

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	729	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		
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 Weikersburg	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		