

# Troisdorfer 6h Lauf

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## Troisdorfer 6h Lauf

### 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	42	Böhme, Florian	1. MHK	80776	30	02:34	11:36	11:44	11:53	11:53	11:46	11:46	11:56	11:47	11:53	12:00	11:58	11:52	11:59	11:57	11:58	12:02	12:00	11:59	12:32	12:36	12:34	12:19	12:50	13:06	13:27	13:16	13:44	13:19	11:30						
2	16	Zimmermann, Achim	1. M40	80344	30	02:41	11:43	11:39	11:45	11:44	11:42	11:53	11:47	11:50	12:17	11:58	11:52	11:47	11:57	11:32	11:22	11:30	12:02	12:03	12:07	12:06	12:38	12:39	13:10	12:31	12:23	12:31	14:18	15:05	14:48						
3	17	Bogár, János	1. M45	80022	29	02:39	11:16	11:17	11:15	11:15	11:24	11:28	11:31	11:37	11:21	11:50	11:54	13:36	12:21	12:21	12:38	12:42	13:14	12:37	13:01	13:19	13:05	13:10	13:57	12:46	13:02	13:16	12:38	12:10							
4	20	Daum, Stefan	1. M35	79835	29	02:33	11:13	11:25	11:11	11:18	11:25	11:27	11:31	11:37	11:32	11:43	11:51	11:57	12:15	12:35	12:35	12:38	13:02	13:14	13:17	13:10	13:00	13:08	13:10	13:12	13:26	13:10	13:17	13:18							
5	14	Mertens, Gert	2. M45	79627	29	02:42	11:43	11:49	12:02	11:55	11:51	11:51	11:59	12:01	12:02	12:00	11:59	12:00	12:48	12:19	12:14	12:21	12:18	13:42	12:10	12:28	12:23	12:42	12:40	12:59	12:59	13:09	12:59	13:20							
6	21	Kiwus, Dirk	2. M35	78835	29	02:32	11:15	11:23	11:11	11:18	11:24	11:29	11:31	11:37	11:22	11:50	11:48	12:00	12:05	11:55	12:29	12:22	12:32	12:34	13:05	13:39	14:00	13:17	13:24	13:41	13:49	13:44	14:10	15:00							
7	13	Olejnik, Marian-Jan	1. M50	77796	29	02:40	11:41	11:30	11:43	12:09	11:51	12:01	11:51	12:23	12:21	12:00	12:18	13:18	12:26	13:06	13:33	12:22	13:01	13:21	14:03	14:35	14:31	13:07	12:46	13:19	12:55	12:13	12:45	12:43							
8	22	Hostens, Ivan	3. M45	76649	28	02:38	11:15	11:17	11:11	11:18	11:25	11:28	11:30	11:39	11:40	11:46	11:45	11:47	12:29	12:29	13:16	13:15	13:34	13:16	13:51	14:27	13:35	13:35	18:00	14:23	15:04	14:40	14:11								
9	208	Branner, Dietmar	2. M40	74994	28	02:36	11:48	12:01	12:14	12:21	12:09	12:25	12:33	12:37	12:38	12:41	12:54	13:00	13:15	13:13	13:58	13:18	13:34	13:30	13:52	13:57	14:08	13:47	14:01	13:51	14:10	14:15	14:00								
10	283	Schwitter, Daniel	3. M40	73376	27	02:41	11:43	11:51	12:02	11:55	11:59	11:56	12:05	12:08	12:13	12:40	12:44	12:50	13:27	13:24	13:51	15:17	13:37	14:28	14:30	14:45	14:36	14:29	14:47	14:54	15:36	15:50									
11	269	Roodenburg, Andy	3. M35	72412	27	03:08	13:25	13:31	13:28	13:32	13:29	13:30	13:21	13:21	13:35	13:14	13:10	13:25	13:56	13:12	13:39	13:13	14:20	12:57	13:04	13:27	13:46	13:39	13:46	14:27	15:21	14:52									
12	19	Hilzinger, Michael	2. M50	72334	27	03:26	13:22	13:21	13:19	13:26	13:53	13:27	13:30	13:19	13:29	13:33	13:26	13:23	13:44	13:23	13:29	13:57	13:43	13:31	13:48	14:16	13:53	13:55	14:22	13:58	13:25	13:41									
13	241	Klieber, Serge	1. M55	71857	26	03:01	12:53	12:59	12:51	12:52	12:46	12:47	12:52	12:47	13:14	13:36	13:22	14:02	13:58	14:27	14:36	14:08	14:19	14:38	14:57	14:56	15:02	14:53	14:09	13:52	13:40										
14	243	Kohler, Steffen	4. M40	71358	26	03:10	13:22	13:13	13:11	13:01	13:12	13:24	13:22	13:29	13:20	13:45	13:45	13:52	13:58	14:18	14:24	13:56	14:03	13:43	14:01	14:32	14:21	14:26	14:36	14:37	14:15										
15	213	Eeckhout, Ronny	5. M40	70765	26	03:03	12:42	12:47	12:54	12:55	12:50	13:45	13:03	12:51	13:40	12:59	14:05	13:04	12:58	13:08	13:40	15:25	14:01	14:08	15:36	14:58	15:21	16:41	15:02	14:57	15:30										
16	311	Widera, Burkhard	3. M50	69419	26	03:10	13:19	13:22	13:23	15:02	13:37	13:34	13:23	13:32	15:05	14:03	13:58	13:56	14:00	14:08	14:35	14:15	14:01	14:18	14:07	13:46	14:21	14:33	15:35	14:53	15:12										
17	12	Koch, Rainer	2. MHK	69317	26	03:01	12:24	12:18	12:12	12:18	12:12	12:22	12:15	12:19	12:19	12:44	12:54	13:17	13:29	14:15	13:35	14:18	14:05	14:48	17:23	16:03	15:31	16:22	16:34	16:42	20:18										
18	270	Saracino, Egidio	4. M45	68123	25	03:11	13:16	13:18	13:10	13:14	13:17	13:25	13:28	13:40	13:46	14:01	14:00	14:17	14:48	15:52	15:13	15:09	15:29	15:33	15:46	15:46	15:48	15:43	15:40	14:53											
19	224	Hamers, Erwin	5. M45	67937	25	02:54	12:15	12:18	11:59	11:49	12:02	12:09	12:13	12:29	12:34	12:38	13:18	14:01	15:47	16:18	25:49	16:55	16:23	15:05	15:14	15:33	16:46	15:20	15:36	15:11											
20	18	Domán, Gábor	4. M50	67316	25	03:09	13:04	13:01	13:10	12:46	12:57	13:11	13:06	13:32	13:37	14:05	14:58	14:47	14:44	19:27	15:20	15:01	15:32	18:38	14:22	14:48	15:09	16:13	15:49	14:48											
21	316	Riedel, Roland	6. M45	67302	25	03:14	13:54	14:34	14:33	16:03	14:06	15:08	15:18	14:35	14:32	14:40	14:27	14:58	14:51	15:00	17:05	14:45	14:46	14:46	14:49	14:50	14:23	14:22	13:55	12:57											
22	290	Strosny, Wolfgang	2. M55	67171	25	03:05	13:08	13:06	13:07	13:40	13:30	13:46	14:20	14:18	14:41	14:29	14:06	15:04	15:17	15:36	15:48	15:31	15:49	14:49	15:36	15:08	15:20	16:08	15:34	15:17											
23	232	Huhnholz, Hans-Theo	5. M50	65489	24	03:42	14:15	14:55	14:28	15:07	14:30	14:38	14:56	14:38	14:55	14:53	17:10	15:15	15:20	15:06	15:08	15:33	15:23	15:17	15:40	15:21	15:06	15:22	14:49												
24	11	Graf, Karl	1. M60	65230	24	03:07	13:06	13:06	13:22	13:28	14:25	14:21	14:12	14:30	15:04	15:55	16:50	15:59	15:51	16:14	15:57	16:00	16:09	15:31	14:56	15:16	16:05	16:45	16:20												
25	313	Houben, Rudolf	3. M55	64957	24	03:18	14:25	14:23	14:09	13:57	13:54	14:11	14:14	14:16	14:23	14:34	14:45	14:40	14:55	15:29	15:28	15:54	16:13	16:12	16:31	16:42	16:59	17:15	16:37												
26	272	Schäfer, David	3. MHK	64648	24	02:58	13:48	14:34	14:41	14:46	15:06	14:51	15:21	15:46	15:45	14:56	15:31	16:47	17:26	16:48	16:40	16:49	15:51	15:05	15:09	14:38	14:45	14:13	13:34												
27	295	Virnich, Peter	7. M45	64429	24	03:27	15:00	15:15	15:43	15:06	15:05	15:00	15:06	14:51	14:50	14:46	15:06	15:06	15:09	15:06	14:53	14:59	15:24	15:26	15:14	15:32	16:01	17:01	16:59												
28	288	Stein, Frank	8. M45	63860	24	03:39	13:56	14:35	15:10	14:59	14:47	15:12	14:45	15:06	15:14	15:02	15:14	15:17	15:23	15:11	15:09	15:33	15:51	15:59	16:14	16:09	16:45	16:50	16:50												
29	266	Retzlaff, Harald	9. M45	63840	24	03:19	14:06	14:46	15:10	14:59	14:47	15:12	14:45	15:06	15:14	15:02	15:14	15:17	15:23	15:10	15:08	15:33	15:28	16:03	16:33	16:50	17:43	17:04	15:34												

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30	24	Andries, Michael	4. MHK	63710	24	02:38	11:40	11:44	11:39	11:44	11:45	11:51	11:45	11:58	12:04	12:04	12:02	12:08	12:17	12:36	14:04	13:42	14:13	14:22	27:38	15:19	14:54	15:13	25:50															
31	212	Ebbert, Norbert	6. M50	63216	23	03:38	14:25	14:39	14:45	14:50	15:05	15:29	14:58	15:04	15:05	15:28	15:49	15:51	16:34	16:26	16:25	16:39	16:53	16:36	16:16	16:03	16:27	15:11																
32	248	Lichtenberg, Bernhard	6. M40	62960	23	03:17	13:56	14:16	14:18	14:48	14:57	15:04	15:15	15:11	15:08	15:14	16:05	16:20	15:40	15:48	16:26	18:13	15:48	16:31	16:38	17:40	17:13	15:58																
33	219	Fröde, Dietmar	4. M55	62905	23	03:45	14:53	14:48	15:00	14:53	14:46	14:26	15:28	15:02	15:09	15:27	15:33	16:15	15:47	15:51	15:45	16:18	16:34	16:16	16:30	16:58	15:55	16:54																
34	218	Fender, Norbert	7. M50	62304	23	04:36	17:23	15:05	14:55	14:42	14:31	14:12	14:28	14:35	14:54	15:12	15:20	15:59	16:09	17:04	17:04	17:10	16:56	17:01	16:16	16:19	15:48	16:44																
35	10	Michollek, Wolfgang	8. M50	62224	23	03:42	15:12	15:26	15:35	15:34	15:19	15:31	15:24	15:40	15:28	15:44	16:17	17:11	16:03	16:19	16:11	16:13	16:08	16:54	16:32	16:21	16:05	15:18																
36	265	Raatz, Marcus	5. MHK	62008	23	03:38	14:52	14:30	14:52	14:48	14:28	14:59	14:54	15:09	14:51	15:12	14:52	15:12	15:28	16:17	15:51	16:23	17:00	17:41	18:57	17:35	17:27	18:46																
37	233	Hülsmann, Olaf	4. M35	61790	23	03:37	14:28	14:35	14:31	14:31	14:38	14:41	14:52	14:41	14:51	14:59	15:14	15:29	15:27	16:15	16:22	17:07	18:49	17:21	20:23	18:02	17:15	17:00																
38	202	Baarth, Oliver	7. M40	61218	23	03:32	14:51	15:18	15:26	15:41	15:41	15:37	15:49	15:54	15:58	15:43	16:01	15:51	15:59	16:05	16:17	16:54	15:59	15:53	16:57	16:03	16:53	18:28																
39	257	Moyson, Renaat	10. M45	61150	23	03:02	12:20	12:04	12:10	11:38	12:02	12:09	12:13	12:30	12:33	12:38	13:17	12:46	12:16	12:51	12:31	12:56	14:03	13:50	14:09	16:54	13:36	28:15																
40	244	Kölsch, Martin	11. M45	61058	23	03:51	15:23	15:22	15:18	15:26	15:27	15:38	15:27	15:38	15:34	15:58	15:43	15:30	16:07	15:37	16:24	16:38	17:21	16:03	18:28	17:56	18:03	16:52																
41	304	Brill, Holger	12. M45	61022	23	03:32	13:40	14:32	14:11	14:24	14:31	14:37	14:42	14:53	14:54	15:06	15:24	15:34	15:32	16:10	17:57	17:31	20:32	19:33	16:38	17:00	18:55	20:02																
42	273	Schapeit, Volker	13. M45	61003	23	03:45	14:52	14:48	14:59	14:54	14:45	14:25	15:29	15:02	15:09	15:28	15:33	16:15	15:48	15:53	16:14	20:50	19:33	19:18	17:50	17:10	16:28	15:29																
43	292	Thehle, Horst	14. M45	60982	23	03:43	14:24	14:38	14:43	14:57	14:58	15:15	14:45	14:28	15:05	15:03	15:56	15:24	15:51	16:07	16:14	16:32	16:25	16:56	18:03	18:41	18:31	22:16																
44	260	Peikert, Alexander	9. M50	60848	22	03:51	15:42	15:49	15:43	15:24	15:30	15:30	15:21	15:16	15:20	15:36	15:52	16:27	15:59	16:29	16:27	16:33	17:33	17:49	17:20	17:39	18:10																	
45	294	Vickus, Peter	8. M40	60588	22	03:38	14:25	14:39	14:45	14:50	15:05	15:23	16:05	16:00	15:57	16:26	16:37	17:02	17:17	16:55	17:11	16:39	17:19	17:24	16:59	17:21	16:59																	
46	204	Berghoff, Reinhard	10. M50	60459	22	03:47	15:28	15:25	15:22	15:19	15:35	15:39	15:52	15:58	16:31	16:35	16:57	16:46	16:50	16:50	16:53	16:56	17:01	17:08	16:52	16:51	16:32																	
47	235	Iffert, Friedrich	1. M65	60258	22	03:50	15:50	16:08	15:52	15:54	16:30	15:27	15:15	15:25	15:23	15:34	15:55	17:18	16:17	17:37	19:08	16:40	16:55	17:13	17:50	16:51	15:53																	
48	301	Witza, André	9. M40	59671	22	04:17	16:15	15:39	15:42	15:47	15:27	15:13	15:14	15:12	15:30	16:11	16:03	16:17	17:39	17:46	20:48	16:42	16:47	17:21	17:04	17:24	17:07																	
49	279	Schmidt-Soltau, Peer	6. MHK	59469	22	04:13	16:24	15:40	15:43	15:54	15:28	16:03	15:50	16:37	16:01	16:46	15:57	16:43	16:30	17:12	16:51	19:37	17:18	16:55	16:59	17:11	17:38																	
50	312	Reingen, Helmut	2. M60	59297	22	04:01	16:28	16:46	16:29	16:40	16:33	17:00	16:34	16:53	16:43	16:55	17:02	17:05	17:13	16:51	16:41	16:36	16:47	16:42	16:14	16:04	16:08																	
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52	255	Mörz, Andreas	15. M45	58351	22	03:43	15:17	15:33	15:37	15:23	15:23	15:32	15:22	16:06	15:48	15:57	16:26	16:56	17:44	17:52	18:53	19:01	19:14	18:32	18:48	18:15	18:00																	
53	302	Witzler, Frank	16. M45	58252	22	04:19	16:56	16:27	16:26	17:01	16:38	16:16	16:34	15:57	16:10	16:03	17:23	16:38	16:59	17:08	17:27	18:25	17:35	17:41	17:47	17:51	16:24																	
54	287	Spennlein, Michael	17. M45	58235	22	03:28	14:53	16:18	15:17	16:02	15:34	16:34	15:34	16:14	15:32	19:05	17:18	18:10	19:29	17:55	16:59	17:56	17:35	18:50	17:10	17:23	16:50																	
55	282	Scholten, Karl-Heinz	5. M55	58135	21	03:50	15:50	16:09	16:08	16:34	16:29	16:32	16:28	16:35	16:13	15:55	18:52	16:23	17:15	17:02	17:13	17:17	18:02	17:59	17:56	18:03																		
56	285	Sema, Ralf	11. M50	58027	21	03:44	15:30	16:01	16:11	16:01	15:44	15:48	15:58	16:11	15:50	16:04	19:31	16:19	16:12	17:32	17:37	18:49	18:17	19:57	19:58	18:32																		
57	277	Schmidt, Achim	10. M40	57897	21	03:01	12:14	12:39	14:03	14:21	14:41	14:38	14:40	14:58	15:12	15:25	16:02	16:25	16:52	20:47	19:07	24:36	21:10	21:57	21:04	21:24																		
58	298	Weißberg, Markus	11. M40	57626	21	04:00	15:40	15:46	15:38	15:38	15:21	15:25	15:31	15:32	16:22	16:17	16:50	16:47	17:55	17:24	17:28	19:12	18:33	18:48	20:42	20:42																		

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### Ergebnisse Männer

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59	236	Ishada, Masafumi	5. M35	57183	21	03:38	13:49	14:09	14:12	14:23	21:04	14:16	14:59	15:57	15:24	16:09	17:13	18:16	19:51	19:46	19:45	19:28	21:39	19:22	19:37	17:19																	
60	263	Pohl, Andreas	18. M45	57081	21	03:16	14:04	14:31	14:41	14:46	14:25	14:32	14:45	14:46	14:51	15:02	15:13	15:12	15:22	15:24	16:01	16:36	16:45	17:13	52:05	21:14																	
61	210	Diel, Hans-Werner	3. M60	56924	21	04:14	16:45	16:49	16:33	16:36	16:45	16:38	16:36	16:31	16:48	17:12	17:43	17:24	17:30	17:45	17:27	18:02	18:09	18:04	18:28	18:36																	
62	259	Orth, Peter	3. M65	56591	21	04:08	15:43	15:52	15:28	15:36	15:55	15:28	15:18	15:46	16:04	17:03	16:44	16:20	15:57	15:15	15:02	27:45	23:17	20:02	20:52	19:29																	
63	280	Schmitz, Oliver	12. M40	56165	21	03:51	15:20	15:24	15:39	15:56	16:14	16:07	16:27	17:52	17:05	18:42	17:29	19:27	17:25	19:14	17:51	19:58	17:39	20:15	17:13	17:35																	
64	258	Müller, Harry	4. M60	55890	21	03:34	15:30	15:34	15:26	15:28	15:25	15:21	15:28	15:59	16:23	15:18	15:50	16:19	17:08	18:05	28:01	24:32	24:12	23:34	17:26	13:22																	
65	310	Waddey, Fritz	12. M50	55642	21	04:29	17:55	17:35	17:40	17:51	18:21	17:50	18:19	17:57	17:42	18:14	18:06	17:54	17:32	17:37	18:00	17:42	17:45	17:18	16:15	17:09																	
66	237	Jablonski, Hansjürgen	6. M35	55640	21	04:13	15:58	15:16	14:43	14:33	14:44	15:00	15:24	15:44	16:15	16:35	17:31	19:07	19:49	19:16	19:43	21:30	19:58	19:51	24:43	19:12																	
67	228	Henrichs, Marco	7. M35	55611	21	03:11	14:38	15:02	15:14	15:00	15:17	14:40	14:39	15:11	15:23	15:40	22:11	17:03	17:30	19:38	19:14	23:38	19:25	20:30	21:29	22:47																	
68	240	Kempken, Werner	13. M50	54489	20	04:36	17:51	18:00	19:56	18:21	18:17	17:56	18:12	18:12	18:06	17:39	18:10	18:45	18:50	17:22	17:19	17:56	17:33	17:57	18:02																		
69	289	Storz, Erich Johann	5. M60	54167	20	04:11	17:29	17:29	17:14	17:24	17:23	17:43	17:21	17:51	17:51	18:36	19:39	18:54	18:57	19:30	19:59	19:53	19:01	18:21	17:04																		
70	214	Eichling, Dieter	4. M65	54099	20	04:15	17:53	18:09	17:53	18:04	18:00	18:06	18:11	17:47	18:03	18:15	18:12	17:49	18:24	18:32	18:27	18:28	18:36	18:59	18:39																		
71	250	Ludwig, Manfred	1. M70	53990	20	04:38	17:41	17:37	16:38	17:06	16:46	16:55	17:29	17:03	17:34	17:45	18:00	20:55	18:07	18:29	18:38	19:42	20:01	21:04	19:59																		
72	275	Schell, Oliver	13. M40	53779	20	03:49	16:01	16:20	16:12	16:27	16:25	16:12	16:39	16:36	17:33	17:27	18:25	17:53	17:59	18:06	18:24	25:53	19:31	22:48	22:13																		
73	262	Peters, Werner	6. M60	53683	20	04:26	18:11	18:27	19:11	18:28	18:57	18:09	18:10	17:55	17:44	18:01	18:00	18:06	18:13	18:02	18:25	18:36	19:11	19:11	18:43																		
74	207	Boelen-Theile, Claus	14. M40	53273	20	04:20	18:05	16:01	16:02	16:12	16:06	15:49	15:40	16:39	17:31	20:15	20:36	22:17	20:14	19:52	21:53	21:31	20:50	18:01	18:26																		
75	286	Spanier, Volker	14. M50	53148	20	03:22	14:21	14:28	14:43	14:36	14:52	15:08	15:18	15:55	16:09	34:25	17:42	21:30	26:37	22:52	20:42	18:46	20:33	17:11	17:34																		
76	217	Feldhaus, Thomas	15. M40	53117	20	03:43	15:01	15:00	14:56	15:07	15:05	15:33	16:31	16:56	17:52	20:01	18:31	19:33	19:47	19:59	18:45	22:17	24:30	19:57	23:34																		
77	253	Mermet, Andreas	15. M50	52764	19	04:17	17:27	17:13	17:21	17:15	17:48	17:58	18:04	18:19	18:46	19:12	19:54	19:53	20:06	20:26	20:49	19:52	19:00	18:40																			
78	317	Ibron, Alexander	16. M40	52754	20	04:11	16:30	16:58	16:38	16:47	17:22	17:27	17:23	17:44	18:00	19:08	20:16	21:09	25:33	17:48	18:28	18:03	18:42	21:10	19:37																		
79	264	Puchert, Alexander	17. M40	52742	20	03:52	15:53	16:03	16:11	16:14	16:14	16:24	16:44	16:47	16:42	16:50	17:07	17:32	17:31	17:22	18:15	18:24	18:43	18:38	18:55																		
80	229	Herzhoff, Peter	6. M55	51964	19	03:08	13:40	14:31	14:45	15:23	15:02	16:31	17:18	18:17	18:10	17:53	20:11	28:26	19:43	24:19	21:12	22:47	22:15	22:42																			
81	216	Fechner, Stevie	19. M45	51851	19	03:26	14:57	15:19	15:29	16:04	16:39	17:03	17:24	17:39	18:05	19:59	19:34	20:29	20:50	21:19	22:22	22:21	23:19	23:02																			
82	227	Hauke, Gernot	5. M65	51108	19	04:15	18:03	18:25	18:39	18:52	18:08	18:05	18:39	18:38	19:23	19:08	20:14	19:35	20:57	20:19	20:33	20:17	20:23	19:50																			
83	254	Mintgen, Dietmar	7. M55	50503	19	03:49	16:05	15:56	16:19	16:22	16:43	16:13	16:38	20:04	24:56	21:52	21:06	21:17	21:36	21:35	21:47	22:35	21:15	19:59																			
84	315	Lochmann, Daniel	18. M40	50017	19	04:38	18:23	18:23	18:28	18:32	18:32	19:16	19:00	19:40	21:06	20:11	18:54	19:57	19:46	20:25	19:59	23:04	22:43	19:06																			
85	299	Wiemker, Thomas	20. M45	50012	19	04:11	16:30	16:58	16:38	16:47	17:22	17:27	17:24	17:44	18:00	19:08	20:17	21:07	20:53	27:38	23:12	22:10	21:46	23:41																			
86	293	Thieme, Dieter	21. M45	50000	19	03:07	13:24	13:24	13:23	13:23	13:27	13:44	13:37	13:27	13:26	13:29	13:42	13:28	13:35	13:42	14:01	14:16	14:20	13:24																			
87	225	Hardy, Helmut	22. M45	50000	19	03:22	14:21	14:28	14:32	14:43	14:15	14:29	14:17	15:18	14:14	14:17	14:47	17:18	14:56	15:13	15:20	16:02	15:54	13:24																			

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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								
88	274	Scharrenberg, Ulrich	7. M60	50000	19	03:30	14:54	15:16	15:26	15:17	15:00	15:12	15:38	14:51	15:05	14:23	14:42	14:52	14:55	15:02	14:58	14:59	15:05	15:16																						
89	300	Willems, André	19. M40	50000	19	02:58	13:48	14:35	14:41	14:45	15:06	14:51	15:35	15:31	15:12	16:02	15:56	15:48	18:00	17:24	17:46	16:09	18:14	16:51																						
90	238	Jahn, Peter	23. M45	50000	19	03:51	16:53	16:50	17:04	16:20	16:21	16:15	16:22	16:31	16:39	16:51	17:31	17:20	17:03	16:57	16:55	17:01	17:10	17:09																						
91	239	Kaysen, Marc	7. MHK	50000	19	03:36	15:33	16:07	16:07	16:08	16:09	16:14	16:11	16:32	16:03	16:30	17:09	16:57	18:00	18:35	18:56	19:24	18:20	17:13																						
92	309	Jüchter, Birger	8. M35	50000	19	04:02	17:36	17:36	17:38	17:12	17:26	17:22	17:24	17:01	17:15	17:42	17:48	17:36	18:28	17:50	17:16	17:18	17:09	16:43																						
93	303	Bracht, Gerhard	8. M60	49390	18	04:00	17:03	16:53	17:35	17:49	18:34	18:28	18:56	20:00	20:16	22:39	21:10	22:25	21:27	21:13	22:05	21:34	21:43																							
94	242	Knoch, Wilfried	8. M55	49229	18	03:51	17:24	18:04	17:57	18:30	18:51	19:24	19:08	19:57	20:13	20:50	21:30	21:38	21:37	21:15	21:42	21:39	22:07																							
95	297	Weiß, Thomas-Teddy	24. M45	47411	18	04:36	18:38	19:05	18:50	19:39	19:36	20:31	20:14	19:56	20:55	21:30	21:16	21:41	22:00	21:41	21:47	21:54	23:29																							
96	318	Halder, Roland	20. M40	47258	18	03:59	15:58	16:01	15:54	15:43	15:39	15:53	15:58	15:55	16:13	15:57	16:03	16:51	17:16	17:26	17:10	17:40	17:35																							
97	246	Leismann, Manfred	9. M60	47258	18	04:11	16:10	16:23	16:22	16:02	15:49	15:50	16:06	16:21	16:35	19:29	17:48	18:00	17:48	18:25	19:15	19:38	36:08																							
98	226	Haßmann, Detlef	25. M45	47258	18	04:25	18:06	18:09	18:00	17:56	17:44	17:46	18:05	18:05	18:00	18:24	17:40	17:44	17:54	17:50	18:49	17:58	30:29																							
99	276	Schlicht, Michael	26. M45	47052	17	04:22	17:07	17:41	18:02	17:47	17:22	17:47	18:38	18:50	19:25	20:30	21:31	23:43	24:19	25:25	29:48	29:23																								
100	205	Berka, Volker	6. M65	45296	17	04:36	19:56	20:28	21:07	21:26	21:30	21:41	22:04	22:23	22:07	22:02	22:31	22:46	22:48	22:46	22:55	21:30																								
101	308	Becker, Mattin	16. M50	44516	17	04:05	17:10	16:46	17:01	17:01	17:17	18:36	18:02	17:42	16:28	15:03	15:52	15:07	16:00	15:19	16:37	15:41																								
102	203	Bemong, Marc	10. M60	44516	17	03:59	15:52	15:47	15:37	15:42	15:42	16:00	16:02	16:05	16:11	16:37	16:58	17:30	17:54	18:41	21:55	19:19																								
103	314	Eller, Thomas	27. M45	44516	17	04:26	16:53	17:09	17:31	17:06	16:11	16:57	15:36	16:01	18:24	17:50	27:25	20:49	19:23	20:28	20:31	18:40																								
104	267	Roffalski, Horst	17. M50	43927	16	04:25	18:38	19:27	19:48	20:32	19:37	21:09	19:37	29:12	25:44	31:22	24:02	23:14	23:40	22:26	21:57																									
105	252	Maisch, Michael	28. M45	39135	15	04:43	17:57	17:35	17:23	17:16	17:22	16:52	18:34	17:47	18:39	51:51	20:19	21:57	21:27	19:24																										
106	220	Gärtner, Markus	9. M35	33548	13	03:09	12:46	12:57	12:53	12:51	12:54	12:50	12:55	12:59	13:31	14:35	13:59	20:45																												
107	256	Mosler, Jürgen	21. M40	33548	13	03:09	13:26	13:34	13:40	13:46	13:48	13:46	13:46	13:59	14:13	14:13	14:39	16:18																												
108	209	Densing, Axel	22. M40	33548	13	03:49	16:01	16:20	16:12	16:27	16:24	16:12	16:39	16:36	17:08	17:52	18:36	19:53																												
109	268	Röhre, Michael	23. M40	33548	13	04:13	17:09	16:19	16:26	17:01	16:38	16:16	16:40	17:23	22:41	22:36	21:34	24:16																												
110	234	Hünefeld, Kai	29. M45	30806	12	04:00	16:09	15:58	15:51	15:46	15:23	15:50	15:55	15:49	16:03	17:46	15:46																													
111	230	Hölzel, Holger	10. M35	28064	11	03:43	17:04	18:05	18:11	17:15	18:36	17:28	17:27	17:27	19:35	17:40																														
112	320	Beiderbeck, Dietmar	24. M40	25322	10	04:12	16:46	16:49	16:49	17:03	17:37	17:19	18:03	21:08	24:05																															
113	419	Baumgart, Georg	30. M45	25322	10	04:12	16:47	16:48	16:49	17:03	17:36	17:19	18:03	21:07	24:05																															
114	305	Zitzen, Bernd	9. M55	25322	10	04:17	18:58	19:53	20:57	21:57	23:21	23:30	30:48	22:53	28:18																															

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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						
1	4	Durry, Simone	1. W35	67460	25	03:41	14:23	14:34	14:31	14:00	14:05	13:57	14:02	14:00	14:01	14:03	13:55	14:14	14:16	14:27	14:44	14:33	14:52	15:02	15:23	15:21	15:27	15:50	15:37	15:38														
2	3	Steeger, Ulrike	1. W45	64972	24	03:04	13:25	13:26	13:31	13:42	13:49	13:59	14:09	14:10	14:15	14:27	15:00	15:21	15:21	15:40	15:30	15:53	16:21	16:35	16:43	17:10	16:55	17:09	16:52															
3	2	Schlegel, Ilona	1. W40	64364	24	03:48	14:41	15:10	15:26	15:13	15:07	15:09	15:22	15:07	14:56	14:43	14:55	14:56	15:13	15:05	15:10	16:15	15:24	15:33	15:53	16:01	16:17	16:29	14:54															
4	125	Libuda, Anke	1. WHK	64113	24	03:31	15:01	15:27	15:27	15:20	15:30	15:28	15:23	15:26	15:33	15:27	15:34	15:33	15:28	15:12	15:26	15:29	15:44	15:25	15:24	15:36	15:36	15:17	14:54															
5	142	Vandewaetere, Dora	2. W45	61571	23	03:27	13:59	14:14	14:17	14:32	14:32	14:41	15:10	15:15	15:41	15:35	15:47	16:03	16:16	16:29	16:42	16:52	18:47	17:11	17:12	17:44	18:17	17:46																
6	5	Bullig, Cornelia	1. W50	60034	22	03:40	15:14	15:26	14:50	15:22	15:12	15:28	15:23	15:59	15:54	16:20	16:22	16:50	16:38	17:15	17:08	17:27	17:35	17:44	17:46	17:47	17:47																	
7	115	Hilzinger, Grit	2. W40	58620	22	04:15	16:08	15:25	15:15	15:51	15:57	15:03	15:06	14:31	14:52	14:47	15:39	16:13	16:13	16:24	19:17	17:18	19:56	19:55	19:24	20:45	19:28																	
8	150	Reim, Annette	3. W40	58245	22	04:13	17:09	16:19	16:26	17:01	16:38	16:16	16:33	15:57	16:10	15:51	17:35	16:38	16:59	17:13	17:22	18:25	17:35	17:41	17:47	17:52	16:25																	
9	105	Dippold, Eva	2. W35	58238	21	04:21	16:27	16:23	16:26	16:35	16:31	16:43	16:44	17:24	16:25	16:40	16:37	16:18	16:34	16:25	16:29	16:29	17:19	17:10	17:59	20:32																		
10	114	Hamm, Carmen	4. W40	58236	22	03:28	14:53	16:18	15:17	16:01	15:34	16:35	15:34	16:14	15:32	19:05	17:18	18:09	19:29	17:55	16:59	17:56	17:35	18:50	17:10	17:23	16:50																	
11	134	Rosenbaum, Birgit	3. W45	57099	21	04:02	15:48	15:52	15:54	15:55	16:07	16:07	16:18	16:32	16:53	17:04	17:32	17:43	17:56	18:11	18:54	18:42	18:43	18:58	18:47	18:01																		
12	101	Ahrens, Heike	4. W45	56179	21	04:12	17:06	17:23	17:04	17:26	17:16	17:14	17:17	17:12	17:23	17:19	17:31	17:37	17:45	17:38	17:29	17:36	17:47	17:52	18:18	18:56																		
13	152	Melzer, Elke	5. W45	55642	21	04:30	17:54	17:48	17:27	17:51	18:21	17:50	18:19	17:57	17:42	18:14	18:06	17:54	17:32	17:36	18:00	17:42	17:44	17:18	16:15	17:09																		
14	107	Durry, Andrea	3. W35	55199	20	04:00	17:24	18:12	18:14	17:42	18:15	19:29	18:29	18:15	18:26	18:26	18:04	18:11	18:32	17:58	17:40	18:10	17:24	17:01	16:33																			
15	131	Pustogowa, Ute	6. W45	55175	20	03:41	15:33	16:33	16:35	16:49	16:32	16:36	16:29	16:58	16:49	17:05	21:08	17:03	17:18	17:17	18:12	18:57	25:50	19:33	19:38																			
16	123	Kohler, Melanie	4. W35	53924	20	03:50	16:07	16:25	16:20	16:33	17:30	16:47	17:06	17:16	18:27	18:52	19:50	19:57	19:59	18:13	22:20	20:12	17:55	19:30	18:15																			
17	124	Kowatsch, Sandy	2. WHK	52931	20	03:55	16:17	15:58	15:59	16:20	16:31	16:20	16:30	16:24	19:33	16:49	24:30	17:05	26:25	18:20	19:56	18:25	18:14	20:29	24:22																			
18	120	Jachertz, Gisela	7. W45	52355	19	04:34	18:08	18:24	18:25	18:34	18:04	18:21	18:17	18:26	18:04	18:36	18:17	18:44	18:41	19:28	19:05	20:11	21:34	19:26																				
19	132	Rammonat, Iris	3. WHK	51578	19	04:08	16:49	16:57	17:16	17:31	17:40	19:51	18:55	18:10	21:28	18:38	20:20	20:54	18:35	22:16	20:29	20:11	19:44	20:01																				
20	112	Grätz, Kerstin	5. W40	51577	19	04:08	16:49	16:57	17:16	17:31	17:40	19:51	18:54	18:10	21:28	18:37	20:20	20:54	18:35	22:15	20:29	20:11	19:44	20:00																				
21	139	Schroeder, Petra	2. W50	51251	19	04:12	18:09	17:58	17:40	18:00	17:54	18:02	18:19	18:11	18:49	18:46	20:01	19:43	19:52	20:31	20:08	20:35	20:36	23:05																				
22	153	Straimer, Dr. Anna	1. W60	50941	19	04:40	17:46	17:33	17:55	18:03	18:03	18:20	18:28	19:09	19:08	19:45	20:43	20:21	20:53	21:37	23:10	20:01	19:32	19:02																				
23	108	Eisele, Beate	1. W55	50783	19	04:22	17:07	17:41	18:02	18:00	17:20	17:41	18:02	18:06	33:16	17:31	19:53	18:33	18:45	18:52	20:36	22:31	19:00	19:15																				
24	111	Fender, Birgit	8. W45	50722	19	04:36	17:54	17:15	17:35	17:51	17:29	17:27	18:29	18:48	20:09	20:02	21:23	20:50	20:59	20:54	22:27	20:37	18:51	19:33																				
25	151	Sapauschke, Wiltrud	1. W65	50250	19	04:32	17:54	17:33	17:53	18:05	18:03	18:20	18:28	19:10	19:08	19:45	20:40	20:22	20:55	21:37	21:16	20:42	20:14	21:47																				
26	144	Wendt-Maisch, Petra	9. W45	50104	19	04:34	18:06	17:32	17:26	17:16	17:23	16:50	18:37	17:48	18:39	19:32	19:43	19:43	20:01	22:23	30:50	21:58	21:25	19:22																				
27	103	Blume, Ute	6. W40	48440	18	04:07	17:09	16:46	17:01	17:01	17:26	18:28	18:01	17:56	23:42	27:37	21:42	25:43	19:48	22:35	22:01	23:16	20:55																					
28	148	Urbach, Ingeborg	2. W55	48313	18	04:37	17:29	17:04	17:02	17:36	18:02	18:50	19:28	20:15	21:19	22:27	23:37	21:33	22:07	22:08	23:36	22:42	21:49																					
29	143	Weißberg, Alexandra	7. W40	48003	18	04:18	17:10	18:12	17:38	17:40	18:13	18:03	21:11	18:46	24:10	19:08	21:08	21:31	22:42	27:03	23:53	24:41	18:28																					

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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							
30	147	Cyprie-Abts, Hanne	10. W45	47629	18	04:25	18:12	18:27	18:42	18:52	18:50	18:55	19:17	19:17	19:20	21:13	21:20	20:23	21:40	28:12	25:15	23:46	20:13																						
31	127	Möhle, Marion	11. W45	47413	18	04:36	18:38	19:05	18:50	19:39	19:35	20:31	20:14	19:56	20:55	21:30	21:16	21:41	22:00	21:41	21:47	21:54	23:29																						
32	126	Marschall, Patricia	5. W35	45554	17	04:16	18:58	19:50	20:59	19:21	18:49	20:46	19:10	21:31	22:53	22:41	22:51	26:51	23:48	21:30	24:02	24:23																							
33	145	Wiese, Marlies	12. W45	44955	17	04:07	17:09	16:46	17:02	17:02	17:17	18:36	20:20	20:16	21:24	21:32	25:05	26:04	22:37	41:06	25:43	24:41																							
34	104	Bongard, Anja	8. W40	44516	17	04:28	17:51	18:01	18:14	18:12	18:19	18:11	18:25	18:47	19:37	19:37	18:57	19:45	20:33	21:27	20:18	21:38																							
35	109	Erdmann, Jana	4. WHK	44516	17	04:10	18:09	18:01	18:14	18:31	18:00	18:17	18:20	18:47	19:36	21:04	22:09	21:00	22:44	22:59	23:06	24:12																							
36	137	Schmitz, Ursula	9. W40	41774	16	04:37	18:20	18:47	19:00	22:06	20:14	20:28	22:02	18:05	19:53	20:48	21:37	21:43	20:41	22:21	22:33																								
37	122	Klasener, Hedwig	10. W40	39032	15	03:42	15:03	15:21	15:24	15:23	15:27	15:30	15:19	15:28	15:37	15:38	22:47	16:04	16:20	18:13																									
38	121	Jedele, Ursula	2. W60	38799	14	04:50	21:36	23:06	26:07	25:37	25:54	26:28	25:37	25:28	26:11	26:43	26:53	26:59	26:30																										
39	140	Spengler, Frederike	13. W45	36290	14	03:22	14:41	15:35	15:35	15:32	15:36	15:24	15:26	15:23	15:33	15:28	15:38	15:53	16:20																										
40	128	Moseke, Sabine	3. W55	33548	13	03:33	15:24	15:47	16:11	16:14	16:52	16:59	17:53	20:17	25:54	18:57	22:05	20:02																											
41	118	Hubrig-Schaumburg, Cornelia	14. W45	30806	12	04:19	16:55	16:57	16:54	17:44	17:59	18:25	18:41	19:10	22:58	20:09	20:45																												
42	113	Grimme, Katrin	15. W45	30806	12	04:02	17:14	18:04	18:13	17:55	18:18	19:07	19:46	24:24	20:45	19:54	23:53																												
43	117	Hollek, Cornelia	11. W40	30806	12	04:37	18:19	18:47	19:58	21:07	20:15	20:38	21:57	19:24	20:10	20:16	22:55																												
44	129	Oberhäuser, Angelika	3. W60	25322	10	03:33	15:24	15:47	16:11	16:14	16:52	16:58	17:53	20:18	25:50																														
45	149	Widera, Claudia	12. W40	22580	9	04:25	18:20	18:27	18:26	18:25	22:28	19:08	19:26	20:16																															
46	116	Hoffmann-Schlicht, Hannelore	3. W50	19838	8	05:40	26:23	27:44	28:43	30:07	29:19	31:14	32:13																																
47	141	van Gieles, Betsy	4. W50	11612	5	04:16	17:27	19:22	19:40	19:31																																			