

Lauf 5 Langstrecke (8000m) - 15:30

| Rg. | StNr. | NAME Vorname | Jg | Nat. | Verein | Zeit | Diff | Klassenergebnis |
|-----|-------|-----------------------|------|------|------------------------------|-------|---------|-----------------|
| 1. | 511 | Bernardon, Ramon | 1979 | D | TuS Heltersberg | 26:07 | | 1 M35 |
| 2. | 585 | Übel, Steffen | 1987 | D | LAZ Birkenfeld | 26:21 | + 14 | 1 M |
| 3. | 578 | Cullmann, Christian | 1986 | D | VfL Algenrodt | 27:25 | + 1:18 | 2 M |
| 4. | 575 | Jächer, Bastian | 1985 | D | LLG Wustweiler | 27:54 | + 1:47 | 3 M |
| 5. | 581 | Biegel, Markus | 1978 | D | - ohne Verein - | 28:00 | + 1:53 | 2 M35 |
| 6. | 576 | Blaß, Hanno | 1982 | D | LTF Marpingen | 28:01 | + 1:54 | 1 M30 |
| 7. | 531 | Helferich, Gernot | 1969 | D | LTF Marpingen | 29:36 | + 3:29 | 1 M45 |
| 8. | 538 | Sahm, Philipp | 1981 | D | LTF Mausbach | 29:45 | + 3:38 | 2 M30 |
| 9. | 544 | Paulus, Walter | 1961 | D | LT Büdlich Breit Naurath | 29:46 | + 3:39 | 1 M50 |
| 10. | 524 | Steffens, Sven | 1979 | D | X-Sport Kastellaun | 29:53 | + 3:46 | 3 M35 |
| 11. | 540 | Dickenschied, Jörn | 1988 | D | TuS Monzingen | 30:04 | + 3:57 | 4 M |
| 12. | 561 | Schallmo, Daniel | 1957 | D | tritrionic team St. Wendel | 30:10 | + 4:03 | 1 M55 |
| 13. | 518 | Fritsch, Jörg | 1968 | D | Idarer TV | 30:19 | + 4:12 | 2 M45 |
| 14. | 505 | Alt, Thomas | 1961 | D | VfL Algenrodt | 30:41 | + 4:34 | 2 M50 |
| 15. | 535 | Kartes, Nico | 1993 | D | LTF Mausbach | 30:53 | + 4:46 | 5 M |
| 16. | 573 | Popp, Andrej | 1969 | D | - ohne Verein - | 30:55 | + 4:48 | 3 M45 |
| 17. | 565 | Schuh, Stefan | 1967 | D | LF Naheland Bad Kreuznach | 31:37 | + 5:30 | 4 M45 |
| 18. | 554 | Jaenicke, Johannes | 1976 | D | TuS Rhaunen | 32:29 | + 6:22 | 4 M35 |
| 19. | 539 | Pelzer, Marco | 1967 | D | LT Mertesdorf | 32:43 | + 6:36 | 5 M45 |
| 20. | 555 | Scherer, Jörg | 1968 | D | TuS Rhaunen | 32:57 | + 6:50 | 6 M45 |
| 21. | 587 | Bickler, Jürgen | 1959 | D | - ohne Verein - | 33:29 | + 7:22 | 2 M55 |
| 22. | 566 | Reile, Anton | 1958 | D | - ohne Verein - | 33:29 | + 7:22 | 3 M55 |
| 23. | 522 | Fuhs, Matthias | 1955 | D | LG Idar-Oberstein | 33:30 | + 7:23 | 4 M55 |
| 24. | 519 | Tasch, Holger | 1963 | D | Idarer TV | 33:37 | + 7:30 | 3 M50 |
| 25. | 563 | Hammann, Theo | 1954 | D | SV Wintrich | 33:43 | + 7:36 | 1 M60 |
| 26. | 552 | Schäfer, Daniel | 1981 | D | - ohne Verein - | 33:50 | + 7:43 | 3 M30 |
| 27. | 582 | Pekari, Jessica | 1985 | D | - ohne Verein - | 33:56 | + 7:49 | 1 W |
| 28. | 541 | Kämper, Andreas | 1960 | D | TuS Monzingen | 34:02 | + 7:55 | 4 M50 |
| 29. | 577 | Franke, Sascha | 1981 | D | TV 06 Bad Neuenahr | 34:11 | + 8:04 | 4 M30 |
| 30. | 506 | Knieling, Hans | 1949 | D | VfL Algenrodt | 34:12 | + 8:05 | 1 M65 |
| 31. | 501 | Dolby, Sandra | 1971 | D | VfR Baumholder | 34:21 | + 8:14 | 1 W40 |
| 32. | 537 | Munkes, Jürgen | 1962 | D | LTF Mausbach | 34:46 | + 8:39 | 5 M50 |
| 33. | 504 | Alt, Kerstin | 1965 | D | VfL Algenrodt | 34:47 | + 8:40 | 1 W45 |
| 34. | 509 | Schmitt, Dieter | 1954 | D | Essweiler-Rothselberg | 34:51 | + 8:44 | 2 M60 |
| 35. | 580 | Braun, Dominick | 1994 | D | OIE | 35:18 | + 9:11 | 6 M |
| 36. | 549 | Geiter, Ralf | 1964 | D | - ohne Verein - | 35:26 | + 9:19 | 6 M50 |
| 37. | 558 | Kube, Frank | 1963 | D | TuS Rötweiler-Nockenthal | 35:46 | + 9:39 | 7 M50 |
| 38. | 584 | Neumann, Lutz | 1967 | D | DaV Speyer | 35:54 | + 9:47 | 7 M45 |
| 39. | 536 | Klein, Manfred | 1956 | D | LTF Mausbach | 35:59 | + 9:52 | 5 M55 |
| 40. | 508 | Höhn, Regina | 1984 | D | TV Rodenbach / Team Erdinger | 36:17 | + 10:10 | 1 W30 |
| 41. | 557 | Wendling, Eckhard | 1962 | D | TuS Rhaunen | 36:24 | + 10:17 | 8 M50 |
| 42. | 574 | Giese, Carl-Friedrich | 1961 | D | RV Blitz Idar-Oberstein | 36:40 | + 10:33 | 9 M50 |
| 43. | 503 | Lichtenberger, Stefan | 1965 | D | VfR Baumholder | 36:44 | + 10:37 | 8 M45 |
| 44. | 526 | Fregapane, Romano | 1966 | D | LF Naheland Bad Kreuznach | 36:48 | + 10:41 | 9 M45 |
| 45. | 520 | Übel, Klaus | 1951 | D | Idarer TV | 36:51 | + 10:44 | 3 M60 |
| 46. | 564 | Steinbach, Katrin | 1977 | D | TuS Veitsrodt | 36:57 | + 10:50 | 1 W35 |
| 47. | 512 | Locher, Horst | 1958 | D | TV Hettenrodt | 37:24 | + 11:17 | 6 M55 |
| 48. | 529 | Feller, Stefan | 1968 | D | LTF Marpingen | 37:38 | + 11:31 | 10 M45 |
| 49. | 567 | Conrad, Hartmut | 1965 | D | - ohne Verein - | 37:55 | + 11:48 | 11 M45 |
| 50. | 513 | Kurtze, Bernhard | 1950 | D | LT Hirzweiler | 37:58 | + 11:51 | 4 M60 |

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|-----|-------|------------------------|------|------|---------------------------|-------|---------|-----------------|
| 51. | 579 | Müller, Matthias | 1963 | D | - ohne Verein - | 38:17 | + 12:10 | 10 M50 |
| 52. | 569 | Schmuck, Tobias | 1978 | D | Team Erdinger Alkoholfrei | 38:28 | + 12:21 | 5 M35 |
| 53. | 533 | Abel, Michael | 1987 | D | LTF Mausbach | 38:31 | + 12:24 | 7 M |
| 54. | 553 | Weber, Karl | 1951 | D | - ohne Verein - | 38:38 | + 12:31 | 5 M60 |
| 55. | 542 | Hanß, Yvonne | 1963 | D | TuS Mörschied | 39:15 | + 13:08 | 1 W50 |
| 56. | 510 | Skulec, Norbert | 1961 | D | SpVgg Fischbach | 39:30 | + 13:23 | 11 M50 |
| 57. | 568 | Luther, Markus | 1966 | D | - ohne Verein - | 39:32 | + 13:25 | 12 M45 |
| 58. | 545 | Bayesteh, Danesh | 1961 | D | TV Offenbach-Hundheim | 39:35 | + 13:28 | 12 M50 |
| 59. | 523 | Teschner, Horst | 1942 | D | RV Blitz Idar-Oberstein | 39:43 | + 13:36 | 1 M70 |
| 60. | 550 | Göhl, Andrea | 1970 | D | - ohne Verein - | 40:18 | + 14:11 | 2 W40 |
| 61. | 556 | Stein, Paul | 1955 | D | TuS Rhaunen | 40:22 | + 14:15 | 7 M55 |
| 62. | 571 | Heydt, Ingrid | 1955 | D | TV Hettenrodt | 41:07 | + 15:00 | 1 W55 |
| 63. | 586 | Herrmann-Jung, Corinna | 1981 | D | TV Hennweiler | 41:46 | + 15:39 | 2 W30 |
| 64. | 525 | Motz, Werner | 1942 | D | LTF Köllertal | 42:05 | + 15:58 | 2 M70 |
| 65. | 543 | Barten, Hermann | 1957 | D | LT Büdlich Breit Naurath | 42:22 | + 16:15 | 8 M55 |
| 66. | 547 | Speer, Rudi | 1952 | D | TV Offenbach-Hundheim | 42:44 | + 16:37 | 6 M60 |
| 67. | 570 | Mildenberger, Ralf | 1958 | D | TuS Veitsrodt | 42:57 | + 16:50 | 9 M55 |
| 68. | 507 | Werking, Anja | 1967 | D | LAZ Birkenfeld | 43:26 | + 17:19 | 2 W45 |
| 69. | 583 | Burek, Mike | 1961 | D | Lauffreunde Neustadt | 43:39 | + 17:32 | 13 M50 |
| 70. | 572 | Becker, Alfred | 1950 | D | TuS Kirschweiler | 43:54 | + 17:47 | 7 M60 |
| 71. | 521 | Fewinger, Petra | 1967 | D | OIE | 43:56 | + 17:49 | 3 W45 |
| 72. | 548 | Wissmann, Christine | 1977 | D | TV Offenbach-Hundheim | 44:17 | + 18:10 | 2 W35 |
| 73. | 515 | Klas-Gundel, Irene | 1949 | D | Spiridon Hochwald | 44:32 | + 18:25 | 1 W65 |
| 74. | 532 | Helferich, Silke | 1970 | D | LTF Marpingen | 44:55 | + 18:48 | 3 W40 |
| 75. | 551 | Kern, Katrin | 1966 | D | - ohne Verein - | 45:33 | + 19:26 | 4 W45 |
| 76. | 546 | Berg, Marita | 1965 | D | TV Offenbach-Hundheim | 45:38 | + 19:31 | 5 W45 |
| 77. | 528 | Feller, Franz | 1938 | D | LTF Marpingen | 47:07 | + 21:00 | 1 M75 |
| | 530 | Groß, Thomas | 1965 | D | LTF Marpingen | n.a. | | |
| | 514 | Bohr, Birgit | 1959 | D | Spiridon Hochwald | n.a. | | |
| | 502 | Flohr, Thomas | 1965 | D | VfR Baumholder | n.a. | | |
| | 517 | Thome, Gisela | 1969 | D | Spiridon Hochwald | n.a. | | |
| | 559 | Leschniowski, Daniel | 1981 | D | tritronic team St. Wendel | n.a. | | |
| | 527 | Reidenbach, Thomas | 1972 | D | LF Naheland Bad Kreuznach | n.a. | | |
| | 534 | Caspary, Frank | 1966 | D | LTF Mausbach | n.a. | | |
| | 562 | Ripplinger, Petra | 1970 | D | LTF Tri Winterbach | n.a. | | |
| | 560 | Ripplinger, Bernd | 1963 | D | tritronic team St. Wendel | n.a. | | |
| | 516 | Merz, Maria | 1963 | D | Spiridon Hochwald | n.a. | | |