

Platz	Nachname - Vorname	Nation	SINr.	Platz AK	Zeit	Gesamt	Platz	Runde1	Platz	Runde2	Platz	Runde3	Platz	Runde4	Platz	Runde5	Platz	Runde6	Platz	Netto	Platz	Verein	
1	VAN RIESEN Thierry	THE	2440	1 M30M	00:37:17.64	00:37:17.64	1	00:06:10.18	1	00:06:06.21	1	00:06:14.56	1	00:06:14.39	1	00:06:13.42	1	00:06:17.91	1	00:37:16.67	1	LG Rhein Wied	
2	KNOPP Andreas		1991	1 M40M	00:39:30.09	00:39:30.09	2	00:06:22.16	3	00:06:39.92	2	00:06:38.49	2	00:06:40.52	2	00:06:37.50	2	00:06:30.37	2	00:39:28.96	2	TV Eitelborn	
3	THONÉ David		2437	1 HKM	00:43:13.05	00:43:13.05	3	00:06:20.49	2	00:06:52.58	3	00:07:24.62	3	00:07:31.18	3	00:07:36.26	4	00:07:26.15	4	00:43:11.28	3	keine Angabe	
4	ALBERTI André		1983	2 M30M	00:45:43.62	00:45:43.62	4	00:07:39.90	6	00:07:40.44	4	00:07:49.15	4	00:07:38.27	4	00:07:33.70	3	00:07:18.68	3	00:45:40.14	4	keine Angabe	
5	LAY Alfred		2420	1 M60M	00:46:20.25	00:46:20.25	5	00:07:40.26	7	00:07:45.13	6	00:07:49.99	6	00:07:42.21	5	00:07:41.21	5	00:07:39.20	6	00:46:18.00	5	Eitelborn	
6	LEIF Jensen		2402	3 M30M	00:47:06.33	00:47:06.33	6	00:07:26.93	4	00:07:44.03	5	00:07:54.57	8	00:07:47.25	6	00:08:11.54	11	00:07:56.34	9	00:47:00.66	6	Stiftung Scheuern	
7	MINOR Klaus		2424	2 M60M	00:47:23.37	00:47:23.37	7	00:07:56.53	9	00:07:51.56	8	00:07:49.48	5	00:07:49.68	7	00:07:58.92	7	00:07:54.58	7	00:47:20.75	7	keine Angabe	
8	STRACK Marco		1992	1 M50M	00:47:23.89	00:47:23.89	8	00:07:37.55	5	00:07:57.75	5	00:07:59.71	9	00:07:59.48	10	00:07:59.42	8	00:07:54.62	8	00:47:21.20	8	TuS Singhofen	
9	BURGARD Thomas		2409	1 M55M	00:47:26.35	00:47:26.35	9	00:07:58.36	11	00:07:54.92	9	00:07:54.03	7	00:07:53.14	8	00:08:03.08	9	00:07:38.87	5	00:47:22.40	9	Suchtselbsthilfe Katzenelnbogen	
10	KABEL Gerhard		2416	3 M60M	00:48:25.95	00:48:25.95	10	00:07:58.30	10	00:08:01.61	10	00:08:01.23	10	00:08:03.48	11	00:08:08.90	10	00:08:09.84	14	00:48:23.36	10	Förderverein Stationäres Hospiz Rhein-Lahn e.V.	
11	ABBAS Walid		2405	1 M45M	00:49:06.71	00:49:06.71	11	00:08:14.17	13	00:08:15.29	11	00:08:04.15	11	00:08:10.69	12	00:08:12.17	12	00:08:04.01	11	00:49:00.48	11	keine Angabe	
12	NOETZEL Marco		2430	2 M40M	00:49:31.27	00:49:31.27	12	00:08:17.46	14	00:08:18.43	12	00:08:11.57	12	00:08:16.22	13	00:08:14.80	13	00:08:09.75	13	00:49:28.23	12	keine Angabe	
13	DILLENBERGER Judith		2401	1 W40F	00:49:54.63	00:49:54.63	13	00:08:08.10	12	00:08:25.18	13	00:08:18.91	13	00:08:22.89	14	00:08:25.43	14	00:08:09.29	12	00:49:49.80	13	Stiftung Scheuern	
14	NORMANN Helmut		2404	2 M55M	00:50:33.82	00:50:33.82	14	00:08:53.57	20	00:08:45.21	18	00:08:54.83	18	00:07:58.74	9	00:07:56.78	6	00:08:00.83	10	00:50:29.96	14	Stiftung Scheuern	
15	NEHRBAß Ingo		2428	3 M55M	00:51:34.83	00:51:34.83	15	00:08:35.84	15	00:08:28.04	14	00:08:28.87	14	00:08:39.59	15	00:08:41.33	15	00:08:37.91	16	00:51:31.58	15	G. und I. Leifheit Stiftung	
16	KIM Nicolai		2417	1 M35M	00:52:25.10	00:52:25.10	16	00:07:48.35	8	00:08:45.00	17	00:08:58.53	19	00:08:58.94	19	00:08:59.87	18	00:08:52.41	18	00:52:23.10	16	ESFin GmbH - Gesellschaft für individuelle Finanzplanung	
17	SIERE Leonhard		2436	4 M55M	00:52:30.45	00:52:30.45	17	00:08:55.59	22	00:08:43.18	16	00:08:39.64	15	00:08:46.57	16	00:08:49.49	17	00:08:30.83	15	00:52:25.30	17	keine Angabe	
18	MONO Sebastian		2403	2 M45M	00:53:02.44	00:53:02.44	18	00:08:49.76	18	00:08:53.15	19	00:08:52.34	16	00:08:49.83	17	00:08:49.23	16	00:08:45.34	17	00:52:59.65	18	Stiftung Scheuern	
19	SHELLHAAS Anja		1988	1 W50F	00:53:42.02	00:53:42.02	19	00:08:55.57	21	00:08:42.98	15	00:08:54.78	17	00:08:58.45	18	00:09:02.10	19	00:09:04.32	22	00:53:38.20	19	SG Neuhausen	
20	BRÜCKMANN Rainer		1987	1 M65M	00:53:51.99	00:53:51.99	20	00:08:38.24	16	00:08:53.49	20	00:09:00.83	20	00:09:03.21	20	00:09:11.74	21	00:09:01.97	19	00:53:49.48	20	Running Team Bad Ems	
21	GARNIER Melanie		1986	2 W40F	00:54:54.78	00:54:54.78	21	00:09:02.41	26	00:09:05.93	23	00:09:09.83	21	00:09:09.81	21	00:09:10.05	20	00:09:10.37	23	00:54:48.40	21	keine Angabe	
22	KRAMER Reinhold		2419	2 M65M	00:54:58.24	00:54:58.24	22	00:08:57.85	23	00:09:05.52	22	00:09:19.22	24	00:09:12.44	22	00:09:11.94	22	00:09:03.28	21	00:54:50.25	22	Team Erdinger Alkoholfrei	
23	MÜLLER Klaus Dieter		2426	2 M50M	00:55:18.02	00:55:18.02	23	00:08:50.74	19	00:09:03.53	21	00:09:13.24	22	00:09:24.42	24	00:09:26.40	25	00:09:15.61	26	00:55:13.94	23	LG Laacher See	
24	BLECH Manfred		1990	4 M60M	00:55:22.40	00:55:22.40	24	00:09:01.46	25	00:09:10.79	24	00:09:17.96	23	00:09:17.48	23	00:09:21.04	23	00:09:11.70	24	00:55:20.43	24	Meudt	
25	BECKER Katja		2406	1 W45F	00:56:42.90	00:56:42.90	25	00:08:46.30	17	00:09:13.43	25	00:09:35.90	27	00:09:38.62	27	00:09:48.06	27	00:09:35.88	28	00:56:38.19	25	keine Angabe	
26	MEYER Ralph-Thomas		2423	5 M60M	00:57:18.75	00:57:18.75	26	00:09:42.63	30	00:09:47.28	29	00:09:31.29	25	00:09:31.23	26	00:09:27.96	26	00:09:11.71	25	00:57:12.10	26	Leifheit Twister	
27	MITSCERLING Martin		2425	6 M60M	00:57:32.81	00:57:32.81	27	00:10:03.31	36	00:09:46.70	27	00:09:36.81	28	00:09:31.10	25	00:09:25.47	24	00:09:02.29	20	00:57:25.68	27	Meddys LWT Koblenz	
28	BRUCHOF Heike		2408	1 W65F	00:57:40.07	00:57:40.07	28	00:09:00.10	24	00:09:27.53	26	00:09:32.90	26	00:09:44.97	28	00:09:52.87	28	00:09:58.68	31	00:57:37.05	28	SG Neuhausen	
29	DERKS Mareike		2410	2 W45F	00:59:18.82	00:59:18.82	29	00:09:47.77	27	00:09:48.32	31	00:09:59.03	32	00:10:00.91	31	00:10:11.19	32	00:10:09.94	33	00:59:14.16	30	keine Angabe	
30	HILGE Torsten		2414	3 M50M	00:59:19.27	00:59:19.27	30	00:09:28.11	28	00:09:53.15	33	00:09:52.34	29	00:09:56.12	29	00:10:03.16	29	00:09:58.51	30	00:59:11.39	29	keine Angabe	
31	GROß Dorothea		2412	1 W60F	00:59:51.67	00:59:51.67	31	00:09:56.21	34	00:09:51.53	32	00:09:58.99	31	00:10:16.48	33	00:10:11.53	33	00:09:31.30	27	00:59:46.04	31	Mirko's Running Team	
32	MAGIROS Christiane		2422	1 W55F	00:59:57.21	00:59:57.21	32	00:10:03.03	35	00:09:46.99	28	00:09:54.35	30	00:09:59.70	30	00:10:05.85	30	00:10:00.16	32	00:59:50.08	32	Meddys LWT Koblenz	
33	NAU Manfred		2427	7 M60M	01:00:24.57	01:00:24.57	33	00:09:54.21	33	00:10:02.86	34	00:10:08.98	33	00:10:09.29	32	00:10:10.09	31	00:09:53.20	29	01:00:18.63	33	Suchtselbsthilfe Katzenelnbogen	
34	HÜBNER Bernd		2415	4 M50M	01:01:43.95	01:01:43.95	34	00:09:50.70	32	00:10:10.43	36	00:10:17.13	35	00:10:26.48	34	00:10:28.02	34	00:10:25.79	34	01:01:38.55	34	Leifheit AG	
35	THONÉ Michael		2438	5 M50M	01:02:15.65	01:02:15.65	35	00:09:42.01	29	00:10:04.95	35	00:10:17.81	36	00:10:30.60	35	00:10:37.09	35	00:10:54.84	37	01:02:07.30	35	keine Angabe	
36	SCHAEFER Wolfgang		2433	2 HKM	01:02:46.02	01:02:46.02	36	00:09:43.07	31	00:09:47.31	30	00:10:16.88	34	00:10:43.28	37	00:11:20.40	38	00:10:47.00	35	01:02:37.94	36	keine Angabe	
37	SCHÜLLER Klaus		1989	8 M60M	01:05:00.57	01:05:00.57	37	00:11:05.40	41	00:10:41.14	40	00:10:33.73	37	00:10:33.72	36	00:10:47.16	36	00:11:10.48	39	01:04:51.63	37	Running team bad Ems	
38	BLUM Susanne		2407	3 W45F	01:06:22.03	01:06:22.03	38	00:10:48.11	40	00:11:14.94	41	00:11:15.44	42	00:11:04.25	38	00:10:56.83	37	00:10:54.84	36	01:06:14.41	38	Meddys LWT Koblenz	
39	THOR Ralf		2439	5 M55M	01:07:49.11	01:07:49.11	39	00:11:09.91	42	00:11:27.76	42	00:11:13.38	41	00:11:07.71	39	00:11:35.05	39	00:11:01.70	38	01:07:35.51	39	ThorTour	
40	ORTH Christin		2431	3 W40F	01:08:41.40	01:08:41.40	40	00:10:32.55	37	00:10:40.20	39	00:10:59.36	38	00:11:24.86	42	00:12:16.52	41	00:12:37.03	42	01:08:30.52	40	keine Angabe	
41	ORTH Michael		2432	3 M45M	01:08:42.33	01:08:42.33	41	00:10:32.92	38	00:10:39.16	37	00:11:00.61	40	00:11:24.44	41	00:12:16.72	42	00:12:37.56	43	01:08:31.41	41	keine Angabe	
42	NIKONOV Paul		2429	2 M35M	01:08:42.46	01:08:42.46	42	00:10:33.26	39	00:10:39.48	38	00:10:59.89	39	00:11:14.99	40	00:12:25.40	43	00:12:39.02	44	01:08:32.04	42	Panik	
43	KLISENBAUER Monika		2418	4 W45F	01:10:37.39	01:10:37.39	43	00:11:10.09	43	00:11:42.93	43	00:11:38.03	43	00:12:24.51	43	00:12:00.56	40	00:11:34.17	40	01:10:30.29	43	running team Bad Ems	
44	HANDWERKER Jutta		2413	2 W50F	01:16:17.79	01:16:17.79	44	00:12:27.66	44	00:12:30.10	44	00:12:46.93	44	00:12:54.77	44	00:12:51.28	44	00:12:32.95	41	01:16:03.69	44	LG Laacher See	
DNF	SCHNEIDER Sabine		2435	0 W55F	00:44:22.64	-	-	00:10:39.53	-	00:10:54.33	-	00:11:08.63	-	00:11:30.60	-	-	-	-	-	-	-	-	BSG Sparkasse Westerwald Sieg

Legend:
 -n Lap Lapped with n laps remaining / DNF Did Not Finish / DSQ Disqualified / DNS Did Not Start

results & timing  www.maxx-timing.de

