

Platz M/W	Nachname - Vorname	StNr.	Jg. Zeit	Platz AK	GAP	Team / Verein	Nov 23	(Pl.)	Dez 23	(Pl.)	Jan 24 (Pl.)	Feb 24 (Pl.)
1 M	WALTER Maximilian	279	96 01:02:29	1 HK		engelhorn sports team / TV Schriesheim	00:31:36	1	00:30:54	1		
2 M	BUSCH Dirk	267	79 01:03:48	1 M40	+ 1m19s	SSC Hanau-Rodenbach	00:32:14	2	00:31:34	2		
3 M	BIENERT Sebastian	026	89 01:06:08	1 M30	+ 3m39s	LG BSN	00:33:06	3	00:33:02	5		
4 M	KREUZBURG Oliver	109	92 01:06:16	2 M30	+ 3m46s	TG Hochheim	00:33:15	4	00:33:01	4		
5 M	HEMPEL Karl	080	86 01:06:42	1 M35	+ 4m13s	Spiridon Frankfurt e. V.	00:33:15	5	00:33:27	6		
6 M	VAN DER STERREN Rik	282	96 01:08:13	2 HK	+ 5m44s	Eintracht Frankfurt	00:34:10	7	00:34:04	9		
7 M	STAHL Dominic	215	91 01:08:45	3 M30	+ 6m16s	keine Angabe	00:34:42	8	00:34:03	8		
8 M	HEIDL Markus	077	88 01:09:48	2 M35	+ 7m19s	Spiridon Frankfurt	00:35:05	9	00:34:44	10		
9 M	LIK Michael	125	78 01:10:01	1 M45	+ 7m32s	OPTIMUM Sportbrillen / SSC Hanau-Roden	00:35:17	11	00:34:44	11		
10 M	DORN Marius	281	87 01:10:10	3 M35	+ 7m41s	Adidas Runners	00:35:07	10	00:35:03	13		
11 M	NOHE Daniel	150	95 01:10:30	3 HK	+ 8m01s	Spiridon Frankfurt	00:35:39	12	00:34:51	12		
12 M	STRNAD Felix	222	92 01:11:28	4 M30	+ 8m59s	LAV Stadtwerke Tübingen	00:36:15	14	00:35:14	14		
13 M	KORTEMEYER Timo	106	98 01:12:02	4 HK	+ 9m33s	Läuferherz Darmstadt	00:35:43	13	00:36:19	19		
14 M	STOLTE Julian	216	97 01:12:48	5 HK	+ 10m19s	TV Waldstraße Wiesbaden	00:36:22	15	00:36:26	21		
15 M	SCHLAMANN Alexander	197	89 01:12:49	5 M30	+ 10m20s	TRIA TEAM Bruchköbel e.V.	00:36:52	21	00:35:57	17		
1 F	LEHNERT Kathrin	280	95 01:12:58	1 HK		engelhorn sports team / MTG Mannheim	00:36:23	16	00:36:35	24		
16 M	FISCHER Christian	057	94 01:13:00	6 HK	+ 10m31s	Spiridon Frankfurt	00:37:23	23	00:35:37	15		
2 F	BAIST Franziska	013	91 01:13:46	1 W30	+ 48s	SGK Bad Homburg	00:37:22	22	00:36:25	20		
17 M	BLASCHEK Thomas	027	73 01:14:03	1 M50	+ 11m34s	SSC Hanau - Rodenbach	00:37:33	25	00:36:30	23		
18 M	EDER Matthias	046	81 01:14:55	2 M40	+ 12m26s	TSG Weinheim	00:37:41	26	00:37:15	26		
19 M	GASSMANN Michael	064	81 01:15:17	3 M40	+ 12m48s	keine Angabe	00:37:30	24	00:37:47	28		
3 F	POGGENDORFF Paulina	163	05 01:15:25	1 U20	+ 2m28s	LG Eintracht Frankfurt	00:37:56	29	00:37:29	27		
20 M	STROHBACH Lars	223	92 01:16:34	6 M30	+ 14m05s	Eintracht Frankfurt Triathlon	00:39:55	42	00:36:40	25		
21 M	OBST Michael	151	70 01:16:59	2 M50	+ 14m30s	TuS Griesheim	00:37:59	30	00:39:00	37		
22 M	DAMJANIC Igor	040	71 01:17:42	3 M50	+ 15m13s	keine Angabe	00:39:09	36	00:38:33	32		
23 M	KALTENBACH Florian	096	79 01:18:04	4 M40	+ 15m35s	Spiridon Frankfurt	00:38:42	34	00:39:22	41		
24 M	GROSCH Heiko	074	77 01:18:05	2 M45	+ 15m36s	VFS Rödermark	00:39:18	37	00:38:48	36		
25 M	WEBER Jürgen	247	78 01:18:45	3 M45	+ 16m16s	Linsengericht	00:40:07	43	00:38:39	35		
4 F	TÄTZSCH Nina-Juliette	227	00 01:19:09	2 HK	+ 6m12s	LG Stadtwerke München	00:39:54	41	00:39:16	39		
26 M	BAAKE Jannick	009	92 01:19:23	7 M30	+ 16m54s	Spiridon Frankfurt	00:38:49	35	00:40:34	49		
27 M	OSTERMANN Michael	156	76 01:20:10	4 M45	+ 17m41s	RLT Rodgau	00:40:32	46	00:39:39	44		
28 M	RIPPER Jan	265	97 01:21:07	7 HK	+ 18m38s	TuS Griesheim	00:41:37	53	00:39:31	43		
29 M	TSCHAMMLER Deniz	232	85 01:21:38	4 M35	+ 19m09s	Spiridon Frankfurt	00:41:31	51	00:40:08	45		
30 M	GOERITZ Sebastian	067	83 01:21:47	5 M40	+ 19m18s	Triat-Team Bruchköbel e.V.	00:39:27	38	00:42:20	54		
31 M	SATTLER Ingo	189	84 01:21:53	5 M35	+ 19m24s	keine Angabe	00:41:26	50	00:40:27	48		
32 M	REISE Frederik	168	80 01:22:49	6 M40	+ 20m20s	keine Angabe	00:41:33	52	00:41:17	52		
5 F	REX Regina	271	92 01:22:50	2 W30	+ 9m53s	Triathlon Team DSW Darmstadt	00:42:33	58	00:40:18	47		

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33 M	STABEL Florian	214	88 01:24:25	6 M35	+ 21m56s	antiSocialRunningLeague	00:42:49	59	00:41:36	53		
34 M	KELM Michael	309	84 01:24:51	7 M35	+ 22m22s	LT Unterreichenbach	00:41:58	56	00:42:53	56		
35 M	SCHULZ Patrick	273	85 01:25:07	8 M35	+ 22m38s	Mannschaft mit der Maus	00:42:05	57	00:43:03	58		
6 F	MAI Maria	134	83 01:26:12	1 W40	+ 13m15s	Eintracht Frankfurt Triathlon	00:43:14	62	00:42:59	57		
36 M	HEß Clemens	084	80 01:26:21	7 M40	+ 23m52s	MTV Urberach	00:38:16	32	00:48:06	98		
37 M	RIEDL Markus	178	67 01:26:30	1 M55	+ 24m01s	LLT Wallernhausen	00:43:13	61	00:43:18	62		
38 M	RICHTER Tobias	177	76 01:27:23	5 M45	+ 24m54s	Spiridon Frankfurt	00:44:16	70	00:43:08	60		
7 F	HEINZ Julia	078	78 01:27:26	1 W45	+ 14m29s	TV Goldbach	00:43:31	64	00:43:56	71		
39 M	POGGENDORFF Frank	162	68 01:27:59	2 M55	+ 25m30s	Spiridon Frankfurt	00:44:15	69	00:43:44	65		
40 M	VETTER Matthias	239	60 01:28:06	1 M60	+ 25m37s	BSG Commerzbank	00:44:14	67	00:43:52	69		
8 F	NEISS Annette	146	70 01:28:41	1 W50	+ 15m44s	TuS Rüsselsheim	00:44:15	68	00:44:27	75		
9 F	SCHIEßER Christina	195	74 01:28:47	2 W45	+ 15m50s	Spiridon Frankfurt	00:45:02	77	00:43:46	66		
41 M	RENN Andreas	171	67 01:28:58	3 M55	+ 26m29s	Tria Schramberg	00:44:55	75	00:44:03	72		
42 M	NEUNER Philipp	149	82 01:29:16	8 M40	+ 26m47s	Läuferherz Darmstadt	00:45:30	83	00:43:47	67		
43 M	ABADIAN Reza	141	91 01:29:33	8 M30	+ 27m03s	DSW Darmstadt	00:45:12	80	00:44:21	74		
44 M	KAISER Thomas	095	97 01:29:41	8 HK	+ 27m12s	keine Angabe	00:45:46	84	00:43:56	70		
45 M	SEIDEL Frank	207	63 01:29:57	2 M60	+ 27m28s	SSC Hanau Rodenbach	00:44:53	74	00:45:04	78		
46 M	NAUNDORF Oliver	144	75 01:30:10	6 M45	+ 27m41s	Hüttenberger Land Läufer	00:43:53	66	00:46:18	88		
47 M	KÜHN Carl	112	66 01:30:37	4 M55	+ 28m08s	Hüttenberger Land Läufer	00:46:01	86	00:44:37	77		
48 M	SCHWARZ Christoph	205	81 01:30:45	9 M40	+ 28m16s	Triathlon Team DSW Darmstadt	00:46:56	91	00:43:50	68		
49 M	RENN Alexander	170	06 01:32:01	1 U18	+ 29m32s	Tria Schramberg	00:46:55	90	00:45:07	79		
50 M	LEBLANG Peter	121	62 01:33:30	3 M60	+ 31m01s	LG BSN	00:47:19	94	00:46:12	87		
51 M	SCHÄFER Thomas	192	78 01:33:35	7 M45	+ 31m06s	RLT Rodgau	00:47:39	99	00:45:57	85		
52 M	KUHN Peter	113	60 01:34:00	4 M60	+ 31m31s	Spiridon Frankfurt	00:47:14	93	00:46:46	91		
53 M	ZANG Martin	259	70 01:34:05	4 M50	+ 31m36s	LuT Aschaffenburg	00:46:44	88	00:47:22	93		
54 M	SCHILL Markus	196	85 01:34:13	9 M35	+ 31m44s	keine Angabe	00:47:44	103	00:46:30	89		
55 M	SCHWAN Sebastian	204	88 01:34:18	10 M35	+ 31m49s	LC Rennrücken	00:48:08	107	00:46:11	86		
56 M	HUHN Stephan	089	71 01:34:39	5 M50	+ 32m10s	Spiridon Frankfurt	00:45:58	85	00:48:42	103		
57 M	BAUER Wolfgang	015	59 01:35:09	5 M60	+ 32m40s	Offenbacher LC	00:47:24	95	00:47:46	94		
10 F	FISCHER Bärbel	056	64 01:35:30	1 W55	+ 22m33s	RLT Rodgau	00:47:41	101	00:47:50	96		
58 M	KÖHLER Thomas	105	58 01:37:03	1 M65	+ 34m33s	Bio Runner Rhein-Main	00:49:17	117	00:47:46	95		
59 M	SIMON Markus	208	71 01:37:03	6 M50	+ 34m34s	VFS Rödermark	00:48:58	112	00:48:06	99		
11 F	SOVONJA Annett	209	81 01:37:19	2 W40	+ 24m21s	RLT Rodgau	00:49:23	119	00:47:56	97		
12 F	LINDNER Anne	126	84 01:37:40	1 W35	+ 24m43s	Eintracht Frankfurt Triathlon	00:45:01	76	00:52:40	136		
60 M	ATTIG Frank	007	76 01:37:52	8 M45	+ 35m23s	LAUFZiel Aschaffenburg	00:49:16	116	00:48:37	102		
13 F	RICHTER Finja	175	03 01:38:10	3 HK	+ 25m13s	TV Gelnhausen	00:49:40	123	00:48:30	101		
14 F	REINTGEN Franziska	167	86 01:38:27	2 W35	+ 25m30s	SF Tria Rossdorf	00:49:26	120	00:49:01	107		

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61 M	HUFGARD Peter	088	75 01:38:28	9 M45	+ 35m59s	TSG Kleinostheim	00:49:39	121	00:48:49	105		
62 M	LAGE Christian	119	86 01:38:29	11 M35	+ 36m00s	keine Angabe	00:49:39	122	00:48:50	106		
63 M	REß Thorsten	173	76 01:39:19	10 M45	+ 36m50s	TV Goldbach	00:49:03	114	00:50:16	116		
64 M	MARTIN Malik	135	90 01:39:25	9 M30	+ 36m56s	keine Angabe	00:49:49	124	00:49:36	110		
15 F	OSTERMANN Frauke	155	76 01:39:35	3 W45	+ 26m38s	RLT Rodgau	00:50:24	128	00:49:12	108		
16 F	FISCHINGER Frida	058	07 01:39:56	1 U18	+ 26m59s	TV Gelnhausen	00:49:04	115	00:50:53	122		
65 M	HERZ Thorsten	275	71 01:40:22	7 M50	+ 37m53s	TSG Eppstein	00:48:37	110	00:51:45	130		
66 M	ULRICH Rainer	236	52 01:41:05	1 M70	+ 38m36s	TV 1861 Neu-Isenburg	00:51:00	130	00:50:06	115		
67 M	SCHUPP Julian	202	96 01:41:09	9 HK	+ 38m40s	keine Angabe	00:50:14	126	00:50:56	125		
17 F	ZEISS Michaela	261	68 01:41:42	2 W55	+ 28m45s	Spiridon Frankfurt	00:51:02	131	00:50:41	119		
18 F	FRANK Esther	061	75 01:42:19	4 W45	+ 29m22s	Eintracht Frankfurt Triathlon / LT Florstadt	00:51:33	134	00:50:46	120		
68 M	LUCKHARDT Wolfgang	133	60 01:42:44	6 M60	+ 40m15s	Taunusläufer	00:51:51	137	00:50:53	123		
69 M	WINTER Steffen	254	76 01:42:57	11 M45	+ 40m28s	DFS Betriebssportverein	00:52:04	139	00:50:54	124		
70 M	NEUMEYER Uwe	148	65 01:43:41	5 M55	+ 41m12s	TG Hanau Triathlon	00:52:16	141	00:51:25	127		
71 M	WACHTER Jochen	244	75 01:43:46	12 M45	+ 41m17s	keine Angabe	00:53:14	152	00:50:32	118		
72 M	SADKOWIAK Maximilian	184	93 01:43:49	10 M30	+ 41m20s	#werunwiesbaden	00:51:53	138	00:51:56	133		
73 M	DIWISCHEK Maurice	042	88 01:44:32	12 M35	+ 42m02s	Eintracht Frankfurt Triathlon	00:53:06	148	00:51:26	128		
74 M	GRABINSKI-FRIEHMELT Stefar	071	86 01:44:37	13 M35	+ 42m08s	Eintracht Frankfurt Triathlon	00:53:12	150	00:51:26	129		
19 F	ONGARI Chiara	154	98 01:44:41	4 HK	+ 31m44s	ECB running section	00:52:50	147	00:51:52	131		
75 M	BECKER Wulf	264	64 01:44:59	6 M55	+ 42m30s	keine Angabe	00:52:11	140	00:52:48	139		
76 M	ZEISS Frank	260	71 01:45:02	8 M50	+ 42m33s	Spiridon Frankfurt	00:52:22	143	00:52:40	137		
77 M	ENGELS Kai	050	67 01:45:17	7 M55	+ 42m48s	Röther Laufwunder	00:54:28	160	00:50:49	121		
20 F	MEISSNER Angela	137	62 01:45:29	1 W60	+ 32m32s	keine Angabe	00:53:37	156	00:51:52	132		
21 F	KUANKEANGPECH Wararak	278	85 01:45:48	3 W35	+ 32m51s	keine Angabe	00:51:48	136	00:54:00	146		
22 F	BACHMANN Annika	010	93 01:46:10	3 W30	+ 33m13s	LuT Aschaffenburg	00:54:04	158	00:52:07	134		
78 M	BORGIOLI Stefano	029	65 01:46:15	8 M55	+ 43m46s	Eintracht Frankfurt Triathlon	00:52:45	145	00:53:30	142		
79 M	MENDE Erhard	139	57 01:46:16	2 M65	+ 43m47s	TSV Heusenstamm	00:53:29	154	00:52:47	138		
80 M	DREWS Franz	043	63 01:46:33	7 M60	+ 44m04s	Spiridon Frankfurt	00:52:49	146	00:53:44	144		
81 M	GOURDET Sascha	070	89 01:47:49	11 M30	+ 45m20s	keine Angabe	00:52:18	142	00:55:32	154		
82 M	ATZENI David	008	78 01:47:58	13 M45	+ 45m29s	PP FFM - D 610	00:55:50	166	00:52:09	135		
83 M	SCHAUER Rainer	193	51 01:49:02	2 M70	+ 46m33s	Taunusläufer	00:54:23	159	00:54:40	149		
23 F	FRIEHMELT Sonja	063	83 01:49:40	3 W40	+ 36m43s	Eintracht Frankfurt Triathlon	00:53:12	151	00:56:28	163		
24 F	LUCKHARDT Ilona	274	65 01:49:51	3 W55	+ 36m54s	Taunusläufer	00:55:05	163	00:54:47	150		
25 F	BRAND Judith	031	65 01:50:26	4 W55	+ 37m29s	Team Brand	00:55:36	165	00:54:51	151		
84 M	KUGLER Jörg	111	70 01:51:31	9 M50	+ 49m02s	keine Angabe	00:55:12	164	00:56:20	162		
85 M	SATTLER Alexander	187	78 01:52:13	14 M45	+ 49m44s	Team Skeletor	00:56:02	168	00:56:12	159		
86 M	ULLRICH Frank	311	67 01:52:21	9 M55	+ 49m52s	TSG Eppstein	01:01:07	195	00:51:14	126		

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26 F	ARNOLD Birgit	006	70 01:52:23	2 W50	+ 39m25s	keine Angabe	00:56:42	173	00:55:41	156		
27 F	ZANG Elke	258	75 01:52:28	5 W45	+ 39m31s	LuT Aschaffenburg	00:57:03	177	00:55:26	153		
28 F	WERTH Ulrike	251	69 01:52:40	3 W50	+ 39m42s	Röther Laufwunder	00:57:15	178	00:55:25	152		
87 M	VON WOLFF Ludwig	272	58 01:53:02	3 M65	+ 50m33s	SPIRIDON	00:58:29	183	00:54:33	147		
29 F	PREUSLER Paulina	270	85 01:53:07	4 W35	+ 40m10s	Skylinerunner	00:56:57	176	00:56:10	158		
88 M	ROMEIS Steffen	180	69 01:53:40	10 M50	+ 51m11s	Feuerwehr Rodgau Mitte	00:56:25	170	00:57:15	167		
30 F	ACKER Melanie	002	82 01:54:16	4 W40	+ 41m19s	keine Angabe	00:57:57	179	00:56:20	161		
31 F	BIENENFELD Mirjam	025	71 01:55:38	4 W50	+ 42m41s	LG Offenbach	00:58:04	182	00:57:34	168		
89 M	RAHMEL Sascha	165	75 01:55:50	15 M45	+ 53m21s	keine Angabe	00:56:39	172	00:59:11	173		
90 M	CROENER Daniel	037	88 01:56:09	14 M35	+ 53m40s	keine Angabe	01:00:25	191	00:55:45	157		
91 M	STORK Andreas	219	61 01:56:58	8 M60	+ 54m29s	keine Angabe	00:56:55	175	01:00:04	177		
92 M	KEINATH Rainer	100	61 01:57:21	9 M60	+ 54m52s	LT Neu-Isenburg	00:58:02	181	00:59:19	174		
32 F	MÜLLER Solvig	142	65 01:58:00	5 W55	+ 45m03s	RLT Rodgau	00:59:53	190	00:58:08	170		
33 F	FREISING Susanne	062	65 01:58:34	6 W55	+ 45m37s	keine Angabe	01:00:30	192	00:58:04	169		
93 M	VAHL Jochen	238	49 01:59:01	3 M70	+ 56m32s	Spiridon Frankfurt	00:59:22	187	00:59:39	175		
34 F	HOPFER Jana	087	72 01:59:49	5 W50	+ 46m51s	keine Angabe	01:00:52	194	00:58:57	172		
94 M	TRUSCHKOWSKI Klaus	231	54 02:00:28	4 M65	+ 57m59s	Eintracht Frankfurt Triathlon	01:00:47	193	00:59:41	176		
35 F	HAMMER Ilse	076	53 02:02:40	1 W70	+ 49m43s	Ohne Verein, Lich	01:01:14	197	01:01:27	179		
36 F	MENDE Mercedes	140	62 02:07:10	2 W60	+ 54m12s	TSV Heusenstamm	01:02:23	198	01:04:47	186		
37 F	CURTH Nadine	038	81 02:07:29	5 W40	+ 54m31s	keine Angabe	01:04:48	205	01:02:42	183		
95 M	BECKER René	018	68 02:08:38	10 M55	+ 1h06m09	keine Angabe	01:06:19	210	01:02:20	182		
96 M	TASKIN Hüseyin	226	73 02:09:36	11 M50	+ 1h07m07	VFS Rödermark	01:05:57	208	01:03:40	184		
38 F	ARBOGAST Maria	005	57 02:12:48	1 W65	+ 59m51s	RFC Oberstedten	01:04:28	204	01:08:21	189		
39 F	HELD Christa	079	70 02:14:36	6 W50	+ 1h01m38	keine Angabe	01:07:54	212	01:06:43	188		
97 M	BENDER Alexander	022	82 02:22:12	10 M40	+ 1h19m43	keine Angabe	01:07:00	211	01:15:12	191		
40 F	JUD Catharina	091	72 02:35:30	7 W50	+ 1h22m33	keine Angabe	01:18:55	215	01:16:35	192		