

Männer

Platz	Start.	Name	Verein/*Ort	Brutto	AK-Pl	AK	Jahr	Rundenzeiten (2.195km Runde / 5km Runden)
1	704	Karl Dirk	TSG Grünstadt	3:07:58	1	M45	1968	08:50 21:53 21:45 21:54 22:07 22:12 22:26 22:51 23:44
2	733	van Gemmenen Martin		3:23:41	2	M45	1970	10:39 24:24 23:51 23:42 23:11 23:20 23:18 24:07 26:46
3	705	Schmiade Frank	TSG Grünstadt	3:24:21	3	M45	1970	10:16 24:04 24:18 24:26 24:16 24:18 24:15 24:02 24:09
4	713	Neumann Markus	*Köln	3:29:30	4	M45	1970	10:56 25:45 26:18 25:29 25:07 24:45 24:44 23:43 22:23
5	716	Moskopp Michael	Laufend unterwegs	3:30:25	1	M50	1964	11:07 25:13 24:57 25:01 24:18 24:42 24:53 25:01 24:53
6	743	Leippold Yannick		3:36:13	1	MHK	1988	10:30 25:13 25:22 25:25 26:13 25:21 25:34 26:13 26:03
7	720	Loeber Ralf	*Düsseldorf	3:40:44	1	M35	1977	10:35 25:19 26:12 25:16 25:41 26:46 27:14 27:44 25:38
8	706	Rath Frank	TV Hochneukirch	3:45:16	2	M50	1961	10:47 26:52 27:20 26:54 26:19 26:30 26:36 26:35 27:00
9	727	Freudenberg Jörg	*Koblenz	3:50:25	5	M45	1968	10:59 26:02 26:00 26:14 26:43 27:30 29:00 29:15 28:22
10	726	Spintler Rene	Team Erdinger Alkoholfrei	3:51:59	1	M40	1975	11:46 26:33 26:01 25:21 26:03 26:29 28:44 29:42 30:58
10	728	Spintler Rene	Team Erdinger Alkoholfrei	3:51:59	1	M40	1975	11:46 26:33 26:01 25:21 26:03 26:29 28:44 29:42 30:58
11	746	Toplak Fred		3:53:48	1	M55	1959	11:46 27:27 27:12 26:55 26:49 27:36 28:17 28:50 28:35
12	730	Kruell DR Joey	x-treme run for Mike Schumi	3:54:39	6	M45	1968	11:45 27:27 27:12 26:57 26:55 28:03 27:59 29:11 28:45
13	708	Kuschel Tom	Team Erdinger-Alkoholfrei	3:56:27	7	M45	1970	11:52 27:13 27:19 27:53 27:34 28:09 28:31 28:42 28:51
14	725	Falkenberg Jürgen	GVG-Laufteam	4:00:07	2	M35	1979	11:34 27:20 27:26 27:45 27:35 29:04 31:07 32:43 25:11
15	717	Grondke Rolf	Team Erdinger Alkohol Frei	4:01:45	1	M60	1955	11:52 28:37 28:15 27:53 27:46 28:12 28:55 29:32 30:19
16	718	Eckstein Raik	EL Randkanal	4:05:32	2	M40	1974	11:46 27:58 28:56 29:21 29:17 29:45 28:36 31:09 28:22
17	745	Thies Dirk	*Dormagen	4:06:24	3	M50	1965	11:28 28:16 29:36 29:48 30:22 29:22 29:07 29:21 28:41
18	742	Nofftz Klaus	Run For Fun	4:06:25	2	M55	1957	11:29 28:16 29:36 29:49 30:22 29:21 29:06 29:21 28:42
19	719	Van Loo Christian	*Brühl	4:06:52	3	M55	1959	11:40 27:29 29:40 29:05 29:24 29:47 29:49 30:31 29:05
20	707	Hofmann Friedhelm	DLR Simmern	4:07:25	4	M50	1965	12:04 29:06 30:25 29:06 29:08 28:56 29:18 29:32 29:27
21	741	Mues Bernhard	*Ulm	4:08:55	8	M45	1969	13:19 29:16 28:42 29:02 29:16 29:41 30:30 30:42 28:07
22	724	Reinartz Michael	GVG-Laufteam	4:10:34	3	M35	1977	11:35 27:19 27:27 27:45 27:36 29:07 31:06 32:41 35:35
23	744	Daleki Uwe	SV Weitersburg	4:13:10	9	M45	1967	11:18 27:20 27:49 28:03 28:59 30:14 31:27 33:30 34:04
24	732	Lessmann Heinz	Velo Solingen	4:31:36	10	M45	1967	12:43 29:43 29:22 29:14 29:54 31:47 33:09 37:00 38:16
25	714	Binias Jürgen	IC Duisburg	4:53:20	4	M55	1960	12:52 31:00 31:06 31:39 33:22 38:21 39:47 38:49 35:56

Frauen

Platz	Start.	Name	Verein/*Ort	Brutto	AK-Pl	AK	Jahr	Rundenzeiten (2.195km Runde / 5km Runden)											
1	711	Bischoff Natascha	LSG Karlsruhe	3:08:08	1	W40	1971	08:59	21:51	21:51	22:08	22:00	22:22	22:47	22:59	22:53			
2	715	Diawuoh Annabel	KTT 01	3:19:57	1	WHK	1991	09:14	23:24	23:25	23:27	23:45	23:54	23:46	24:23	24:20			
3	734	Daleki Stephanie	SV Weitersburg	3:47:55	2	W40	1971	11:18	26:55	26:08	25:21	26:03	26:29	27:52	28:36	28:50			
4	702	Wasserfuhr Barbara	Team Erdinger Alkoholfrei	4:00:46	1	W50	1962	11:23	27:26	27:38	28:06	28:27	28:28	28:49	29:34	30:30			
5	710	Alberts Franziska	Vfl Engelskirchen	4:22:31	2	WHK	1986	12:09	29:35	29:32	29:43	30:37	32:12	31:56	32:54	33:32			