

Sprint Einzelläufer

Overall-Liste 1344 Stufen - 222 Höhenmeter - 61 Etagen

gedruckt 02.06.2011 18:52:54

| Platz | Startnr | Name, Vorname | Jg | Verein*Ort | AK | PI-Ak | PI-M/W | Netto | km/h | min/km |
|-------|---------|-------------------------|----|-------------------------------|------|-------|--------|---------|------|--------|
| 1 | M0 | Dold, Thomas | 84 | RUN2SKY | M20 | 1 | 1 | 0:06:29 | 4,6 | 13,00 |
| 2 | M1 | Jahn, Matthias | 83 | Team EUROPEAN SPORTS | M20 | 2 | 2 | 0:06:46 | 4,4 | 13,33 |
| 3 | M9 | Ruga, Fabio | 81 | San Siro (CO) / ITA | M30 | 1 | 3 | 0:06:53 | 4,4 | 13,46 |
| 4 | M4 | Riedl, Christian | 80 | *Erlangen | M30 | 2 | 4 | 0:06:54 | 4,3 | 13,48 |
| 5 | M3 | Celko, Tomas | 84 | HOREDOLE / SVK | M20 | 3 | 5 | 0:07:12 | 4,2 | 14,24 |
| 6 | M11 | Gäbe, Enrico | 83 | SV Kyffhäuser | M20 | 4 | 6 | 0:07:21 | 4,1 | 14,43 |
| 7 | M8 | Bekkali, Omar | 78 | Police-Club Liège / BEL | M30 | 3 | 7 | 0:07:25 | 4,0 | 14,52 |
| 8 | M5 | Klisz, Tomasz | 81 | Bielsko-Biala / POL | M30 | 4 | 8 | 0:07:28 | 4,0 | 14,57 |
| 9 | M6 | Holec, Pavel | 85 | HOREDOLE / TCH | M20 | 5 | 9 | 0:07:31 | 4,0 | 15,03 |
| 10 | M7 | Ackermann, Daniel | 60 | BLV Homburg / SUI | M50 | 1 | 10 | 0:07:33 | 4,0 | 15,07 |
| 11 | M17 | Nordmeier, Lars | 80 | RSC Bimbach | M30 | 5 | 11 | 0:07:34 | 4,0 | 15,09 |
| 12 | M40 | Reitberger, Rudolf | 71 | LCC Wien / AUT | M40 | 1 | 12 | 0:07:41 | 3,9 | 15,23 |
| 13 | M15 | Prasil, Vitezlav | 88 | HOREDOLE / TCH | M20 | 6 | 13 | 0:07:46 | 3,9 | 15,33 |
| 14 | M133 | Pufahl, Thilo | 91 | *Wolfsburg | M20 | 7 | 14 | 0:07:52 | 3,8 | 15,45 |
| 15 | M13 | Majcen, Rolf | 66 | Teesdorf / AUT | M40 | 2 | 15 | 0:07:52 | 3,8 | 15,45 |
| 16 | M19 | Frühwirth, Harald | 85 | LC Wienerwaldsee / AUT | M20 | 8 | 16 | 0:07:52 | 3,8 | 15,46 |
| 17 | M12 | Oser, Martin | 78 | *Frankfurt am Main | M30 | 6 | 17 | 0:07:54 | 3,8 | 15,49 |
| 18 | M119 | Heil, Benedikt | 82 | *Friedberg | M20 | 9 | 18 | 0:08:04 | 3,7 | 16,10 |
| 19 | X16 | Breyer, Ralf | 69 | TV Tiengen Tunibergläufer | M40 | 3 | 19 | 0:08:07 | 3,7 | 16,14 |
| 20 | M14 | Lechner, Norbert | 83 | Vienna / AUT | M20 | 10 | 20 | 0:08:10 | 3,7 | 16,22 |
| 21 | M92 | Bauer, Thomas | 76 | DB Ausdauer | M30 | 7 | 21 | 0:08:14 | 3,6 | 16,28 |
| 22 | M162 | Zahlbruckner, Markus | 68 | TriRun Linz / AUT | M40 | 4 | 22 | 0:08:17 | 3,6 | 16,35 |
| 23 | M22 | Jakob, Markus | 75 | *Kleinwallstadt | M30 | 8 | 23 | 0:08:17 | 3,6 | 16,36 |
| 24 | W1 | Breyer, Marie-Fee | 97 | TV Munzingen | WJC1 | 1 | 1 | 0:08:24 | 3,6 | 16,48 |
| 25 | M102 | Binder, Sebastian | 89 | Laufwerk Gelnhausen | M20 | 11 | 24 | 0:08:27 | 3,5 | 16,55 |
| 26 | M101 | Beuers, Philipp | 89 | *Gelnhausen | M20 | 12 | 25 | 0:08:33 | 3,5 | 17,07 |
| 27 | M206 | Hascher, Ralf | 79 | | M30 | 9 | 26 | 0:08:42 | 3,4 | 17,24 |
| 28 | M209 | Bittl, Ludwig | 75 | | M30 | 10 | 27 | 0:08:43 | 3,4 | 17,28 |
| 29 | M91 | Klosok, Rafael | 85 | *Zwingenberg | M20 | 13 | 28 | 0:08:48 | 3,4 | 17,37 |
| 30 | M42 | Herold, Frank | 79 | *Frankfurt am Main | M30 | 11 | 29 | 0:08:50 | 3,4 | 17,41 |
| 31 | M161 | Maier, Franz | 62 | TV 1862 Meßkirch | M40 | 5 | 30 | 0:08:52 | 3,4 | 17,44 |
| 32 | M29 | Votteler, Tim | 76 | *Köln | M30 | 12 | 31 | 0:08:53 | 3,4 | 17,47 |
| 33 | M28 | Beck, Markus | 79 | TV Bürstadt 1891 | M30 | 13 | 32 | 0:08:55 | 3,4 | 17,51 |
| 34 | M21 | Fuchs, Gerald | 65 | *Bad Schönborn | M40 | 6 | 33 | 0:08:55 | 3,4 | 17,51 |
| 35 | M25 | Dieckmann, Jan Wilhelm | 88 | Spenge | M20 | 14 | 34 | 0:08:56 | 3,4 | 17,53 |
| 36 | M138 | Grzechca, Patrick | 86 | *Kerpen | M20 | 15 | 35 | 0:09:01 | 3,3 | 18,03 |
| 37 | M188 | Brée, Dominique | 81 | *Gelskirchen | M30 | 14 | 36 | 0:09:01 | 3,3 | 18,03 |
| 38 | M152 | Kraft, Manfred | 62 | *Bingen | M40 | 7 | 37 | 0:09:03 | 3,3 | 18,07 |
| 39 | M134 | Müller, Christian | 74 | *Bad Soden-Altenhain | M30 | 15 | 38 | 0:09:04 | 3,3 | 18,09 |
| 40 | M114 | Sert, Denis | 79 | *Frankfurt am Main | M30 | 16 | 39 | 0:09:06 | 3,3 | 18,14 |
| 41 | M205 | Merkt, Philipp | 86 | | M20 | 16 | 40 | 0:09:09 | 3,3 | 18,20 |
| 42 | M38 | Füssl, Frank | 67 | *Erzhausen | M40 | 8 | 41 | 0:09:10 | 3,3 | 18,20 |
| 43 | M167 | Schmidt, Peter-Radmilo | 74 | *Bad Camberg | M30 | 17 | 42 | 0:09:11 | 3,3 | 18,23 |
| 44 | M20 | Hergenröder, Jens | 80 | *Fulda | M30 | 18 | 43 | 0:09:14 | 3,2 | 18,28 |
| 45 | M45 | Collischonn, Julius | 90 | LG Bad Soden/Neuenhain | M20 | 17 | 44 | 0:09:17 | 3,2 | 18,35 |
| 46 | M84 | Leitheiser, David | 65 | *Heiden | M40 | 9 | 45 | 0:09:20 | 3,2 | 18,41 |
| 47 | M183 | Laudi, Falk | 80 | *Frankfurt am Main | M30 | 19 | 46 | 0:09:21 | 3,2 | 18,42 |
| 48 | M23 | Keller, Danny | 72 | *Potsdam | M30 | 20 | 47 | 0:09:22 | 3,2 | 18,44 |
| 49 | M33 | Geppert, Henning | 83 | *Frankfurt am Main | M20 | 18 | 48 | 0:09:25 | 3,2 | 18,52 |
| 50 | M100 | Friedrich, Ole Kristian | 89 | *Gelnhausen | M20 | 19 | 49 | 0:09:26 | 3,2 | 18,52 |
| 51 | M41 | Schaffert, Viktor | 86 | *Limburg-Offheim | M20 | 20 | 50 | 0:09:26 | 3,2 | 18,52 |
| 52 | M47 | Sihler, Maximilian | 96 | Homburger Golf Club 1899 e.V. | MJC1 | 1 | 51 | 0:09:27 | 3,2 | 18,56 |
| 53 | M159 | Garessus, Olivier | 95 | Basel / Swiss Confederation | MJC2 | 1 | 52 | 0:09:28 | 3,2 | 18,56 |
| 54 | M24 | Katholing, Hans-Joachim | 56 | *München | M50 | 2 | 53 | 0:09:28 | 3,2 | 18,57 |
| 55 | M137 | Hayes, Jonathan | 77 | *Frankfurt am Main | M30 | 21 | 54 | 0:09:28 | 3,2 | 18,57 |
| 56 | M86 | Leonhardt, Dirk | 81 | *Frankfurt am Main | M30 | 22 | 55 | 0:09:31 | 3,2 | 19,02 |
| 57 | X11 | Schlett, Stefan | 62 | TSG Kleinostheim | M40 | 10 | 56 | 0:09:32 | 3,1 | 19,04 |
| 58 | M109 | Beckert, Jens-Uwe | 59 | *Frankfurt am Main | M50 | 3 | 57 | 0:09:32 | 3,1 | 19,06 |

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Overall-Liste 1344 Stufen - 222 Höhenmeter - 61 Etagen

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| Platz | Startnr | Name, Vorname | Jg | Verein/Ort | AK | PI-Ak | PI-M/W | Netto | km/h | min/km |
|-------|---------|------------------------|----|-------------------------------|------|-------|--------|---------|------|--------|
| 59 | M204 | Becker, Kai | 88 | | M20 | 21 | 58 | 0:09:33 | 3,1 | 19,08 |
| 60 | X12 | Schlett, Stefan | 62 | TSG Kleinostheim | M40 | 11 | 59 | 0:09:35 | 3,1 | 19,10 |
| 61 | M30 | Toffano, Roberto | 64 | ATL. C.R.A. ITALTEL / ITA | M40 | 12 | 60 | 0:09:36 | 3,1 | 19,13 |
| 62 | M58 | Queenan, Daragh | 81 | *Frankfurt am Main | M30 | 23 | 61 | 0:09:36 | 3,1 | 19,13 |
| 63 | X13 | Schlett, Stefan | 62 | TSG Kleinostheim | M40 | 13 | 62 | 0:09:36 | 3,1 | 19,14 |
| 64 | X14 | Schlett, Stefan | 62 | TSG Kleinostheim | M40 | 14 | 63 | 0:09:37 | 3,1 | 19,16 |
| 65 | M125 | Bock, Patrick | 94 | BOCK-The Running Kids | MJC2 | 2 | 64 | 0:09:37 | 3,1 | 19,16 |
| 66 | M43 | Andermann, Lars | 70 | *Frankfurt am Main | M40 | 15 | 65 | 0:09:38 | 3,1 | 19,17 |
| 67 | M10 | Krömer, Dennis | 87 | | M20 | 22 | 66 | 0:09:38 | 3,1 | 19,17 |
| 68 | M46 | Schwandner, Bernd | 70 | RLT Rodgau | M40 | 16 | 67 | 0:09:38 | 3,1 | 19,18 |
| 69 | M31 | Stückler, Hans Peter | 56 | Wilde Hunde | M50 | 4 | 68 | 0:09:40 | 3,1 | 19,21 |
| 70 | M184 | Döhne, Alexander | 82 | *Neu Isenburg | M20 | 23 | 69 | 0:09:40 | 3,1 | 19,22 |
| 71 | M121 | Merkt, Christoph | 88 | *Neuhausen | M20 | 24 | 70 | 0:09:41 | 3,1 | 19,23 |
| 72 | M108 | Wilde, Tobias | 88 | *Landau | M20 | 25 | 71 | 0:09:43 | 3,1 | 19,28 |
| 73 | M192 | Köntopf, Daniel | 86 | *Wolfhagen | M20 | 26 | 72 | 0:09:46 | 3,1 | 19,33 |
| 74 | M163 | Dannhäuser, Ralph | 75 | Glück-Engineering/Filderstadt | M30 | 24 | 73 | 0:09:48 | 3,1 | 19,37 |
| 75 | M110 | Rühl, Marcel | 79 | *Kelkheim/Ts. | M30 | 25 | 74 | 0:09:48 | 3,1 | 19,38 |
| 76 | M103 | Steurer, Martin | 88 | *Ismaning | M20 | 27 | 75 | 0:09:49 | 3,1 | 19,39 |
| 77 | M85 | Frühwirth, Alfred | 55 | LC Wienerwaldsee / AUT | M50 | 5 | 76 | 0:09:53 | 3,0 | 19,47 |
| 78 | M48 | Kemmer, Thorsten | 81 | *Mannheim | M30 | 26 | 77 | 0:09:56 | 3,0 | 19,53 |
| 79 | M113 | Setzer, Michael | 77 | *Frankfurt am Main | M30 | 27 | 78 | 0:09:56 | 3,0 | 19,53 |
| 80 | M36 | Kohlas, Steffen | 67 | IHK Frankfurt am Main | M40 | 17 | 79 | 0:09:59 | 3,0 | 19,59 |
| 81 | M194 | Stöckert, Tamas | 73 | *Wiesbaden | M30 | 28 | 80 | 0:10:00 | 3,0 | 20,00 |
| 82 | M115 | Tydecks, Daniel | 77 | *Frankfurt am Main | M30 | 29 | 81 | 0:10:04 | 3,0 | 20,10 |
| 83 | M59 | Kaiser, Manfred | 58 | *Bad Vilbel | M50 | 6 | 82 | 0:10:10 | 2,9 | 20,21 |
| 84 | W2 | Sewczyk, Kerstin | 69 | *Frankfurt am Main | W40 | 1 | 2 | 0:10:10 | 2,9 | 20,21 |
| 85 | M78 | Sturm, Martin | 79 | *Frankfurt am Main | M30 | 30 | 83 | 0:10:11 | 2,9 | 20,23 |
| 86 | M182 | Morgenstern, Stephan | 69 | *Schwalbach/Ts. | M40 | 18 | 84 | 0:10:11 | 2,9 | 20,24 |
| 87 | M49 | Alig, Benjamin | 83 | *Offenbach am Main | M20 | 28 | 85 | 0:10:15 | 2,9 | 20,31 |
| 88 | M32 | Müller, Michael | 68 | Sportteam-STEINBACH Meiningen | M40 | 19 | 86 | 0:10:15 | 2,9 | 20,32 |
| 89 | M89 | Engelhardt, Vincent | 86 | *Merzkirchen | M20 | 29 | 87 | 0:10:16 | 2,9 | 20,32 |
| 90 | M37 | Ludwig, Christian | 78 | *Frankfurt am Main | M30 | 31 | 88 | 0:10:16 | 2,9 | 20,33 |
| 91 | M131 | Heumann, Frank | 71 | *Flörsheim | M40 | 20 | 89 | 0:10:17 | 2,9 | 20,36 |
| 92 | M186 | Alheid, Daniel | 81 | Laufteam Wolfhagen | M30 | 32 | 90 | 0:10:21 | 2,9 | 20,42 |
| 93 | M178 | Song, Hyeon-Won | 82 | *Frankfurt am Main | M20 | 30 | 91 | 0:10:24 | 2,9 | 20,48 |
| 94 | M124 | Hepp, Dominic | 81 | *Frankfurt am Main | M30 | 33 | 92 | 0:10:25 | 2,9 | 20,50 |
| 95 | M99 | Braun, Artur | 81 | *Bünde | M30 | 34 | 93 | 0:10:25 | 2,9 | 20,51 |
| 96 | M67 | Jung, Valentin | 80 | Caritasverband Gießen e.V. | M30 | 35 | 94 | 0:10:25 | 2,9 | 20,51 |
| 97 | M145 | Hinrichs, Günther | 65 | *Bürstadt | M40 | 21 | 95 | 0:10:25 | 2,9 | 20,51 |
| 98 | M203 | Hahn, Dieter | 70 | | M40 | 22 | 96 | 0:10:26 | 2,9 | 20,53 |
| 99 | M69 | Wolf, Peter | 63 | www.bad-wolf.de | M40 | 23 | 97 | 0:10:26 | 2,9 | 20,53 |
| 100 | M122 | Hümmer, Norbert | 57 | *Laufach | M50 | 7 | 98 | 0:10:26 | 2,9 | 20,54 |
| 101 | W17 | Seemann, Christine | 70 | *Mainz | W40 | 2 | 3 | 0:10:27 | 2,9 | 20,55 |
| 102 | M165 | Appel, Sascha | 76 | *Dietzenbach | M30 | 36 | 99 | 0:10:27 | 2,9 | 20,55 |
| 103 | M90 | Junker, Sebastian | 81 | *Frankfurt am Main | M30 | 37 | 100 | 0:10:27 | 2,9 | 20,55 |
| 104 | M52 | Reichetzedder, Michael | 57 | towerrunning.com | M50 | 8 | 101 | 0:10:30 | 2,9 | 21,00 |
| 105 | M98 | Weber, Thorsten | 80 | *Bielefeld | M30 | 38 | 102 | 0:10:31 | 2,8 | 21,04 |
| 106 | M61 | Kühl, Steffen | 82 | *Roßdorf | M20 | 31 | 103 | 0:10:32 | 2,8 | 21,05 |
| 107 | M80 | Hinz, Gereon | 85 | *Frankfurt am Main | M20 | 32 | 104 | 0:10:36 | 2,8 | 21,14 |
| 108 | M180 | Schneider, Elmar | 66 | *Waldbrunn | M40 | 24 | 105 | 0:10:37 | 2,8 | 21,15 |
| 109 | M157 | Koch, Joachim | 72 | *Frankfurt am Main | M30 | 39 | 106 | 0:10:38 | 2,8 | 21,18 |
| 110 | M126 | Wiederhold, Lars | 81 | *Idstein/Ts. | M30 | 40 | 107 | 0:10:39 | 2,8 | 21,18 |
| 111 | M151 | Leist, Roman | 74 | *Frankfurt am Main | M30 | 41 | 108 | 0:10:43 | 2,8 | 21,26 |
| 112 | M140 | Katzung, Nicolas | 80 | *Wiesbaden | M30 | 42 | 109 | 0:10:44 | 2,8 | 21,29 |
| 113 | M62 | Grünwald, Christian | 57 | Rumelner SV | M50 | 9 | 110 | 0:10:45 | 2,8 | 21,31 |
| 114 | W31 | Assmus, Annette | 69 | *Großkrotzenburg | W40 | 3 | 4 | 0:10:46 | 2,8 | 21,32 |
| 115 | M185 | Schmitt, Christian | 79 | *Freigericht | M30 | 43 | 111 | 0:10:46 | 2,8 | 21,33 |
| 116 | M120 | Heidler, Mats | 88 | *Wolfschlugen | M20 | 33 | 112 | 0:10:47 | 2,8 | 21,36 |

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| Platz | Startnr | Name, Vorname | Jg | Verein*Ort | AK | PI-Ak | PI-M/W | Netto | km/h | min/km |
|-------|---------|----------------------|----|-------------------------------|------|-------|--------|---------|------|--------|
| 117 | M55 | Krückels, Manuel | 84 | *Kirchleugern | M20 | 34 | 113 | 0:10:48 | 2,8 | 21,36 |
| 118 | M71 | Neu, Marc | 82 | *Frankfurt am Main | M20 | 35 | 114 | 0:10:48 | 2,8 | 21,37 |
| 119 | M160 | Franke, Klaus | 62 | *Mühlheim | M40 | 25 | 115 | 0:10:48 | 2,8 | 21,37 |
| 120 | M156 | Schewtschuk, Nikolai | 94 | *Frankfurt am Main | MJC2 | 3 | 116 | 0:10:49 | 2,8 | 21,38 |
| 121 | M190 | Mohr, Martin | 80 | *Frankfurt am Main | M30 | 44 | 117 | 0:10:54 | 2,7 | 21,49 |
| 122 | M105 | Papadopulos, Peter | 64 | *Kelkheim/Ts. | M40 | 26 | 118 | 0:10:57 | 2,7 | 21,54 |
| 123 | M57 | Keim, Nico | 83 | Tiger Prawns | M20 | 36 | 119 | 0:10:58 | 2,7 | 21,57 |
| 124 | M195 | Woweries, Malte | 79 | *Frankfurt am Main | M30 | 45 | 120 | 0:11:00 | 2,7 | 22,02 |
| 125 | M207 | Kopp, Marcus | 63 | | M40 | 27 | 121 | 0:11:02 | 2,7 | 22,05 |
| 126 | M130 | Kettern, Oliver | 83 | www.bad-wolf.de | M20 | 37 | 122 | 0:11:02 | 2,7 | 22,06 |
| 127 | M64 | Schäfer, Philipp | 97 | LRV Geinsheim | MJC1 | 2 | 123 | 0:11:05 | 2,7 | 22,11 |
| 128 | W34 | Beyerbach, Xinxin | 81 | TV 1862 Meßkirch | W30 | 1 | 5 | 0:11:05 | 2,7 | 22,12 |
| 129 | M75 | Sihler, Jörg | 61 | Homburger Golf Club 1899 e.V. | M50 | 10 | 124 | 0:11:06 | 2,7 | 22,13 |
| 130 | M154 | Siala, Mohammed | 84 | *Gießen | M20 | 38 | 125 | 0:11:13 | 2,7 | 22,27 |
| 131 | M63 | Wingenbach, Wolfgang | 52 | Villmar-Weyer | M50 | 11 | 126 | 0:11:14 | 2,7 | 22,30 |
| 132 | M142 | Becker, Jan-Paul | 75 | *Steinbach | M30 | 46 | 127 | 0:11:15 | 2,7 | 22,30 |
| 133 | M44 | Hoffmann, Simon | 80 | ING-DiBa | M30 | 47 | 128 | 0:11:15 | 2,7 | 22,32 |
| 134 | M51 | Bambauer, Nathaniel | 80 | New Knoxville Rangers | M30 | 48 | 129 | 0:11:16 | 2,7 | 22,34 |
| 135 | M68 | Wagner, Thomas | 66 | *Obertshausen | M40 | 28 | 130 | 0:11:17 | 2,7 | 22,36 |
| 136 | W8 | Winter, Moni | 75 | *Dreieich | W30 | 2 | 6 | 0:11:18 | 2,7 | 22,38 |
| 137 | M73 | Koch, Ulrich | 59 | *Offenbach | M50 | 12 | 131 | 0:11:19 | 2,7 | 22,38 |
| 138 | M56 | Möller, Udo | 60 | SPIRIDON Laufmagazin | M50 | 13 | 132 | 0:11:20 | 2,6 | 22,40 |
| 139 | W43 | de Maria, Sara | 82 | Mezzegra (CO) / ITA | W20 | 1 | 7 | 0:11:21 | 2,6 | 22,42 |
| 140 | W6 | Niggemann, Gabriele | 67 | Wilde Hunde | W40 | 4 | 8 | 0:11:24 | 2,6 | 22,49 |
| 141 | M175 | Witzler, Ralf | 64 | *Frankfurt am Main | M40 | 29 | 133 | 0:11:27 | 2,6 | 22,54 |
| 142 | M164 | Jinwan, Park | 87 | *Steinbach/Ts. | M20 | 39 | 134 | 0:11:28 | 2,6 | 22,56 |
| 143 | M97 | Gnatzy, Christian | 82 | Tiger Prawns | M20 | 40 | 135 | 0:11:32 | 2,6 | 23,05 |
| 144 | X32 | Kacar, Ali | 81 | Rat der Jedi | M30 | 49 | 136 | 0:11:34 | 2,6 | 23,09 |
| 145 | W48 | Pursch, Manuela | 78 | | W30 | 3 | 9 | 0:11:36 | 2,6 | 23,13 |
| 146 | M189 | Kins, Gerhard | 51 | LG EVO Seligenstadt | M60 | 1 | 137 | 0:11:37 | 2,6 | 23,16 |
| 147 | M143 | Binner, Manuel | 82 | *Leutersdorf | M20 | 41 | 138 | 0:11:39 | 2,6 | 23,19 |
| 148 | M123 | Kleinfeld, Thorsten | 70 | Crazy Runners Herford/Bünde | M40 | 30 | 139 | 0:11:42 | 2,6 | 23,26 |
| 149 | M135 | Johansen, Claus | 80 | *Frankfurt am Main | M30 | 50 | 140 | 0:11:43 | 2,6 | 23,27 |
| 150 | W18 | Bock, Patricia | 94 | BOCK-The Running Kids | WJC2 | 1 | 10 | 0:11:43 | 2,6 | 23,28 |
| 151 | M83 | Heinz, Wolfgang | 62 | RV Viktoria Wombach | M40 | 31 | 141 | 0:11:44 | 2,6 | 23,29 |
| 152 | M174 | Kronenberger, Rolf | 65 | RLT Rodgau | M40 | 32 | 142 | 0:11:46 | 2,5 | 23,33 |
| 153 | M149 | Kopp, Julian | 96 | *Stuttgart-Sillenbuch | MJC1 | 3 | 143 | 0:11:48 | 2,5 | 23,37 |
| 154 | M198 | Borak, Peter | 73 | *Frankfurt am Main | M30 | 51 | 144 | 0:11:49 | 2,5 | 23,39 |
| 155 | M116 | Mars, Moritz | 82 | *Frankfurt am Main | M20 | 42 | 145 | 0:11:50 | 2,5 | 23,42 |
| 156 | M54 | Balling, Tobias | 64 | L@uf-Freun.de | M40 | 33 | 146 | 0:11:53 | 2,5 | 23,46 |
| 157 | M65 | Reetz, Klaus-Peter | 47 | LG Stadt Hattersheim | M60 | 2 | 147 | 0:11:56 | 2,5 | 23,52 |
| 158 | M202 | Runge, Philipp | 90 | | M20 | 43 | 148 | 0:11:57 | 2,5 | 23,56 |
| 159 | W14 | Hemmling, Helen | 99 | *Frankfurt am Main | WJC1 | 2 | 11 | 0:11:58 | 2,5 | 23,57 |
| 160 | W28 | Smith, Jasmine | 83 | *Frankfurt am Main | W20 | 2 | 12 | 0:12:00 | 2,5 | 24,01 |
| 161 | M94 | Zürn, Bernd | 38 | BUND - Flörsheim | M70 | 1 | 149 | 0:12:00 | 2,5 | 24,01 |
| 162 | M107 | Ritter, Frank | 75 | *Haibach | M30 | 52 | 150 | 0:12:05 | 2,5 | 24,11 |
| 163 | M169 | Junker, Jörg | 71 | *Frankfurt am Main | M40 | 34 | 151 | 0:12:06 | 2,5 | 24,14 |
| 164 | M129 | Kettern, Frank | 64 | www.bad-wolf.de | M40 | 35 | 152 | 0:12:08 | 2,5 | 24,17 |
| 165 | M39 | Stapper, Wilhelm | 57 | SV Bayer 08 Krefeld | M50 | 14 | 153 | 0:12:14 | 2,5 | 24,29 |
| 166 | X21 | Frei, Jürgen | 41 | Die rasenden Steuerberater | M70 | 2 | 154 | 0:12:18 | 2,4 | 24,36 |
| 167 | X24 | Frei, Jürgen | 41 | Die rasenden Steuerberater | M70 | 2 | 154 | 0:12:18 | 2,4 | 24,36 |
| 168 | M179 | Zastrow, Marc | 75 | *Frankfurt am Main | M30 | 53 | 156 | 0:12:18 | 2,4 | 24,37 |
| 169 | X22 | Frei, Jürgen | 41 | Die rasenden Steuerberater | M70 | 4 | 157 | 0:12:23 | 2,4 | 24,47 |
| 170 | M111 | Meding, Martin | 70 | *Frankfurt am Main | M40 | 36 | 158 | 0:12:23 | 2,4 | 24,48 |
| 171 | W7 | Roos, Birgit | 53 | SG Anspach | W50 | 1 | 13 | 0:12:37 | 2,4 | 25,15 |
| 172 | M168 | Leitschuh, Sebastian | 81 | SV Traisbach | M30 | 54 | 159 | 0:12:38 | 2,4 | 25,17 |
| 173 | M139 | Brödter, Ludger | 70 | *Frankfurt am Main | M40 | 37 | 160 | 0:12:40 | 2,4 | 25,21 |
| 174 | M104 | Brehm, Eric | 81 | *Darmstadt | M30 | 55 | 161 | 0:12:45 | 2,4 | 25,30 |

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| Platz | Startnr | Name, Vorname | Jg | Verein/Ort | AK | PI-Ak | PI-M/W | Netto | km/h | min/km |
|-------|---------|----------------------------------|----|-----------------------------|------|-------|--------|---------|------|--------|
| 175 | W15 | Freitag, Uta | 61 | *Frankfurt am Main | W50 | 2 | 14 | 0:12:49 | 2,3 | 25,38 |
| 176 | M88 | Holbach, Martin | 60 | *Merzkirchen | M50 | 15 | 162 | 0:12:51 | 2,3 | 25,44 |
| 177 | M187 | Meyer, Heiko Silvio | 76 | *Friedberg | M30 | 56 | 163 | 0:12:51 | 2,3 | 25,44 |
| 178 | M79 | Plaum, Torsten | 71 | *Friedrichsdorf | M40 | 38 | 164 | 0:12:52 | 2,3 | 25,46 |
| 179 | M76 | Löchel, Horst | 50 | LRV Geinsheim | M60 | 3 | 165 | 0:12:53 | 2,3 | 25,48 |
| 180 | W16 | Bahr, Clarissa | 80 | *Offenbach am Main | W30 | 4 | 15 | 0:12:57 | 2,3 | 25,55 |
| 181 | W24 | Jouhki, Katri | 77 | *Frankfurt am Main | W30 | 5 | 16 | 0:12:58 | 2,3 | 25,57 |
| 182 | W10 | Lottes, Jaqueline | 65 | Vienna / AUT | W40 | 5 | 17 | 0:12:59 | 2,3 | 25,59 |
| 183 | W29 | Kopp, Elena | 98 | *Bad Vilbel | WJC1 | 3 | 18 | 0:13:06 | 2,3 | 26,13 |
| 184 | M176 | Staubach, Gregor | 81 | *Frankfurt am Main | M30 | 57 | 166 | 0:13:07 | 2,3 | 26,16 |
| 185 | W25 | Kerkhoff, Hildegard | 53 | Treppen-Schnecken / Münster | W50 | 3 | 19 | 0:13:12 | 2,3 | 26,25 |
| 186 | M81 | Schneider, Rudolf | 59 | BSG manroland | M50 | 16 | 167 | 0:13:14 | 2,3 | 26,29 |
| 187 | M118 | Scholz, Christopher | 91 | *Frankfurt am Main | M20 | 44 | 168 | 0:13:14 | 2,3 | 26,29 |
| 188 | M77 | Piorek, Roger | 67 | *Bad Vilbel | M40 | 39 | 169 | 0:13:15 | 2,3 | 26,30 |
| 189 | M132 | Hanslik, Sven | 78 | *Frankfurt am Main | M30 | 58 | 170 | 0:13:15 | 2,3 | 26,31 |
| 190 | X43 | Klittich, Manfred | 37 | TV Bommersheim | M70 | 5 | 171 | 0:13:17 | 2,3 | 26,34 |
| 191 | M158 | Giebel, Stefan | 66 | *Essen | M40 | 40 | 172 | 0:13:17 | 2,3 | 26,35 |
| 192 | W27 | Scheblein, Anke | 82 | *Oberursel | W20 | 3 | 20 | 0:13:19 | 2,3 | 26,38 |
| 193 | W47 | Caron, Julie | 83 | | W20 | 4 | 21 | 0:13:21 | 2,2 | 26,43 |
| 194 | M148 | Kopp, Joachim | 68 | *Bad Vilbel | M40 | 41 | 173 | 0:13:26 | 2,2 | 26,54 |
| 195 | X41 | Klittich, Manfred | 37 | TV Bommersheim | M70 | 6 | 174 | 0:13:32 | 2,2 | 27,06 |
| 196 | M82 | Wolf, Jonas | 97 | www.bad-wolf.de | MJC1 | 4 | 175 | 0:13:34 | 2,2 | 27,08 |
| 197 | X42 | Klittich, Manfred | 37 | TV Bommersheim | M70 | 7 | 176 | 0:13:36 | 2,2 | 27,13 |
| 198 | W20 | Herbert, Christline | 55 | Treppen-Schnecken / Münster | W50 | 4 | 22 | 0:13:38 | 2,2 | 27,18 |
| 199 | M93 | Oedekoven, Adrian | 92 | Villmar-Aumenau | MJC2 | 4 | 177 | 0:13:40 | 2,2 | 27,21 |
| 200 | M147 | Runge, Alexander | 58 | SEITZ - the fresher company | M50 | 17 | 178 | 0:13:46 | 2,2 | 27,33 |
| 201 | M210 | McLoughlin, Patrick | 69 | Iron Maiden | M40 | 42 | 179 | 0:13:48 | 2,2 | 27,38 |
| 202 | M181 | Jahnz, Christoph | 69 | *Biebesheim | M40 | 43 | 180 | 0:13:50 | 2,2 | 27,40 |
| 203 | W26 | Joo, Hyejin | 86 | *Frankfurt am Main | W20 | 5 | 23 | 0:13:55 | 2,2 | 27,51 |
| 204 | M171 | Dangl-Görting, Bernd | 41 | *Kelkheim/Ts. | M70 | 8 | 181 | 0:13:59 | 2,1 | 27,58 |
| 205 | W36 | Schmidt, Noelle | 91 | *Frankfurt am Main | W20 | 6 | 24 | 0:14:03 | 2,1 | 28,07 |
| 206 | W23 | Schwarz Copp, Annette | 58 | Treppen-Schnecken / Münster | W50 | 5 | 25 | 0:14:07 | 2,1 | 28,14 |
| 207 | M201 | Grill, Martin | 75 | | M30 | 59 | 182 | 0:14:12 | 2,1 | 28,25 |
| 208 | M170 | Hochgesand, Jan | 93 | *Sulzbach/Ts. | MJC2 | 5 | 183 | 0:14:18 | 2,1 | 28,37 |
| 209 | W13 | Wingenbach, Franziska | 93 | Villmar-Weyer | WJC2 | 2 | 26 | 0:14:21 | 2,1 | 28,43 |
| 210 | X23 | Frei, Jürgen | 41 | Die rasenden Steuerberater | M70 | 9 | 184 | 0:14:22 | 2,1 | 28,46 |
| 211 | W19 | Johann, Carmen | 85 | *Frankfurt am Main | W20 | 7 | 27 | 0:14:31 | 2,1 | 29,03 |
| 212 | M72 | Mielecke, Torsten | 79 | *Darmstadt | M30 | 60 | 185 | 0:14:35 | 2,1 | 29,11 |
| 213 | W38 | Albertes, Miriam | 75 | *Frankfurt am Main | W30 | 6 | 28 | 0:14:42 | 2,0 | 29,25 |
| 214 | W46 | Liehr, Nancy | 79 | | W30 | 7 | 29 | 0:14:42 | 2,0 | 29,26 |
| 215 | W35 | Rentsch, Jana | 85 | *Frankfurt am Main | W20 | 8 | 30 | 0:14:50 | 2,0 | 29,40 |
| 216 | M153 | Dittmann, Niklas | 84 | *Bad Homburg v.d.H. | M20 | 45 | 186 | 0:14:53 | 2,0 | 29,47 |
| 217 | M200 | Müller, Adrian | 79 | FE-FW Frick | M30 | 61 | 187 | 0:14:59 | 2,0 | 29,59 |
| 218 | M136 | Eggert, Jörg | 87 | *Garwitz | M20 | 46 | 188 | 0:15:08 | 2,0 | 30,17 |
| 219 | W22 | Schmitt, Sandra | 83 | *Frankfurt am Main | W20 | 9 | 31 | 0:15:10 | 2,0 | 30,20 |
| 220 | W42 | Torres Barbieri, Carla Magdalena | 67 | *Frankfurt am Main | W40 | 6 | 32 | 0:15:21 | 2,0 | 30,42 |
| 221 | W37 | Hoffmann, Sabine | 67 | *Bad Vilbel | W40 | 7 | 33 | 0:15:26 | 1,9 | 30,53 |
| 222 | M173 | Kieloch, Andreas | 49 | *Obertshausen | M60 | 4 | 189 | 0:15:36 | 1,9 | 31,12 |
| 223 | M166 | Pernia-Mora, Yoel-David | 72 | *Frankfurt am Main | M30 | 62 | 190 | 0:15:44 | 1,9 | 31,30 |
| 224 | W21 | Kim, So Jeong | 87 | *Frankfurt am Main | W20 | 10 | 34 | 0:16:26 | 1,8 | 32,53 |
| 225 | W32 | Gaub, Carina | 77 | *Offenbach | W30 | 8 | 35 | 0:16:40 | 1,8 | 33,22 |
| 226 | W44 | Runge, Veronika | 59 | SEITZ - the fresher company | W50 | 6 | 36 | 0:16:46 | 1,8 | 33,33 |
| 227 | W33 | Müller, Celina | 99 | *Hattersheim | WJC1 | 4 | 37 | 0:17:15 | 1,7 | 34,31 |
| 228 | W39 | Baumer, Petra | 57 | *Nidderau | W50 | 7 | 38 | 0:20:17 | 1,5 | 40,36 |
| 229 | W40 | Park, Mi Yuen | 79 | *Frankfurt am Main | W30 | 9 | 39 | 0:32:28 | 0,9 | 64,57 |