

Platz	Nachname - Vorname	Nation	StNr.	Platz AK	Zeit	Gesamt	Platz	Runde1	Platz	Runde2	Platz	Runde3	Platz	Runde4	Platz	Runde5	Platz	Runde6	Platz	Verein
1	GROS Benjamin		3462	1 M35M	00:37:09.03	00:37:09.03	1	00:05:39.73	1	00:06:02.48	1	00:06:13.12	1	00:06:15.69	1	00:06:21.28	1	00:06:36.73	2	Running Bad Ems
2	NACKE Ralf		3466	2 M35M	00:39:28.59	00:39:28.59	2	00:05:51.81	2	00:06:25.01	2	00:06:35.30	2	00:06:44.68	2	00:06:51.27	2	00:07:00.52	3	DiLaGru
3	STRÖBEL Otto		3435	1 M40M	00:41:24.28	00:41:24.28	3	00:06:02.35	3	00:06:41.43	3	00:07:03.87	3	00:07:10.23	3	00:07:12.39	3	00:07:14.01	4	Löwenstein Medical
4	NACKE Mirco		3461	1 HKM	00:45:01.06	00:45:01.06	4	00:06:46.92	4	00:07:23.88	5	00:07:34.98	4	00:07:41.81	4	00:07:37.10	5	00:07:56.37	6	DiLaGru
5	STRACK Marco		3465	1 M45M	00:45:01.36	00:45:01.36	5	00:06:47.44	5	00:07:23.72	4	00:07:35.03	5	00:07:41.91	5	00:07:36.77	4	00:07:56.49	7	DiLaGru
6	ZÖLLER Peter		3459	3 M35M	00:46:40.64	00:46:40.64	6	00:07:25.31	8	00:07:46.82	6	00:07:49.32	6	00:07:50.96	6	00:07:58.90	6	00:07:49.33	5	TFA Rhein-Lahn
7	NOETZEL Marco		3455	2 M40M	00:48:06.48	00:48:06.48	7	00:07:25.71	9	00:07:55.20	7	00:08:01.68	7	00:08:08.45	7	00:08:21.34	7	00:08:14.10	10	keine Angabe
8	WINDMANN Marc		3436	2 HKM	00:50:40.28	00:50:40.28	8	00:07:49.65	15	00:08:16.85	9	00:08:41.06	10	00:08:49.97	9	00:08:25.70	8	00:08:37.05	12	Marc Windmann
9	BURGARD Denise		3449	1 W35F	00:50:45.39	00:50:45.39	9	00:07:33.14	10	00:08:10.21	8	00:08:41.40	12	00:08:41.31	8	00:08:45.26	9	00:08:54.07	13	keine Angabe
10	BREIDEN Anica		3428	1 HKF	00:50:58.24	00:50:58.24	10	00:07:47.37	11	00:08:18.29	12	00:08:40.93	8	00:08:50.35	12	00:09:08.09	10	00:08:13.21	8	Leifheit
11	SCHUMACHER Pascal		3499	3 HKM	00:50:58.69	00:50:58.69	11	00:07:47.39	12	00:08:18.13	11	00:08:41.13	11	00:08:50.13	10	00:09:08.14	11	00:08:13.77	9	TriBärs Sespenroth
12	VOHL Nico		3432	4 HKM	00:51:06.84	00:51:06.84	12	00:07:47.49	13	00:08:18.12	10	00:08:40.95	9	00:08:50.31	11	00:09:08.14	12	00:08:21.83	11	Leifheit
13	BRAUNER Tilo		3447	1 M30M	00:53:04.10	00:53:04.10	13	00:07:14.60	6	00:08:33.42	15	00:09:04.60	19	00:09:28.19	17	00:09:20.93	14	00:09:22.36	15	keine Angabe
14	KLEIN Maximilian		3451	5 HKM	00:53:20.46	00:53:20.46	14	00:07:21.58	7	00:08:18.34	13	00:09:00.79	17	00:09:34.54	20	00:09:34.21	15	00:09:31.00	18	keine Angabe
15	PFAFF Dieter		3441	1 M60M	00:53:34.90	00:53:34.90	15	00:53:34.90	15	00:08:28.84	21	00:08:48.17	20	00:08:49.83	16	00:09:07.79	15	00:09:19.24	13	TuS Nassovia Nassau
16	NEHRBAß Ingo		3454	1 M55M	00:53:57.62	00:53:57.62	16	00:08:00.96	18	00:08:38.76	16	00:08:46.72	14	00:09:06.57	13	00:09:35.46	17	00:09:49.15	22	keine Angabe
17	KABEL Gerhard		3426	2 M55M	00:53:57.72	00:53:57.72	17	00:08:00.50	17	00:08:39.23	18	00:08:46.63	13	00:09:06.80	14	00:09:36.49	19	00:09:48.07	20	Förderverein Stationäres Hospiz Rhe
18	SCHENCKING DR. Martin		3427	1 M50M	00:53:57.92	00:53:57.92	18	00:08:01.23	19	00:08:39.10	17	00:08:47.11	15	00:09:09.63	16	00:09:34.33	16	00:09:46.52	19	Förderverein Stationäres Hospiz Rhe
19	AREND Dietmar		3445	2 M50M	00:54:41.16	00:54:41.16	19	00:07:47.90	14	00:08:28.36	14	00:09:07.13	20	00:09:32.70	18	00:09:45.62	21	00:09:59.45	25	keine Angabe
20	FRIEDWALD Rainer		3439	3 M55M	00:55:41.05	00:55:41.05	20	00:09:01.37	26	00:09:58.89	28	00:09:59.56	26	00:10:15.37	27	00:11:05.18	29	00:05:20.68	1	TuS Miehlen
21	MEYER Ralf		3431	2 M60M	00:56:21.27	00:56:21.27	21	00:08:55.68	24	00:09:18.48	23	00:09:28.66	23	00:09:34.23	19	00:09:35.85	18	00:09:28.37	17	Leifheit
22	MÜLLER Klaus Dieter		3434	2 M45M	00:56:32.26	00:56:32.26	22	00:07:54.20	16	00:08:42.64	19	00:09:02.24	18	00:09:44.40	24	00:10:24.99	27	00:10:43.79	28	LG Laacher See
23	PUCHTLER Frank		3442	4 M55M	00:56:33.51	00:56:33.51	23	00:08:01.50	20	00:09:06.56	21	00:09:37.58	24	00:09:59.01	26	00:10:00.79	24	00:09:48.07	21	TV Oberneisen
24	LENZ Jürgen		3463	1 M65M	00:56:35.99	00:56:35.99	24	00:08:47.45	23	00:09:28.73	24	00:09:25.05	22	00:09:43.88	23	00:09:43.53	20	00:09:27.35	16	keine Angabe
25	PHILIPPI Anika		3457	1 W30F	00:57:08.39	00:57:08.39	25	00:08:57.12	25	00:09:17.99	22	00:09:22.46	21	00:09:41.58	22	00:09:46.87	22	00:10:02.37	26	keine Angabe
26	ALBERTI Julia		3437	1 W45F	00:58:54.22	00:58:54.22	26	00:09:11.72	27	00:09:50.57	26	00:09:52.59	25	00:09:54.65	25	00:10:07.88	26	00:09:56.81	24	running team Bad Ems
27	HALLAS Martin		3425	4 M35M	00:59:19.82	00:59:19.82	27	00:08:43.15	22	00:09:46.71	25	00:10:28.86	28	00:10:21.33	28	00:10:07.27	25	00:09:52.50	23	DLV-Laufteff SG93/20 Dachshaus
28	PAHL Michael		3456	5 M35M	01:00:19.98	01:00:19.98	28	00:09:32.24	30	00:10:12.44	31	00:10:54.23	30	00:09:40.26	21	00:09:51.91	23	00:10:08.90	27	keine Angabe
29	AREND Theresa		3446	2 HKF	01:01:10.63	01:01:10.63	29	00:09:13.77	28	00:09:57.22	27	00:10:07.02	27	00:10:24.38	29	00:10:43.99	28	00:10:44.25	29	keine Angabe
30	HÜBNER Bernd		3430	3 M50M	01:03:23.95	01:03:23.95	30	00:09:28.03	29	00:10:12.39	29	00:10:30.75	29	00:10:48.45	30	00:11:11.85	30	00:11:12.48	30	Leifheit
31	HARTMANN Nele		3450	2 W30F	01:05:50.83	01:05:50.83	31	00:09:32.34	31	00:10:12.43	30	00:10:54.25	31	00:11:43.72	31	00:11:48.48	31	00:11:39.61	31	keine Angabe
32	WULFERT Kristina		3458	3 W30F	01:09:03.00	01:09:03.00	32	00:10:04.38	34	00:10:56.03	32	00:11:19.96	32	00:12:00.91	32	00:12:32.06	33	00:12:09.66	32	keine Angabe
33	DENK Andre		3429	3 M45M	01:18:35.96	01:18:35.96	33	00:10:03.33	33	00:14:22.78	35	00:12:50.68	33	00:14:09.14	34	00:11:59.12	32	00:15:10.91	35	Leifheit
34	HANDWERKER Jutta		3433	2 W45F	01:19:37.52	01:19:37.52	34	00:11:42.59	35	00:12:57.11	34	00:13:21.57	34	00:13:57.87	33	00:14:09.48	34	00:13:28.90	33	LG Laacher See
35	THOR Ralf		3467	4 M50M	01:23:09.71	01:23:09.71	35	00:10:00.31	32	00:12:48.94	33	00:14:41.94	35	00:16:04.80	35	00:15:06.14	35	00:14:27.58	34	DiLaGru
DNF	BRZANK Roman		3448	0 M35M	00:49:17.77	-	-	00:09:01.50	-	00:09:58.85	-	00:09:59.55	-	00:10:15.12	-	00:10:02.75	-	-	-	keine Angabe
DNF	STOCKSCHLÄDER Mario		3464	0 M40M	00:18:28.47	-	-	00:05:40.07	-	00:06:16.96	-	00:06:31.44	-	-	-	-	-	-	-	DiLaGru

Legend:
-n Lap Lapped with n laps remaining / DNF Did Not Finish / DSQ Disqualified / DNS Did Not Start

results & timing ■ www.maxx-timing.de

