armbrust	Matthias	Heart Beat Forever	TM40	121	06:00:01	00:37:45	312	03:08:35	420	02:13:41	437
433	493	Beck	Johannes	Tri-Sport Schwerin	TM30	43	06:00:29	00:46:03	480	03:20:17	461	01:54:09	345
434	398	Fiege	Marko	MRRC München	TM30	44	06:01:27	00:37:12	301	02:57:36	331	02:26:39	450
435	97	Wgner	Volker	Ludwigshafener SV	TM50	27	06:02:46	00:47:38	482	03:25:10	470	01:49:58	292
436	232	Sprave	Jörg		TM40	122	06:03:10	00:39:31	378	03:20:09	460	02:03:30	398
437	469	Böckly	Thomas	SV Enkenbach	TM40	123	06:03:27	00:41:41	431	03:14:37	446	02:07:09	417
438	351	Runtsch Dr.	Thomas		TM45	59	06:04:13	00:44:32	470	03:21:54	464	01:57:47	362
439	416	Schwed	Bernd	Tri Team Saarlouis	TM45	60	06:04:14	00:36:08	254	03:31:09	474	01:56:57	358
440	523	Frey	Joachim		TM45	61	06:07:29	00:38:13	325	03:12:53	442	02:16:23	442
441	541	Braun	Peter	FC Schalke 04	TM40	124	06:07:30	00:44:26	467	03:06:39	405	02:16:25	443
442	498	Tylkowski	Edward	TV Mußbach	TM55	10	06:08:13	00:39:00	354	03:15:43	449	02:13:30	435
443	482	Lehn	Norbert	LC Olym. Wiesbad.	TM45	62	06:08:54	00:39:48	391	03:06:58	410	02:22:08	447
444	141	Enderlein	Claudia	LLG Wonnegau	TW25	14	06:11:19	00:49:15	485	03:19:44	459	02:02:20	390
445	516	Truschkowski	Klaus	Eintr. Frankfurt eV	TM55	11	06:13:55	00:43:54	459	03:23:23	467	02:06:38	415
446	484	Broschat	Dieter	TSG K-lautern	TM35	60	06:14:18	00:34:26	197	03:06:35	404	02:33:17	456
447	520	Gerbig	Gernot	TV Mußbach	TM65	1	06:18:48	00:50:22	487	03:15:16	447	02:13:10	433
448	513	Bühl	Timo		TM30	45	06:19:25	00:39:35	381	03:24:14	468	02:15:36	440
449	412	Christ	Manfred	TSG Maxdorf	TM50	28	06:24:24	00:43:02	449	03:27:52	473	02:13:30	435
450	540	Zitz	Günter	Soprema Team MTG	TM45	63	06:24:37	00:38:00	320	03:11:36	436	02:35:01	458
451	114	Cotinaut	Bernard	Tri Post Trier	TM60	4	06:25:04	00:36:21	270	03:18:29	455	02:30:14	454
452	196	Pallasch	Uta		TW35	8	06:25:29	00:43:56	460	03:42:06	481	01:59:27	374
453	136	Thees	Nicole	TRI Post Trier	TW35	9	06:37:29	00:44:30	469	03:34:48	478	02:18:11	444
454	496	Kadow	Wolfgang	SSG Bensheim	TM50	29	06:42:04	00:51:56	490	03:43:48	482	02:06:20	413
455	443	Seibert	Thiemo		TM25	33	06:44:34	00:38:35	339	03:31:37	475	02:34:22	457
456	539	Kohl	Willibald	SC Heppenheim	TM55	12	06:47:22	00:59:48	493	03:33:09	477	02:14:25	438
457	483	Rice	John	TV Mußbach	TM60	5	06:49:57	00:34:38	204	03:44:13	483	02:31:06	455
458	536	Benning Dr.	Hans-Paul		TM55	13	06:51:49	00:50:58	488	03:32:33	476	02:28:18	453
459	128	Reimann	Tanja	DBL-RSG Montabaur	TW35	10	07:02:44	00:44:40	473	03:50:33	485	02:27:31	452
460	532	Walcher	Erich	LSV Ladenburg	TM60	6	07:07:33	00:48:40	483	03:40:58	480	02:37:55	459