



CAPS Mannemer 10er am 15. September 2007 Gesamtliste

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| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-PI | Rundenzeiten | Jahrgang |
|--------|------|---------------------|-------------------------|---------|-----|-------|-------------------------------|----------|
| 1 | 1076 | Wolpert Jens | CAPS Team Männer | 0:33:30 | MHK | 1 | 08:16 - 08:22 - 08:28 - 08:22 | 1976 |
| 2 | 1073 | Alles Christian | CAPS Team Männer | 0:33:44 | MHK | 2 | 08:17 - 08:21 - 08:30 - 08:36 | 1978 |
| 3 | 1408 | Ischaubitz André | LG Rülzheim | 0:34:07 | MHK | 3 | 08:17 - 08:32 - 08:39 - 08:38 | 1985 |
| 4 | 1409 | Nuber Stephan | LG Rülzheim | 0:34:28 | MHK | 4 | 08:17 - 08:32 - 08:50 - 08:48 | 1983 |
| 5 | 1266 | Rakowski Patrick | TSV Triathlon Viernheim | 0:35:05 | MHK | 5 | 08:36 - 08:49 - 08:55 - 08:43 | 1985 |
| 6 | 1318 | Steinmann Eike | Magicsticks Bremen | 0:35:26 | MHK | 6 | 08:34 - 08:52 - 08:57 - 09:02 | 1978 |
| 7 | 1401 | Buhs Sebastian | CAPS Team Männer | 0:36:15 | MHK | 7 | 09:02 - 09:22 - 09:06 - 08:44 | 1981 |
| 8 | 1275 | Ritter Frank | TuS Niederkirchen | 0:36:18 | M40 | 1 | 08:33 - 09:08 - 09:17 - 09:18 | 1964 |
| 9 | 1278 | Rosenkranz Matthias | Karlsruher Lemminge | 0:37:19 | M40 | 2 | 08:46 - 09:22 - 09:40 - 09:30 | 1964 |
| 10 | 1370 | Dewald Roman | Cash Money Brothers | 0:37:32 | MHK | 8 | 09:03 - 09:34 - 09:31 - 09:23 | 1983 |
| 11 | 1267 | Raschke Fabian | MTV Kronberg | 0:37:43 | MHK | 9 | 08:56 - 09:29 - 09:36 - 09:41 | 1974 |
| 12 | 1407 | Pfadt David | LG Rülzheim | 0:37:54 | MJB | 1 | 09:02 - 10:05 - 09:44 - 09:02 | 1990 |
| 13 | 1064 | Tobias Ferentz | Lauftreff Waldsee | 0:38:00 | MHK | 10 | 09:03 - 09:28 - 09:48 - 09:40 | 1980 |
| 14 | 1202 | Jourdan Michael | TSG Niefern | 0:38:02 | MJB | 2 | 09:02 - 09:47 - 09:48 - 09:23 | 1990 |
| 15 | 1074 | Haag Julian | CAPS Team Männer | 0:38:02 | MJB | 3 | 09:02 - 09:27 - 10:02 - 09:29 | 1990 |
| 16 | 1133 | Dian Roland | TG Oggersheim | 0:38:03 | M45 | 1 | 09:04 - 09:33 - 09:37 - 09:47 | 1960 |
| 17 | 1164 | Graf Volker | VFB Stuttgart | 0:38:08 | M40 | 3 | 09:02 - 09:33 - 09:50 - 09:42 | 1965 |
| 18 | 1075 | Oettinger Felix | CAPS Team Männer | 0:38:09 | MJA | 1 | 09:02 - 09:23 - 10:05 - 09:38 | 1988 |
| 19 | 1299 | Schuck Matthias | Für Mannheim | 0:38:24 | MHK | 11 | 09:17 - 09:41 - 09:51 - 09:34 | 1971 |
| 20 | 1429 | Deifel Rainer | T-Online | 0:38:37 | M40 | 4 | 09:48 - 09:54 - 09:43 - 09:11 | 1967 |
| 21 | 1229 | Lenhard Thorsten | *Mannheim | 0:38:41 | MHK | 12 | 09:29 - 10:03 - 09:53 - 09:14 | 1980 |
| 22 | 1403 | Kienle Helmut | | 0:38:42 | M40 | 5 | 09:07 - 09:54 - 09:58 - 09:42 | 1964 |
| 23 | 1027 | Schmitt Hans-Uwe | Ludwigshafen-Friesenhei | 0:38:54 | M45 | 2 | 09:05 - 09:52 - 10:02 - 09:53 | 1960 |
| 24 | 1180 | Hiel Armin | *Wiesloch | 0:38:56 | M40 | 6 | 09:06 - 09:53 - 10:01 - 09:54 | 1965 |
| 25 | 1174 | Heißler Holger | LT Kirrlach | 0:39:04 | MHK | 13 | 09:20 - 09:46 - 09:53 - 10:03 | 1968 |
| 26 | 1123 | Braun Thomas | TSV Viernheim | 0:39:22 | M40 | 7 | 09:24 - 10:07 - 09:57 - 09:51 | 1965 |
| 27 | 1442 | Biermann Burkhard | TOMA | 0:39:24 | M40 | 8 | 09:33 - 09:59 - 09:56 - 09:54 | 1967 |
| 28 | 1036 | Haase Andreas | Signum | 0:39:32 | MHK | 14 | 09:29 - 10:03 - 09:59 - 10:00 | 1978 |
| 29 | 1035 | Hunke Maik | Signum | 0:39:32 | MHK | 15 | 09:29 - 10:03 - 09:58 - 10:00 | 1976 |
| 30 | 1112 | Bathier Patrick | TSG Maxdorf | 0:39:34 | MJB | 4 | 09:10 - 09:58 - 10:18 - 10:06 | 1992 |
| 31 | 1041 | Wulff Thorben | Die Vierspurigen | 0:39:50 | MHK | 16 | 10:11 - 09:54 - 09:54 - 09:51 | 1983 |
| 32 | 1291 | Schmitz Jochen | Running- das Laufmagazi | 0:39:55 | MHK | 17 | 09:36 - 10:05 - 10:17 - 09:56 | 1972 |
| 33 | 1406 | Baumgärtner Jonas | LG Rülzheim | 0:40:25 | MJB | 5 | 09:47 - 10:20 - 10:20 - 09:57 | 1993 |
| 34 | 1397 | Kohl Thorsten | LT TV Russhütte | 0:40:27 | M40 | 9 | 10:02 - 10:13 - 10:14 - 09:57 | 1967 |
| 35 | 1398 | Thomé Ralf | LT TV Russhütte | 0:40:28 | MHK | 18 | 10:02 - 10:14 - 10:14 - 09:58 | 1969 |
| 36 | 1381 | Vick Jürgen | | 0:40:30 | MHK | 19 | 09:21 - 10:18 - 10:23 - 10:27 | 1978 |
| 37 | 1134 | Dicken André | LG Schefflental | 0:40:38 | M40 | 10 | 09:06 - 09:59 - 11:29 - 10:02 | 1967 |
| 38 | 1416 | Hofmann Holger | LSV Ladenburg | 0:41:03 | M45 | 3 | 09:43 - 10:29 - 10:28 - 10:20 | 1959 |
| 39 | 1423 | Edwards Dennis | 1. FC Kaiserslautern | 0:41:03 | M55 | 1 | 09:53 - 10:12 - 10:25 - 10:31 | 1951 |
| 40 | 1434 | Gallinger Michael | TV Rheinau | 0:41:07 | M40 | 11 | 09:47 - 10:19 - 10:30 - 10:30 | 1963 |
| 41 | 1140 | Endler Maximilian | LG Marathondackel | 0:41:31 | M40 | 12 | 09:45 - 10:36 - 10:46 - 10:23 | 1966 |
| 42 | 1101 | Krause Michael | ED Dieburg | 0:41:34 | MHK | 20 | 10:01 - 10:29 - 10:39 - 10:24 | 1973 |
| 43 | 1387 | Gillenberg Stefan | BSG Deutsche Bank Köln | 0:41:55 | MHK | 21 | 10:30 - 10:33 - 10:41 - 10:10 | 1983 |
| 44 | 1361 | Stuhldreier Dr. Uwe | | 0:42:11 | MHK | 22 | 09:30 - 10:44 - 11:05 - 10:50 | 1969 |
| 45 | 1376 | Gissmann Malte | VfB Schrecksbach | 0:42:15 | MHK | 23 | 10:17 - 10:58 - 10:32 - 10:26 | 1983 |
| 46 | 1388 | Heinl Gerhard | SG Stern-Mannheim | 0:42:17 | M45 | 4 | 09:51 - 10:38 - 10:55 - 10:51 | 1958 |
| 47 | 1368 | Pekarcik Dorian | | 0:42:33 | MHK | 24 | 09:58 - 10:37 - 10:58 - 10:59 | 1969 |
| 48 | 1042 | Ritter Benjamin | Die Vierspurigen | 0:42:36 | MHK | 25 | 10:38 - 10:56 - 10:26 - 10:34 | 1983 |
| 49 | 1435 | Schmiedel Christian | | 0:42:38 | MHK | 26 | 10:25 - 10:47 - 10:41 - 10:44 | 1982 |
| 50 | 1168 | Günther Dr. Andreas | LG Viernheim | 0:42:56 | MHK | 27 | 10:37 - 10:47 - 10:49 - 10:41 | 1973 |
| 51 | 1366 | Schanze Boris | Laufundsportshop.de | 0:42:59 | MHK | 28 | 10:05 - 10:55 - 11:07 - 10:51 | 1971 |
| 52 | 1438 | Forstner Timo | TV Eppelheim | 0:43:02 | MHK | 29 | 10:42 - 10:51 - 10:44 - 10:43 | 1979 |
| 53 | 1349 | Witt Timo | *Heidelberg | 0:43:07 | MHK | 30 | 10:24 - 10:49 - 10:49 - 11:04 | 1984 |
| 54 | 1231 | Leypold Matthias | *Heidelberg | 0:43:13 | MHK | 31 | 09:50 - 10:44 - 11:15 - 11:22 | 1972 |



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| Total. | Nr. | Name Vorname | Verein/**Ort | Endzeit | AK | AK-PI | Rundenzeiten | Jahrgang |
|--------|------|----------------------|-------------------------|---------|-----|-------|-------------------------------|----------|
| 55 | 1404 | Schott Ralf | LG Muli | 0:43:23 | M40 | 13 | 09:57 - 10:57 - 11:13 - 11:15 | 1965 |
| 56 | 1418 | Schäfer Tim | Front Runner New York | 0:43:24 | MHK | 32 | 09:31 - 10:59 - 11:37 - 11:15 | 1972 |
| 57 | 1017 | Mildenberger Helmut | Löwen-Lauf-Team | 0:43:24 | M55 | 2 | 10:34 - 11:00 - 11:03 - 10:45 | 1952 |
| 58 | 1025 | Adam Gregor | Ludwigshafen-Friesenhei | 0:43:25 | M50 | 1 | 10:16 - 11:00 - 11:09 - 10:58 | 1954 |
| 59 | 1440 | Schulz Martin | | 0:43:28 | MHK | 33 | 09:52 - 11:15 - 11:26 - 10:53 | 1975 |
| 60 | 1129 | Busch Peter | KSV Reichelsheim | 0:43:29 | M45 | 5 | 10:09 - 10:57 - 11:14 - 11:07 | 1961 |
| 61 | 1189 | Hoffmann Stefan | *Ludwigshafen/Rhein | 0:43:29 | M45 | 6 | 10:25 - 11:00 - 11:31 - 10:32 | 1962 |
| 62 | 1114 | Bean Christian | *Mannheim | 0:43:30 | MHK | 34 | 11:01 - 10:46 - 11:13 - 10:28 | 1973 |
| 63 | 1386 | Detemple Eric | LC Saucony Saar | 0:43:48 | M55 | 3 | 10:23 - 10:51 - 11:16 - 11:16 | 1951 |
| 64 | 1242 | Mersch Christian | *Mannheim | 0:43:59 | MHK | 35 | 10:59 - 11:12 - 11:16 - 10:31 | 1980 |
| 65 | 1284 | Saeger Herr Thomas | VfB Mannheim-Gartensta | 0:44:05 | M40 | 14 | 10:13 - 11:17 - 11:17 - 11:17 | 1964 |
| 66 | 1163 | Goldmann Christian | *Schifferstadt | 0:44:06 | M40 | 15 | 10:56 - 11:05 - 11:13 - 10:50 | 1966 |
| 67 | 1289 | Schlichting Danny | *Mannheim | 0:44:07 | MHK | 36 | 10:25 - 11:28 - 11:21 - 10:51 | 1977 |
| 68 | 1203 | Jürgen Ebner | TG Oggersheim | 0:44:08 | M40 | 16 | 11:03 - 11:02 - 10:55 - 11:06 | 1964 |
| 69 | 1277 | Romanowski Alexander | LT Hemsbach | 0:44:12 | MHK | 37 | 10:42 - 11:03 - 11:23 - 11:03 | 1971 |
| 70 | 1195 | Jacob Hans | *Wachenheim | 0:44:12 | M45 | 7 | 11:08 - 11:33 - 11:16 - 10:14 | 1960 |
| 71 | 1221 | Konrad Olivier | TG Oggersheim | 0:44:14 | M40 | 17 | 11:04 - 11:02 - 10:56 - 11:11 | 1963 |
| 72 | 1034 | Moorfeld Marco | Signum | 0:44:16 | MHK | 38 | 10:43 - 11:13 - 11:14 - 11:05 | 1979 |
| 73 | 1292 | Schneider Helmut | LiebenzellerGemeindeFeu | 0:44:35 | M40 | 18 | 10:18 - 11:31 - 11:15 - 11:29 | 1965 |
| 74 | 1185 | Hoffmann Dieter | laufundsportshop.de | 0:44:36 | M45 | 8 | 10:19 - 11:26 - 11:43 - 11:06 | 1962 |
| 75 | 1384 | Bloch Christopher | | 0:44:37 | MHK | 39 | 10:21 - 11:00 - 11:37 - 11:37 | 1984 |
| 76 | 1547 | Haverkamp Mark | Nichtunterschätzer | 0:44:39 | MHK | 40 | 10:19 - 11:19 - 11:31 - 11:28 | 1978 |
| 77 | 1045 | Grötzing Frank | KSV 1884 Mannheim | 0:44:40 | M45 | 9 | 10:43 - 11:12 - 11:23 - 11:20 | 1960 |
| 78 | 1293 | Schneider Thomas | Mannheim | 0:44:40 | M45 | 10 | 10:24 - 11:31 - 11:28 - 11:16 | 1962 |
| 79 | 1378 | Enslin Ekkehard | | 0:44:43 | M50 | 2 | 10:41 - 11:04 - 11:30 - 11:27 | 1956 |
| 80 | 1191 | Hommrich Axel | *Hockenheim | 0:44:54 | MHK | 41 | 11:01 - 11:22 - 11:22 - 11:08 | 1969 |
| 81 | 1301 | Schweitzer Roman | *Mannheim | 0:44:59 | MHK | 42 | 10:25 - 11:30 - 11:36 - 11:26 | 1977 |
| 82 | 1028 | Marz Rainer | Ludwigshafen-Friesenhei | 0:45:01 | M45 | 11 | 10:39 - 11:28 - 11:30 - 11:22 | 1958 |
| 83 | 1049 | Grothe Stefan | SSG Sparkasse Vorderp | 0:45:10 | MHK | 43 | 10:27 - 11:28 - 11:38 - 11:36 | 1972 |
| 84 | 1104 | Aechtner Dr. Tobias | *Mannheim | 0:45:21 | MHK | 44 | 11:01 - 11:43 - 11:47 - 10:49 | 1974 |
| 85 | 1245 | Moser Joachim | TV Bad Bergzabern | 0:45:38 | MHK | 45 | 11:12 - 11:24 - 11:39 - 11:22 | 1970 |
| 86 | 1207 | Kästel Florian | Geinsheim | 0:45:41 | MHK | 46 | 10:30 - 11:32 - 11:40 - 11:57 | 1979 |
| 87 | 1175 | Henn herr Bernd | bw.laufgruppe münchen | 0:45:45 | M50 | 3 | 11:38 - 11:30 - 11:25 - 11:10 | 1957 |
| 88 | 1004 | Gerber Sven | Team Wasserwerk | 0:45:59 | MHK | 47 | 11:09 - 11:32 - 11:42 - 11:35 | 1981 |
| 89 | 1003 | Oest Jörg | Team Wasserwerk | 0:45:59 | MHK | 48 | 11:09 - 11:32 - 11:42 - 11:35 | 1981 |
| 90 | 1322 | Stutenbäumer Frank | *Sandhausen | 0:46:04 | M40 | 19 | 11:43 - 11:19 - 11:22 - 11:39 | 1965 |
| 91 | 1194 | Jacob Dominik | *Wachenheim | 0:46:13 | MJB | 6 | 11:09 - 11:32 - 12:34 - 10:56 | 1991 |
| 92 | 1379 | Austermann Roland | der schnelle Blitz | 0:46:17 | MHK | 49 | 11:32 - 11:54 - 11:49 - 11:00 | 1970 |
| 93 | 1151 | Friese Florian | *Worms | 0:46:20 | MHK | 50 | 11:12 - 11:31 - 11:47 - 11:49 | 1985 |
| 94 | 1345 | Wetzel Wolfgang | *Heidelberg | 0:46:23 | MHK | 51 | 11:36 - 11:36 - 11:41 - 11:29 | 1974 |
| 95 | 1319 | Stempel Andreas | *Mannheim | 0:46:28 | M40 | 20 | 11:06 - 11:50 - 11:54 - 11:36 | 1963 |
| 96 | 1427 | Derlich Bernd | TÜV Süd e.V., | 0:46:33 | M45 | 12 | 11:24 - 11:48 - 11:48 - 11:32 | 1959 |
| 97 | 1377 | Kunz Peter | | 0:46:37 | M45 | 13 | 10:43 - 11:30 - 12:05 - 12:17 | 1960 |
| 98 | 1412 | Dietrich Christian | TV Germania Bonn | 0:46:39 | MHK | 52 | 12:13 - 11:46 - 11:34 - 11:05 | 1982 |
| 99 | 1217 | Klomann Steffen | Soehne Kirchheims | 0:46:41 | MHK | 53 | 11:31 - 11:55 - 11:52 - 11:21 | 1972 |
| 100 | 1165 | Gremm Hans-Jürgen | CNC-Technik Hauck | 0:46:43 | M50 | 4 | 11:03 - 11:40 - 11:56 - 12:03 | 1955 |
| 101 | 1121 | Bloch Alfred | *Mannheim | 0:46:52 | M50 | 5 | 10:54 - 11:46 - 12:05 - 12:06 | 1953 |
| 102 | 1026 | Schmidt Uwe | Ludwigshafen-Friesenhei | 0:46:54 | M45 | 14 | 10:50 - 11:52 - 12:03 - 12:08 | 1958 |
| 103 | 1553 | Cisowski Andreas | | 0:46:59 | M45 | 15 | 11:20 - 11:54 - 11:59 - 11:45 | 1958 |
| 104 | 1240 | Meder Andreas | team filigran | 0:47:02 | M40 | 21 | 11:10 - 12:10 - 12:03 - 11:38 | 1963 |
| 105 | 1136 | Drescher Klaus | *Lampertheim | 0:47:03 | M40 | 22 | 11:13 - 11:45 - 12:00 - 12:04 | 1967 |
| 106 | 1033 | Cambeis Andre | Signum | 0:47:05 | MHK | 54 | 10:57 - 11:57 - 12:16 - 11:53 | 1975 |
| 107 | 1208 | Kambouris Andreas | DJK Feudenheim | 0:47:11 | M45 | 16 | 11:57 - 11:47 - 11:55 - 11:31 | 1960 |
| 108 | 1149 | Fontanella Dario | *Mannheim | 0:47:13 | M55 | 4 | 11:50 - 11:55 - 11:52 - 11:34 | 1952 |



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| Total. | Nr. | Name Vorname | Verein/**Ort | Endzeit | AK | AK-PI | Rundenzeiten | Jahrgang |
|--------|------|---------------------------|-----------------------|---------|-----|-------|-------------------------------|----------|
| 109 | 1383 | Wagner Roman | KSV 1884 Mannheim | 0:47:16 | M40 | 23 | 11:44 - 11:50 - 12:04 - 11:36 | 1963 |
| 110 | 1371 | Gegenheimer Lutz | Sportomed Mannheim | 0:47:16 | M50 | 6 | 11:25 - 11:42 - 12:00 - 12:08 | 1953 |
| 111 | 1402 | Kohlhase Martin | SPIRIDON | 0:47:25 | MHK | 55 | 11:42 - 11:55 - 12:00 - 11:46 | 1974 |
| 112 | 1052 | Schorn Reinhold | SSG Sparkasse Vorderp | 0:47:30 | M50 | 7 | 11:14 - 12:01 - 12:08 - 12:06 | 1956 |
| 113 | 1437 | Knapp Jörg | | 0:47:32 | MHK | 56 | 12:11 - 11:58 - 11:45 - 11:36 | 1972 |
| 114 | 1538 | Munte Henrik Rocco | | 0:47:32 | MHK | 57 | 11:52 - 12:33 - 11:37 - 11:29 | 1980 |
| 115 | 1270 | Reh Florian | *Ludwigshafen | 0:47:38 | MHK | 58 | 12:49 - 12:00 - 11:54 - 10:53 | 1978 |
| 116 | 1259 | Philippi Rolf | *Lampertheim | 0:47:42 | M45 | 17 | 11:47 - 12:01 - 12:01 - 11:52 | 1959 |
| 117 | 1420 | Wilde Michael | | 0:47:54 | MHK | 59 | 11:46 - 12:09 - 12:15 - 11:43 | 1973 |
| 118 | 1228 | Lemenager Antonin | SPVGG Wallstadt | 0:47:56 | MJB | 7 | 11:31 - 12:01 - 12:22 - 12:01 | 1992 |
| 119 | 1268 | Rauh Michael | Ludwigshafen Runners | 0:47:58 | M50 | 8 | 11:31 - 12:01 - 12:15 - 12:10 | 1954 |
| 120 | 1239 | Maser Franz | *Mannheim | 0:48:02 | M55 | 5 | 11:30 - 12:04 - 12:28 - 11:59 | 1951 |
| 121 | 1135 | Dix Marcel | *Mannheim | 0:48:03 | MHK | 60 | 11:20 - 12:23 - 12:20 - 11:58 | 1975 |
| 122 | 1048 | Cutrona Sandro | KSV 1884 Mannheim | 0:48:15 | MHK | 61 | 12:08 - 12:19 - 12:00 - 11:48 | 1975 |
| 123 | 1276 | Rittmann Erik | *Ludwigshafen | 0:48:29 | MJA | 2 | 11:23 - 12:38 - 12:40 - 11:46 | 1989 |
| 124 | 1422 | Lauer Thomas | | 0:48:36 | M40 | 24 | 11:03 - 12:03 - 12:40 - 12:49 | 1964 |
| 125 | 1127 | Brenner Marcel | *Heidelberg | 0:48:47 | MHK | 62 | 12:09 - 12:47 - 12:27 - 11:22 | 1983 |
| 126 | 1244 | Mohr Jürgen | Mannheim | 0:48:47 | M45 | 18 | 10:45 - 12:10 - 13:04 - 12:46 | 1959 |
| 127 | 1032 | Rilling Thomas | 1. FC Rudi | 0:48:49 | MHK | 63 | 11:56 - 12:20 - 12:32 - 11:58 | 1978 |
| 128 | 1385 | Hartmann Manfred | LC Saucony Saar | 0:48:53 | M70 | 1 | 11:54 - 12:09 - 12:24 - 12:24 | 1937 |
| 129 | 1176 | Herbel Volker | SV Waldhof | 0:48:54 | M40 | 25 | 12:27 - 12:21 - 12:11 - 11:54 | 1963 |
| 130 | 1300 | Schultz Mathias | *Heidelberg | 0:48:56 | MHK | 64 | 11:24 - 12:28 - 12:40 - 12:21 | 1976 |
| 131 | 1258 | Pfeuffer Uli | *Ellerstadt | 0:48:56 | MHK | 65 | 12:07 - 12:25 - 12:24 - 11:59 | 1968 |
| 132 | 1274 | Riedner Michael | *Margetshöchheim | 0:48:59 | M45 | 19 | 11:46 - 12:23 - 12:38 - 12:11 | 1958 |
| 133 | 1197 | Jagodzinski Edwin | *Ludwigshafen | 0:49:03 | M60 | 1 | 11:54 - 12:26 - 12:35 - 12:06 | 1946 |
| 134 | 1428 | Krumbacher Erich | LG MuLi | 0:49:08 | M50 | 9 | 12:17 - 12:24 - 12:23 - 12:03 | 1955 |
| 135 | 1204 | Jung Peter | TV- Edingen | 0:49:08 | M50 | 10 | 11:51 - 12:19 - 12:35 - 12:22 | 1953 |
| 136 | 1173 | Heil Gerd | tv.friedrichsfeld | 0:49:09 | M65 | 1 | 11:51 - 12:19 - 12:35 - 12:22 | 1942 |
| 137 | 1055 | Kohl Maximilian | TV Rheinau 1893 | 0:49:20 | MHK | 66 | 11:32 - 12:13 - 12:36 - 12:59 | 1987 |
| 138 | 1396 | Scholz Dominik | SSV Bonn | 0:49:22 | MHK | 67 | 11:52 - 12:34 - 12:31 - 12:23 | 1978 |
| 139 | 1063 | Dieter Friedberger | Lauftreff Waldsee | 0:49:24 | M40 | 26 | 11:43 - 12:22 - 12:41 - 12:36 | 1964 |
| 140 | 1395 | Hauer Rainer | LC Bad Dürkheim | 0:49:29 | M55 | 6 | 12:01 - 12:20 - 12:36 - 12:31 | 1950 |
| 141 | 1400 | Ebert Jonathan | | 0:49:34 | MJA | 3 | 11:54 - 12:36 - 12:48 - 12:15 | 1989 |
| 142 | 1432 | Peikert Andreas | | 0:49:39 | M40 | 27 | 11:45 - 12:35 - 12:47 - 12:31 | 1966 |
| 143 | 1399 | Ebert Dr. Ulrich | | 0:49:42 | M45 | 20 | 11:53 - 12:35 - 12:47 - 12:25 | 1961 |
| 144 | 1141 | Ersland Prof. Dr. Manfred | LC DJK Mannheim | 0:49:52 | M50 | 11 | 11:24 - 12:36 - 12:55 - 12:56 | 1956 |
| 145 | 1303 | Schwöbel Ludwig | SC Beerfelden | 0:49:57 | M55 | 7 | 11:25 - 12:25 - 12:57 - 13:07 | 1950 |
| 146 | 1433 | spickermann Bernd | FSV Schifferstadt | 0:50:00 | M55 | 8 | 11:46 - 12:29 - 13:06 - 12:37 | 1949 |
| 147 | 1421 | Kimyonok Mithat | | 0:50:02 | MHK | 68 | 12:30 - 12:19 - 12:32 - 12:39 | 1969 |
| 148 | 1058 | Paetsch Martin | 4running | 0:50:05 | MHK | 69 | 12:25 - 12:48 - 12:39 - 12:10 | 1972 |
| 149 | 1394 | Schreieder Stefan | | 0:50:06 | M40 | 28 | 13:11 - 12:42 - 12:17 - 11:54 | 1966 |
| 150 | 1146 | Fellmann Mark | *Heidelberg | 0:50:13 | MHK | 70 | 12:49 - 12:22 - 12:40 - 12:20 | 1976 |
| 151 | 1227 | Leister Peter | Die Rheinpfalz | 0:50:17 | M45 | 21 | 12:17 - 12:31 - 12:46 - 12:41 | 1959 |
| 152 | 1156 | Gaßmann Jürgen | *Eppelheim | 0:50:21 | M40 | 29 | 11:45 - 12:35 - 12:58 - 13:01 | 1966 |
| 153 | 1139 | Ehrmann Andreas | *Mannheim | 0:50:22 | MHK | 71 | 13:11 - 12:42 - 12:36 - 11:51 | 1972 |
| 154 | 1336 | Vagt Uwe | TSV Speyer | 0:50:22 | M50 | 12 | 11:52 - 12:43 - 12:57 - 12:49 | 1955 |
| 155 | 1331 | Trauth Frank | *Ludwigshafen | 0:50:27 | MHK | 72 | 11:54 - 13:07 - 13:09 - 12:15 | 1972 |
| 156 | 1247 | Müller Markus | *Mannheim | 0:50:29 | MHK | 73 | 12:08 - 12:56 - 12:45 - 12:39 | 1969 |
| 157 | 1353 | Zebisch Mark | *Mannheim | 0:50:30 | MHK | 74 | 11:08 - 12:35 - 13:22 - 13:24 | 1975 |
| 158 | 1047 | Bauer Karlheinz | KSV 1884 Mannheim | 0:50:33 | M45 | 22 | 12:19 - 12:54 - 12:48 - 12:30 | 1960 |
| 159 | 1178 | Herzog Claus | Ski-Club Heddesheim | 0:50:34 | M65 | 2 | 12:08 - 12:51 - 12:55 - 12:38 | 1939 |
| 160 | 1340 | Weibell Kevin | Deutsche Vermögensber | 0:50:35 | MJA | 4 | 11:54 - 12:52 - 13:04 - 12:44 | 1989 |
| 161 | 1297 | Schönfeld Tobias | *Mannheim | 0:50:41 | MHK | 75 | 12:07 - 12:46 - 13:05 - 12:42 | 1983 |
| 162 | 1142 | Erlor Thomas | *Mannheim | 0:50:44 | M40 | 30 | 13:11 - 12:42 - 12:36 - 12:14 | 1965 |



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| Total. | Nr. | Name Vorname | Verein/**Ort | Endzeit | AK | AK-PI | Rundenzeiten | Jahrgang |
|--------|------|------------------------------|------------------------|---------|-----|-------|-------------------------------|----------|
| 163 | 1234 | Lohrer Michael | *Herxheim | 0:50:59 | MHK | 76 | 11:27 - 13:24 - 13:19 - 12:46 | 1979 |
| 164 | 1255 | Olschewski Waldemar | *Ludwigshafen | 0:51:10 | M50 | 13 | 12:09 - 12:48 - 13:09 - 13:02 | 1956 |
| 165 | 1053 | Kohl Dr. Rainer | TV Rheinau 1893 | 0:51:12 | M50 | 14 | 12:11 - 12:55 - 13:06 - 12:59 | 1954 |
| 166 | 1196 | Jäger Marc | *Mannheim | 0:51:13 | MHK | 77 | 14:21 - 13:24 - 11:57 - 11:29 | 1984 |
| 167 | 1119 | Bittner Edgar | *Mannheim | 0:51:14 | M55 | 9 | 12:42 - 12:44 - 13:06 - 12:41 | 1952 |
| 168 | 1310 | Spöhrer Dipl.-Ing. Hans-Jürg | *Mannheim | 0:51:26 | M55 | 10 | 12:43 - 12:50 - 13:10 - 12:41 | 1948 |
| 169 | 1441 | Baschta Gerd | | 0:51:26 | M45 | 23 | 11:47 - 12:59 - 13:17 - 13:22 | 1959 |
| 170 | 1062 | Harald Reinhard | Lauftreff Waldsee | 0:51:33 | M45 | 24 | 12:14 - 13:00 - 13:11 - 13:06 | 1960 |
| 171 | 1260 | Popp Manfred | SV Erzhausen | 0:51:45 | M50 | 15 | 12:36 - 12:48 - 13:08 - 13:13 | 1956 |
| 172 | 1184 | Högy Dipl. Ing. Detlef | *Heddesheim | 0:51:46 | M45 | 25 | 12:43 - 13:09 - 13:08 - 12:45 | 1961 |
| 173 | 1220 | Köster Stefan | *Mannheim | 0:51:54 | MHK | 78 | 11:54 - 13:00 - 13:18 - 13:41 | 1971 |
| 174 | 1148 | Fontagnier Gerhard | *Mannheim | 0:51:59 | M50 | 16 | 12:58 - 12:45 - 13:02 - 13:14 | 1954 |
| 175 | 1439 | Löcke Thomas | Team Hildastraße | 0:52:03 | M45 | 26 | 13:11 - 13:04 - 13:02 - 12:44 | 1962 |
| 176 | 1225 | Lange Marcel | lamm soem | 0:52:04 | MHK | 79 | 13:04 - 13:11 - 13:09 - 12:38 | 1987 |
| 177 | 1326 | Thomczyk Torsten | *Ludwigshafen | 0:52:08 | MHK | 80 | 11:58 - 12:31 - 13:51 - 13:46 | 1977 |
| 178 | 1106 | Arnold hi_premium Eric | rennpferde blitzschach | 0:52:11 | MHK | 81 | 13:13 - 13:05 - 13:03 - 12:48 | 1974 |
| 179 | 1050 | Heitz Marcus | SSG Sparkasse Vorderp | 0:52:17 | MHK | 82 | 11:15 - 13:33 - 14:09 - 13:18 | 1974 |
| 180 | 1051 | Rosenbach Stephan | SSG Sparkasse Vorderp | 0:52:17 | M40 | 31 | 12:06 - 13:08 - 13:43 - 13:18 | 1966 |
| 181 | 1305 | Seip Gunter | *Bruchsal | 0:52:37 | M40 | 32 | 12:19 - 13:15 - 13:41 - 13:20 | 1965 |
| 182 | 1147 | Fiedler Gerd | *Mannheim | 0:52:38 | M40 | 33 | 13:01 - 13:18 - 13:20 - 12:58 | 1963 |
| 183 | 1317 | Steinhauer Marc | KSV 1884 Mannheim | 0:52:44 | M40 | 34 | 12:22 - 13:15 - 13:26 - 13:40 | 1964 |
| 184 | 1162 | Gössing Thomas | *Ludwigshafen | 0:52:52 | MHK | 83 | 13:45 - 13:21 - 12:56 - 12:50 | 1984 |
| 185 | 1002 | Wietstock Norbert | Team Wasserwerk | 0:52:56 | M45 | 27 | 13:14 - 13:15 - 13:19 - 13:06 | 1961 |
| 186 | 1102 | Adler Simon | *Mannheim | 0:52:58 | MHK | 84 | 14:21 - 13:24 - 12:41 - 12:30 | 1987 |
| 187 | 1320 | Strohmaier Matthias | lamm soem | 0:52:58 | MHK | 85 | 13:04 - 13:11 - 13:23 - 13:19 | 1981 |
| 188 | 1430 | Zöller Joachim | VFL Mönchberg | 0:53:04 | M45 | 28 | 13:57 - 13:31 - 12:58 - 12:37 | 1961 |
| 189 | 1138 | Dyllick-Brenzinger Christoph | *Mannheim | 0:53:08 | MHK | 86 | 14:17 - 13:14 - 12:54 - 12:40 | 1983 |
| 190 | 1414 | Hoffmann Matthias | Run4Fun | 0:53:08 | M45 | 29 | 14:02 - 13:28 - 13:14 - 12:23 | 1962 |
| 191 | 0 | Ehrler Gustav | DAV Heidelberg | 0:53:44 | M50 | 17 | 14:02 - 13:28 - 13:14 - 12:58 | 1955 |
| 192 | 1390 | Hof Thorsten | TSV Sandhoven | 0:53:55 | MHK | 87 | 12:55 - 13:30 - 13:37 - 13:52 | 1969 |
| 193 | 1391 | Grube Georg | Engelhorn Sports Team | 0:54:04 | M40 | 35 | 12:47 - 13:42 - 13:58 - 13:36 | 1964 |
| 194 | 1118 | Biller Christian | *Bensheim | 0:54:05 | MHK | 88 | 13:52 - 14:17 - 13:27 - 12:26 | 1976 |
| 195 | 1054 | Kay Wilding | TV Rheinau 1893 | 0:54:10 | M50 | 18 | 12:39 - 14:23 - 13:49 - 13:17 | 1955 |
| 196 | 1374 | Metzler Jan | | 0:54:31 | MHK | 89 | 14:55 - 13:38 - 13:23 - 12:34 | 1984 |
| 197 | 1015 | Adel Ahmed-Sherif | Fab4 | 0:54:47 | M50 | 19 | 14:13 - 13:35 - 13:29 - 13:29 | 1955 |
| 198 | 1426 | Pohl Ralf-Torsten | | 0:54:49 | M50 | 20 | 13:35 - 13:50 - 13:49 - 13:33 | 1956 |
| 199 | 1216 | Kleinehr Jan | *Mannheim | 0:54:49 | MHK | 90 | 12:44 - 13:56 - 14:25 - 13:43 | 1978 |
| 200 | 1111 | Basler Tosse | *Altrip | 0:54:50 | M40 | 36 | 14:03 - 13:46 - 14:14 - 12:45 | 1966 |
| 201 | 1198 | Jagodzinski Torbjörn | *Ludwigshafen | 0:54:56 | MHK | 91 | 13:50 - 14:24 - 13:54 - 12:47 | 1979 |
| 202 | 1153 | Friesen Waldemar | *Mannheim | 0:55:00 | MHK | 92 | 13:05 - 13:56 - 14:13 - 13:45 | 1974 |
| 203 | 1431 | Schmidt Florian | Feuerwer Waibstadt | 0:55:06 | MHK | 93 | 13:27 - 14:00 - 14:22 - 13:15 | 1984 |
| 204 | 1330 | Träger Bodo | SG Stern Mannheim | 0:55:10 | M45 | 30 | 14:27 - 13:44 - 13:34 - 13:24 | 1958 |
| 205 | 1155 | Gantner Ronald | *Mannheim | 0:55:10 | MHK | 94 | 14:27 - 13:44 - 13:34 - 13:24 | 1980 |
| 206 | 1019 | Mildenberger Achim | Löwen-Lauf-Team | 0:55:25 | MHK | 95 | 13:55 - 14:16 - 13:55 - 13:17 | 1976 |
| 207 | 1219 | Köster Christian | *Brühl | 0:55:26 | MHK | 96 | 14:23 - 14:14 - 13:44 - 13:04 | 1969 |
| 208 | 1413 | Lautenbach Dietmar | DJK Feudenheim | 0:55:36 | M40 | 37 | 13:52 - 14:15 - 13:56 - 13:32 | 1965 |
| 209 | 1335 | Spoor Uwe | LG MuLi | 0:55:47 | M40 | 38 | 13:11 - 14:05 - 14:18 - 14:13 | 1963 |
| 210 | 1249 | Napierala Jakob | *Mannheim | 0:56:02 | MHK | 97 | 13:55 - 14:13 - 14:06 - 13:46 | 1982 |
| 211 | 1243 | Messling Christopher | *Mannheim | 0:56:02 | MHK | 98 | 13:55 - 14:13 - 14:06 - 13:47 | 1981 |
| 212 | 1380 | Scheuermann Stefan | | 0:56:09 | MHK | 99 | 13:58 - 14:25 - 14:11 - 13:33 | 1969 |
| 213 | 1218 | Körber Andreas | *Mannheim | 0:56:13 | M45 | 31 | 13:51 - 14:27 - 14:15 - 13:37 | 1961 |
| 214 | 1263 | Pusch Michael | *Mannheim | 0:56:13 | M45 | 32 | 13:51 - 14:28 - 14:15 - 13:38 | 1960 |
| 215 | 1132 | Dewald I Ralf | tsv Viernheim | 0:56:14 | M40 | 39 | 14:43 - 14:36 - 14:00 - 12:53 | 1967 |
| 216 | 1043 | Nitsch Stephan | Die Vierspurigen | 0:56:19 | MHK | 100 | 13:27 - 14:00 - 14:26 - 14:25 | 1981 |



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| Total. | Nr. | Name Vorname | Verein/**Ort | Endzeit | AK | AK-PI | Rundenzeiten | Jahrgang |
|--------|------|-----------------------|--------------------------|---------|-----|-------|-------------------------------|----------|
| 217 | 1363 | Berthold Wolfgang | RPR1 | 0:56:22 | MHK | 101 | 13:51 - 14:22 - 14:28 - 13:39 | 1971 |
| 217 | 1365 | Berthold Veit | RPR1 | 0:56:22 | MHK | 101 | 13:50 - 14:23 - 14:28 - 13:40 | 1979 |
| 219 | 1323 | Taufertshöfer Jürgen | *Wald-Michelbach | 0:56:35 | M40 | 40 | 13:31 - 13:40 - 14:37 - 14:46 | 1966 |
| 220 | 1115 | Bergdolt-Kleer Gregor | *Mannheim | 0:56:43 | M40 | 41 | 13:29 - 14:16 - 14:38 - 14:18 | 1963 |
| 221 | 1190 | Hohenberger Peter | *Mannheim | 0:56:54 | M50 | 21 | 13:57 - 14:34 - 14:18 - 14:03 | 1953 |
| 222 | 1254 | Obermeier Peter | *Ludwigshafen | 0:56:57 | M40 | 42 | 13:42 - 14:23 - 14:22 - 14:28 | 1966 |
| 223 | 1327 | Klevenz Tobias | *Mannheim | 0:57:04 | MHK | 103 | 15:02 - 14:07 - 14:22 - 13:31 | 1971 |
| 224 | 1325 | Thiée Björn | *Mannheim | 0:57:18 | M40 | 43 | 13:15 - 14:56 - 14:57 - 14:09 | 1967 |
| 225 | 1306 | Shali Pishrow | *Mannheim | 0:57:18 | M45 | 33 | 13:15 - 14:56 - 14:57 - 14:09 | 1961 |
| 226 | 1246 | Motsch-Klein Tschö | Mo&Mo | 0:57:24 | M50 | 22 | 14:33 - 14:31 - 14:27 - 13:51 | 1957 |
| 227 | 1308 | Silberzahn Günter | *Stuttgart | 0:57:25 | M45 | 34 | 14:39 - 14:19 - 14:13 - 14:12 | 1959 |
| 228 | 1262 | Puchta Lothar | *Mannheim | 0:57:32 | M45 | 35 | 14:35 - 14:11 - 14:29 - 14:17 | 1958 |
| 229 | 1159 | Gloßner Jörg | Pfitzenmeier Active Team | 0:57:43 | M50 | 23 | 14:12 - 14:53 - 14:59 - 13:38 | 1957 |
| 230 | 1411 | Baumgärtner Rainer | LG Rülzheim | 0:57:49 | M50 | 24 | 13:52 - 14:21 - 14:53 - 14:41 | 1956 |
| 231 | 1031 | Ratzel Dr. Oliver | 1. FC Rudi | 0:58:05 | MHK | 104 | 12:44 - 15:56 - 14:59 - 14:25 | 1977 |
| 232 | 1008 | Harsch Michael | DKMM Veraluma | 0:58:09 | MHK | 105 | 14:50 - 15:01 - 14:15 - 14:02 | 1973 |
| 233 | 1029 | Buys Sebastian | 1. FC Rudi | 0:58:14 | MHK | 106 | 13:21 - 15:04 - 15:14 - 14:34 | 1979 |
| 234 | 1157 | Geipel Tobias | Weinheim | 0:58:15 | M40 | 44 | 13:32 - 14:54 - 15:11 - 14:37 | 1966 |
| 235 | 1145 | Feinauer Stefan | *Mannheim | 0:58:19 | M40 | 45 | 15:45 - 15:10 - 14:08 - 13:15 | 1964 |
| 236 | 1233 | Loga Uwe | *Spechbach | 0:58:32 | MHK | 107 | 14:45 - 14:51 - 14:37 - 14:17 | 1972 |
| 237 | 1158 | Geisselbrecht Michael | *Mannheim | 0:58:40 | MHK | 108 | 14:34 - 15:21 - 14:45 - 13:58 | 1973 |
| 238 | 1285 | Uzun Sait | *Mannheim | 0:58:47 | M45 | 36 | 13:19 - 15:16 - 15:13 - 14:58 | 1959 |
| 239 | 1313 | Stapke Michael | *Mannheim | 0:58:50 | M45 | 37 | 13:48 - 14:42 - 15:19 - 15:00 | 1961 |
| 240 | 1150 | Frech Christian | *Mannheim | 0:58:57 | M40 | 46 | 15:45 - 15:10 - 14:09 - 13:52 | 1966 |
| 241 | 1343 | Wermter Thomas | *Korntal-Münchingen | 0:59:22 | MHK | 109 | 13:57 - 15:17 - 15:26 - 14:40 | 1976 |
| 242 | 1125 | Breinig Bernd | *Idstein | 0:59:37 | M45 | 38 | 14:01 - 15:05 - 15:17 - 15:13 | 1959 |
| 243 | 1066 | Hoerner Heiko | Full Speed! | 0:59:42 | MHK | 110 | 13:48 - 15:11 - 16:11 - 14:31 | 1984 |
| 244 | 1171 | Hasenstab Gerhard | WWR Holzminen | 0:59:51 | M55 | 11 | 14:29 - 15:17 - 15:16 - 14:48 | 1952 |
| 245 | 1444 | Huber Bernd | FW Mutterstadt | 1:00:07 | M55 | 12 | 14:38 - 15:15 - 15:14 - 14:59 | 1951 |
| 246 | 1065 | Braunbart Tom | Full Speed! | 1:00:08 | MHK | 111 | 13:48 - 15:11 - 16:11 - 14:57 | 1975 |
| 247 | 1067 | Kankkunen Kalle | Full Speed! | 1:00:09 | MHK | 112 | 15:20 - 15:26 - 15:03 - 14:19 | 1971 |
| 248 | 1372 | Wegmann Bernhard | LT Schwetzingen | 1:00:38 | M65 | 3 | 13:50 - 15:08 - 15:53 - 15:46 | 1942 |
| 249 | 1039 | Kopenhagen Olaf | BERGER | 1:00:40 | MHK | 113 | 15:42 - 15:48 - 15:47 - 13:22 | 1974 |
| 250 | 1038 | Treiber Simon | BERGER | 1:01:17 | MHK | 114 | 15:43 - 15:47 - 15:46 - 13:59 | 1981 |
| 251 | 1001 | Grokenberger Kurt | Team Wasserwerk | 1:01:17 | M40 | 47 | 14:41 - 15:30 - 15:45 - 15:20 | 1967 |
| 252 | 1005 | Hillenbrand Martin | DKMM Veraluma | 1:01:50 | M40 | 48 | 14:53 - 15:55 - 15:54 - 15:08 | 1967 |
| 253 | 1006 | Harsch Dieter | DKMM Veraluma | 1:01:50 | M55 | 13 | 14:53 - 15:55 - 15:54 - 15:08 | 1949 |
| 254 | 1037 | Berger Karl-Friedrich | BERGER | 1:02:22 | M50 | 25 | 15:43 - 15:47 - 15:46 - 15:04 | 1953 |
| 255 | 1082 | Eggert Dominic | BERGER | 1:02:22 | MHK | 115 | 15:42 - 15:48 - 15:47 - 15:04 | |
| 256 | 1443 | Milloth Christian | | 1:02:44 | MHK | 116 | 14:04 - 15:57 - 16:33 - 16:08 | 1978 |
| 257 | 1086 | Stoltz Oliver | MAX MORE Running-Te | 1:03:34 | MHK | 117 | 14:53 - 15:40 - 16:17 - 16:43 | 1973 |
| 258 | 1083 | Rückert Jens | MAX MORE Running-Te | 1:03:34 | M40 | 49 | 16:45 - 13:49 - 16:16 - 16:42 | 1966 |
| 259 | 1084 | Geppert Richard | MAX MORE Running-Te | 1:03:34 | M40 | 50 | 14:53 - 15:40 - 16:17 - 16:42 | 1963 |
| 260 | 1347 | Wilhelm Jochen | *Mannheim | 1:04:01 | MHK | 118 | 13:07 - 16:56 - 17:05 - 16:51 | 1975 |
| 261 | 1382 | Späth Olaf | VFL Neckerau | 1:04:21 | M40 | 51 | 14:37 - 17:16 - 16:32 - 15:55 | 1965 |
| 262 | 1137 | Dufner Daniel | *Edingen | 1:04:33 | MHK | 119 | 14:10 - 16:27 - 16:50 - 17:04 | 1975 |
| 263 | 1392 | Cagal Gülay | | 1:04:34 | MHK | 120 | 14:11 - 16:17 - 17:31 - 16:34 | 1972 |
| 264 | 1016 | Wegener Friedrich | Fab4 | 1:04:42 | M65 | 4 | 15:39 - 16:10 - 16:23 - 16:29 | 1938 |
| 265 | 1367 | Porth Ulf | Lauftreff Waldsee | 1:05:49 | M40 | 52 | 16:09 - 16:21 - 16:38 - 16:40 | 1964 |
| 266 | 1298 | Schreiner Wolfgang | Nordbadenlauftreff | 1:06:28 | M55 | 14 | 15:33 - 16:39 - 17:18 - 16:57 | 1952 |
| 267 | 1271 | Rehn Gerald | Weinheim | 1:07:09 | M40 | 53 | 14:36 - 16:53 - 17:48 - 17:50 | 1965 |
| 268 | 1350 | Wittig Jörg | *Mannheim | 1:08:01 | MHK | 121 | 14:41 - 16:34 - 18:07 - 18:37 | 1975 |
| 269 | 1257 | Peter Michael | *Limburgerhof | 1:14:12 | MHK | 122 | 17:27 - 18:45 - 19:21 - 18:37 | 1971 |



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| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Pl | Rundenzeiten | Jahrgang |
|--------|------|-----------------------|-----------------------|---------|-----|-------|-------------------------------|----------|
| 1 | 1079 | Byrd Andreina | CAPS Team Frauen | 0:37:30 | WHK | 1 | 09:02 - 09:22 - 09:34 - 09:30 | 1978 |
| 2 | 1077 | Bucci Nadine | CAPS Team Frauen | 0:38:43 | WHK | 2 | 09:20 - 09:46 - 09:51 - 09:44 | 1975 |
| 3 | 1405 | Grießbaum Tanja | LG Rülzheim | 0:40:24 | WJB | 1 | 09:47 - 10:20 - 10:20 - 09:56 | 1992 |
| 4 | 1044 | Schoellhammer Lisa | Die Vierspurigen | 0:44:17 | WHK | 3 | 10:38 - 10:56 - 11:25 - 11:16 | 1985 |
| 5 | 1143 | Eschelbach Iris | Löwen Lauf- Team | 0:44:37 | W40 | 1 | 10:58 - 11:12 - 11:18 - 11:08 | 1965 |
| 6 | 1078 | Bolleyer Christiane | CAPS Team Frauen | 0:46:33 | WHK | 4 | 10:49 - 11:44 - 12:18 - 11:41 | 1986 |
| 7 | 1080 | Gotta Verena | CAPS Team Frauen | 0:46:45 | WHK | 5 | 10:49 - 11:44 - 12:18 - 11:52 | 1984 |
| 8 | 1046 | Heymann Katja | KSV 1884 Mannheim | 0:46:55 | W35 | 1 | 10:48 - 11:46 - 12:23 - 11:56 | 1970 |
| 9 | 1324 | Thaysen Grethe | Löwen-Lauf-Team | 0:47:04 | W45 | 1 | 11:02 - 12:20 - 11:59 - 11:42 | 1960 |
| 10 | 1362 | Sonn Caren | | 0:47:45 | W35 | 2 | 11:30 - 11:53 - 12:25 - 11:55 | 1968 |
| 11 | 1287 | Schell Nicole | *Odenheim | 0:48:13 | WHK | 6 | 11:31 - 11:58 - 12:20 - 12:23 | 1978 |
| 12 | 1056 | Rupprecht Elke | TV Rheinau 1893 | 0:48:20 | W45 | 2 | 11:53 - 12:17 - 12:09 - 11:59 | 1961 |
| 13 | 1312 | Spoor Maria | LG Muli | 0:49:02 | W40 | 2 | 11:44 - 12:18 - 12:31 - 12:28 | 1967 |
| 14 | 1201 | Johne Gabriele | MTG Running | 0:49:24 | W40 | 3 | 12:05 - 12:21 - 12:40 - 12:17 | 1967 |
| 15 | 1321 | Strohschnitter Sandra | *Mannheim | 0:50:03 | W35 | 3 | 12:07 - 12:48 - 12:27 - 12:40 | 1972 |
| 16 | 1166 | Gremmlspacher Regina | DJK Feudenheim | 0:50:07 | W40 | 4 | 11:58 - 12:39 - 12:51 - 12:38 | 1967 |
| 17 | 1311 | Spöhrer Stefanie | *Stuttgart | 0:50:21 | WHK | 7 | 11:59 - 12:46 - 12:50 - 12:44 | 1983 |
| 18 | 1425 | Rudolph Bianca | Engelhorn Sports Team | 0:50:28 | WHK | 8 | 11:55 - 12:52 - 12:58 - 12:42 | 1980 |
| 19 | 1222 | Kraus Sabrina | PSV Mannheim | 0:50:39 | WHK | 9 | 11:04 - 12:58 - 13:18 - 13:17 | 1982 |
| 20 | 1205 | Just Heike | *Altrip | 0:50:54 | W40 | 5 | 13:09 - 12:45 - 12:19 - 12:41 | 1966 |
| 21 | 1235 | Ludwig Petra | *Heddesheim | 0:50:59 | W40 | 6 | 11:04 - 12:57 - 13:21 - 13:35 | 1967 |
| 22 | 1360 | Kamuf Patricia | | 0:52:03 | WHK | 10 | 11:59 - 13:17 - 13:16 - 13:30 | 1974 |
| 23 | 1030 | Schuhmacher Monika | 1. FC Rudi | 0:52:44 | WHK | 11 | 12:41 - 13:19 - 13:28 - 13:15 | 1979 |
| 24 | 1081 | Stang Kristin | CAPS Team Frauen | 0:52:56 | WHK | 12 | 13:14 - 13:16 - 13:15 - 13:10 | 1975 |
| 25 | 1410 | Branyik Cornelia | DJK Feudenheim | 0:52:57 | W45 | 3 | 12:47 - 13:29 - 13:28 - 13:11 | 1961 |
| 26 | 1167 | Grote Nicola | *Mannheim | 0:52:59 | W55 | 1 | 12:53 - 13:21 - 13:29 - 13:15 | 1952 |
| 27 | 1296 | Schoene Frau Sabine | *Oftersheim | 0:53:08 | W40 | 7 | 12:59 - 13:14 - 13:25 - 13:29 | 1964 |
| 28 | 1193 | Iruthayathan Reminta | lamm soem | 0:53:08 | WHK | 13 | 13:09 - 13:14 - 13:25 - 13:19 | 1986 |
| 29 | 1329 | Trabold Carmen | *Ellerstadt | 0:55:07 | W50 | 1 | 13:20 - 13:50 - 13:48 - 14:07 | 1954 |
| 30 | 1417 | Geffers Susanne | | 0:55:21 | W45 | 4 | 13:52 - 14:28 - 13:47 - 13:13 | 1961 |
| 31 | 1020 | Mildenberger Silke | Löwen-Lauf-Team | 0:55:25 | WHK | 14 | 13:55 - 14:16 - 13:56 - 13:16 | 1979 |
| 32 | 1152 | Friesen Julija | *Mannheim | 0:55:29 | WHK | 15 | 13:05 - 13:56 - 14:13 - 14:15 | 1978 |
| 33 | 1021 | Klumb Gabi | Team 31 | 0:55:39 | W45 | 5 | 13:20 - 14:12 - 14:07 - 13:58 | 1959 |
| 34 | 1120 | Bjelonic Dragana | *Ludwigshaen | 0:55:45 | WHK | 16 | 13:58 - 14:14 - 13:51 - 13:41 | 1984 |
| 35 | 1023 | Roth Gerlinde | Team 31 | 0:55:51 | W55 | 2 | 13:20 - 14:12 - 14:07 - 14:10 | 1952 |
| 36 | 1224 | Kreischer Ute | *Mannheim | 0:57:03 | W45 | 6 | 14:31 - 14:32 - 14:15 - 13:44 | 1962 |
| 37 | 1261 | Prigge Jana-Kristin | LS Homburg | 0:57:04 | W | 0 | 14:13 - 14:42 - 14:23 - 13:45 | |
| 38 | 1393 | Reinhardt Simone | *Worms | 0:57:29 | W35 | 4 | 13:24 - 14:38 - 14:55 - 14:29 | 1972 |
| 39 | 1103 | Aechtner Dr. Anja | *Mannheim | 0:57:30 | WHK | 17 | 14:27 - 14:34 - 14:29 - 13:58 | 1974 |
| 40 | 1126 | Breinig Bianca | *Idstein | 0:57:45 | WJA | 1 | 13:59 - 14:48 - 14:58 - 13:58 | 1989 |
| 41 | 1113 | Bauer Maren | *Mannheim | 0:57:51 | WHK | 18 | 14:14 - 14:39 - 14:52 - 14:05 | 1978 |
| 42 | 1007 | Harsch Kim | DKMM Veraluma | 0:58:09 | WHK | 19 | 14:50 - 15:01 - 14:15 - 14:02 | 1976 |
| 43 | 1253 | Nyarangi-Dix Joanne | *Mannheim | 0:58:37 | WHK | 20 | 13:53 - 14:48 - 15:01 - 14:54 | 1978 |
| 44 | 1161 | Göser Diana | *Mannheim | 0:58:39 | WHK | 21 | 14:34 - 15:21 - 14:45 - 13:58 | 1975 |
| 45 | 1334 | Trivic Dragana | *Ludwigshafen | 0:58:40 | WHK | 22 | 14:01 - 14:33 - 15:00 - 15:04 | 1983 |
| 46 | 1169 | Hänsch Andrea | *Mannheim | 0:58:46 | WHK | 23 | 13:25 - 15:06 - 15:15 - 14:58 | 1982 |
| 47 | 1209 | Kamradt Ute | laufundsportshop.de | 0:58:47 | W40 | 8 | 14:12 - 14:53 - 14:58 - 14:42 | 1966 |
| 48 | 1342 | Wermter Liane | *Kortal-Münchingen | 0:59:22 | WHK | 24 | 13:58 - 15:17 - 15:26 - 14:40 | 1977 |
| 49 | 1500 | Doll Stefanie | FW Mutterstadt | 1:00:08 | WHK | 25 | 14:37 - 15:15 - 15:14 - 15:00 | 1981 |
| 50 | 1068 | Taponen Maria | Full Speed! | 1:00:09 | W40 | 9 | 15:20 - 15:26 - 15:03 - 14:19 | 1966 |
| 51 | 1279 | Roth Elke | SC Önsbach | 1:00:18 | W40 | 10 | 13:47 - 15:17 - 15:30 - 15:44 | 1963 |
| 52 | 1333 | Tripodi Doris | Ig sandhofen | 1:01:04 | W50 | 2 | 15:01 - 14:36 - 15:32 - 15:54 | 1954 |
| 53 | 1105 | Klevenz Alexandra | *Mannheim | 1:01:04 | WHK | 26 | 15:02 - 15:02 - 15:43 - 15:15 | 1974 |
| 54 | 1060 | Riccini Alyssa | 4running | 1:01:07 | WHK | 27 | 14:21 - 15:18 - 15:54 - 15:32 | 1983 |



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| Total. | Nr. | Name Vorname | Verein/**Ort | Endzeit | AK | AK-Pl | Rundenzeiten | Jahrgang |
|--------|------|---------------------------|---------------------|---------|-----|-------|-------------------------------|----------|
| 55 | 1018 | Mildenberger Erika | Löwen-Lauf-Team | 1:01:20 | W55 | 3 | 14:34 - 15:28 - 15:37 - 15:39 | 1952 |
| 56 | 1551 | Lühmann Maria | Blau Weiss-Buchholz | 1:01:40 | W50 | 3 | 14:31 - 15:31 - 16:02 - 15:35 | 1954 |
| 57 | 1295 | Schoeler Eva | *Heidelberg | 1:01:58 | W50 | 4 | 13:51 - 15:28 - 16:17 - 16:20 | 1957 |
| 58 | 1057 | Paetsch Janine | 4running | 1:02:31 | WHK | 28 | 14:33 - 16:06 - 15:56 - 15:55 | 1978 |
| 59 | 1215 | Klein Alexandra | *Heidelberg | 1:02:36 | WHK | 29 | 13:52 - 16:08 - 16:07 - 16:28 | 1975 |
| 60 | 1445 | Jaster Mareike | | 1:02:44 | WHK | 30 | 14:04 - 15:57 - 16:33 - 16:08 | 1981 |
| 61 | 1283 | Ruschel Manuela | *Bruchsal | 1:03:14 | W40 | 11 | 15:16 - 15:48 - 16:17 - 15:51 | 1967 |
| 62 | 1059 | Lassmann Dagmar | 4running | 1:03:23 | WHK | 31 | 14:33 - 16:11 - 16:10 - 16:29 | 1978 |
| 63 | 1238 | Mascha Monika | *Mannheim | 1:03:39 | W45 | 7 | 14:34 - 15:39 - 16:30 - 16:55 | 1959 |
| 64 | 1013 | Falkenstein Brigitte | Fab4 | 1:03:42 | W45 | 8 | 15:40 - 16:01 - 16:21 - 15:38 | 1959 |
| 65 | 1014 | Voelker Heidrun | Fab4 | 1:03:50 | W55 | 4 | 15:40 - 16:02 - 16:21 - 15:46 | 1948 |
| 66 | 1424 | Kunz Silvia | | 1:04:34 | WJB | 2 | 15:50 - 16:22 - 16:09 - 16:11 | 1990 |
| 67 | 1241 | Meissner Claudia | *Mannheim | 1:04:42 | W40 | 12 | 16:45 - 15:52 - 16:09 - 15:56 | 1966 |
| 68 | 1286 | Schaper Tanja | *Mannheim | 1:04:43 | WHK | 32 | 16:45 - 15:52 - 16:08 - 15:56 | 1974 |
| 69 | 1061 | Hochstein Sabine | Lauftreff Waldsee | 1:05:49 | WHK | 33 | 16:09 - 16:20 - 16:38 - 16:40 | 1977 |
| 70 | 1373 | Ritter Sabrina | | 1:06:39 | WHK | 34 | 14:55 - 16:57 - 17:24 - 17:21 | 1980 |
| 71 | 1170 | Hambücher Silke | *Viernheim | 1:07:35 | W35 | 5 | 15:31 - 17:04 - 17:43 - 17:15 | 1970 |
| 72 | 1339 | Weber Simone | *Viernheim | 1:07:36 | W35 | 6 | 15:31 - 17:04 - 17:43 - 17:16 | 1970 |
| 73 | 1256 | Pellegrini Frau Claudia | Pfitzenmeier | 1:08:43 | W40 | 13 | 15:46 - 17:13 - 17:44 - 17:58 | 1967 |
| 74 | 1085 | Wiprächtiger-Geppert Maja | MAX MORE Running-Te | 1:09:48 | WHK | 35 | 17:23 - 17:51 - 17:45 - 16:48 | 1975 |
| 75 | 1272 | Reich Kristina | *Ludwigshafen | 1:10:36 | WJA | 2 | 17:29 - 17:57 - 17:43 - 17:25 | 1989 |
| 76 | 1341 | Weidner Kirsten | *Ludwigshafen | 1:10:36 | WJA | 3 | 17:29 - 17:57 - 17:43 - 17:25 | 1988 |
| 77 | 1364 | Dymski Michaela | RPR1 | 1:12:04 | W35 | 7 | 16:48 - 18:03 - 18:40 - 18:31 | 1972 |
| 78 | 1316 | Steinhauer Iris | *Mannheim | 1:14:11 | W45 | 9 | 17:31 - 18:40 - 19:21 - 18:37 | 1960 |
| 79 | 1179 | Herzog Petra | *Lobbach | 1:14:21 | W45 | 10 | 17:29 - 17:48 - 19:45 - 19:18 | 1958 |