

Troisdorfer 6h Lauf

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AK MJUN

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd	
1	258	Klein, Oliver	1. MJUN	55.689	20	04:30	17:27	15:37	15:09	15:03	15:02	14:57	15:19	15:06	15:52	16:08	16:45	17:20	21:17	24:35	23:04	21:37	21:23	19:47	17:18														

AK MHK

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd	
1	9	Koch, Rainer Wilfried	1. MHK	81.662	29	02:48	11:43	11:54	12:00	12:00	11:55	12:12	11:57	12:24	11:50	12:04	11:54	11:57	11:55	12:03	11:38	11:57	11:53	12:09	11:52	12:00	12:02	12:26	12:26	12:04	12:11	12:29	12:55	12:34	12:32				
2	183	Lux, Christoph	2. MHK	79.216	28	02:52	12:25	12:19	12:21	12:24	12:27	12:32	12:20	12:20	12:34	12:29	12:30	12:25	12:22	13:13	12:14	12:12	12:15	12:12	12:07	12:13	12:28	12:17	12:31	12:34	12:49	12:45	12:58	12:52					
3	188	Menzel, Harald	3. MHK	70.303	25	02:50	13:19	13:37	13:38	13:51	13:51	13:40	13:36	14:13	14:24	14:16	14:31	14:22	14:42	14:26	14:40	14:15	14:07	14:23	14:58	14:55	14:48	14:38	14:04	13:07	12:28								

AK M35

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd
1	170	Kaminsky, Peter	1. M35	77.256	27	02:42	11:20	11:22	11:24	11:33	11:40	11:32	11:36	11:37	11:46	11:59	12:11	12:19	12:38	12:54	12:55	13:41	13:32	13:24	14:24	12:51	13:32	14:44	13:51	14:06	14:06	13:56	13:58					
2	8	Daum, Stefan	2. M35	74.828	27	02:50	11:46	11:58	12:01	12:00	11:45	11:46	12:05	12:14	12:09	12:12	12:25	12:48	12:44	13:03	12:59	13:25	13:46	13:52	14:05	14:19	14:31	14:39	15:20	14:45	14:59	14:47	14:14					
3	229	Thiede, Matthias	3. M35	72.663	26	02:51	12:19	12:39	12:50	12:47	12:56	13:00	12:53	12:54	13:16	13:10	13:19	13:26	13:14	13:19	13:58	14:02	14:04	14:30	14:20	14:53	15:04	15:33	14:30	13:40	13:40	13:41						

AK M40

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd
1	3	Zimmermann, Achim	1. M40	83.520	30	02:44	11:32	11:41	11:38	11:38	11:43	11:59	11:50	11:38	11:42	11:46	11:43	11:41	11:52	11:41	11:39	11:49	11:52	11:45	11:54	12:00	11:55	11:41	11:53	12:10	11:55	11:54	11:58	12:02	11:59	12:20		
2	4	Strätling, Benedikt	2. M40	78.099	28	02:43	11:22	11:02	10:56	11:07	11:07	11:13	11:11	11:23	11:01	11:08	11:21	11:40	11:38	11:42	12:10	12:13	12:03	12:34	13:31	13:24	12:51	13:44	16:47	18:17	18:28	14:52	12:58	12:30				
3	167	Jendretzke, Kai	3. M40	76.004	27	02:52	11:49	12:05	12:11	12:14	12:09	12:25	12:25	12:32	12:46	13:01	12:56	13:57	13:03	12:31	12:37	12:43	12:58	13:20	13:19	14:11	13:37	13:44	13:55	13:44	13:28	13:38	13:44					

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AK M45

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd		
1	2	Hooß, Jörg	1. M45	80.947	29	02:43	11:21	11:38	11:44	11:42	11:40	11:36	11:43	11:36	11:46	11:53	11:47	11:46	11:53	11:48	11:50	11:49	11:52	11:45	12:35	12:25	12:46	12:39	12:57	12:47	13:24	13:17	13:02	13:09	13:40					
2	204	Riedel, Roland	2. M45	75.379	27	02:41	12:26	12:34	12:39	12:35	12:39	12:44	12:36	12:36	12:43	13:32	12:40	13:04	12:55	13:06	13:05	13:19	13:13	13:15	13:27	13:49	13:24	13:43	13:49	13:29	13:37	13:58	13:30							
3	230	Thoms, Stu	3. M45	74.739	27	03:12	13:32	13:20	13:20	13:09	12:40	13:03	12:47	12:33	12:39	12:34	12:45	12:45	12:43	13:15	13:08	13:12	13:10	13:12	13:35	13:43	13:35	14:19	15:00	14:09	14:02	12:48	11:48							

AK M50

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd				
1	7	Olejnik, Marian-Jan	1. M50	76.178	27	02:41	11:53	11:52	11:56	11:58	12:07	12:09	12:03	12:13	12:11	12:52	12:36	12:53	12:47	12:28	13:12	14:00	13:26	13:33	14:11	14:43	15:08	14:17	14:38	13:38	13:01	12:24	12:25									
2	218	Schneider, Thomas	2. M50	76.114	27	02:49	12:14	12:17	12:25	12:20	12:14	12:32	12:24	12:35	12:39	12:35	12:50	13:11	13:00	13:12	13:29	14:35	13:41	14:26	13:14	13:34	14:06	13:58	13:28	12:55	12:34	12:21	12:22									
3	194	Munz, Bernhard	3. M50	75.716	27	02:44	11:32	11:41	11:36	11:40	11:43	11:48	12:01	11:42	11:41	11:44	11:54	12:04	12:26	12:34	13:00	13:15	13:22	13:48	14:00	14:10	14:49	14:39	14:49	15:11	15:26	14:54	14:26									

AK M55

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd						
1	101	Adam, Niko	1. M55	72.791	26	03:01	13:17	13:11	13:15	13:04	13:13	13:13	13:13	13:19	13:16	13:20	13:29	13:35	13:33	13:15	13:23	13:35	13:46	13:41	13:49	13:59	14:01	13:46	14:06	14:29	14:53													
2	117	Brandt, Michael	2. M55	69.193	24	02:47	12:14	12:34	12:44	12:58	13:11	13:08	13:11	13:53	13:03	13:05	13:35	13:20	13:49	14:15	14:42	13:47	16:04	16:11	16:49	18:03	16:54	16:05	14:03	14:17														
3	178	Leyendecker, Rainer	3. M55	69.004	24	02:40	12:00	12:20	12:38	12:48	13:08	13:20	13:38	13:55	14:06	13:54	14:12	13:37	14:19	14:48	15:08	15:35	15:35	16:22	15:58	15:10	15:32	15:40	14:03	15:20														

AK M60

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd									
1	157	Hoffmann, Christoph	1. M60	62.676	22	03:26	14:40	14:41	14:48	14:43	14:52	14:36	14:44	14:55	15:11	15:07	15:25	15:29	15:37	16:14	16:22	16:41	17:04	17:29	18:16	16:49	16:46	16:22																			
2	220	Schulz, Johannes	2. M60	60.976	22	03:26	14:44	14:44	14:44	15:09	15:28	15:26	15:40	15:18	15:27	15:42	15:44	16:04	16:10	16:36	16:45	16:57	17:23	18:01	18:55	17:49	17:50	16:04																			
3	145	Graf, Karl	3. M60	60.678	21	03:12	13:44	13:47	14:03	14:16	14:24	14:43	15:10	15:57	16:35	18:00	18:53	18:32	18:41	18:22	17:48	17:25	18:29	18:17	16:19	15:30	15:04																				

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AK M65

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd					
1	223	Sieben, Konrad	1. M65	56.484	20	03:45	14:41	14:45	14:50	14:58	15:14	15:19	15:53	16:23	17:05	17:28	18:26	18:08	18:37	19:13	19:18	19:26	19:19	19:25	19:58	20:30																	
2	164	Iffert, Friedrich	2. M65	54.316	19	03:51	16:27	16:47	16:53	16:59	17:09	17:18	17:35	18:17	18:02	18:08	18:14	18:30	19:00	19:22	19:55	20:22	20:02	18:06	18:38																		
3	119	Brausam, Karl Heinz	3. M65	52.359	18	03:49	15:00	15:10	15:01	15:05	14:58	16:12	16:41	17:45	19:34	20:02	21:02	21:11	22:56	22:00	23:32	21:32	19:51	19:15																			

AK M70

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd								
1	158	Hoffmann, Norbert	1. M70	64.819	23	03:28	14:42	15:01	14:54	15:10	15:02	14:56	14:50	14:58	14:56	14:59	15:06	14:59	14:58	15:16	16:01	15:30	15:34	15:37	15:34	15:47	15:42	15:51	15:19																	
2	180	Ludwig, Manfred	2. M70	52.324	18	04:36	18:35	18:38	17:50	18:15	18:02	18:14	18:58	18:57	19:33	19:25	19:25	18:59	18:56	19:03	19:11	19:21	19:10	19:16																						
3	152	Hauke, Gernot	3. M70	49.724	17	04:34	18:36	18:43	17:35	18:15	18:18	18:35	18:28	19:08	20:22	19:08	19:48	20:26	20:56	21:19	22:02	21:51	23:21																							

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AK WHK

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd		
1	41	Libuda, Anke	1. WHK	65.306	23	03:26	14:19	14:34	14:30	14:31	14:39	14:34	14:38	14:41	14:40	14:33	14:44	14:59	15:00	15:16	15:28	16:17	16:18	16:24	15:55	16:05	16:10	15:47	15:02											
2	21	Albrecht, Daniela	2. WHK	58.431	21	03:50	15:44	15:03	14:44	15:24	14:17	14:53	15:42	14:10	14:34	15:58	15:49	20:14	14:45	22:48	19:36	16:06	18:19	20:54	18:32	21:23	16:17													
3	63	Freiermuth, Nadine	3. WHK	56.203	20	03:50	16:22	16:45	16:42	16:54	16:11	16:24	16:30	16:26	16:51	17:50	18:17	18:43	17:55	19:09	19:46	21:14	18:45	18:44	16:37	16:01														

AK W35

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd					
1	13	Veith, Pamela	1. W35	72.568	26	03:01	13:18	13:10	13:15	13:04	13:13	13:13	13:14	13:13	13:19	13:14	13:21	13:29	13:34	13:33	13:15	13:23	13:35	13:46	13:42	13:49	14:03	14:20	14:24	14:24	14:32	14:38											
2	15	Durry, Simone	2. W35	69.904	25	03:09	13:37	13:56	13:47	13:44	13:37	13:25	13:35	13:27	13:30	13:33	13:47	13:48	13:55	13:59	14:04	14:05	14:17	14:41	14:54	15:10	15:29	15:06	14:49	14:49	14:31												
3	14	Straß, Melanie	3. W35	68.048	24	02:59	13:20	13:43	13:50	13:49	14:09	14:05	14:16	14:46	14:12	14:19	14:33	14:48	14:51	14:55	15:04	15:07	15:01	15:35	15:08	15:17	14:56	15:06	14:49	13:43													

AK W40

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd							
1	60	Stras, Viola	1. W40	64.343	23	03:39	14:27	14:36	14:34	15:13	14:40	14:34	14:33	15:34	14:28	14:38	14:35	15:25	14:35	15:01	15:55	15:21	15:41	16:27	15:50	16:53	16:05	16:44	16:37																
2	53	Seidel, Grit	2. W40	63.718	23	03:53	14:51	15:05	15:06	15:29	15:18	15:14	14:59	15:27	14:59	15:21	14:59	15:33	15:12	15:56	15:27	16:11	15:42	16:19	15:26	16:22	16:17	16:19	14:44																
3	22	Bahlcke, Annett	3. W40	60.955	21	03:26	14:07	14:21	14:34	14:36	16:15	14:38	14:54	16:37	15:00	15:39	15:24	16:45	17:48	17:45	18:48	17:43	18:02	17:29	17:07	16:49	16:37																		

AK W45

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd											
1	11	Hooß, Tanja	1. W45	73.642	26	03:02	13:16	12:55	13:30	13:04	13:13	13:11	13:08	13:07	12:58	13:48	12:51	13:10	13:14	13:13	13:29	13:28	13:33	12:47	13:28	13:38	13:43	13:35	13:53	13:47	14:02	14:19																	
2	29	Eschelbach, Iris	2. W45	61.126	22	03:56	15:37	14:55	14:54	17:30	14:57	14:58	16:20	15:34	15:35	15:42	15:29	15:48	16:08	15:33	17:51	16:05	16:15	17:20	16:57	16:49	16:30	18:32																					
3	62	Frenzel, Carola	3. W45	59.229	21	03:49	15:43	15:43	15:27	15:47	15:35	15:44	15:17	15:26	15:29	15:56	16:09	16:47	16:48	17:24	17:45	19:47	21:13	18:45	18:43	15:44	15:27																						

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AK W50

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd				
1	52	Schulz, Ullika	1. W50	66.988	24	03:13	14:26	14:38	14:29	14:30	14:40	14:34	14:42	14:45	14:44	14:44	14:56	14:58	15:06	14:58	14:43	14:50	14:54	14:55	14:46	14:36	14:41	14:47	14:53	14:50												
2	16	Heinlein, Marika	2. W50	64.833	23	03:13	14:11	14:31	14:36	15:03	14:55	14:51	15:19	15:28	15:23	15:32	15:33	15:22	15:15	15:31	15:18	15:13	15:19	16:03	15:28	15:24	15:39	15:45	15:26													
3	24	Becker, Barbara	3. W50	44.132	15	04:19	18:29	20:24	19:56	21:54	21:32	22:00	22:20	23:25	23:12	23:50	24:54	24:08	24:57	23:28	23:21																					

AK W55

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd					
1	55	Wohlgemuth, Kerstin	1. W55	64.648	23	03:27	14:28	14:50	14:39	14:51	14:55	14:42	14:38	14:59	14:46	14:54	14:55	14:42	14:58	15:08	15:15	15:18	15:17	15:24	15:33	15:53	16:15	16:59	17:39														
2	26	Deckert, Deborah	2. W55	63.117	22	03:49	14:15	14:12	14:27	14:35	14:39	14:38	14:43	15:04	14:59	15:10	15:30	15:27	16:06	16:05	16:21	16:33	16:24	17:28	16:56	16:56	16:50	16:29															
3	46	Rodenbeck, Brigitte	3. W55	62.077	22	03:23	14:42	14:37	14:33	14:42	14:44	14:27	15:05	15:10	15:21	15:20	15:20	15:22	15:44	15:53	15:50	16:14	16:27	16:25	17:45	17:34	18:28	18:06															

AK W60

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd						
1	33	Heller, Marlene	1. W60	51.109	18	04:06	16:41	17:03	17:37	17:35	18:13	17:52	18:32	18:18	18:54	18:29	21:30	19:22	19:17	19:51	19:33	21:07	21:52	23:21																				

AK W65

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd							
1	23	Bauer, Edda	1. W65	47.349	17	04:38	18:30	18:00	17:58	20:21	18:33	19:25	21:35	20:40	20:22	21:25	21:15	22:19	22:47	22:59	22:41	23:28	22:38																						

AK W70

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd								
1	28	Eichner, Sigrid	1. W70	44.346	15	04:43	20:05	20:10	20:43	20:56	21:08	21:45	21:48	22:50	23:02	23:45	23:37	23:40	23:01	22:49	23:15																									

Troisdorfer 6h Lauf - Deutsche Meisterschaften

Ergebnisse Männer

Rang	St-No	Name	Verein	JG	Ak	Distanz [m]	Rd
1	3	Zimmermann, Achim	fcerunning	69	M40 1.	83.520	30
2	9	Koch, Rainer Wilfried	LG Würzburg	80	MHK 1.	81.662	29
3	2	Hooß, Jörg	Ltf Marpingen	64	M45 1.	80.947	29
4	183	Lux, Christoph	TG Viktoria Augsburg	78	MHK 2.	79.216	28
5	4	Strätling, Benedikt	Adler-Langlauf Bottrop	68	M40 2.	78.099	28
6	170	Kaminsky, Peter	LG Emsdetten	77	M35 1.	77.256	27
7	7	Olejnik, Marian-Jan	LG-Esslingen/ TE	59	M50 1.	76.178	27
8	218	Schneider, Thomas	SSG Königswinter	62	M50 2.	76.114	27
9	167	Jendretzke, Kai	LG DUV	68	M40 3.	76.004	27
10	194	Munz, Bernhard	TV Jahn Kempten	61	M50 3.	75.716	27
11	204	Riedel, Roland	Adler-Langlauf Bottrop	63	M45 2.	75.379	27
12	249	Wilshusen, Matthias	LC Blueliner	70	M40 4.	74.885	27

Troisdorfer 6h Lauf - Deutsche Meisterschaften

Ergebnisse Frauen

Rang	St-No	Name	Verein	JG	Ak	Distanz [m]	Rd
1	11	Hooß, Tanja	Ltf Marpingen	67	W45 1.	73.642	26
2	13	Veith, Pamela	TSV Kusterdingen	73	W35 1.	72.568	26
3	15	Durry, Simone	TG Neuss	75	W35 2.	69.904	25
4	14	Straß, Melanie	Ltf Marpingen	75	W35 3.	68.048	24
5	25	Dauben, Conny	PV Triathlon Witten	75	W35 4.	67.936	24
6	52	Schulz, Ullika	LTC Berlin	62	W50 1.	66.988	24
7	41	Libuda, Anke	BSG Springorum Bochum	79	WHK 1.	65.306	23
8	16	Heinlein, Marika	1 FC Geesdorf	62	W50 2.	64.833	23
9	55	Wohlgemuth, Kerstin	OSC Löbau	56	W55 1.	64.648	23
10	60	Stras, Viola	Ltf Marpingen	71	W40 1.	64.343	23
11	53	Seidel, Grit	LG Nord Berlin Ultrateam	70	W40 2.	63.718	23
12	64	Janssens, Heidi	Molenlopers Bekegem	75	W35 5.	63.273	22

Deutsche Meisterschaften

Mannschaften - Männer

1 LG DUV							10 Ltf Marpingen 2						
Pl-Tot.	St-No.	Name, Vorname	AK	Jg	Rdn.	Distanz [m]	Pl-Tot.	St-No.	Name, Vorname	AK	Jg	Rdn.	Distanz [m]
9	167	Jendretzke, Kai	M40	68	27	76.004	42	237	Wagner, Peter	M50	59	23	65.122
13	8	Daum, Stefan	M35	73	27	74.828	63	220	Schulz, Johannes	M60	51	22	60.976
27	252	Slabon, Raimund	M50	60	26	72.058	100	209	Rudig, Frank	M40	68	18	50.379
2 Ltf Marpingen							11 Adler Langlauf Bottrop 2						
Pl-Tot.	St-No.	Name, Vorname	AK	Jg	Rdn.	Distanz [m]	Pl-Tot.	St-No.	Name, Vorname	AK	Jg	Rdn.	Distanz [m]
3	2	Hooß, Jörg	M45	64	29	80.947	51	228	Teigelkamp, Guido	M40	68	22	63.247
26	103	Aldekamp, Andreas	M40	68	26	72.174	72	255	Hüsken, Norbert	M60	52	20	56.484
38	154	Helferich, Gernot	M40	69	24	67.049	75	162	Hüsken, Christoph	MHK	81	20	56.095
3 Adler Langlauf Bottrop							12 LC Blueliner 2						
Pl-Tot.	St-No.	Name, Vorname	AK	Jg	Rdn.	Distanz [m]	Pl-Tot.	St-No.	Name, Vorname	AK	Jg	Rdn.	Distanz [m]
5	4	Strätling, Benedikt	M40	68	28	78.099	61	150	Haigermoser, Anton	M45	64	22	61.537
11	204	Riedel, Roland	M45	63	27	75.379	73	203	Richter, Michael	M55	56	20	56.291
49	163	Hüsken, Martin	M35	73	23	63.864	82	247	Wiedemann, Heiko	M45	66	20	55.520
4 LG Würzburg							13 LG Gummersbach						
Pl-Tot.	St-No.	Name, Vorname	AK	Jg	Rdn.	Distanz [m]	Pl-Tot.	St-No.	Name, Vorname	AK	Jg	Rdn.	Distanz [m]
2	9	Koch, Rainer Wilfried	MHK	80	29	81.662	68	147	Grube, Andre`	M35	74	20	57.300
28	118	Braungart, Georg	M45	63	26	72.014	95	236	Voß, Steffen	M40	68	18	52.515
56	157	Hoffmann, Christoph	M60	51	22	62.676	107	102	Ahrens, Holger	M45	63	17	48.391
5 LC Blueliner							14 LG DUV 3						
Pl-Tot.	St-No.	Name, Vorname	AK	Jg	Rdn.	Distanz [m]	Pl-Tot.	St-No.	Name, Vorname	AK	Jg	Rdn.	Distanz [m]
12	249	Wilshusen, Matthias	M40	70	27	74.885	58	161	Hösch, Walter	M50	59	22	62.346
24	229	Thiede, Matthias	M35	76	26	72.663	126	189	Mohr, Christian	M40	68	15	41.774
37	205	Riemann, Dr. Ernst	M55	55	24	68.039	136	113	Bölke, Carsten	MHK	79	6	17.096
6 VC/LG Nienburg													
Pl-Tot.	St-No.	Name, Vorname	AK	Jg	Rdn.	Distanz [m]							
21	127	Dachs, Manfred	M45	66	26	73.132							
34	123	Bultmann, Jürgen	M50	61	24	68.949							
62	246	Wessel, Jan	MHK	84	22	61.013							
7 LG Nord Berlin Ultrateam													
Pl-Tot.	St-No.	Name, Vorname	AK	Jg	Rdn.	Distanz [m]							
31	117	Brandt, Michael	M55	55	24	69.193							
40	198	Pantel, Sascha	M40	70	23	66.068							
50	138	Frenz, Michael	M40	70	22	63.709							
8 LG DUV 2													
Pl-Tot.	St-No.	Name, Vorname	AK	Jg	Rdn.	Distanz [m]							
32	178	Leyendecker, Rainer	M55	56	24	69.004							
52	207	Rohwedder, Karl	M55	55	22	63.231							
53	253	Rudolph, Martin	M50	62	22	62.857							
9 LSG Karlsruhe													
Pl-Tot.	St-No.	Name, Vorname	AK	Jg	Rdn.	Distanz [m]							
43	250	Ziefle, Herbert	M40	68	23	64.946							
78	191	Mössinger, Andreas	M50	62	20	55.913							
79	171	Kappes, Gerhard	M60	49	20	55.735							

Deutsche Meisterschaften

Mannschaften - Frauen

1 Ltf Marpingen

Pl-Tot.	St-No.	Name, Vorname	AK	Jg	Rdn.	Distanz [m]
1	11	Hooß, Tanja	W45	67	26	73.642
4	14	Straß, Melanie	W35	75	24	68.048
10	60	Stras, Viola	W40	71	23	64.343

2 LG Nord Berlin Ultrateam

Pl-Tot.	St-No.	Name, Vorname	AK	Jg	Rdn.	Distanz [m]
11	53	Seidel, Grit	W40	70	23	63.718
17	22	Bahlcke, Annett	W40	68	21	60.955
24	54	Stutzke, Silke	W40	68	20	56.446

3 LC BlueLiner

Pl-Tot.	St-No.	Name, Vorname	AK	Jg	Rdn.	Distanz [m]
15	42	Meinberg, Anke	W55	54	22	61.531
20	21	Albrecht, Daniela	WHK	78	21	58.431
38	39	John, Petra	W45	64	15	43.244

4 LG DUV

Pl-Tot.	St-No.	Name, Vorname	AK	Jg	Rdn.	Distanz [m]
16	29	Eschelbach, Iris	W45	65	22	61.126
27	57	Zachow, Doris	W45	67	19	54.304
33	23	Bauer, Edda	W65	44	17	47.349

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AK MHK

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd	
1	9	Koch, Rainer Wilfried	1. MHK	81.662	29	02:48	11:43	11:54	12:00	12:00	11:55	12:12	11:57	12:24	11:50	12:04	11:54	11:57	11:55	12:03	11:38	11:57	11:53	12:09	11:52	12:00	12:02	12:26	12:26	12:04	12:11	12:29	12:55	12:34	12:32				
2	6	Decock, Wouter	2. MHK	79.844	28	02:45	11:46	11:40	11:47	12:00	12:00	11:57	11:57	11:59	11:57	11:52	12:08	12:11	12:08	12:21	12:22	12:33	12:30	12:33	12:37	12:40	12:47	12:37	12:52	13:04	13:00	13:08	13:05	12:58					
3	183	Lux, Christoph	3. MHK	79.216	28	02:52	12:25	12:19	12:21	12:24	12:27	12:32	12:20	12:20	12:34	12:29	12:30	12:25	12:22	13:13	12:14	12:12	12:15	12:12	12:07	12:13	12:28	12:17	12:31	12:34	12:49	12:45	12:58	12:52					

AK M35

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd	
1	170	Kaminsky, Peter	1. M35	77.256	27	02:42	11:20	11:22	11:24	11:33	11:40	11:32	11:36	11:37	11:46	11:59	12:11	12:19	12:38	12:54	12:55	13:41	13:32	13:24	14:24	12:51	13:32	14:44	13:51	14:06	14:06	13:56	13:58						
2	8	Daum, Stefan	2. M35	74.828	27	02:50	11:46	11:58	12:01	12:00	11:45	11:46	12:05	12:14	12:09	12:12	12:25	12:48	12:44	13:03	12:59	13:25	13:46	13:52	14:05	14:19	14:31	14:39	15:20	14:45	14:59	14:47	14:14						
3	229	Thiede, Matthias	3. M35	72.663	26	02:51	12:19	12:39	12:50	12:47	12:56	13:00	12:53	12:54	13:16	13:10	13:19	13:26	13:14	13:19	13:58	14:02	14:04	14:30	14:20	14:53	15:04	15:33	14:30	13:40	13:40	13:41							

AK M40

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd	
1	3	Zimmermann, Achim	1. M40	83.520	30	02:44	11:32	11:41	11:38	11:38	11:43	11:59	11:50	11:38	11:42	11:46	11:43	11:41	11:52	11:41	11:39	11:49	11:52	11:45	11:54	12:00	11:55	11:41	11:53	12:10	11:55	11:54	11:58	12:02	11:59	12:20			
2	4	Strätling, Benedikt	2. M40	78.099	28	02:43	11:22	11:02	10:56	11:07	11:07	11:13	11:11	11:23	11:01	11:08	11:21	11:40	11:38	11:42	12:10	12:13	12:03	12:34	13:31	13:24	12:51	13:44	16:47	18:17	18:28	14:52	12:58	12:30					
3	167	Jendretzke, Kai	3. M40	76.004	27	02:52	11:49	12:05	12:11	12:14	12:09	12:25	12:25	12:32	12:46	13:01	12:56	13:57	13:03	12:31	12:37	12:43	12:58	13:20	13:19	14:11	13:37	13:44	13:55	13:44	13:28	13:38	13:44						

AK M45

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd	
1	1	Watthy, Dr. Johan	1. M45	81.035	29	02:25	11:10	11:29	11:29	11:44	11:50	11:59	12:06	12:09	12:10	12:17	12:33	12:21	12:30	13:14	12:16	12:16	12:01	11:45	12:12	12:19	12:45	12:42	12:50	12:24	12:31	12:31	12:27	12:20	12:09				
2	2	Hooß, Jörg	2. M45	80.947	29	02:43	11:21	11:38	11:44	11:42	11:40	11:36	11:43	11:36	11:46	11:53	11:47	11:46	11:53	11:48	11:50	11:49	11:52	11:45	12:35	12:25	12:46	12:39	12:57	12:47	13:24	13:17	13:02	13:09	13:40				
3	204	Riedel, Roland	3. M45	75.379	27	02:41	12:26	12:34	12:39	12:35	12:39	12:44	12:36	12:36	12:43	13:32	12:40	13:04	12:55	13:06	13:05	13:19	13:13	13:15	13:27	13:49	13:24	13:43	13:49	13:29	13:37	13:58	13:30						

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AK M50

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd				
1	7	Olejnik, Marian-Jan	1. M50	76.178	27	02:41	11:53	11:52	11:56	11:58	12:07	12:09	12:03	12:13	12:11	12:52	12:36	12:53	12:47	12:28	13:12	14:00	13:26	13:33	14:11	14:43	15:08	14:17	14:38	13:38	13:01	12:24	12:25									
2	218	Schneider, Thomas	2. M50	76.114	27	02:49	12:14	12:17	12:25	12:20	12:14	12:32	12:24	12:35	12:39	12:35	12:50	13:11	13:00	13:12	13:29	14:35	13:41	14:26	13:14	13:34	14:06	13:58	13:28	12:55	12:34	12:21	12:22									
3	194	Munz, Bernhard	3. M50	75.716	27	02:44	11:32	11:41	11:36	11:40	11:43	11:48	12:01	11:42	11:41	11:44	11:54	12:04	12:26	12:34	13:00	13:15	13:22	13:48	14:00	14:10	14:49	14:39	14:49	15:11	15:26	14:54	14:26									

AK M55

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd						
1	101	Adam, Niko	1. M55	72.791	26	03:01	13:17	13:11	13:15	13:04	13:13	13:13	13:13	13:13	13:19	13:16	13:20	13:29	13:35	13:33	13:15	13:23	13:35	13:46	13:41	13:49	13:59	14:01	13:46	14:06	14:29	14:53												
2	117	Brandt, Michael	2. M55	69.193	24	02:47	12:14	12:34	12:44	12:58	13:11	13:08	13:11	13:53	13:03	13:05	13:35	13:20	13:49	14:15	14:42	13:47	16:04	16:11	16:49	18:03	16:54	16:05	14:03	14:17														
3	178	Leyendecker, Rainer	3. M55	69.004	24	02:40	12:00	12:20	12:38	12:48	13:08	13:20	13:38	13:55	14:06	13:54	14:12	13:37	14:19	14:48	15:08	15:35	15:35	16:22	15:58	15:10	15:32	15:40	14:03	15:20														

AK M60

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd									
1	157	Hoffmann, Christoph	1. M60	62.676	22	03:26	14:40	14:41	14:48	14:43	14:52	14:36	14:44	14:55	15:11	15:07	15:25	15:29	15:37	16:14	16:22	16:41	17:04	17:29	18:16	16:49	16:46	16:22																			
2	220	Schulz, Johannes	2. M60	60.976	22	03:26	14:44	14:44	14:44	15:09	15:28	15:26	15:40	15:18	15:27	15:42	15:44	16:04	16:10	16:36	16:45	16:57	17:23	18:01	18:55	17:49	17:50	16:04																			
3	145	Graf, Karl	3. M60	60.678	21	03:12	13:44	13:47	14:03	14:16	14:24	14:43	15:10	15:57	16:35	18:00	18:53	18:32	18:41	18:22	17:48	17:25	18:29	18:17	16:19	15:30	15:04																				

AK M65

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd													
1	199	Pardaens, Leo	1. M65	67.075	24	03:33	14:29	14:09	13:57	14:05	14:10	14:15	14:15	14:29	14:23	14:31	14:42	14:43	14:42	15:03	14:52	15:03	14:57	15:07	15:09	15:23	15:31	15:15	15:13	15:02																					
2	196	Okkersen, Henry	2. M65	60.313	21	19:39	14:36	14:29	14:38	14:45	14:49	15:14	14:48	14:51	15:04	15:37	15:21	15:17	15:29	15:38	15:33	15:49	16:06	16:31	16:28	16:41	17:03																								
3	223	Sieben, Konrad	3. M65	56.484	20	03:45	14:41	14:45	14:50	14:58	15:14	15:19	15:53	16:23	17:05	17:28	18:26	18:08	18:37	19:13	19:18	19:26	19:19	19:25	19:58	20:30																									

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AK M70

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd									
1	158	Hoffmann, Norbert	1. M70	64.819	23	03:28	14:42	15:01	14:54	15:10	15:02	14:56	14:50	14:58	14:56	14:59	15:06	14:59	14:58	15:16	16:01	15:30	15:34	15:37	15:34	15:47	15:42	15:51	15:19																		
2	180	Ludwig, Manfred	2. M70	52.324	18	04:36	18:35	18:38	17:50	18:15	18:02	18:14	18:58	18:57	19:33	19:25	19:25	18:59	18:56	19:03	19:11	19:21	19:10	19:16																							
3	152	Hauke, Gernot	3. M70	49.724	17	04:34	18:36	18:43	17:35	18:15	18:18	18:35	18:28	19:08	20:22	19:08	19:48	20:26	20:56	21:19	22:02	21:51	23:21																								

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AK WHK

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd				
1	41	Libuda, Anke	1. WHK	65.306	23	03:26	14:19	14:34	14:30	14:31	14:39	14:34	14:38	14:41	14:40	14:33	14:44	14:59	15:00	15:16	15:28	16:17	16:18	16:24	15:55	16:05	16:10	15:47	15:02													
2	21	Albrecht, Daniela	2. WHK	58.431	21	03:50	15:44	15:03	14:44	15:24	14:17	14:53	15:42	14:10	14:34	15:58	15:49	20:14	14:45	22:48	19:36	16:06	18:19	20:54	18:32	21:23	16:17															
3	63	Freiermuth, Nadine	3. WHK	56.203	20	03:50	16:22	16:45	16:42	16:54	16:11	16:24	16:30	16:26	16:51	17:50	18:17	18:43	17:55	19:09	19:46	21:14	18:45	18:44	16:37	16:01																

AK W35

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd						
1	13	Veith, Pamela	1. W35	72.568	26	03:01	13:18	13:10	13:15	13:04	13:13	13:13	13:14	13:13	13:19	13:14	13:21	13:29	13:34	13:33	13:15	13:23	13:35	13:46	13:42	13:49	14:03	14:20	14:24	14:24	14:32	14:38												
2	15	Durry, Simone	2. W35	69.904	25	03:09	13:37	13:56	13:47	13:44	13:37	13:25	13:35	13:27	13:30	13:33	13:47	13:48	13:55	13:59	14:04	14:05	14:17	14:41	14:54	15:10	15:29	15:06	14:49	14:49	14:31													
3	14	Straß, Melanie	3. W35	68.048	24	02:59	13:20	13:43	13:50	13:49	14:09	14:05	14:16	14:46	14:12	14:19	14:33	14:48	14:51	14:55	15:04	15:07	15:01	15:35	15:08	15:17	14:56	15:06	14:49	13:43														

AK W40

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd							
1	60	Stras, Viola	1. W40	64.343	23	03:39	14:27	14:36	14:34	15:13	14:40	14:34	14:33	15:34	14:28	14:38	14:35	15:25	14:35	15:01	15:55	15:21	15:41	16:27	15:50	16:53	16:05	16:44	16:37																
2	53	Seidel, Grit	2. W40	63.718	23	03:53	14:51	15:05	15:06	15:29	15:18	15:14	14:59	15:27	14:59	15:21	14:59	15:33	15:12	15:56	15:27	16:11	15:42	16:19	15:26	16:22	16:17	16:19	14:44																
3	22	Bahlcke, Annett	3. W40	60.955	21	03:26	14:07	14:21	14:34	14:36	16:15	14:38	14:54	16:37	15:00	15:39	15:24	16:45	17:48	17:45	18:48	17:43	18:02	17:29	17:07	16:49	16:37																		

AK W45

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd									
1	11	Hooß, Tanja	1. W45	73.642	26	03:02	13:16	12:55	13:30	13:04	13:13	13:11	13:08	13:07	12:58	13:48	12:51	13:10	13:14	13:13	13:29	13:28	13:33	12:47	13:28	13:38	13:43	13:35	13:53	13:47	14:02	14:19															
2	29	Eschelbach, Iris	2. W45	61.126	22	03:56	15:37	14:55	14:54	17:30	14:57	14:58	16:20	15:34	15:35	15:42	15:29	15:48	16:08	15:33	17:51	16:05	16:15	17:20	16:57	16:49	16:30	18:32																			
3	62	Frenzel, Carola	3. W45	59.229	21	03:49	15:43	15:43	15:27	15:47	15:35	15:44	15:17	15:26	15:29	15:56	16:09	16:47	16:48	17:24	17:45	19:47	21:13	18:45	18:43	15:44	15:27																				

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AK W50

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd					
1	52	Schulz, Ullika	1. W50	66.988	24	03:13	14:26	14:38	14:29	14:30	14:40	14:34	14:42	14:45	14:44	14:44	14:56	14:58	15:06	14:58	14:43	14:50	14:54	14:55	14:46	14:36	14:41	14:47	14:53	14:50													
2	16	Heinlein, Marika	2. W50	64.833	23	03:13	14:11	14:31	14:36	15:03	14:55	14:51	15:19	15:28	15:23	15:32	15:33	15:22	15:15	15:31	15:18	15:13	15:19	16:03	15:28	15:24	15:39	15:45	15:26														
3	24	Becker, Barbara	3. W50	44.132	15	04:19	18:29	20:24	19:56	21:54	21:32	22:00	22:20	23:25	23:12	23:50	24:54	24:08	24:57	23:28	23:21																						

AK W55

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd						
1	55	Wohlgemuth, Kerstin	1. W55	64.648	23	03:27	14:28	14:50	14:39	14:51	14:55	14:42	14:38	14:59	14:46	14:54	14:55	14:42	14:58	15:08	15:15	15:18	15:17	15:24	15:33	15:53	16:15	16:59	17:39															
2	26	Deckert, Deborah	2. W55	63.117	22	03:49	14:15	14:12	14:27	14:35	14:39	14:38	14:43	15:04	14:59	15:10	15:30	15:27	16:06	16:05	16:21	16:33	16:24	17:28	16:56	16:56	16:50	16:29																
3	46	Rodenbeck, Brigitte	3. W55	62.077	22	03:23	14:42	14:37	14:33	14:42	14:44	14:27	15:05	15:10	15:21	15:20	15:20	15:22	15:44	15:53	15:50	16:14	16:27	16:25	17:45	17:34	18:28	18:06																

AK W60

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd								
1	33	Heller, Marlene	1. W60	51.109	18	04:06	16:41	17:03	17:37	17:35	18:13	17:52	18:32	18:18	18:54	18:29	21:30	19:22	19:17	19:51	19:33	21:07	21:52	23:21																						

AK W65

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd									
1	23	Bauer, Edda	1. W65	47.349	17	04:38	18:30	18:00	17:58	20:21	18:33	19:25	21:35	20:40	20:22	21:25	21:15	22:19	22:47	22:59	22:41	23:28	22:38																								

AK W70

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd									
1	28	Eichner, Sigrid	1. W70	44.346	15	04:43	20:05	20:10	20:43	20:56	21:08	21:45	21:48	22:50	23:02	23:45	23:37	23:40	23:01	22:49	23:15																										

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Ergebnisse Männer

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd		
1	3	Zimmermann, Achim	1. M40	83.520	30	02:44	11:32	11:41	11:38	11:38	11:43	11:59	11:50	11:38	11:42	11:46	11:43	11:41	11:52	11:41	11:39	11:49	11:52	11:45	11:54	12:00	11:55	11:41	11:53	12:10	11:55	11:54	11:58	12:02	11:59	12:20				
2	9	Koch, Rainer Wilfried	1. MHK	81.662	29	02:48	11:43	11:54	12:00	12:00	11:55	12:12	11:57	12:24	11:50	12:04	11:54	11:57	11:55	12:03	11:38	11:57	11:53	12:09	11:52	12:00	12:02	12:26	12:26	12:04	12:11	12:29	12:55	12:34	12:32					
3	1	Watthy, Dr. Johan	1. M45	81.035	29	02:25	11:10	11:29	11:29	11:44	11:50	11:59	12:06	12:09	12:10	12:17	12:33	12:21	12:30	13:14	12:16	12:16	12:01	11:45	12:12	12:19	12:45	12:42	12:50	12:24	12:31	12:31	12:27	12:20	12:09					
4	2	Hooß, Jörg	2. M45	80.947	29	02:43	11:21	11:38	11:44	11:42	11:40	11:36	11:43	11:36	11:46	11:53	11:47	11:46	11:53	11:48	11:50	11:49	11:52	11:45	12:35	12:25	12:46	12:39	12:57	12:47	13:24	13:17	13:02	13:09	13:40					
5	6	Decock, Wouter	2. MHK	79.844	28	02:45	11:46	11:40	11:47	12:00	12:00	11:57	11:57	11:59	11:57	11:52	12:08	12:11	12:08	12:21	12:22	12:33	12:30	12:33	12:37	12:40	12:47	12:37	12:52	13:04	13:00	13:08	13:05	12:58						
6	183	Lux, Christoph	3. MHK	79.216	28	02:52	12:25	12:19	12:21	12:24	12:27	12:32	12:20	12:20	12:34	12:29	12:30	12:25	12:22	13:13	12:14	12:12	12:15	12:12	12:07	12:13	12:28	12:17	12:31	12:34	12:49	12:45	12:58	12:52						
7	4	Strätling, Benedikt	2. M40	78.099	28	02:43	11:22	11:02	10:56	11:07	11:07	11:13	11:11	11:23	11:01	11:08	11:21	11:40	11:38	11:42	12:10	12:13	12:03	12:34	13:31	13:24	12:51	13:44	16:47	18:17	18:28	14:52	12:58	12:30						
8	170	Kaminsky, Peter	1. M35	77.256	27	02:42	11:20	11:22	11:24	11:33	11:40	11:32	11:36	11:37	11:46	11:59	12:11	12:19	12:38	12:54	12:55	13:41	13:32	13:24	14:24	12:51	13:32	14:44	13:51	14:06	14:06	13:56	13:58							
9	7	Olejnik, Marian-Jan	1. M50	76.178	27	02:41	11:53	11:52	11:56	11:58	12:07	12:09	12:03	12:13	12:11	12:52	12:36	12:53	12:47	12:28	13:12	14:00	13:26	13:33	14:11	14:43	15:08	14:17	14:38	13:38	13:01	12:24	12:25							
10	218	Schneider, Thomas	2. M50	76.114	27	02:49	12:14	12:17	12:25	12:20	12:14	12:32	12:24	12:35	12:39	12:35	12:50	13:11	13:00	13:12	13:29	14:35	13:41	14:26	13:14	13:34	14:06	13:58	13:28	12:55	12:34	12:21	12:22							
11	167	Jendretzke, Kai	3. M40	76.004	27	02:52	11:49	12:05	12:11	12:14	12:09	12:25	12:25	12:32	12:46	13:01	12:56	13:57	13:03	12:31	12:37	12:43	12:58	13:20	13:19	14:11	13:37	13:44	13:55	13:44	13:28	13:38	13:44							
12	194	Munz, Bernhard	3. M50	75.716	27	02:44	11:32	11:41	11:36	11:40	11:43	11:48	12:01	11:42	11:41	11:44	11:54	12:04	12:26	12:34	13:00	13:15	13:22	13:48	14:00	14:10	14:49	14:39	14:49	15:11	15:26	14:54	14:26							
13	204	Riedel, Roland	3. M45	75.379	27	02:41	12:26	12:34	12:39	12:35	12:39	12:44	12:36	12:36	12:43	13:32	12:40	13:04	12:55	13:06	13:05	13:19	13:13	13:15	13:27	13:49	13:24	13:43	13:49	13:29	13:37	13:58	13:30							
14	249	Wilshusen, Matthias	4. M40	74.885	27	02:35	11:41	12:11	12:13	12:19	12:11	12:16	12:03	12:11	12:00	11:57	11:42	11:50	11:51	12:09	11:59	12:13	12:19	12:30	13:43	16:47	15:08	15:02	15:55	16:20	16:43	15:11	14:14							
15	8	Daum, Stefan	2. M35	74.828	27	02:50	11:46	11:58	12:01	12:00	11:45	11:46	12:05	12:14	12:09	12:12	12:25	12:48	12:44	13:03	12:59	13:25	13:46	13:52	14:05	14:19	14:31	14:39	15:20	14:45	14:59	14:47	14:14							
16	230	Thoms, Stu	4. M45	74.739	27	03:12	13:32	13:20	13:20	13:09	12:40	13:03	12:47	12:33	12:39	12:34	12:45	12:45	12:43	13:15	13:08	13:12	13:10	13:12	13:35	13:43	13:35	14:19	15:00	14:09	14:02	12:48	11:48							
17	146	Greis, Volker	5. M40	74.615	26	02:43	11:39	11:48	11:55	11:48	11:50	11:41	11:39	11:59	11:50	11:43	11:59	12:14	12:07	12:21	12:11	12:56	14:01	14:13	14:35	18:26	18:48	13:57	14:41	15:10	14:28	14:15								
18	186	Marhold, Günter	6. M40	74.571	26	03:02	12:21	12:24	12:23	12:42	11:56	12:33	12:27	12:38	12:34	12:40	12:36	12:50	12:59	13:14	13:04	13:12	13:31	13:34	13:55	14:33	14:16	13:52	14:38	14:31	14:26	14:20								
19	190	Mörth, Sascha	7. M40	74.361	26	03:02	12:42	12:36	12:43	12:53	12:53	13:02	13:11	13:04	13:00	13:19	13:16	13:08	13:16	14:01	13:58	13:12	13:37	12:55	13:17	12:56	13:30	13:11	13:56	13:55	13:41	14:26								
20	160	Horschig, Kai	5. M45	74.263	26	03:12	13:31	13:20	13:24	13:08	13:09	12:47	12:35	12:29	12:38	12:35	12:45	12:46	12:43	13:15	13:09	13:12	13:10	13:11	13:35	13:44	13:34	13:53	14:10	13:56	14:08	14:48								
21	215	Schmäding, Ralf	6. M45	73.546	26	02:46	11:37	11:34	11:37	11:40	11:43	11:43	11:51	11:55	11:50	11:47	11:52	11:54	12:02	12:09	12:17	12:18	12:40	13:00	13:27	13:30	13:10	13:34	14:45	18:20	18:32	22:45								
22	197	Ollig, Arndt	7. M45	73.420	26	02:47	11:48	11:50	12:01	12:08	12:17	12:44	12:40	13:06	13:15	13:23	12:39	13:28	13:55	13:10	13:39	13:57	12:07	13:44	14:51	12:51	15:08	12:59	15:09	15:38	15:24	15:17								
23	127	Dachs, Manfred	8. M45	73.132	26	02:55	13:01	12:45	13:13	13:25	13:27	12:55	12:57	13:39	13:08	13:16	13:29	13:07	13:16	13:49	13:13	13:07	13:27	12:48	14:11	13:55	13:54	14:03	14:11	14:38	14:01	14:14								
24	238	Walprecht, Dirk	8. M40	73.111	26	02:53	12:24	12:20	12:33	12:48	12:42	12:50	12:55	12:58	15:59	12:58	12:59	13:23	13:28	14:59	14:00	13:42	13:33	13:48	13:42	13:42	13:42	14:22	13:48	13:57	14:21	14:14								
25	101	Adam, Niko	1. M55	72.791	26	03:01	13:17	13:11	13:15	13:04	13:13	13:13	13:13	13:13	13:19	13:16	13:20	13:29	13:35	13:33	13:15	13:23	13:35	13:46	13:41	13:49	13:59	14:01	13:46	14:06	14:29	14:53								

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Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd									
76	145	Graf, Karl	3. M60	60.678	21	03:12	13:44	13:47	14:03	14:16	14:24	14:43	15:10	15:57	16:35	18:00	18:53	18:32	18:41	18:22	17:48	17:25	18:29	18:17	16:19	15:30	15:04																				
77	196	Okkersen, Henry	2. M65	60.313	21	19:39	14:36	14:29	14:38	14:45	14:49	15:14	14:48	14:51	15:04	15:37	15:21	15:17	15:29	15:38	15:33	15:49	16:06	16:31	16:28	16:41	17:03																				
78	166	De Jaeger-Braet, Luc	11. M55	60.284	21	04:06	16:11	16:44	16:14	16:12	16:11	16:06	16:35	16:21	17:36	15:37	16:30	16:26	16:42	16:46	16:18	16:12	15:40	15:54	16:20	16:55	16:26																				
79	106	Baarth, Oliver	23. M40	58.412	21	03:38	15:26	15:48	15:43	15:58	15:53	16:04	16:06	15:18	15:35	15:22	17:53	15:29	15:57	17:21	18:40	17:51	16:35	18:38	20:28	21:06	16:27																				
80	269	Seemann, Tammo	24. M40	58.275	21	04:04	15:16	14:54	14:42	15:11	15:26	15:12	16:07	15:53	16:17	16:42	17:32	16:54	18:02	17:29	18:41	18:25	18:32	19:04	18:49	18:39	17:58																				
81	226	Storz, Erich	4. M60	58.210	20	03:56	16:12	16:05	16:11	16:23	16:19	16:17	16:17	16:25	16:32	16:52	16:51	17:05	17:10	17:32	17:36	17:35	17:53	17:51	18:31	18:30																					
82	159	Hoornaert, Filip	11. M50	57.999	20	03:55	15:39	15:41	15:23	15:54	15:53	16:01	15:48	16:03	16:07	18:02	15:45	16:19	16:30	16:41	16:45	17:49	17:26	18:57	21:50	20:07																					
83	112	Blyaert, Marc	12. M50	57.840	20	03:53	16:18	16:17	16:47	15:55	16:30	17:04	16:01	16:19	16:24	16:38	17:12	17:34	17:04	17:30	17:59	18:36	17:38	17:50	18:10	17:51																					
84	147	Grube, Andre`	8. M35	57.300	20	04:23	17:19	17:39	16:33	17:19	15:57	16:46	18:44	17:05	17:26	20:28	16:26	17:31	17:48	17:11	17:45	17:05	19:53	18:51	15:12	13:36																					
85	136	Flören, Jens	17. M45	56.696	20	03:21	14:23	15:02	14:46	15:03	16:32	15:33	16:10	16:37	18:33	18:34	19:42	19:17	19:57	19:42	18:41	20:00	19:05	17:51	18:10	17:07																					
86	193	Müller-Zeder, Ralph	13. M50	56.683	20	03:27	14:49	15:23	15:48	15:37	15:49	15:41	16:24	16:31	17:00	17:11	16:55	19:11	17:24	17:57	18:06	19:38	18:59	20:05	18:53	20:37																					
87	255	Hüsken, Norbert	5. M60	56.484	20	03:54	15:46	16:09	15:42	15:31	15:34	15:50	15:49	15:51	15:50	16:08	16:54	17:23	17:37	17:58	16:55	22:22	19:51	24:55	19:20	18:25																					
88	223	Sieben, Konrad	3. M65	56.484	20	03:45	14:41	14:45	14:50	14:58	15:14	15:19	15:53	16:23	17:05	17:28	18:26	18:08	18:37	19:13	19:18	19:26	19:19	19:25	19:58	20:30																					
89	142	Geirnaert, Dr. Filip	25. M40	56.356	20	03:55	15:39	15:32	15:27	17:15	16:07	16:52	16:21	16:59	16:20	17:23	16:31	16:26	16:42	16:55	17:53	18:34	18:26	19:53	18:04	21:02																					
90	203	Richter, Michael	12. M55	56.291	20	03:30	14:25	14:45	14:44	16:17	14:43	15:33	15:03	16:24	15:28	16:39	26:54	18:17	18:24	18:59	18:35	18:34	21:54	19:34	19:21	17:08																					
91	233	Vogedes, Rolf	13. M55	56.116	20	04:21	15:51	16:07	15:54	15:42	16:23	16:04	16:05	16:05	16:37	16:13	16:53	16:38	17:31	17:33	19:58	21:09	19:57	19:28	20:49	20:57																					
92	208	Rombaut, Jo	14. M50	56.114	20	03:55	16:04	16:10	16:16	16:30	16:15	16:54	16:27	16:44	17:11	16:55	17:10	18:13	17:33	18:47	18:21	18:29	19:22	19:10	19:10	19:57																					
93	162	Hüsken, Christoph	7. MHK	56.095	20	04:21	17:38	18:26	17:42	17:52	17:35	18:06	17:32	17:28	17:33	18:06	18:00	18:20	18:20	17:38	18:07	17:55	18:25	17:28	15:42	14:50																					
94	268	Deckert, Harald	18. M45	56.019	20	04:01	16:00	16:05	15:39	15:41	15:49	15:36	16:13	16:21	16:47	17:02	17:06	16:56	17:04	18:08	19:03	18:53	18:10	20:11	26:31	19:59																					
95	234	Vogel, Thomas	9. M35	56.018	20	03:53	15:58	16:21	15:47	15:43	16:04	15:41	15:55	16:02	15:54	16:30	16:20	17:06	19:48	21:26	21:19	21:25	20:35	19:54	19:06	16:21																					
96	174	Kerwyn, Dr. Bart	26. M40	55.991	20	04:02	16:11	16:22	16:14	16:22	16:26	16:30	16:07	16:18	16:30	16:49	17:24	17:47	18:48	20:13	18:45	18:36	18:56	17:54	21:29	18:49																					
97	191	Mössinger, Andreas	15. M50	55.913	20	03:35	15:22	15:44	15:38	15:49	16:11	16:06	16:36	16:31	16:35	17:00	17:58	17:49	17:55	18:31	20:14	19:12	22:02	18:51	20:14	19:11																					
98	171	Kappes, Gerhard	6. M60	55.735	20	04:20	18:09	18:02	17:38	17:19	16:54	16:56	17:41	16:23	17:07	17:24	17:00	17:20	17:18	18:04	18:16	18:21	18:20	18:44	18:53	18:15																					
99	258	Klein, Oliver	8. MHK	55.689	20	04:30	17:27	15:37	15:09	15:03	15:02	14:57	15:19	15:06	15:52	15:55	16:08	16:45	17:20	21:17	24:35	23:04	21:37	21:23	19:47	17:18																					
100	153	Helf, Felix	16. M50	55.615	20	04:22	17:20	17:01	16:40	16:42	16:21	16:44	16:25	16:46	16:54	17:07	17:17	20:41	17:44	17:46	18:29	18:48	19:24	19:38	19:03	18:11																					

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Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd							
101	257	Papadakis, Marios	9. MHK	55.545	20	04:05	15:52	15:23	14:55	14:54	17:56	14:15	15:04	15:39	16:03	17:14	18:17	17:57	17:09	19:00	20:12	21:10	21:32	18:43	21:27	23:19																			
102	247	Wiedemann, Heiko	19. M45	55.520	20	02:56	13:28	13:34	13:30	13:57	13:24	13:35	14:08	14:52	15:08	16:50	15:41	20:19	18:41	20:43	40:36	22:06	20:15	21:11	19:25	15:30																			
103	241	Wegmann, Udo	17. M50	55.484	20	03:23	14:19	14:31	14:33	14:36	14:43	14:47	15:12	15:08	15:25	15:39	16:08	16:41	16:56	17:14	18:09	19:31	19:02	18:55	18:46	22:39																			
104	192	Müller, Ulrich	20. M45	54.685	19	03:56	15:45	15:42	16:16	16:12	16:30	16:43	16:49	17:16	17:40	18:13	18:09	19:07	18:17	20:09	19:24	20:29	20:53	21:07	19:50																				
105	164	Iffert, Friedrich	4. M65	54.316	19	03:51	16:27	16:47	16:53	16:59	17:09	17:18	17:35	18:17	18:02	18:08	18:14	18:30	19:00	19:22	19:55	20:22	20:02	18:06	18:38																				
106	104	Althoff, Axel	18. M50	54.212	19	03:51	15:48	16:38	17:35	16:51	16:28	17:33	15:57	16:33	17:05	17:08	19:10	17:57	19:20	19:49	18:50	20:08	19:03	20:05	21:04																				
107	126	Carrette, Dr. Erik	5. M65	53.982	19	04:13	16:34	16:35	16:18	16:30	17:09	16:31	16:38	17:13	17:41	18:20	18:41	18:26	19:27	21:32	20:03	20:32	20:33	20:19	18:48																				
108	201	Renne, Ralph-Peter	19. M50	53.971	19	04:22	16:32	16:12	16:10	16:02	15:28	15:46	16:00	16:45	16:10	16:22	16:58	17:19	17:52	18:11	19:27	28:22	20:59	23:04	22:25																				
109	114	Borgmann, Daniel	10. MHK	52.742	19	03:38	15:26	15:48	15:42	15:59	15:54	16:04	16:06	17:35	16:30	16:59	17:53	21:04	17:58	18:24	23:12	19:11	18:59	20:44	23:22																				
110	221	Seiferth, Kay-Uwe	21. M45	52.742	19	03:20	13:22	13:47	13:45	13:56	13:56	13:41	13:53	14:17	14:11	13:37	13:33	13:53	13:58	13:30	13:19	14:05	13:59	14:37	22:37																				
111	130	Drescher, Hans	20. M50	52.742	19	03:54	15:45	15:48	15:29	15:58	15:39	16:16	16:28	18:14	17:17	17:17	18:50	17:31	17:26	20:20	18:33	20:17	22:44	22:53	24:29																				
112	122	Buchholz, Marcel	11. MHK	52.742	19	03:30	13:41	13:50	13:52	13:42	13:27	13:50	13:59	14:36	14:23	14:43	14:36	14:34	15:36	15:26	15:22	15:31	16:24	16:08	22:47																				
113	139	Friedl, Mike	7. M60	52.742	19	04:12	17:34	18:18	18:19	18:18	18:25	18:41	17:38	17:10	16:51	17:43	19:10	17:50	17:57	19:11	18:37	19:58	18:37	19:02	19:29																				
114	265	Bastian, Michael	10. M35	52.742	19	03:49	16:27	16:40	16:42	16:54	16:11	16:24	16:30	16:26	17:06	17:28	18:23	18:43	19:30	19:22	21:51	21:36	24:11	25:39	18:14																				
115	264	Herzkopf, Peter	14. M55	52.672	18	03:57	15:44	15:34	15:19	15:09	15:45	15:48	16:36	18:24	17:36	18:02	21:54	20:42	20:09	24:19	21:23	21:49	21:27	21:52																					
116	236	Voß, Steffen	27. M40	52.515	18	04:23	17:19	17:39	16:33	17:19	15:58	16:46	18:45	17:05	17:26	20:27	16:27	17:32	17:48	22:15	20:30	23:10	21:43	22:10																					
117	263	Dickmann, Volker	22. M45	52.461	18	04:20	18:06	18:20	18:08	19:07	18:10	18:20	18:57	18:16	18:40	18:39	18:36	19:22	20:49	18:54	18:33	19:01	19:30	19:19																					
118	119	Brausam, Karl Heinz	6. M65	52.359	18	03:49	15:00	15:10	15:01	15:05	14:58	16:12	16:41	17:45	19:34	20:02	21:02	21:11	22:56	22:00	23:32	21:32	19:51	19:15																					
119	180	Ludwig, Manfred	2. M70	52.324	18	04:36	18:35	18:38	17:50	18:15	18:02	18:14	18:58	18:57	19:33	19:25	19:25	18:59	18:56	19:03	19:11	19:21	19:10	19:16																					
120	217	Schneider, Friedrich-W	7. M65	52.098	18	03:52	17:06	17:25	17:33	17:39	17:46	18:19	18:28	19:27	18:39	18:40	19:13	19:08	19:55	20:30	22:42	19:32	19:31	19:59																					
121	144	Gibbons, James	12. MHK	51.404	18	03:37	14:48	15:32	15:26	15:50	15:27	16:17	15:56	16:57	16:42	18:27	16:53	18:01	20:11	22:31	25:17	27:52	30:17	24:00																					
122	209	Rudig, Frank	28. M40	50.379	18	03:31	15:47	16:19	16:10	16:18	16:08	16:43	18:07	17:33	19:59	21:12	18:58	22:20	21:54	21:25	22:52	25:19	24:07	21:11																					
123	115	Bosse, Paul	23. M45	50.181	18	04:20	17:16	17:01	16:56	18:09	16:02	16:53	17:47	21:31	19:07	21:16	21:20	19:24	20:41	20:46	22:02	23:13	23:24	21:45																					
124	256	Neumann, Klaus	8. M60	50.000	18	04:20	17:56	18:07	18:44	18:36	18:50	17:12	19:33	18:00	19:10	18:42	19:32	20:30	20:17	19:56	19:45	19:54	20:20	19:04																					
125	224	Stein, Dirk	24. M45	50.000	18	04:34	16:57	16:48	16:47	16:58	17:00	16:57	17:06	17:09	17:15	17:16	17:26	17:19	18:27	21:29	17:23	17:40	22:03	17:34																					

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Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd							
126	5	Mertens, Gert	25. M45	50.000	18	02:44	11:39	11:35	11:45	11:40	11:42	11:50	11:49	11:49	11:57	11:58	12:05	13:00	12:12	12:09	12:14	12:17	13:43	18:38																					
127	206	Rohrman, Bernd	21. M50	50.000	18	04:09	16:34	17:57	16:57	19:38	16:15	16:58	16:14	17:04	17:18	19:16	18:44	19:30	19:57	19:14	23:02	19:52	21:01	21:48																					
128	152	Hauke, Gernot	3. M70	49.724	17	04:34	18:36	18:43	17:35	18:15	18:18	18:35	18:28	19:08	20:22	19:08	19:48	20:26	20:56	21:19	22:02	21:51	23:21																						
129	116	Bracht, Gerhard	9. M60	49.142	17	03:57	16:32	16:41	18:26	17:57	18:47	18:53	19:21	24:09	20:01	20:10	21:15	25:13	22:32	20:52	21:35	21:13	19:56																						
130	102	Ahrens, Holger	26. M45	48.391	17	04:24	17:58	17:46	18:43	17:53	17:49	17:21	17:28	18:25	18:34	19:16	20:03	21:09	22:23	23:18	25:30	25:16	26:05																						
131	109	Berka, Frank	29. M40	47.690	17	04:20	17:25	18:19	18:18	18:18	18:25	18:57	20:59	21:22	22:16	23:39	22:21	24:22	21:42	22:24	22:08	21:28	20:37																						
132	212	Schemschat, Werner	27. M45	47.137	16	04:21	17:27	18:03	18:09	18:35	18:38	19:41	19:54	20:49	22:48	21:04	21:11	22:20	23:32	23:45	23:52	23:06																							
133	240	von Weber, Walter	15. M55	46.838	16	04:11	17:28	18:09	18:12	17:32	18:24	19:11	20:05	20:19	21:35	22:00	22:34	26:10	24:07	24:17	25:06	24:33																							
134	175	Knoch, Wilfried	10. M60	46.615	16	04:07	18:40	19:07	19:04	19:39	19:25	20:12	20:18	21:02	21:03	21:49	22:03	23:39	23:04	23:13	23:30	23:22																							
135	266	Gieler, Prof. Wolfgang	22. M50	46.216	16	04:23	18:24	18:37	18:37	18:46	18:51	19:44	20:39	21:32	22:46	22:56	23:23	23:22	23:19	23:32	24:06	23:44																							
136	270	Klug, Matthias	30. M40	46.112	16	03:00	13:19	13:14	13:45	14:12	14:21	14:04	14:17	14:47	57:44	15:00	15:35	15:07	17:18	23:47	19:03	13:43																							
137	140	Friess, Hartmut	23. M50	45.554	16	04:21	18:07	18:01	18:26	18:23	18:34	19:18	20:29	21:12	21:32	23:07	24:20	24:58	24:38	24:37	24:33	25:56																							
138	121	Brühland, Walter	8. M65	45.110	16	04:48	19:32	19:02	19:01	20:17	18:29	27:20	20:41	22:49	21:16	23:22	23:12	25:06	22:55	21:41	22:54	21:48																							
139	261	Laig, Uwe	16. M55	44.516	16	04:08	16:45	16:53	16:54	17:33	17:26	18:12	17:38	18:19	18:13	18:12	18:34	22:16	23:16	20:28	21:42	21:44																							
140	129	Dams, Frank	28. M45	44.516	16	03:56	15:54	20:14	16:00	16:19	16:32	17:07	17:36	18:15	19:32	21:50	22:08	25:23	24:14	25:26	21:51	27:00																							
141	137	Förster, Udo	29. M45	44.516	16	04:25	18:00	18:31	18:47	19:51	19:23	20:12	19:21	19:30	20:39	19:41	19:24	19:57	19:48	20:22	20:43	22:19																							
142	243	Weiß, Thomas - Teddy	30. M45	44.516	16	03:48	16:20	16:38	18:04	18:15	19:50	18:36	19:05	19:24	20:30	18:43	19:32	20:29	20:54	28:49	24:36	29:02																							
143	262	Stronczyk, Manfred	17. M55	44.516	16	03:52	15:47	15:59	16:06	15:49	16:02	15:47	16:13	16:15	16:21	16:27	16:27	16:54	16:50	17:47	19:09	19:47																							
144	260	Klein, Andreas	31. M45	43.774	15	04:30	17:40	17:54	18:03	17:51	17:33	17:43	18:37	19:17	23:43	26:24	27:04	26:02	27:28	27:08	34:25																								
145	128	Dahmen, Gerhard	18. M55	43.770	15	04:23	18:28	18:26	20:34	20:29	19:48	19:47	26:31	23:24	22:14	25:25	21:12	28:46	24:23	24:52	25:33																								
146	169	Kalinowski, Dr. Bernd	11. M35	43.518	15	04:29	17:59	18:08	18:30	19:48	18:59	18:13	20:35	25:07	28:01	24:55	27:14	34:19	17:53	24:58	23:05																								
147	110	Bicher, Stefan	13. MHK	43.518	15	04:29	17:59	18:08	18:31	19:48	18:59	18:13	20:35	25:07	28:03	24:54	26:54	34:38	17:53	24:56	23:08																								
148	165	Jäckel, Heinz	9. M65	43.475	15	04:49	21:03	19:59	20:11	23:57	22:48	21:12	20:55	21:15	26:33	22:39	25:11	23:39	24:21	23:00	23:06																								
149	271	Werner, Andreas	24. M50	43.285	15	05:04	21:00	20:39	21:29	21:07	21:06	23:52	22:10	24:16	25:16	23:08	23:54	23:46	24:08	23:45	22:53																								
150	173	Kempken, Werner	19. M55	41.774	15	04:15	17:27	17:45	16:29	16:43	16:50	17:10	17:31	16:49	16:50	17:09	18:43	17:56	18:08	18:45	18:40																								

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Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd		
151	189	Mohr, Christian	31. M40	41.774	15	03:31	14:09	14:28	14:24	14:23	14:32	14:26	14:31	14:29	14:42	15:08	17:41	18:06	19:56	19:06																				
152	239	Wandt, Harald	11. M60	40.287	14	05:04	21:32	21:26	21:25	20:29	23:25	25:08	25:59	26:06	26:05	26:21	27:01	27:30	26:31	25:45																				
153	214	Schlagel, Dietmar	32. M45	39.032	14	03:53	16:00	17:17	14:43	16:20	29:02	16:38	14:59	22:02	22:04	16:39	36:41	28:27	19:02	23:35																				
154	134	Feller, Stefan	32. M40	36.290	13	02:22	12:59	12:07	12:22	12:45	12:56	13:06	13:25	13:43	14:41	15:18	13:52	20:23	29:02																					
155	156	Heuser, Heinrich	4. M70	28.064	10	04:36	18:56	18:51	19:02	19:11	18:34	21:24	18:59	18:54	19:17	25:51																								
156	108	Bemong, Marc	12. M60	25.322	9	03:55	15:39	15:21	15:20	15:17	15:17	15:30	15:52	16:33	17:49																									
157	125	Busch, Michael	25. M50	25.322	9	03:47	14:15	14:34	15:13	15:09	15:08	21:56	16:32	17:01	17:49																									
158	242	Weingärtner, Herbert	20. M55	22.580	8	03:49	15:43	15:43	15:28	15:47	15:35	15:44	15:17	15:26																										
159	227	Stumpf, Ingo	26. M50	22.580	8	04:03	16:30	17:43	19:06	19:21	19:20	21:52	22:43	22:09																										
160	245	Wessel, Bernd	21. M55	22.580	8	03:26	14:11	14:18	13:59	14:05	14:25	13:59	19:43	17:07																										
161	141	Froonhoff, Rob	33. M45	17.096	6	03:58	15:44	15:49	15:53	15:24	15:44	23:51																												
162	113	Bölke, Carsten	14. MHK	17.096	6	04:08	16:42	16:32	18:05	16:05	16:56	18:07																												

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Ergebnisse Frauen

Pl.	St-No	Name, Vorname	Ak	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd					
26	27	Durry, Andrea	7. W35	55.840	20	03:54	16:56	17:24	17:41	17:52	17:49	17:53	18:03	19:16	17:47	17:43	17:28	17:28	17:21	17:18	17:23	17:38	18:14	18:17	18:08	16:47																	
27	57	Zachow, Doris	6. W45	54.304	19	03:51	16:06	16:34	18:48	17:03	17:28	18:10	17:33	18:26	19:51	17:56	20:27	18:09	18:43	18:30	21:25	18:21	18:07	18:12	17:21																		
28	50	v. Scheidt, Kerstin	7. W45	52.049	18	04:32	18:20	18:27	18:22	18:38	18:38	20:05	19:24	19:02	19:07	19:37	20:00	19:28	20:11	19:17	18:28	18:14	18:10	18:17																			
29	56	Würzberger-Robra, C	6. W40	51.341	18	03:48	16:33	16:13	16:23	16:50	17:20	16:53	17:28	17:25	17:59	29:09	17:38	20:55	22:37	22:42	22:44	19:59	19:13	19:12																			
30	33	Heller, Marlene	1. W60	51.109	18	04:06	16:41	17:03	17:37	17:35	18:13	17:52	18:32	18:18	18:54	18:29	21:30	19:22	19:17	19:51	19:33	21:07	21:52	23:21																			
31	44	Nonnweiler, Silke	8. W35	50.379	18	03:31	15:47	16:19	16:10	16:19	16:08	16:43	18:07	17:33	19:59	21:12	18:58	22:19	21:54	21:26	22:51	25:19	24:07	21:11																			
32	43	Möhle, Marion	8. W45	50.187	18	04:32	18:20	18:27	18:22	18:38	18:38	20:05	19:24	19:02	19:07	19:37	20:01	20:07	21:03	21:02	21:20	21:04	20:48	19:17																			
33	23	Bauer, Edda	1. W65	47.349	17	04:38	18:30	18:00	17:58	20:21	18:33	19:25	21:35	20:40	20:22	21:25	21:15	22:19	22:47	22:59	22:41	23:28	22:38																				
34	38	Hülse, Renate	5. W55	47.275	17	04:08	16:55	17:59	18:35	18:04	19:45	20:54	21:27	21:47	20:59	21:34	21:48	22:35	23:07	23:35	23:24	22:53	20:32																				
35	28	Eichner, Sigrid	1. W70	44.346	15	04:43	20:05	20:10	20:43	20:56	21:08	21:45	21:48	22:50	23:02	23:45	23:37	23:40	23:01	22:49	23:15																						
36	24	Becker, Barbara	3. W50	44.132	15	04:19	18:29	20:24	19:56	21:54	21:32	22:00	22:20	23:25	23:12	23:50	24:54	24:08	24:57	23:28	23:21																						
37	45	Orman, Zeynep	9. W35	44.132	15	04:20	18:29	20:24	19:56	21:54	21:36	21:56	22:21	23:24	23:13	23:50	24:54	24:08	24:57	23:29	23:20																						
38	47	Van Samang, Ann	7. W40	43.503	15	04:16	18:03	18:37	18:59	19:10	19:11	19:35	20:07	20:17	22:48	24:52	26:59	28:44	28:35	27:06	26:44																						
39	39	John, Petra	9. W45	43.244	15	03:50	15:48	16:38	17:35	16:51	16:28	17:34	19:13	20:05	18:10	28:25	26:07	18:06	22:29	56:45	27:47																						
40	32	Helferich, Silke	8. W40	42.442	15	03:54	17:16	18:06	18:27	19:13	20:02	20:16	22:24	23:23	24:58	25:05	26:13	26:06	30:21	29:42	27:57																						
41	61	Bischoffs, Ruth	4. W50	41.081	14	04:41	20:08	20:59	24:48	21:46	22:41	23:45	24:31	25:16	25:14	25:23	26:40	26:00	25:41	25:05																							
42	37	Hösch, Kerstin	9. W40	40.997	14	04:48	19:50	20:36	23:23	19:54	22:00	26:49	23:08	30:18	31:02	21:35	25:56	22:43	23:29	26:10																							
43	30	Feldner, Christine	10. W45	33.548	12	04:34	18:17	18:31	19:29	18:44	19:13	20:13	42:06	20:53	22:54	23:03	25:38	23:37																									
44	58	Zimmermann, Claudia	11. W45	33.548	12	04:12	17:28	18:09	18:05	18:24	18:24	19:29	18:55	19:58	20:39	22:06	22:38	22:05																									
45	36	Hollek, Cornelia	10. W40	28.064	10	04:36	18:56	18:52	19:02	19:12	18:34	21:25	18:58	18:54	19:17	25:51																											

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Mannschaften - Männer

1 LG DUV					9 LSG Karlsruhe						
Pl-Tot.	St-No.	Name, Vorname	Jg	Rdn.	Distanz [m]	Pl-Tot.	St-No.	Name, Vorname	Jg	Rdn.	Distanz [m]
11	167	Jendretzke, Kai	68	27	76.004	50	250	Zieffle, Herbert	68	23	64.946
15	8	Daum, Stefan	73	27	74.828	97	191	Mössinger, Andreas	62	20	55.913
30	252	Slabon, Raimund	60	26	72.058	98	171	Kappes, Gerhard	49	20	55.735
2 Ltf Marpingen					10 Ltf Marpingen 2						
Pl-Tot.	St-No.	Name, Vorname	Jg	Rdn.	Distanz [m]	Pl-Tot.	St-No.	Name, Vorname	Jg	Rdn.	Distanz [m]
4	2	Hooß, Jörg	64	29	80.947	49	237	Wagner, Peter	59	23	65.122
29	103	Aldekamp, Andreas	68	26	72.174	75	220	Schulz, Johannes	51	22	60.976
44	154	Helferich, Gernot	69	24	67.049	122	209	Rudig, Frank	68	18	50.379
3 Adler Langlauf Bottrop					11 Adler Langlauf Bottrop 2						
Pl-Tot.	St-No.	Name, Vorname	Jg	Rdn.	Distanz [m]	Pl-Tot.	St-No.	Name, Vorname	Jg	Rdn.	Distanz [m]
7	4	Strätling, Benedikt	68	28	78.099	60	228	Teigelkamp, Guido	68	22	63.247
13	204	Riedel, Roland	63	27	75.379	88	255	Hüsken, Norbert	52	20	56.484
58	163	Hüsken, Martin	73	23	63.864	93	162	Hüsken, Christoph	81	20	56.095
4 LG Würzburg					12 LC Blueliner 2						
Pl-Tot.	St-No.	Name, Vorname	Jg	Rdn.	Distanz [m]	Pl-Tot.	St-No.	Name, Vorname	Jg	Rdn.	Distanz [m]
2	9	Koch, Rainer Wilfried	80	29	81.662	73	150	Haigermoser, Anton	64	22	61.537
31	118	Braungart, Georg	63	26	72.014	90	203	Richter, Michael	56	20	56.291
65	157	Hoffmann, Christoph	51	22	62.676	102	247	Wiedemann, Heiko	66	20	55.520
5 LC Blueliner					13 LG Gummersbach						
Pl-Tot.	St-No.	Name, Vorname	Jg	Rdn.	Distanz [m]	Pl-Tot.	St-No.	Name, Vorname	Jg	Rdn.	Distanz [m]
14	249	Wilshusen, Matthias	70	27	74.885	84	147	Grube, Andre`	74	20	57.300
26	229	Thiede, Matthias	76	26	72.663	116	236	Voß, Steffen	68	18	52.515
42	205	Riemann, Dr. Ernst	55	24	68.039	130	102	Ahrens, Holger	63	17	48.391
6 VC/LG Nienburg					14 LG DUV 3						
Pl-Tot.	St-No.	Name, Vorname	Jg	Rdn.	Distanz [m]	Pl-Tot.	St-No.	Name, Vorname	Jg	Rdn.	Distanz [m]
23	127	Dachs, Manfred	66	26	73.132	68	161	Hösch, Walter	59	22	62.346
39	123	Bultmann, Jürgen	61	24	68.949	150	189	Mohr, Christian	68	15	41.774
74	246	Wessel, Jan	84	22	61.013	162	113	Bölke, Carsten	79	6	17.096
7 LG Nord Berlin Ultrateam					15 100 Marathon Club						
Pl-Tot.	St-No.	Name, Vorname	Jg	Rdn.	Distanz [m]	Pl-Tot.	St-No.	Name, Vorname	Jg	Rdn.	Distanz [m]
36	117	Brandt, Michael	55	24	69.193	127	256	Neumann, Klaus	52	18	50.000
47	198	Pantel, Sascha	70	23	66.068	141	137	Förster, Udo	65	16	44.516
59	138	Frenz, Michael	70	22	63.709	161	141	Froonhoff, Rob	66	6	17.096
8 LG DUV 2											
Pl-Tot.	St-No.	Name, Vorname	Jg	Rdn.	Distanz [m]						
37	178	Leyendecker, Rainer	56	24	69.004						
61	207	Rohwedder, Karl	55	22	63.231						
62	253	Rudolph, Martin	62	22	62.857						

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Mannschaften - Frauen

1 Ltf Marpingen

Pl-Tot.	St-No.	Name, Vorname	Jg	Rdn.	Distanz [m]
1	11	Hooß, Tanja	67	26	73.642
4	14	Straß, Melanie	75	24	68.048
10	60	Stras, Viola	71	23	64.343

2 LG Nord Berlin Ultrateam

Pl-Tot.	St-No.	Name, Vorname	Jg	Rdn.	Distanz [m]
11	53	Seidel, Grit	70	23	63.718
17	22	Bahlcke, Annett	68	21	60.955
24	54	Stutzke, Silke	68	20	56.446

3 LC BlueLiner

Pl-Tot.	St-No.	Name, Vorname	Jg	Rdn.	Distanz [m]
15	42	Meinberg, Anke	54	22	61.531
20	21	Albrecht, Daniela	78	21	58.431
39	39	John, Petra	64	15	43.244

4 LG DUV

Pl-Tot.	St-No.	Name, Vorname	Jg	Rdn.	Distanz [m]
16	29	Eschelbach, Iris	65	22	61.126
27	57	Zachow, Doris	67	19	54.304
33	23	Bauer, Edda	44	17	47.349

Troisdorfer 6h Lauf

Ergebnisse Männer Staffeln

Pl.	St-No	Staffel	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd
1	854	Homberger TV	85.116	30	02:17	11:26	10:37	11:42	10:37	12:00	11:35	10:40	11:53	10:47	12:03	11:50	10:47	11:58	10:52	12:08	12:03	10:55	12:08	10:57	12:25	12:08	10:55	12:29	10:58	12:31	12:09	10:59	12:55	11:03	12:48		
2	852	Adler-Langlauf Bottrop III	80.380	29	02:49	12:16	12:28	12:21	12:44	12:47	12:34	12:21	12:22	12:23	11:57	12:07	11:29	12:00	12:24	12:27	12:05	12:17	12:09	11:52	12:29	12:46	13:10	12:10	12:00	12:48	12:10	12:20	11:39	12:03			
3	853	Bonn/Rhein-Sieg Masters	78.776	28	02:50	12:21	12:15	12:20	12:19	12:13	12:24	12:16	12:42	12:08	12:14	12:14	12:13	12:14	11:59	12:19	12:29	12:27	12:55	12:23	12:12	12:30	13:11	14:55	12:26	12:25	13:10	13:32	12:08				
4	857	Troisdorfer Jets	69.568	25	02:45	11:22	14:16	13:39	11:28	15:05	14:05	11:28	14:59	14:41	11:38	15:23	15:11	12:04	15:17	15:50	12:09	15:16	16:42	12:26	15:26	16:57	12:21	17:47	17:09	12:44							
5	851	Adler-Langlauf Bottrop II	69.471	25	03:08	13:38	13:51	13:28	13:31	12:52	12:44	16:11	15:39	14:03	13:50	13:38	13:35	12:52	13:07	16:38	15:47	13:48	14:08	12:46	15:30	13:53	14:38	12:56	16:35	15:55							
6	855	Schwarz-Weiß Oldenburg	58.169	20	04:00	16:12	16:15	16:06	16:15	16:22	16:52	17:05	17:05	16:47	16:17	16:28	16:26	16:46	17:27	17:26	16:20	17:00	17:44	18:20	18:44												

Troisdorfer 6h Lauf

Ergebnisse Frauen Staffeln

Pl.	St-No	Staffel	Distanz [m]	Rd	1.Rd	2.Rd	3.Rd	4.Rd	5.Rd	6.Rd	7.Rd	8.Rd	9.Rd	10.Rd	11.Rd	12.Rd	13.Rd	14.Rd	15.Rd	16.Rd	17.Rd	18.Rd	19.Rd	20.Rd	21.Rd	22.Rd	23.Rd	24.Rd	25.Rd	26.Rd	27.Rd	28.Rd	29.Rd	30.Rd	31.Rd	32.Rd	33.Rd	
1	850	Adler-Langlauf Bottrop I	68.734	24	03:24	13:46	13:34	13:47	13:31	13:42	13:52	14:31	14:43	14:32	15:16	15:10	13:55	13:44	14:26	13:48	13:44	13:44	15:26	15:30	15:39	16:20	13:40	14:19	13:28									