



26. sebamed Mailauf Bopparder 2011

01.06.2011

Altersklassenliste Hauptlauf 5km

Klasse M30

| Platz | Startnr. | Name | JG | NAT | Verein*/Ort | M/W-PI | Pos | 1. Kontr. | 2. Kontr. | 3. Kontr. | Brutto | Netto | km/h |
|-------|----------|----------------------|----|-----|-----------------------------|--------|-----|-----------|-----------|-----------|---------|---------|-------|
| 1 | 3 | Rötsch, Christian | 78 | DEU | Hunsrück-Marathon e.V. | 4 | 4 | 0:04:10 | 0:04:13 | 0:04:22 | 0:16:11 | 0:16:10 | 18,56 |
| 2 | 12 | Scherer, Stefan | 81 | DEU | VfR Simmern | 13 | 13 | 0:04:29 | 0:04:39 | 0:04:43 | 0:17:31 | 0:17:29 | 17,14 |
| 3 | 346 | Dingeldein, Stefan | 80 | DEU | Triathlon-Team Rhein-Nahe | 18 | 18 | 0:04:21 | 0:04:47 | 0:04:53 | 0:17:57 | 0:17:55 | 16,73 |
| 4 | 374 | Lesniak, Marco | 78 | DEU | Gesundheitszentrum Hunsrück | 27 | 28 | 0:04:38 | 0:04:52 | 0:04:59 | 0:18:18 | 0:18:16 | 16,42 |
| 5 | 88 | Horstmann, Christian | 80 | DEU | BOMAG | 33 | 34 | 0:04:40 | 0:04:59 | 0:05:17 | 0:18:57 | 0:18:54 | 15,87 |
| 6 | 418 | Boecher, Peter | 78 | DEU | VLG Eisenbach | 36 | 37 | 0:04:50 | 0:04:59 | 0:05:08 | 0:19:01 | 0:18:56 | 15,83 |
| 7 | 276 | Kemmer, Andreas | 79 | DEU | VfR Simmern Tri | 40 | 41 | 0:04:42 | 0:05:07 | 0:05:16 | 0:19:12 | 0:19:08 | 15,68 |
| 8 | 344 | Kroell, Soeren | 80 | DEU | Triathlon-Team Rhein-Nahe | 59 | 60 | 0:04:53 | 0:05:19 | 0:05:33 | 0:20:15 | 0:20:12 | 14,84 |
| 9 | 249 | Falkenbach, Frank | 77 | D | VLG Eisenbach | 61 | 62 | 0:04:52 | 0:05:24 | 0:05:41 | 0:20:19 | 0:20:16 | 14,80 |
| 10 | 414 | Michaelis, Lennart | 80 | DEU | Ruderclub Germania Boppard | 78 | 79 | 0:05:21 | 0:05:33 | 0:05:42 | 0:21:01 | 0:20:53 | 14,36 |
| 11 | 123 | Schmuck, Tobias S. | 78 | DEU | Team Erdinger Alkoholfrei | 91 | 93 | 0:05:27 | 0:05:39 | 0:05:40 | 0:21:14 | 0:21:14 | 14,12 |
| 12 | 284 | Schwarz, Hannes | 80 | DEU | *Nörtershausen | 125 | 134 | 0:05:38 | 0:05:54 | 0:06:14 | 0:22:46 | 0:22:39 | 13,24 |
| 13 | 230 | Sautter, Roman | 79 | D | Bethesda-Mix | 141 | 155 | 0:08:35 | 0:08:17 | 0:00:00 | 0:23:39 | 0:23:11 | 12,93 |
| 14 | 199 | Nick, Daniel | 80 | DEU | Autobahnmeisterei Emmelshau | 169 | 198 | 0:06:26 | 0:06:17 | 0:06:28 | 0:24:50 | 0:24:21 | 12,31 |
| 15 | 219 | Balestra, Franko | 77 | D | Bethesda-Mix | 229 | 322 | 0:07:45 | 0:07:45 | 0:07:59 | 0:30:07 | 0:29:45 | 10,08 |
| 16 | 290 | Bossing, Björn | 81 | DEU | Gesundheitszentrum Kastell | 243 | 349 | 0:07:42 | 0:08:32 | 0:08:45 | 0:32:09 | 0:31:57 | 9,39 |

Klasse M35

| Platz | Startnr. | Name | JG | NAT | Verein*/Ort | M/W-PI | Pos | 1. Kontr. | 2. Kontr. | 3. Kontr. | Brutto | Netto | km/h |
|-------|----------|---------------------|----|-----|--------------------------------|--------|-----|-----------|-----------|-----------|---------|---------|-------|
| 1 | 4 | Boch, Volker | 76 | DEU | Tus Horn/Marktapotheke Boppard | 11 | 11 | 0:04:13 | 0:04:36 | 0:04:49 | 0:17:22 | 0:17:21 | 17,29 |
| 2 | 370 | Schluenkes, Michael | 75 | DEU | SRL Triathlon Koblenz | 19 | 19 | 0:04:35 | 0:04:47 | 0:04:49 | 0:17:59 | 0:17:56 | 16,73 |
| 3 | 331 | Neuburger, Matthias | 74 | DEU | LG Bambule | 20 | 20 | 0:04:40 | 0:04:50 | 0:04:52 | 0:18:00 | 0:17:59 | 16,68 |
| 4 | 312 | Lehmann, Jens | 76 | DEU | X-Sport Kastellaun | 21 | 21 | 0:04:28 | 0:04:40 | 0:04:55 | 0:18:02 | 0:17:59 | 16,67 |
| 5 | 96 | Michels, Holger | 72 | DEU | BOMAG | 28 | 29 | 0:04:35 | 0:04:54 | 0:05:00 | 0:18:30 | 0:18:27 | 16,25 |
| 6 | 400 | Weber, Philipp | 75 | DEU | Mutterhaus Trier | 33 | 35 | 0:04:50 | 0:05:01 | 0:05:09 | 0:18:54 | 0:18:54 | 15,87 |
| 7 | 385 | Walita, Sasch | 73 | DEU | LF Naheland Bad Kreuznach | 42 | 43 | 0:04:47 | 0:05:05 | 0:05:15 | 0:19:14 | 0:19:10 | 15,65 |
| 8 | 130 | Hirt, Frank | 72 | DEU | X-Sport Kastellaun | 47 | 48 | 0:04:55 | 0:05:08 | 0:05:15 | 0:19:22 | 0:19:18 | 15,54 |
| 9 | 218 | Nachtsheim, Kai | 76 | D | Bethesda-Mix | 52 | 53 | 0:04:52 | 0:05:05 | 0:05:20 | 0:19:38 | 0:19:33 | 15,34 |
| 10 | 372 | Hennes, Frank | 73 | DEU | TSV Bullay-Alf | 63 | 64 | 0:05:14 | 0:05:24 | 0:05:31 | 0:20:29 | 0:20:17 | 14,78 |
| 11 | 178 | Zinser, Marco | 75 | DEU | Kant-Gymnasium Boppard | 76 | 77 | 0:05:17 | 0:05:38 | 0:05:42 | 0:20:58 | 0:20:51 | 14,38 |
| 12 | 291 | Geiß, Tobias | 76 | DEU | GZH Kastellaun | 83 | 85 | 0:05:10 | 0:05:38 | 0:05:54 | 0:21:06 | 0:21:04 | 14,24 |
| 13 | 317 | Gentner, Jörg | 72 | DEU | Schängel Express | 99 | 103 | 0:05:16 | 0:05:35 | 0:06:00 | 0:21:46 | 0:21:39 | 13,85 |
| 14 | 408 | Metz, Kai | 73 | DEU | TuS Horn | 100 | 105 | 0:05:42 | 0:05:42 | 0:05:47 | 0:21:53 | 0:21:42 | 13,81 |
| 15 | 9 | Neiser, Frank | 72 | DEU | SVE Oppenheim | 133 | 146 | 0:06:00 | 0:06:08 | 0:06:13 | 0:23:12 | 0:22:59 | 13,04 |
| 16 | 379 | Ummers, Max | 72 | DEU | Running Team Bad Ems | 134 | 147 | 0:06:15 | 0:06:04 | 0:06:03 | 0:23:12 | 0:23:00 | 13,04 |
| 17 | 108 | Sonne, Markus | 75 | DEU | TV Raversbeuren | 197 | 242 | 0:06:59 | 0:06:56 | 0:06:54 | 0:26:33 | 0:26:11 | 11,45 |
| 18 | 401 | Müller, Fabian | 76 | DEU | Kloster Mainzerstr. 8 | 238 | 337 | 0:07:45 | 0:08:14 | 0:08:23 | 0:31:24 | 0:31:02 | 9,66 |
| 19 | 349 | Auer, Michael | 72 | DEU | LT Untermosel | 244 | 350 | 0:08:48 | 0:08:44 | 0:08:21 | 0:32:33 | 0:32:13 | 9,31 |



26. sebamed Mailauf Bopparder 2011

01.06.2011

Altersklassenliste Hauptlauf 5km

Klasse M40

| Platz | Startnr. | Name | JG | NAT | Verein*/Ort | M/W-PI | Pos | 1. Kontr. | 2. Kontr. | 3. Kontr. | Brutto | Netto | km/h |
|-------|----------|----------------------|----|-----|---------------------------|--------|-----|-----------|-----------|-----------|---------|---------|-------|
| 1 | 52 | Müller, Dirk | 68 | DEU | Hunsrück-Marathon e.V. | 15 | 15 | 0:04:31 | 0:04:42 | 0:04:50 | 0:17:42 | 0:17:41 | 16,96 |
| 2 | 15 | Hammen, Joachim | 68 | DEU | Hunsrück-Marathon e.V. | 23 | 24 | 0:04:43 | 0:04:51 | 0:04:51 | 0:18:09 | 0:18:07 | 16,56 |
| 3 | 348 | Schmelzeisen, Markus | 69 | DEU | Triathlon-Team Rhein-Nahe | 24 | 25 | 0:04:39 | 0:04:50 | 0:04:53 | 0:18:10 | 0:18:07 | 16,55 |
| 4 | 53 | Kremer, Dirk | 67 | DEU | SRL Triathlon Koblenz | 25 | 26 | 0:04:35 | 0:04:47 | 0:04:56 | 0:18:11 | 0:18:08 | 16,53 |
| 5 | 288 | Jakobs, Michael | 70 | DEU | TUS Gödenroth | 29 | 30 | 0:04:45 | 0:05:00 | 0:05:03 | 0:18:43 | 0:18:40 | 16,07 |
| 6 | 46 | Braumann, Oskar | 68 | DEU | PST-TRIER | 35 | 36 | 0:04:54 | 0:05:00 | 0:05:07 | 0:18:57 | 0:18:55 | 15,85 |
| 7 | 313 | Frank, Holger | 69 | DEU | LT RS | 38 | 39 | 0:04:51 | 0:05:04 | 0:05:10 | 0:19:07 | 0:19:05 | 15,71 |
| 8 | 381 | Schäfer, Michael | 71 | DEU | SV Eintracht Oppenheim | 41 | 42 | 0:04:45 | 0:05:04 | 0:05:18 | 0:19:12 | 0:19:08 | 15,67 |
| 9 | 233 | Dommershausen, Frank | 71 | D | Bethesda-Mix | 48 | 49 | 0:04:53 | 0:05:07 | 0:05:11 | 0:19:27 | 0:19:18 | 15,54 |
| 10 | 65 | Sauborn, Stephan | 69 | DEU | LT Horn-Laubach | 49 | 50 | 0:04:53 | 0:05:07 | 0:05:18 | 0:19:23 | 0:19:23 | 15,47 |
| 11 | 271 | Andrae, Wolfram | 71 | DEU | Hunsrück Marathon e.V. | 51 | 52 | 0:04:57 | 0:05:07 | 0:05:18 | 0:19:31 | 0:19:29 | 15,39 |
| 12 | 87 | Berns, Karl-Heinz | 69 | DEU | BOMAG | 74 | 75 | 0:05:11 | 0:05:29 | 0:05:38 | 0:20:56 | 0:20:46 | 14,44 |
| 13 | 40 | Adam, Frank | 71 | DEU | *St. Goar | 75 | 76 | 0:05:21 | 0:05:31 | 0:05:38 | 0:20:56 | 0:20:46 | 14,44 |
| 14 | 39 | Hennig, Wolfgang | 70 | DEU | TG Boppard | 82 | 84 | 0:05:13 | 0:05:37 | 0:05:47 | 0:21:09 | 0:21:03 | 14,24 |
| 15 | 404 | Schneider, Günter | 68 | DEU | TSV Emmelshausen | 94 | 96 | 0:05:17 | 0:05:42 | 0:05:55 | 0:21:25 | 0:21:21 | 14,05 |
| 16 | 139 | Link, Uwe | 68 | DEU | Laufftreff Siebenborn | 98 | 101 | 0:05:38 | 0:05:47 | 0:05:46 | 0:21:41 | 0:21:32 | 13,93 |
| 17 | 140 | Link, Ralf | 67 | DEU | Laufftreff Siebenborn | 103 | 109 | 0:05:38 | 0:05:48 | 0:06:01 | 0:22:01 | 0:21:52 | 13,71 |
| 18 | 100 | Weber, Thomas | 69 | DEU | TuS Horn | 105 | 111 | 0:05:44 | 0:05:53 | 0:05:55 | 0:22:06 | 0:21:54 | 13,69 |
| 19 | 27 | Schmidt, Frank | 67 | DEU | AOK Simmern | 106 | 112 | 0:05:41 | 0:05:45 | 0:05:59 | 0:22:06 | 0:21:55 | 13,69 |
| 20 | 350 | Lipkowski, Christian | 71 | DEU | *Boppard | 107 | 114 | 0:05:52 | 0:05:50 | 0:05:48 | 0:22:10 | 0:22:00 | 13,63 |
| 21 | 91 | Liesenfeld, Frank | 71 | DEU | BOMAG | 109 | 117 | 0:06:01 | 0:05:47 | 0:05:50 | 0:22:21 | 0:22:06 | 13,57 |
| 22 | 58 | Nickenig, Thomas | 67 | DEU | *Boppard | 119 | 127 | 0:05:24 | 0:06:00 | 0:06:12 | 0:22:34 | 0:22:28 | 13,35 |
| 23 | 193 | Böhm, Markus | 70 | DEU | *Emmelshausen | 123 | 132 | 0:05:26 | 0:06:03 | 0:06:15 | 0:22:37 | 0:22:33 | 13,30 |
| 24 | 333 | Blumenfeld, Frank | 67 | DEU | *Köln | 145 | 159 | 0:05:51 | 0:06:07 | 0:06:14 | 0:23:22 | 0:23:14 | 12,91 |
| 25 | 253 | Abt, Heiko | 68 | DEU | VLG Eisenbach | 156 | 182 | 0:06:06 | 0:06:11 | 0:06:24 | 0:24:03 | 0:23:53 | 12,55 |
| 26 | 202 | Brügel, Christian | 67 | DEU | *Emmelshausen | 163 | 189 | 0:06:13 | 0:06:20 | 0:06:30 | 0:24:20 | 0:24:07 | 12,43 |
| 27 | 80 | Liesenfeld, Dirk | 70 | DEU | BOMAG | 179 | 211 | 0:06:34 | 0:06:30 | 0:06:35 | 0:25:08 | 0:24:41 | 12,15 |
| 28 | 265 | Heinl, Roman | 71 | D | Hunsrück-Marathon e.V. | 184 | 216 | 0:06:26 | 0:06:39 | 0:06:46 | 0:25:13 | 0:24:55 | 12,04 |
| 29 | 260 | Schwaben, Gunther | 68 | | Hunsrück-Marathon e.V. | 192 | 230 | 0:06:31 | 0:06:54 | 0:06:56 | 0:25:51 | 0:25:34 | 11,73 |
| 30 | 32 | Bach, Olaf | 68 | DEU | *Boppard | 198 | 243 | 0:06:47 | 0:06:45 | 0:07:12 | 0:26:43 | 0:26:15 | 11,43 |
| 31 | 86 | Pies, Michael | 69 | DEU | BOMAG | 199 | 244 | 0:07:21 | 0:07:04 | 0:06:55 | 0:26:42 | 0:26:16 | 11,42 |
| 32 | 28 | Ternes, Peter | 68 | DEU | Team Erdinger Alkoholfrei | 201 | 246 | 0:06:49 | 0:07:13 | 0:07:03 | 0:26:43 | 0:26:18 | 11,41 |
| 33 | 355 | Etges, Andreas | 67 | DEU | | 205 | 256 | 0:07:03 | 0:07:05 | 0:07:00 | 0:26:53 | 0:26:33 | 11,30 |
| 34 | 227 | Polomski, Dieter | 68 | D | Bethesda-Mix | 215 | 285 | 0:07:40 | 0:07:29 | 0:07:24 | 0:28:16 | 0:27:49 | 10,78 |
| 35 | 133 | Heimann, Udo | 68 | DEU | Fit und Frey | 220 | 293 | 0:06:50 | 0:07:16 | 0:07:47 | 0:28:27 | 0:28:02 | 10,70 |
| 36 | 250 | Schnierer, Peter | 67 | DEU | VLG Eisenbach | 226 | 309 | 0:07:07 | 0:07:19 | 0:08:04 | 0:29:17 | 0:28:58 | 10,35 |
| 37 | 308 | Schmitt, Jürgen | 69 | DEU | LT Untermosel | 233 | 330 | 0:08:42 | 0:08:06 | 0:07:50 | 0:30:45 | 0:30:25 | 9,86 |
| 38 | 220 | Nissen, Nils | 68 | D | Bethesda-Mix | 234 | 331 | 0:08:35 | 0:07:58 | 0:07:51 | 0:30:48 | 0:30:26 | 9,86 |
| 39 | 357 | Gräf, Hans-Peter | 70 | DEU | Bethesda-Mix | 239 | 338 | 0:08:37 | 0:08:17 | 0:07:52 | 0:31:28 | 0:31:03 | 9,66 |



26. sebamed Mailauf Bopparder 2011

01.06.2011

Altersklassenliste Hauptlauf 5km

Klasse M45

| Platz | Startnr. | Name | JG | NAT | Verein/*Ort | M/W-PI | Pos | 1. Kontr. | 2. Kontr. | 3. Kontr. | Brutto | Netto | km/h |
|-------|----------|------------------------|----|-----|-----------------------------|--------|-----|-----------|-----------|-----------|---------|---------|-------|
| 1 | 270 | Christ, Peter | 64 | DEU | X-Sport Kastellaun | 16 | 16 | 0:04:31 | 0:04:42 | 0:04:50 | 0:17:44 | 0:17:42 | 16,94 |
| 2 | 16 | Klein, Matthias | 66 | DEU | TSV Cappel | 17 | 17 | 0:04:41 | 0:04:43 | 0:04:47 | 0:17:51 | 0:17:49 | 16,83 |
| 3 | 278 | Krzywik, Raimund | 64 | DEU | LF Naheland Bad Kreuznach | 22 | 23 | 0:04:29 | 0:04:50 | 0:04:59 | 0:18:07 | 0:18:06 | 16,57 |
| 4 | 285 | Caspar, Markus | 65 | DEU | Hunsrück Marathon | 26 | 27 | 0:04:50 | 0:04:57 | 0:04:54 | 0:18:17 | 0:18:14 | 16,44 |
| 5 | 377 | Frohwein, Jörg | 66 | DEU | LG Boppard-Bad Salzig | 30 | 31 | 0:04:41 | 0:05:04 | 0:05:11 | 0:18:55 | 0:18:52 | 15,90 |
| 6 | 335 | Zimmermann, Andreas | 62 | DEU | Speck-weg Spabrücken | 43 | 44 | 0:04:50 | 0:05:05 | 0:05:12 | 0:19:16 | 0:19:11 | 15,63 |
| 7 | 21 | Diesler, Friedel | 65 | DEU | Spay | 46 | 47 | 0:04:49 | 0:05:07 | 0:05:18 | 0:19:19 | 0:19:16 | 15,56 |
| 8 | 67 | Berke, Martin | 63 | DEU | *Boppard | 54 | 55 | 0:04:57 | 0:05:13 | 0:05:23 | 0:19:41 | 0:19:39 | 15,26 |
| 9 | 365 | Geisler, Hermann-Josef | 62 | DEU | Lahnstein | 55 | 56 | 0:05:00 | 0:05:15 | 0:05:23 | 0:19:50 | 0:19:47 | 15,15 |
| 10 | 44 | Dix, Eckhard | 65 | DEU | TuS Altweidelbach | 57 | 58 | 0:04:55 | 0:05:18 | 0:05:28 | 0:19:59 | 0:19:56 | 15,05 |
| 11 | 231 | Pabst, Jörn | 64 | D | Bethesda-Mix | 60 | 61 | 0:05:00 | 0:05:21 | 0:05:37 | 0:20:21 | 0:20:15 | 14,80 |
| 12 | 180 | Bartmann, Christoph | 65 | DEU | Spayer Boxelöfter | 62 | 63 | 0:05:01 | 0:05:27 | 0:05:35 | 0:20:19 | 0:20:16 | 14,80 |
| 13 | 246 | Kraemer, Thomas | 66 | DEU | Meddys LWT Koblenz | 64 | 65 | 0:05:16 | 0:05:18 | 0:05:32 | 0:20:24 | 0:20:19 | 14,76 |
| 14 | 314 | Plé, Paul | 63 | DEU | LT Untermosel | 65 | 66 | 0:05:03 | 0:05:17 | 0:05:25 | 0:20:32 | 0:20:26 | 14,68 |
| 15 | 196 | Hofmann, Friedhelm | 65 | DEU | DLR Simmern | 80 | 81 | 0:05:23 | 0:05:34 | 0:05:39 | 0:21:03 | 0:20:54 | 14,35 |
| 16 | 389 | Backhaus, Peter | 63 | DEU | GZH-Hunsrück | 88 | 90 | 0:05:17 | 0:05:35 | 0:05:48 | 0:21:14 | 0:21:08 | 14,19 |
| 17 | 296 | Neuhaus, Gunter | 62 | DEU | Running Team Bad Ems | 95 | 97 | 0:05:26 | 0:05:48 | 0:05:46 | 0:21:30 | 0:21:25 | 14,00 |
| 18 | 155 | Kemp, Hans Joachim | 63 | D | LG Boppard - Bad Salzig | 96 | 98 | 0:05:46 | 0:05:45 | 0:05:45 | 0:21:53 | 0:21:26 | 13,99 |
| 19 | 8 | Dürr, Alexander | 64 | DEU | *Koblenz | 102 | 107 | 0:05:19 | 0:05:46 | 0:05:59 | 0:21:52 | 0:21:47 | 13,76 |
| 20 | 282 | Göbel, Rainer | 65 | DEU | x-Sport-Kastellaun | 108 | 116 | 0:05:45 | 0:05:52 | 0:06:03 | 0:22:13 | 0:22:04 | 13,59 |
| 21 | 141 | Henrich, Wolfgang | 64 | DEU | *Kastellaun | 110 | 118 | 0:05:46 | 0:05:52 | 0:05:58 | 0:22:19 | 0:22:08 | 13,55 |
| 22 | 179 | Steinert, Frank | 65 | DEU | Kant-Gymnasium Boppard | 112 | 120 | 0:05:31 | 0:05:54 | 0:06:05 | 0:22:23 | 0:22:16 | 13,47 |
| 23 | 409 | Rüdel, Markus | 62 | DEU | Schüddel-Combo | 113 | 121 | 0:05:56 | 0:05:43 | 0:05:55 | 0:22:41 | 0:22:16 | 13,46 |
| 24 | 56 | Mäurer, Berthold | 63 | DEU | Hunsrück-Marathon e.V. | 120 | 129 | 0:05:51 | 0:05:59 | 0:05:58 | 0:22:41 | 0:22:30 | 13,33 |
| 25 | 393 | Braun, Heinz | 63 | DEU | SV Buch | 121 | 130 | 0:05:48 | 0:05:59 | 0:06:02 | 0:22:37 | 0:22:31 | 13,32 |
| 26 | 367 | Drexel, Rüdiger | 63 | DEU | X-Sport Kastellaun | 130 | 144 | 0:06:02 | 0:06:01 | 0:06:08 | 0:23:10 | 0:22:55 | 13,09 |
| 27 | 10 | Knopp, Michael | 66 | DEU | *Sankt Aldegund | 136 | 149 | 0:05:55 | 0:06:05 | 0:06:19 | 0:23:34 | 0:23:02 | 13,02 |
| 28 | 136 | Stockenhofen, Ralf | 66 | DEU | VLG Eisenbach | 137 | 150 | 0:05:41 | 0:06:09 | 0:06:22 | 0:23:15 | 0:23:06 | 12,99 |
| 29 | 31 | Bersch, Rainer | 64 | DEU | *Boppard | 138 | 151 | 0:05:39 | 0:06:11 | 0:06:26 | 0:23:12 | 0:23:07 | 12,97 |
| 30 | 41 | Fuchs, Bernd | 63 | DEU | SC Filsen | 140 | 153 | 0:06:07 | 0:06:10 | 0:06:06 | 0:23:20 | 0:23:08 | 12,96 |
| 31 | 319 | Müller, Roland | 63 | DEU | LT Gehaichnis | 147 | 165 | 0:06:02 | 0:06:12 | 0:06:17 | 0:23:44 | 0:23:21 | 12,85 |
| 32 | 411 | Redmann, Martin | 64 | DEU | *Boppard | 149 | 167 | 0:05:57 | 0:06:13 | 0:06:23 | 0:23:46 | 0:23:22 | 12,83 |
| 33 | 342 | Peters, Achim | 66 | DEU | Triathlon-Team Rhein-Nahe | 152 | 174 | 0:04:56 | 0:06:44 | 0:06:57 | 0:23:38 | 0:23:36 | 12,71 |
| 34 | 120 | Krautkrämer, Thomas | 62 | DEU | LG Boppard - Bad Salzig | 153 | 175 | 0:05:54 | 0:06:16 | 0:06:25 | 0:24:10 | 0:23:38 | 12,69 |
| 35 | 149 | Roos, Alfred | 66 | DEU | | 160 | 186 | 0:06:03 | 0:06:18 | 0:06:35 | 0:24:10 | 0:24:01 | 12,49 |
| 36 | 257 | Köpke, Sven | 64 | D | LG Boppard - Bad Salzig | 162 | 188 | 0:06:21 | 0:06:19 | 0:06:26 | 0:24:19 | 0:24:03 | 12,47 |
| 37 | 298 | Wolf, Klaus | 62 | DEU | *Kettig | 165 | 191 | 0:06:29 | 0:06:23 | 0:06:20 | 0:24:33 | 0:24:10 | 12,41 |
| 38 | 101 | Gumm, Friedhelm | 63 | DEU | TuS Horn | 174 | 204 | 0:06:20 | 0:06:31 | 0:06:41 | 0:24:40 | 0:24:27 | 12,26 |
| 39 | 252 | Schnierer, Michael | 63 | D | VLG Eisenbach | 176 | 208 | 0:06:06 | 0:06:29 | 0:06:43 | 0:24:47 | 0:24:38 | 12,17 |
| 40 | 24 | Alt, Manfred | 66 | DEU | TuS Roland Brey | 178 | 210 | 0:06:35 | 0:06:36 | 0:06:30 | 0:24:56 | 0:24:40 | 12,16 |
| 41 | 143 | Pies, Roger | 66 | DEU | Autobahnmeisterei Emmelshau | 181 | 213 | 0:07:13 | 0:06:33 | 0:06:23 | 0:25:15 | 0:24:48 | 12,09 |
| 42 | 405 | Heil, Jürgen | 64 | DEU | *Boppard | 183 | 215 | 0:06:08 | 0:06:41 | 0:06:56 | 0:25:00 | 0:24:54 | 12,04 |
| 43 | 99 | Mohr, Alexander | 66 | DEU | TuS Horn | 189 | 224 | 0:06:31 | 0:06:52 | 0:06:49 | 0:25:33 | 0:25:22 | 11,82 |
| 44 | 323 | Reinke, Alexander | 64 | DEU | BOMAG | 193 | 233 | 0:07:20 | 0:06:41 | 0:06:37 | 0:26:21 | 0:25:56 | 11,56 |
| 45 | 303 | Meurer, Thomas | 63 | DEU | SV Rödelhausen | 196 | 241 | 0:06:49 | 0:07:01 | 0:07:05 | 0:26:35 | 0:26:10 | 11,46 |
| 46 | 102 | Martin, Helmut | 64 | DEU | TuS Horn | 209 | 267 | 0:06:29 | 0:07:00 | 0:07:34 | 0:27:11 | 0:26:59 | 11,12 |
| 47 | 84 | Assmann, Harald | 63 | DEU | BOMAG | 210 | 270 | 0:07:22 | 0:07:05 | 0:07:08 | 0:27:34 | 0:27:09 | 11,04 |
| 48 | 266 | Fischer, Christoph | 64 | DEU | LT Untermosel | 240 | 340 | 0:08:36 | 0:08:12 | 0:08:16 | 0:31:33 | 0:31:14 | 9,60 |



26. sebamed Mailauf Bopparder 2011

01.06.2011

Altersklassenliste Hauptlauf 5km

Klasse M50

| Platz | Startnr. | Name | JG | NAT | Verein/*Ort | M/W-PI | Pos | 1. Kontr. | 2. Kontr. | 3. Kontr. | Brutto | Netto | km/h |
|-------|----------|------------------------|----|-----|----------------------------|--------|-----|-----------|-----------|-----------|---------|---------|-------|
| 1 | 11 | Becker, Wolfgang | 61 | DEU | DauerPower Bad Ems | 10 | 10 | 0:04:21 | 0:04:34 | 0:04:38 | 0:17:15 | 0:17:14 | 17,41 |
| 2 | 302 | Staab, Walter | 59 | DEU | Running Team Bad Ems | 32 | 33 | 0:04:47 | 0:05:02 | 0:05:10 | 0:18:55 | 0:18:53 | 15,88 |
| 3 | 151 | Groß, Peter | 60 | DEU | Gesundheitszentrum Kastell | 56 | 57 | 0:05:17 | 0:05:14 | 0:05:20 | 0:19:55 | 0:19:55 | 15,06 |
| 4 | 124 | Hellwig, Benno | 61 | DEU | LG Boppard - Bad Salzig | 70 | 71 | 0:05:29 | 0:05:31 | 0:05:27 | 0:21:14 | 0:20:41 | 14,50 |
| 5 | 403 | Adams, Klaus | 58 | DEU | Runnung Team Bad Ems | 73 | 74 | 0:05:15 | 0:05:30 | 0:05:40 | 0:20:50 | 0:20:46 | 14,44 |
| 6 | 106 | Herbach, Thomas | 59 | DEU | LLG Wonnegau | 92 | 94 | 0:05:12 | 0:05:39 | 0:05:52 | 0:21:20 | 0:21:14 | 14,12 |
| 7 | 279 | Schulz, Heinz | 57 | DEU | LT Horn-Laubach | 101 | 106 | 0:05:52 | 0:05:41 | 0:05:44 | 0:21:55 | 0:21:47 | 13,77 |
| 8 | 121 | Scherzinger, Georg | 59 | DEU | LG Boppard - Bad Salzig | 122 | 131 | 0:05:57 | 0:05:55 | 0:06:02 | 0:23:01 | 0:22:32 | 13,31 |
| 9 | 43 | Abraham, Peter | 59 | DEU | Hunsrück-Marathon e.V. | 130 | 143 | 0:06:05 | 0:05:57 | 0:06:11 | 0:23:12 | 0:22:55 | 13,09 |
| 10 | 391 | Mohrs, Achim | 60 | DEU | TV Marathonfieber Krumholz | 139 | 152 | 0:05:54 | 0:06:17 | 0:06:21 | 0:23:16 | 0:23:07 | 12,97 |
| 11 | 68 | Ihmig, Gerhard | 61 | DEU | LT Horn-Laubach | 146 | 163 | 0:06:28 | 0:06:00 | 0:06:05 | 0:23:39 | 0:23:18 | 12,87 |
| 12 | 352 | Müllen, Ralf | 60 | DEU | X-Sport Kastellaun | 154 | 176 | 0:06:06 | 0:06:14 | 0:06:22 | 0:23:51 | 0:23:39 | 12,68 |
| 13 | 45 | Liesenfeld, Dieter | 60 | DEU | VfB Gondershausen | 155 | 180 | 0:06:06 | 0:06:13 | 0:06:22 | 0:24:03 | 0:23:50 | 12,58 |
| 14 | 390 | Benner, Gerd | 61 | DEU | TC Rot-Weiß Boppard | 158 | 184 | 0:06:27 | 0:06:15 | 0:06:16 | 0:24:23 | 0:23:58 | 12,52 |
| 15 | 22 | Alt, Lothar | 61 | DEU | *Halsenbach | 177 | 209 | 0:06:35 | 0:06:36 | 0:06:30 | 0:24:56 | 0:24:39 | 12,16 |
| 16 | 89 | Deising, Hermann-Josef | 57 | DEU | BOMAG | 190 | 225 | 0:07:19 | 0:06:42 | 0:06:33 | 0:25:51 | 0:25:26 | 11,79 |
| 17 | 281 | Lüdicke, Günter | 59 | DEU | *Boppard | 191 | 228 | 0:07:10 | 0:06:47 | 0:06:37 | 0:25:59 | 0:25:28 | 11,77 |
| 18 | 115 | Emmerich, Conny | 58 | DEU | Realschule Marienberg | 206 | 258 | 0:06:44 | 0:07:02 | 0:07:16 | 0:26:47 | 0:26:42 | 11,24 |
| 19 | 191 | Vogel, Hans | 60 | DEU | LaufenundHelfen | 213 | 280 | 0:07:11 | 0:07:19 | 0:07:28 | 0:27:57 | 0:27:31 | 10,90 |
| 20 | 61 | Frank, Hartmut | 57 | DEU | X-Sport Kastellaun | 227 | 315 | 0:07:54 | 0:07:40 | 0:07:38 | 0:29:34 | 0:29:07 | 10,30 |
| 21 | 305 | Neuert, Michael | 59 | DEU | LT Untermosel | 235 | 332 | 0:08:43 | 0:08:07 | 0:07:49 | 0:30:45 | 0:30:26 | 9,85 |
| 22 | 235 | Loch, Wolfgang | 59 | DEU | ethesda-Mix | 236 | 333 | 0:07:32 | 0:07:49 | 0:08:28 | 0:30:58 | 0:30:37 | 9,80 |
| 23 | 97 | Unger, Joerg | 60 | DEU | BOMAG | 242 | 345 | 0:07:56 | 0:08:27 | 0:08:43 | 0:32:08 | 0:31:44 | 9,45 |
| 24 | 272 | Blettner, Nikolaus | 57 | DEU | *Koblenz | 246 | 356 | 0:08:30 | 0:09:05 | 0:09:04 | 0:34:13 | 0:33:42 | 8,90 |
| 25 | 304 | Wesche, Roland | 57 | DEU | LT Untermosel | 248 | 360 | 0:08:52 | 0:08:56 | 0:09:04 | 0:34:20 | 0:34:01 | 8,82 |



26. sebamed Mailauf Bopparder 2011

01.06.2011

Altersklassenliste Hauptlauf 5km

Klasse M55

| Platz | Startnr. | Name | JG | NAT | Verein*/Ort | M/W-PI | Pos | 1. Kontr. | 2. Kontr. | 3. Kontr. | Brutto | Netto | km/h |
|-------|----------|---------------------------|----|-----|-------------------------|--------|-----|-----------|-----------|-----------|---------|---------|-------|
| 1 | 258 | Storr, Wilhelm | 54 | DEU | Hunsrück-Marathon e.V. | 37 | 38 | 0:04:53 | 0:05:01 | 0:05:08 | 0:19:00 | 0:19:00 | 15,78 |
| 2 | 324 | Stölting, Manfred | 54 | DEU | sebamed | 77 | 78 | 0:05:34 | 0:05:32 | 0:05:36 | 0:20:52 | 0:20:52 | 14,37 |
| 3 | 339 | Gröger, Wilfried | 56 | DEU | TUS Roland Brey | 89 | 91 | 0:05:12 | 0:05:40 | 0:05:50 | 0:21:13 | 0:21:08 | 14,19 |
| 4 | 394 | Wolf, Norbert | 56 | DEU | SV-Buch | 115 | 123 | 0:05:29 | 0:06:06 | 0:06:11 | 0:22:23 | 0:22:19 | 13,44 |
| 5 | 232 | Bleidt, Werner | 55 | D | Bethesda-Mix | 116 | 124 | 0:05:43 | 0:05:56 | 0:06:03 | 0:22:30 | 0:22:21 | 13,42 |
| 6 | 36 | Schellberg, Horst-Günther | 55 | DEU | X-Sport Kastellaun | 127 | 136 | 0:05:45 | 0:06:03 | 0:06:06 | 0:22:53 | 0:22:40 | 13,23 |
| 7 | 145 | Fölbach, Manfred | 55 | DEU | Running Team Bad Ems | 129 | 142 | 0:06:02 | 0:06:06 | 0:06:03 | 0:23:11 | 0:22:55 | 13,09 |
| 8 | 415 | Gödert, Herbert | 52 | DEU | LA TuS Mayen | 132 | 145 | 0:06:00 | 0:06:01 | 0:06:06 | 0:22:59 | 0:22:59 | 13,05 |
| 9 | 371 | Jost, Holger | 54 | DEU | *Utzenhain | 135 | 148 | 0:05:50 | 0:06:00 | 0:06:11 | 0:23:13 | 0:23:02 | 13,02 |
| 10 | 421 | Helbach, Gerhard | 56 | DEU | SC Kamp-Bornhofen | 144 | 158 | 0:06:13 | 0:06:09 | 0:06:09 | 0:23:32 | 0:23:13 | 12,92 |
| 11 | 200 | Pilger, Manfred | 52 | DEU | TuS Rheinböllen | 171 | 201 | 0:05:50 | 0:06:31 | 0:06:52 | 0:24:28 | 0:24:24 | 12,29 |
| 12 | 287 | Kraus, Günter | 55 | DEU | *Boppard | 175 | 205 | 0:06:24 | 0:06:26 | 0:06:37 | 0:24:43 | 0:24:32 | 12,23 |
| 13 | 241 | Moskopp, Günter | 54 | DEU | Edelhasen | 186 | 219 | 0:06:28 | 0:06:35 | 0:06:38 | 0:25:15 | 0:25:01 | 11,99 |
| 14 | 60 | Höster, Hans-Rainer | 53 | DEU | BOMAG | 187 | 220 | 0:06:30 | 0:06:43 | 0:06:46 | 0:25:29 | 0:25:15 | 11,88 |
| 15 | 398 | Loskant, Dr. Gerd | 52 | DEU | LG Boppard Bad Salzig | 204 | 249 | 0:06:38 | 0:07:03 | 0:07:15 | 0:26:29 | 0:26:28 | 11,33 |
| 16 | 234 | Bergmann, Johannes | 55 | D | Bethesda-Mix | 207 | 264 | 0:06:06 | 0:07:12 | 0:07:52 | 0:27:00 | 0:26:52 | 11,16 |
| 17 | 222 | Eckstein, Peter | 55 | D | Bethesda-Mix | 208 | 266 | 0:07:09 | 0:06:54 | 0:07:10 | 0:27:18 | 0:26:57 | 11,13 |
| 18 | 30 | Schmitz, Otmar | 55 | DEU | *Karbach | 211 | 272 | 0:07:16 | 0:07:06 | 0:07:13 | 0:27:28 | 0:27:14 | 11,01 |
| 19 | 267 | Förges, Gerd | 53 | D | LT Untermosel | 214 | 281 | 0:07:14 | 0:07:14 | 0:07:31 | 0:27:57 | 0:27:38 | 10,86 |
| 20 | 236 | Geissler, Hans- Guenther | 54 | DEU | Edelhasen | 217 | 289 | 0:07:06 | 0:07:29 | 0:07:34 | 0:28:32 | 0:27:59 | 10,72 |
| 21 | 205 | Krämer, Horst | 56 | DEU | Running Team Bad Ems | 223 | 299 | 0:07:33 | 0:07:26 | 0:07:33 | 0:28:40 | 0:28:23 | 10,57 |
| 22 | 148 | Dickhardt, Ludwig | 52 | DEU | TSG Eppstein | 224 | 303 | 0:07:29 | 0:07:35 | 0:07:40 | 0:28:43 | 0:28:28 | 10,53 |
| 23 | 310 | Bernhard, Armin | 54 | DEU | LT Untermosel | 230 | 323 | 0:07:21 | 0:07:42 | 0:08:16 | 0:30:04 | 0:29:46 | 10,08 |
| 24 | 20 | Götz, Dr. Hansjürgen | 53 | DEU | TG Boppard | 241 | 342 | 0:07:15 | 0:08:22 | 0:08:50 | 0:31:31 | 0:31:28 | 9,53 |
| 25 | 119 | Gröning, Michael | 56 | DEU | LG Boppard - Bad Salzig | 249 | 361 | 0:10:22 | 0:11:13 | 0:11:05 | 0:41:31 | 0:40:56 | 7,33 |

Klasse M60

| Platz | Startnr. | Name | JG | NAT | Verein*/Ort | M/W-PI | Pos | 1. Kontr. | 2. Kontr. | 3. Kontr. | Brutto | Netto | km/h |
|-------|----------|---------------------|----|-----|------------------------|--------|-----|-----------|-----------|-----------|---------|---------|-------|
| 1 | 25 | Nagel, Michael | 49 | DEU | Hunsrück Marathon e.V. | 68 | 69 | 0:05:08 | 0:05:28 | 0:05:37 | 0:20:35 | 0:20:32 | 14,61 |
| 2 | 397 | Grabmer, Egon | 50 | DEU | *Neuwied | 71 | 72 | 0:05:08 | 0:05:39 | 0:05:39 | 0:20:43 | 0:20:43 | 14,48 |
| 3 | 105 | Hempel, Klaus-Peter | 50 | DEU | Running Team Bad Ems | 157 | 183 | 0:06:06 | 0:06:24 | 0:06:28 | 0:24:12 | 0:23:56 | 12,53 |
| 4 | 38 | Papenberg, Dieter | 51 | DEU | X-Sport Kastellaun | 188 | 222 | 0:06:15 | 0:06:40 | 0:06:57 | 0:25:29 | 0:25:16 | 11,87 |
| 5 | 34 | Calo, Antonio | 51 | DEU | Rewe Otto May Boppard | 194 | 237 | 0:06:30 | 0:06:53 | 0:07:09 | 0:26:06 | 0:25:59 | 11,54 |
| 6 | 327 | Dresen, Andreas | 51 | DEU | LG Boppard-Bad Salzig | 203 | 248 | 0:06:16 | 0:07:05 | 0:07:27 | 0:26:36 | 0:26:25 | 11,35 |
| 7 | 388 | Hennes, Horst | 49 | DEU | LTD Köln-Dellbrück | 216 | 286 | 0:07:21 | 0:07:22 | 0:07:34 | 0:28:15 | 0:27:52 | 10,76 |
| 8 | 315 | Lörsch, Willi | 50 | DEU | TuS Immendorf | 237 | 334 | 0:08:03 | 0:08:03 | 0:08:05 | 0:30:57 | 0:30:38 | 9,79 |
| 9 | 269 | Landauer, Richard | 49 | DEU | LT Untermosel | 247 | 357 | 0:08:41 | 0:08:47 | 0:09:17 | 0:34:15 | 0:33:54 | 8,85 |

Klasse M65

| Platz | Startnr. | Name | JG | NAT | Verein*/Ort | M/W-PI | Pos | 1. Kontr. | 2. Kontr. | 3. Kontr. | Brutto | Netto | km/h |
|-------|----------|---------------------|----|-----|-------------------------|--------|-----|-----------|-----------|-----------|---------|---------|-------|
| 1 | 316 | Meixner, Dieter | 44 | DEU | 1. FC Kaiserslautern | 84 | 86 | 0:05:30 | 0:05:32 | 0:05:39 | 0:21:10 | 0:21:05 | 14,23 |
| 2 | 138 | Bahr, Manfred | 44 | DEU | Lauffreunde Naheland | 150 | 168 | 0:05:35 | 0:06:20 | 0:06:35 | 0:23:26 | 0:23:23 | 12,83 |
| 3 | 26 | Rechmann, Elmar | 42 | DEU | LG Boppard - Bad Salzig | 170 | 199 | 0:06:10 | 0:06:29 | 0:06:38 | 0:24:23 | 0:24:22 | 12,31 |
| 4 | 51 | Müthing, Kurt | 46 | DEU | Running Team Bad Ems | 185 | 217 | 0:05:59 | 0:06:39 | 0:06:53 | 0:25:06 | 0:24:59 | 12,00 |
| 5 | 127 | Zumpe, Harald | 44 | DEU | LG Dornburg | 212 | 275 | 0:07:13 | 0:07:19 | 0:07:13 | 0:27:27 | 0:27:21 | 10,96 |
| 6 | 407 | Thomas, Klaus | 42 | DEU | LG Boppard-Bad Salzig | 218 | 290 | 0:07:45 | 0:07:24 | 0:07:22 | 0:28:29 | 0:27:59 | 10,72 |
| 7 | 55 | Pink, Franz - Josef | 43 | DEU | SV Waldesch | 228 | 318 | 0:07:27 | 0:07:51 | 0:08:00 | 0:29:45 | 0:29:32 | 10,16 |



26. sebamed Mailauf Bopparder 2011

01.06.2011

Altersklassenliste Hauptlauf 5km

Klasse M70

| Platz | Startnr. | Name | JG | NAT | Verein*/Ort | M/W-PI | Pos | 1. Kontr. | 2. Kontr. | 3. Kontr. | Brutto | Netto | km/h |
|-------|----------|------------------|----|-----|-----------------|--------|-----|-----------|-----------|-----------|---------|---------|-------|
| 1 | 131 | Viert, Wolfgang | 41 | DEU | *Schauren | 151 | 170 | 0:06:06 | 0:06:10 | 0:06:13 | 0:23:33 | 0:23:25 | 12,81 |
| 2 | 329 | Schlegel, Jürgen | 38 | DEU | LG Laacher See | 180 | 212 | 0:06:23 | 0:06:35 | 0:06:38 | 0:24:53 | 0:24:47 | 12,10 |
| 3 | 59 | Holl, Werner | 39 | DEU | LT Horn-Laubach | 231 | 324 | 0:07:18 | 0:07:59 | 0:08:13 | 0:30:00 | 0:29:50 | 10,05 |

Klasse M75

| Platz | Startnr. | Name | JG | NAT | Verein*/Ort | M/W-PI | Pos | 1. Kontr. | 2. Kontr. | 3. Kontr. | Brutto | Netto | km/h |
|-------|----------|-----------------|----|-----|---------------------|--------|-----|-----------|-----------|-----------|---------|---------|-------|
| 1 | 392 | Schmidt, Oswald | 34 | DEU | LG Lahn-Aar Esterau | 225 | 304 | 0:07:20 | 0:07:45 | 0:07:44 | 0:28:50 | 0:28:40 | 10,46 |

Klasse M80

| Platz | Startnr. | Name | JG | NAT | Verein*/Ort | M/W-PI | Pos | 1. Kontr. | 2. Kontr. | 3. Kontr. | Brutto | Netto | km/h |
|-------|----------|-------------------|----|-----|-------------|--------|-----|-----------|-----------|-----------|---------|---------|-------|
| 1 | 33 | Willnecker, Georg | 31 | DEU | SV Urmitz | 97 | 100 | 0:07:42 | 0:07:53 | 0:07:44 | 0:21:40 | 0:21:30 | 13,95 |

Klasse MHK

| Platz | Startnr. | Name | JG | NAT | Verein*/Ort | M/W-PI | Pos | 1. Kontr. | 2. Kontr. | 3. Kontr. | Brutto | Netto | km/h |
|-------|----------|-----------------------|----|-----|---------------------------|--------|-----|-----------|-----------|-----------|---------|---------|-------|
| 1 | 132 | Gehlsdorf, Jörg | 83 | DEU | LG Lahn Aar Esterau | 1 | 1 | 0:04:10 | 0:04:09 | 0:04:10 | 0:15:37 | 0:15:37 | 19,21 |
| 2 | 1 | Sauter, Tobias | 83 | DEU | sebamed | 2 | 2 | 0:04:10 | 0:04:09 | 0:04:10 | 0:15:39 | 0:15:39 | 19,17 |
| 3 | 295 | Martin, Marcel | 87 | DEU | Running Team Bad Ems | 6 | 6 | 0:04:10 | 0:04:19 | 0:04:32 | 0:16:19 | 0:16:18 | 18,40 |
| 4 | 150 | Eder, Torsten | 91 | DEU | X-Sport Kastellaun | 12 | 12 | 0:04:28 | 0:04:39 | 0:03:59 | 0:17:31 | 0:17:29 | 17,16 |
| 5 | 373 | Hergenröder, Andre | 82 | DEU | VfR Simmern | 14 | 14 | 0:04:28 | 0:04:39 | 0:04:43 | 0:17:41 | 0:17:39 | 17,00 |
| 6 | 347 | Pietrusky, Daniel | 84 | DEU | Triathlon-Team Rhein-Nahe | 39 | 40 | 0:04:52 | 0:05:06 | 0:05:11 | 0:19:10 | 0:19:07 | 15,68 |
| 7 | 395 | Friesenhan, Christoph | 88 | DEU | SV Niederburg | 44 | 45 | 0:04:43 | 0:05:05 | 0:05:24 | 0:19:21 | 0:19:15 | 15,58 |
| 8 | 345 | Hahn, Rolf | 83 | DEU | Triathlon-Team Rhein-Nahe | 45 | 46 | 0:04:37 | 0:05:13 | 0:05:24 | 0:19:17 | 0:19:15 | 15,58 |
| 9 | 94 | Adam, Sebastian | 88 | DEU | BOMAG | 69 | 70 | 0:04:54 | 0:05:31 | 0:05:58 | 0:20:42 | 0:20:39 | 14,52 |
| 10 | 63 | Göttsching, Stefan | 87 | DEU | TuS 1921 Ellern | 79 | 80 | 0:05:28 | 0:05:36 | 0:05:45 | 0:21:11 | 0:20:54 | 14,35 |
| 11 | 242 | Moskopp, Ulli | 86 | DEU | Edelhasen | 86 | 88 | 0:05:09 | 0:05:36 | 0:05:56 | 0:21:11 | 0:21:05 | 14,22 |
| 12 | 243 | Sauerwein, Tim | 87 | D | Edelhasen | 87 | 89 | 0:05:04 | 0:05:35 | 0:06:02 | 0:21:11 | 0:21:06 | 14,21 |
| 13 | 76 | Reuter, Jan | 89 | DEU | TuS Kirchberg | 93 | 95 | 0:05:35 | 0:05:44 | 0:05:56 | 0:21:40 | 0:21:20 | 14,06 |
| 14 | 57 | Linse, Maximilian | 90 | DEU | *Boppard | 117 | 125 | 0:05:48 | 0:05:42 | 0:06:05 | 0:22:47 | 0:22:22 | 13,41 |
| 15 | 104 | Mallmann, Björn | 86 | DEU | *Karbach | 172 | 202 | 0:06:25 | 0:06:25 | 0:06:36 | 0:24:41 | 0:24:27 | 12,27 |
| 16 | 190 | Raabe, Stefan | 84 | DEU | Kita St. Klara | 173 | 203 | 0:06:27 | 0:06:26 | 0:06:34 | 0:24:45 | 0:24:27 | 12,26 |
| 17 | 93 | Zolj, Anel | 82 | DEU | BOMAG | 200 | 245 | 0:07:22 | 0:07:04 | 0:06:55 | 0:26:42 | 0:26:17 | 11,41 |
| 18 | 182 | Bach, Daniel | 83 | DEU | *Boppard | 219 | 291 | 0:07:25 | 0:07:22 | 0:07:31 | 0:28:29 | 0:28:01 | 10,71 |
| 19 | 224 | Mathy, Stefan | 83 | D | Bethesda-Mix | 245 | 353 | 0:08:35 | 0:08:51 | 0:08:47 | 0:33:39 | 0:33:16 | 9,02 |

Klasse MJA

| Platz | Startnr. | Name | JG | NAT | Verein*/Ort | M/W-PI | Pos | 1. Kontr. | 2. Kontr. | 3. Kontr. | Brutto | Netto | km/h |
|-------|----------|---------------------|----|-----|-------------------------|--------|-----|-----------|-----------|-----------|---------|---------|-------|
| 1 | 117 | Bock, Christian | 92 | DEU | LG Boppard - Bad Salzig | 5 | 5 | 0:04:10 | 0:04:13 | 0:04:28 | 0:16:17 | 0:16:16 | 18,44 |
| 2 | 176 | Holbach, Fabian | 93 | D | Kant-Gymnasium Boppard | 9 | 9 | 0:04:21 | 0:04:33 | 0:04:32 | 0:17:02 | 0:17:00 | 17,64 |
| 3 | 172 | Nass, David | 92 | D | Kant-Gymnasium Boppard | 66 | 67 | 0:05:39 | 0:05:31 | 0:05:22 | 0:20:39 | 0:20:29 | 14,64 |
| 4 | 175 | Joswig, Julian-Bela | 93 | D | Kant-Gymnasium Boppard | 72 | 73 | 0:04:53 | 0:05:36 | 0:05:48 | 0:20:47 | 0:20:43 | 14,48 |
| 5 | 277 | Mersch, Jens | 92 | DEU | *Kastellaun | 81 | 82 | 0:05:10 | 0:05:38 | 0:05:54 | 0:21:01 | 0:20:59 | 14,29 |
| 6 | 396 | Hellwig, Sven | 93 | DEU | LG Boppard-Bad Salzig | 85 | 87 | 0:05:39 | 0:05:31 | 0:05:36 | 0:21:15 | 0:21:05 | 14,23 |
| 7 | 134 | Haas, Robin | 93 | DEU | Fit und Frey | 111 | 119 | 0:06:27 | 0:05:49 | 0:05:52 | 0:22:43 | 0:22:15 | 13,47 |
| 8 | 118 | Gröning, Sebastian | 92 | DEU | LG Boppard - Bad Salzig | 118 | 126 | 0:05:33 | 0:05:50 | 0:06:11 | 0:22:40 | 0:22:25 | 13,38 |
| 9 | 376 | Frohwein, Lukas | 93 | DEU | LG Boppard-Bad Salzig | 126 | 135 | 0:05:17 | 0:05:59 | 0:06:24 | 0:22:45 | 0:22:40 | 13,23 |
| 10 | 293 | Lang, Jens | 93 | DEU | TUS Spay | 143 | 157 | 0:06:19 | 0:05:53 | 0:05:59 | 0:23:21 | 0:23:12 | 12,92 |
| 11 | 159 | Höfer, Jan | 93 | DEU | Kant-Gymnasium Boppard | 159 | 185 | 0:06:20 | 0:06:45 | 0:06:37 | 0:24:06 | 0:23:58 | 12,51 |
| 12 | 160 | Bersch, Alexander | 93 | D | Kant-Gymnasium Boppard | 161 | 187 | 0:06:19 | 0:06:45 | 0:06:34 | 0:24:10 | 0:24:02 | 12,48 |
| 13 | 171 | Bernd, Maximilian | 93 | D | Kant-Gymnasium Boppard | 182 | 214 | 0:05:53 | 0:06:23 | 0:07:11 | 0:25:01 | 0:24:51 | 12,07 |



26. sebamed Mailauf Bopparder 2011

01.06.2011

Altersklassenliste Hauptlauf 5km

Klasse MJB

| Platz | Startnr. | Name | JG | NAT | Verein/*Ort | M/W-PI | Pos | 1. Kontr. | 2. Kontr. | 3. Kontr. | Brutto | Netto | km/h |
|-------|----------|---------------------|----|-----|---------------------------|--------|-----|-----------|-----------|-----------|---------|---------|-------|
| 1 | 359 | Jeandre, Julien | 94 | DEU | Triathlon TuS Ahrweiler | 3 | 3 | 0:04:09 | 0:04:10 | 0:04:10 | 0:15:41 | 0:15:39 | 19,15 |
| 2 | 273 | Schweikert, Markus | 94 | DEU | LG Maifeld-Pellenz | 7 | 7 | 0:04:11 | 0:04:18 | 0:04:32 | 0:16:27 | 0:16:26 | 18,25 |
| 3 | 361 | Zyciara, Marvin | 96 | DEU | Triathlon TuS Ahrweiler | 8 | 8 | 0:04:11 | 0:04:25 | 0:04:33 | 0:16:49 | 0:16:48 | 17,85 |
| 4 | 189 | Emmes, Simon | 95 | DEU | Kant-Gymnasium Boppard | 31 | 32 | 0:04:55 | 0:05:09 | 0:05:04 | 0:18:57 | 0:18:53 | 15,88 |
| 5 | 113 | Jannermann, Niklas | 95 | DEU | Realschule Marienberg | 50 | 51 | 0:04:56 | 0:05:11 | 0:05:19 | 0:19:34 | 0:19:29 | 15,40 |
| 6 | 112 | Rüdel, Lennart | 96 | DEU | Realschule Marienberg | 53 | 54 | 0:04:57 | 0:05:11 | 0:05:19 | 0:19:40 | 0:19:36 | 15,30 |
| 7 | 255 | Klauer, Marten | 95 | D | LG Boppard - Bad Salzig | 58 | 59 | 0:04:56 | 0:05:14 | 0:05:35 | 0:20:09 | 0:20:05 | 14,94 |
| 8 | 275 | Schnieders, Bastian | 97 | DEU | Hunsrück-Marathon e.V. | 67 | 68 | 0:05:01 | 0:05:30 | 0:05:44 | 0:20:31 | 0:20:30 | 14,62 |
| 9 | 103 | Köhn, Kevin | 97 | DEU | TuS Horn | 90 | 92 | 0:05:16 | 0:05:35 | 0:05:46 | 0:21:14 | 0:21:13 | 14,14 |
| 10 | 210 | Narzarenius, Hardy | 95 | DEU | Helene-Pages-Schule | 104 | 110 | 0:04:43 | 0:05:53 | 0:06:33 | 0:21:54 | 0:21:53 | 13,70 |
| 11 | 416 | Wagner, Tobias | 95 | DEU | Kant Gymnasium Boppard | 114 | 122 | 0:06:04 | 0:05:40 | 0:05:55 | 0:22:19 | 0:22:19 | 13,44 |
| 12 | 78 | Tries, Frederik | 01 | DEU | TuS Kirchberg | 124 | 133 | 0:05:47 | 0:05:54 | 0:06:03 | 0:22:51 | 0:22:35 | 13,28 |
| 13 | 382 | Walita, Tim | 98 | DEU | LF Naheland Bad Kreuznach | 128 | 140 | 0:05:35 | 0:05:56 | 0:06:25 | 0:22:55 | 0:22:52 | 13,12 |
| 14 | 213 | Okyay, Latif | 95 | D | Helene-Pages-Schule | 142 | 156 | 0:05:01 | 0:05:32 | 0:07:54 | 0:23:14 | 0:23:12 | 12,93 |
| 15 | 165 | Muders, Justus | 94 | D | Kant-Gymnasium Boppard | 148 | 166 | 0:06:02 | 0:06:14 | 0:06:25 | 0:23:36 | 0:23:22 | 12,84 |
| 16 | 201 | Brügel, Johannes | 98 | DEU | TSV Emmelshausen | 164 | 190 | 0:06:13 | 0:06:20 | 0:06:30 | 0:24:20 | 0:24:08 | 12,43 |
| 17 | 166 | Christ, Lars | 95 | DEU | Kant-Gymnasium Boppard | 166 | 192 | 0:06:50 | 0:06:23 | 0:06:22 | 0:24:40 | 0:24:10 | 12,41 |
| 18 | 167 | Geisel, Dennis | 94 | D | Kant-Gymnasium Boppard | 167 | 193 | 0:07:06 | 0:06:26 | 0:06:07 | 0:24:40 | 0:24:11 | 12,40 |
| 19 | 168 | Breising, Rudolf | 94 | D | Kant-Gymnasium Boppard | 168 | 195 | 0:07:06 | 0:06:25 | 0:06:07 | 0:24:42 | 0:24:13 | 12,38 |
| 20 | 363 | Lüssem, Lukas | 94 | DEU | Realschule Marienberg | 195 | 238 | 0:07:29 | 0:07:11 | 0:06:27 | 0:26:13 | 0:25:59 | 11,54 |
| 21 | 211 | Braun, Kevin | 94 | D | Helene-Pages-Schule | 202 | 247 | 0:05:38 | 0:07:19 | 0:07:27 | 0:26:19 | 0:26:19 | 11,40 |
| 22 | 419 | Lorenz, René | 99 | DEU | TuS Kirchberg | 221 | 295 | 0:07:52 | 0:08:02 | 0:07:13 | 0:28:33 | 0:28:13 | 10,63 |
| 23 | 420 | Jung, Tobias | 99 | DEU | TuS Kirchberg | 222 | 298 | 0:07:52 | 0:08:01 | 0:07:12 | 0:28:35 | 0:28:15 | 10,62 |
| 24 | 254 | Rosenbach, Tim | 95 | D | LG Boppard - Bad Salzig | 232 | 327 | 0:07:04 | 0:07:49 | 0:08:34 | 0:30:14 | 0:29:56 | 10,02 |



26. sebamed Mailauf Bopparder 2011

01.06.2011

Altersklassenliste Hauptlauf 5km

Klasse W30

| Platz | Startnr. | Name | JG | NAT | Verein*/Ort | M/W-PI | Pos | 1. Kontr. | 2. Kontr. | 3. Kontr. | Brutto | Netto | km/h |
|-------|----------|----------------------|----|-----|------------------------|--------|-----|-----------|-----------|-----------|---------|---------|-------|
| 1 | 263 | Eisel-Schmidt, Diana | 77 | D | Hunsrück-Marathon e.V. | 45 | 240 | 0:06:46 | 0:06:46 | 0:07:10 | 0:26:26 | 0:26:10 | 11,46 |
| 2 | 223 | Kuhn, Silvia | 80 | D | Bethesda-Mix | 109 | 354 | 0:08:35 | 0:08:51 | 0:08:47 | 0:33:40 | 0:33:17 | 9,01 |

Klasse W35

| Platz | Startnr. | Name | JG | NAT | Verein*/Ort | M/W-PI | Pos | 1. Kontr. | 2. Kontr. | 3. Kontr. | Brutto | Netto | km/h |
|-------|----------|----------------------|----|-----|---------------------------|--------|-----|-----------|-----------|-----------|---------|---------|-------|
| 1 | 64 | Sauborn, Manuela | 75 | DEU | X-Sport Kastellaun | 2 | 83 | 0:05:04 | 0:05:43 | 0:05:49 | 0:21:07 | 0:20:59 | 14,29 |
| 2 | 114 | Becker, Alexandra | 73 | DEU | Realschule Marienberg | 6 | 108 | 0:05:53 | 0:05:48 | 0:05:50 | 0:21:56 | 0:21:52 | 13,72 |
| 3 | 340 | Kruse, Katja | 72 | DEU | Triathlon-Team Rhein-Nahe | 10 | 137 | 0:05:42 | 0:06:00 | 0:06:09 | 0:22:42 | 0:22:42 | 13,21 |
| 4 | 129 | Hees, Tanja | 75 | DEU | X-Sport Kastellaun | 13 | 141 | 0:05:47 | 0:06:08 | 0:06:11 | 0:23:00 | 0:22:53 | 13,11 |
| 5 | 338 | Schnorbach, Stefanie | 76 | DEU | X-Sport Kastellaun | 27 | 194 | 0:06:12 | 0:06:23 | 0:06:31 | 0:24:18 | 0:24:13 | 12,39 |
| 6 | 264 | Schmidt, Betina | 76 | D | Hunsrück-Marathon e.V. | 36 | 226 | 0:06:44 | 0:06:39 | 0:06:58 | 0:25:43 | 0:25:27 | 11,79 |
| 7 | 70 | Traut, Anke | 72 | DEU | X-Sport Kastellaun | 37 | 227 | 0:06:22 | 0:06:44 | 0:06:54 | 0:25:39 | 0:25:27 | 11,79 |
| 8 | 311 | Heck, Carmen | 75 | DEU | LT Untermosel | 60 | 269 | 0:07:16 | 0:07:02 | 0:07:11 | 0:27:26 | 0:27:08 | 11,05 |
| 9 | 330 | Neuburger, Tamara | 75 | DEU | SV Heiligenroth | 63 | 274 | 0:06:55 | 0:07:19 | 0:07:20 | 0:27:22 | 0:27:16 | 11,00 |
| 10 | 221 | Schieberle, Melanie | 72 | D | Bethesda-Mix | 65 | 277 | 0:07:42 | 0:07:12 | 0:07:08 | 0:27:47 | 0:27:25 | 10,94 |
| 11 | 128 | Finkbeiner, Sylvia | 73 | DEU | VFB Stuttgart | 77 | 300 | 0:07:40 | 0:07:51 | 0:07:23 | 0:28:34 | 0:28:24 | 10,56 |
| 12 | 81 | Weiden, Christina | 74 | DEU | BOMAG | 94 | 325 | 0:07:49 | 0:07:42 | 0:08:00 | 0:30:16 | 0:29:53 | 10,04 |

Klasse W40

| Platz | Startnr. | Name | JG | NAT | Verein*/Ort | M/W-PI | Pos | 1. Kontr. | 2. Kontr. | 3. Kontr. | Brutto | Netto | km/h |
|-------|----------|-----------------------|----|-----|-------------------------|--------|-----|-----------|-----------|-----------|---------|---------|-------|
| 1 | 137 | Dommershausen, Yvonne | 71 | DEU | LG Boppard - Bad Salzig | 4 | 102 | 0:05:23 | 0:05:51 | 0:05:54 | 0:21:42 | 0:21:36 | 13,88 |
| 2 | 261 | Poloschek, Heike | 67 | DEU | *Büchenbeuren | 8 | 115 | 0:05:30 | 0:05:52 | 0:05:58 | 0:22:06 | 0:22:01 | 13,62 |
| 3 | 153 | Steffen, Sonja | 68 | DEU | X-Sport Kastellaun | 15 | 160 | 0:05:59 | 0:06:13 | 0:06:17 | 0:23:28 | 0:23:16 | 12,89 |
| 4 | 184 | Reuter, Andrea | 68 | DEU | SSV Pfaffenheck 81 | 18 | 164 | 0:05:56 | 0:06:07 | 0:06:19 | 0:23:27 | 0:23:20 | 12,85 |
| 5 | 378 | Frohwein, Christiane | 69 | DEU | Sportgruppe Sebapharma | 30 | 200 | 0:06:11 | 0:06:23 | 0:06:33 | 0:24:33 | 0:24:23 | 12,30 |
| 6 | 203 | Schardey, Natalie | 70 | LVA | TG Boppard | 39 | 231 | 0:06:53 | 0:06:53 | 0:06:51 | 0:26:13 | 0:25:43 | 11,66 |
| 7 | 402 | Jannermann, Heike | 68 | DEU | RW Koblenz | 44 | 239 | 0:07:03 | 0:07:00 | 0:06:48 | 0:26:19 | 0:26:02 | 11,52 |
| 8 | 286 | Redmann, Anke | 69 | DEU | TG Boppard | 61 | 271 | 0:06:53 | 0:07:03 | 0:07:33 | 0:27:42 | 0:27:13 | 11,02 |
| 9 | 413 | Puth, Sabine | 67 | DEU | LG Boppard Bad Salzig | 85 | 311 | 0:07:30 | 0:07:31 | 0:07:47 | 0:29:13 | 0:29:00 | 10,34 |
| 10 | 142 | Roos, Miho | 69 | DEU | *Boppard | 93 | 321 | 0:07:25 | 0:07:58 | 0:08:11 | 0:29:57 | 0:29:44 | 10,09 |
| 11 | 354 | Kröber, Claudia | 67 | DEU | LT Untermosel | 100 | 339 | 0:08:34 | 0:08:11 | 0:08:16 | 0:31:33 | 0:31:12 | 9,61 |
| 12 | 321 | Haßler, Andrea | 68 | DEU | | 104 | 346 | 0:08:30 | 0:08:50 | 0:08:19 | 0:32:05 | 0:31:51 | 9,42 |
| 13 | 14 | Simon, Ursula | 67 | DEU | *Boppard | 105 | 347 | 0:07:53 | 0:08:37 | 0:08:41 | 0:32:13 | 0:31:52 | 9,41 |
| 14 | 107 | Friedrich, Nina | 71 | DEU | LLG Wonnegau | 113 | 362 | 0:10:37 | 0:11:13 | 0:11:06 | 0:41:27 | 0:41:09 | 7,29 |

Klasse W45

| Platz | Startnr. | Name | JG | NAT | Verein*/Ort | M/W-PI | Pos | 1. Kontr. | 2. Kontr. | 3. Kontr. | Brutto | Netto | km/h |
|-------|----------|-------------------------|----|-----|-----------------------|--------|-----|-----------|-----------|-----------|---------|---------|-------|
| 1 | 126 | Schneider, Andrea | 66 | DEU | LG Dornburg | 5 | 104 | 0:05:39 | 0:05:48 | 0:05:49 | 0:21:45 | 0:21:40 | 13,84 |
| 2 | 247 | Reiländer, Gaby | 64 | DEU | Meddys LWT Koblenz | 7 | 113 | 0:05:30 | 0:05:52 | 0:05:58 | 0:22:00 | 0:21:56 | 13,68 |
| 3 | 50 | Ritt, Birgit | 64 | DEU | X-Sport Kastellaun | 24 | 178 | 0:06:23 | 0:06:15 | 0:06:19 | 0:24:01 | 0:23:48 | 12,60 |
| 4 | 7 | Rosenbach, Ruth | 65 | DEU | *Boppard | 31 | 206 | 0:06:27 | 0:06:27 | 0:06:39 | 0:24:51 | 0:24:33 | 12,21 |
| 5 | 195 | Malewski, Judith | 66 | DEU | TC Rot-Weiß Boppard | 48 | 253 | 0:06:39 | 0:07:01 | 0:07:11 | 0:26:38 | 0:26:29 | 11,32 |
| 6 | 283 | Best, Stephanie | 65 | DEU | TG Boppard | 58 | 265 | 0:07:00 | 0:07:04 | 0:07:16 | 0:27:24 | 0:26:57 | 11,13 |
| 7 | 387 | Weinmann-Tries, Claudia | 65 | DEU | TuS Kirchberg | 62 | 273 | 0:07:02 | 0:07:09 | 0:07:21 | 0:27:37 | 0:27:14 | 11,01 |
| 8 | 251 | Schnierer, Manuela | 66 | D | VLG Eisenbach | 69 | 283 | 0:07:08 | 0:07:16 | 0:07:25 | 0:27:52 | 0:27:42 | 10,83 |
| 9 | 328 | Dresen, Kerstin | 62 | DEU | LG Boppard-Bad Salzig | 73 | 292 | 0:07:12 | 0:07:23 | 0:07:31 | 0:28:24 | 0:28:02 | 10,70 |
| 10 | 399 | Michel, Iris | 65 | DEU | TG Boppard-Bad Salzig | 86 | 312 | 0:07:30 | 0:07:31 | 0:07:47 | 0:29:14 | 0:29:01 | 10,34 |
| 11 | 37 | Schellberg, Gerlinde | 62 | DEU | X-Sport Kastellaun | 92 | 320 | 0:07:29 | 0:07:52 | 0:08:08 | 0:29:53 | 0:29:40 | 10,11 |
| 12 | 320 | Kunz, Ulrike | 65 | DEU | | 110 | 355 | 0:08:30 | 0:08:51 | 0:08:53 | 0:33:33 | 0:33:19 | 9,00 |
| 13 | 268 | Steinmann, Susanne | 64 | D | LT Untermosel | 111 | 358 | 0:08:41 | 0:08:47 | 0:09:17 | 0:34:15 | 0:33:55 | 8,84 |
| 14 | 307 | Hofmann, Helga | 66 | DEU | LT Untermosel | 112 | 359 | 0:08:51 | 0:08:55 | 0:09:04 | 0:34:20 | 0:34:00 | 8,82 |



26. sebamed Mailauf Bopparder 2011

01.06.2011

Altersklassenliste Hauptlauf 5km

Klasse W50

| Platz | Startnr. | Name | JG | NAT | Verein*/Ort | M/W-PI | Pos | 1. Kontr. | 2. Kontr. | 3. Kontr. | Brutto | Netto | km/h |
|-------|----------|-------------------------|----|-----|----------------------|--------|-----|-----------|-----------|-----------|---------|---------|-------|
| 1 | 144 | Fölbach, Birgit | 61 | DEU | Running Team Bad Ems | 11 | 138 | 0:05:58 | 0:05:58 | 0:06:07 | 0:23:04 | 0:22:49 | 13,14 |
| 2 | 412 | Jungen, Christa | 61 | DEU | *Boppard | 16 | 161 | 0:06:06 | 0:06:13 | 0:06:12 | 0:23:25 | 0:23:17 | 12,88 |
| 3 | 152 | Groß, Birgid | 61 | DEU | X-Sport Kastellaun | 17 | 162 | 0:05:59 | 0:06:13 | 0:06:17 | 0:23:28 | 0:23:17 | 12,88 |
| 4 | 146 | Stein-Walenta, Edith | 60 | DEU | X-Sport Kastellaun | 22 | 173 | 0:06:13 | 0:06:11 | 0:06:16 | 0:23:47 | 0:23:35 | 12,71 |
| 5 | 62 | Schröder, Bärbel | 58 | DEU | TuS 1921 Ellern | 34 | 221 | 0:06:26 | 0:06:47 | 0:06:46 | 0:25:30 | 0:25:16 | 11,87 |
| 6 | 238 | Henning, Gisela | 59 | DEU | Edelhasen | 40 | 232 | 0:06:45 | 0:06:53 | 0:07:00 | 0:26:19 | 0:25:53 | 11,59 |
| 7 | 240 | Moskopp, Claudia | 58 | DEU | Edelhasen | 47 | 251 | 0:06:57 | 0:07:07 | 0:06:59 | 0:26:51 | 0:26:29 | 11,32 |
| 8 | 194 | Klapper, Monika | 60 | DEU | *Boppard | 51 | 255 | 0:06:48 | 0:06:51 | 0:07:17 | 0:26:58 | 0:26:31 | 11,31 |
| 9 | 110 | Ruggenthaler, Elisabeth | 59 | DEU | SV Holzfeld | 71 | 287 | 0:06:48 | 0:07:29 | 0:07:43 | 0:28:05 | 0:27:54 | 10,75 |
| 10 | 207 | Frank, Heidi | 58 | DEU | X-Sport Kastellaun | 88 | 314 | 0:07:53 | 0:07:40 | 0:07:39 | 0:29:34 | 0:29:07 | 10,30 |
| 11 | 245 | Heinze, Angela | 57 | DEU | TSV Emmelshausen | 97 | 329 | 0:07:40 | 0:07:51 | 0:08:07 | 0:30:37 | 0:30:09 | 9,95 |
| 12 | 73 | Lorenz, Heike | 60 | DEU | TuS Kirchberg | 99 | 336 | 0:07:55 | 0:08:01 | 0:08:35 | 0:31:16 | 0:30:55 | 9,70 |

Klasse W55

| Platz | Startnr. | Name | JG | NAT | Verein*/Ort | M/W-PI | Pos | 1. Kontr. | 2. Kontr. | 3. Kontr. | Brutto | Netto | km/h |
|-------|----------|--------------------------------|----|-----|-----------------------|--------|-----|-----------|-----------|-----------|---------|---------|-------|
| 1 | 300 | Haerter, Inge | 55 | DEU | x Sport Kastellaun | 12 | 139 | 0:05:47 | 0:06:04 | 0:06:07 | 0:22:57 | 0:22:49 | 13,14 |
| 2 | 360 | Bollinger, Christine | 56 | DEU | Tus Rhens | 23 | 177 | 0:06:17 | 0:06:14 | 0:06:16 | 0:23:54 | 0:23:41 | 12,66 |
| 3 | 383 | Martin, Marika | 56 | DEU | Running Team Bad Ems | 28 | 196 | 0:06:06 | 0:06:29 | 0:06:35 | 0:24:22 | 0:24:16 | 12,36 |
| 4 | 98 | Liesenfeld- Drautzburg, Carmen | 56 | DEU | LT Horn-Laubach | 32 | 207 | 0:06:41 | 0:06:30 | 0:06:31 | 0:24:58 | 0:24:36 | 12,19 |
| 5 | 299 | Gärtner, Edith | 55 | DEU | TV Bad Bergzabern | 35 | 223 | 0:06:39 | 0:06:45 | 0:06:42 | 0:25:21 | 0:25:16 | 11,87 |
| 6 | 48 | Hauer, Carmen | 53 | DEU | BGV Simmern e.V. | 38 | 229 | 0:06:46 | 0:06:42 | 0:06:49 | 0:25:53 | 0:25:31 | 11,76 |
| 7 | 198 | Blettner, Angelika | 54 | DEU | *Koblenz | 57 | 263 | 0:06:57 | 0:07:06 | 0:07:11 | 0:27:06 | 0:26:51 | 11,17 |
| 8 | 229 | Heinz, Karin | 53 | D | Bethesda-Mix | 82 | 307 | 0:07:37 | 0:07:27 | 0:07:46 | 0:29:21 | 0:28:54 | 10,38 |
| 9 | 116 | Schüller, Margot | 54 | DEU | Realschule Marienberg | 84 | 310 | 0:07:05 | 0:07:35 | 0:07:48 | 0:29:05 | 0:28:59 | 10,35 |
| 10 | 74 | Müller, Therese | 55 | DEU | TuS Kirchberg | 103 | 344 | 0:08:07 | 0:08:23 | 0:08:34 | 0:32:09 | 0:31:44 | 9,45 |

Klasse W60

| Platz | Startnr. | Name | JG | NAT | Verein*/Ort | M/W-PI | Pos | 1. Kontr. | 2. Kontr. | 3. Kontr. | Brutto | Netto | km/h |
|-------|----------|-------------------|----|-----|---------------|--------|-----|-----------|-----------|-----------|---------|---------|------|
| 1 | 135 | Scherer, Adelheid | 49 | DEU | TV Kastellaun | 101 | 341 | 0:08:13 | 0:08:20 | 0:08:17 | 0:31:41 | 0:31:19 | 9,58 |

Klasse W70

| Platz | Startnr. | Name | JG | NAT | Verein*/Ort | M/W-PI | Pos | 1. Kontr. | 2. Kontr. | 3. Kontr. | Brutto | Netto | km/h |
|-------|----------|---------------------|----|-----|---------------|--------|-----|-----------|-----------|-----------|---------|---------|------|
| 1 | 358 | Husemann, Annemarie | 41 | DEU | LG Deiringsen | 98 | 335 | 0:08:04 | 0:08:02 | 0:08:04 | 0:30:57 | 0:30:39 | 9,79 |



26. sebamed Mailauf Bopparder 2011

01.06.2011

Altersklassenliste Hauptlauf 5km

Klasse WHK

| Platz | Startnr. | Name | JG | NAT | Verein/*Ort | M/W-PI | Pos | 1. Kontr. | 2. Kontr. | 3. Kontr. | Brutto | Netto | km/h |
|-------|----------|--------------------|----|-----|----------------------------|--------|-----|-----------|-----------|-----------|---------|---------|-------|
| 1 | 2 | Olinger, Judith | 84 | DEU | PST Trier | 1 | 22 | 0:04:37 | 0:04:47 | 0:04:53 | 0:18:05 | 0:18:04 | 16,60 |
| 2 | 332 | Anheier, Hannah | 91 | DEU | Bad Camberg | 3 | 99 | 0:05:20 | 0:05:39 | 0:05:53 | 0:21:37 | 0:21:28 | 13,97 |
| 3 | 292 | Müntrich, Eva | 90 | DEU | *Boppard | 14 | 154 | 0:05:59 | 0:06:06 | 0:06:14 | 0:23:19 | 0:23:11 | 12,93 |
| 4 | 237 | Gröger, Sandra | 88 | DEU | Edelhasen | 20 | 171 | 0:06:19 | 0:06:12 | 0:06:10 | 0:23:46 | 0:23:25 | 12,81 |
| 5 | 341 | Paulus, Anna | 91 | DEU | Triathlon-Team Rhein-Nahe | 21 | 172 | 0:05:54 | 0:06:14 | 0:06:25 | 0:23:38 | 0:23:32 | 12,74 |
| 6 | 71 | Jost, Linda | 85 | DEU | X-Sport Kastellaun | 25 | 179 | 0:05:58 | 0:06:19 | 0:06:33 | 0:24:01 | 0:23:50 | 12,58 |
| 7 | 42 | Fölbach, Melanie | 82 | DEU | Running Team Bad Ems | 26 | 181 | 0:06:02 | 0:06:08 | 0:06:31 | 0:24:07 | 0:23:52 | 12,57 |
| 8 | 122 | Decker, Ilona | 85 | DEU | LG Boppard - Bad Salzig | 33 | 218 | 0:06:31 | 0:06:39 | 0:06:44 | 0:25:17 | 0:25:00 | 12,00 |
| 9 | 239 | Hembes, Daniela | 87 | DEU | Edelhasen | 41 | 234 | 0:06:37 | 0:07:03 | 0:07:03 | 0:26:19 | 0:25:57 | 11,55 |
| 10 | 18 | Mühleis, Frauke | 83 | DEU | *Vallendar | 50 | 254 | 0:06:38 | 0:07:11 | 0:07:12 | 0:26:44 | 0:26:30 | 11,32 |
| 11 | 262 | Schmidt, Steffi | 85 | | Hunsrück-Marathon e.V. | 55 | 261 | 0:06:46 | 0:06:57 | 0:07:25 | 0:27:05 | 0:26:48 | 11,19 |
| 12 | 66 | Morschhäuser, Tina | 89 | DEU | *Gondershausen | 56 | 262 | 0:06:45 | 0:07:14 | 0:07:16 | 0:26:58 | 0:26:50 | 11,18 |
| 13 | 90 | Deising, Heike | 85 | DEU | BOMAG | 68 | 282 | 0:07:48 | 0:07:25 | 0:06:57 | 0:28:02 | 0:27:39 | 10,85 |
| 14 | 192 | Querbach, Britta | 84 | DEU | *Boppard | 75 | 296 | 0:07:26 | 0:07:26 | 0:07:39 | 0:28:41 | 0:28:13 | 10,63 |
| 15 | 29 | Frensch, Carina | 91 | DEU | *Karbach | 80 | 305 | 0:07:16 | 0:07:29 | 0:07:56 | 0:29:04 | 0:28:49 | 10,41 |
| 16 | 289 | Bossing, Kerstin | 82 | DEU | Gesundheitszentrum Kastell | 106 | 348 | 0:07:42 | 0:08:31 | 0:08:45 | 0:32:09 | 0:31:57 | 9,39 |

Klasse WJA

| Platz | Startnr. | Name | JG | NAT | Verein/*Ort | M/W-PI | Pos | 1. Kontr. | 2. Kontr. | 3. Kontr. | Brutto | Netto | km/h |
|-------|----------|---------------------|----|-----|------------------------|--------|-----|-----------|-----------|-----------|---------|---------|-------|
| 1 | 177 | Tkatch, Polina | 92 | D | Kant-Gymnasium Boppard | 46 | 250 | 0:07:29 | 0:07:11 | 0:06:48 | 0:26:44 | 0:26:29 | 11,32 |
| 2 | 362 | Stumm, Alexandra | 92 | DEU | Kant Gymnasium Boppard | 48 | 252 | 0:07:28 | 0:07:11 | 0:06:48 | 0:26:45 | 0:26:29 | 11,32 |
| 3 | 161 | Riemann, Katrin | 93 | DEU | Kant-Gymnasium Boppard | 52 | 257 | 0:07:04 | 0:06:56 | 0:07:09 | 0:26:43 | 0:26:35 | 11,28 |
| 4 | 386 | Schumacher, Jessika | 92 | DEU | TV Kastellaun | 53 | 259 | 0:06:44 | 0:06:56 | 0:07:17 | 0:27:01 | 0:26:45 | 11,21 |
| 5 | 174 | Ehmke, Luisa | 93 | D | Kant-Gymnasium Boppard | 54 | 260 | 0:06:43 | 0:07:13 | 0:07:16 | 0:26:53 | 0:26:46 | 11,20 |
| 6 | 185 | Schmidt, Sarah | 93 | DEU | Kant-Gymnasium Boppard | 59 | 268 | 0:07:03 | 0:07:06 | 0:07:19 | 0:27:13 | 0:27:07 | 11,06 |
| 7 | 384 | Stinner, Lisa | 92 | DEU | TV Kastellaun | 70 | 284 | 0:07:30 | 0:07:23 | 0:07:13 | 0:28:01 | 0:27:45 | 10,81 |
| 8 | 364 | Lüssem, Lena | 92 | DEU | Kant Gymnasium Boppard | 72 | 288 | 0:07:29 | 0:07:22 | 0:07:35 | 0:28:10 | 0:27:56 | 10,74 |
| 9 | 366 | Drexel, Anna-Lena | 93 | DEU | X-Sport Kastellaun | 74 | 294 | 0:07:30 | 0:07:24 | 0:07:33 | 0:28:20 | 0:28:05 | 10,68 |
| 10 | 75 | Reuter, Eva | 93 | DEU | TuS Kirchberg | 76 | 297 | 0:07:11 | 0:07:27 | 0:07:47 | 0:28:33 | 0:28:14 | 10,62 |
| 11 | 380 | Himmel, Charlotte | 93 | DEU | Kant Gymnasium Boppard | 79 | 302 | 0:06:52 | 0:07:33 | 0:07:53 | 0:28:35 | 0:28:28 | 10,54 |
| 12 | 186 | Paul, Hannah | 93 | DEU | Kant-Gymnasium Boppard | 81 | 306 | 0:07:41 | 0:07:49 | 0:07:46 | 0:29:02 | 0:28:54 | 10,38 |
| 13 | 157 | Scheer, Lena-Sophie | 93 | DEU | Kant-Gymnasium Boppard | 87 | 313 | 0:07:38 | 0:07:53 | 0:07:59 | 0:29:09 | 0:29:01 | 10,33 |



26. sebamed Mailauf Bopparder 2011

01.06.2011

Altersklassenliste Hauptlauf 5km

Klasse WJB

| Platz | Startnr. | Name | JG | NAT | Verein/*Ort | M/W-PI | Pos | 1. Kontr. | 2. Kontr. | 3. Kontr. | Brutto | Netto | km/h |
|-------|----------|---------------------|----|-----|-------------------------|--------|-----|-----------|-----------|-----------|---------|---------|-------|
| 1 | 368 | Liesenfeld, Anna | 95 | DEU | Kant-Gymnasium Boppard | 9 | 128 | 0:05:33 | 0:05:59 | 0:06:13 | 0:22:43 | 0:22:30 | 13,33 |
| 2 | 164 | Armbrust, Birte | 95 | DEU | Kant-Gymnasium Boppard | 19 | 169 | 0:06:02 | 0:06:14 | 0:06:24 | 0:23:37 | 0:23:24 | 12,82 |
| 3 | 209 | Mallmann, Katharina | 95 | DEU | Realschule Marienberg | 29 | 197 | 0:05:53 | 0:06:05 | 0:06:42 | 0:24:21 | 0:24:17 | 12,35 |
| 4 | 188 | Hammes, Francoise | 96 | DEU | Kant-Gymnasium Boppard | 42 | 235 | 0:06:09 | 0:06:41 | 0:07:46 | 0:26:06 | 0:25:58 | 11,55 |
| 5 | 208 | Graeff, Lea | 95 | DEU | TuS Kirchberg | 43 | 236 | 0:06:19 | 0:06:59 | 0:07:28 | 0:26:16 | 0:25:58 | 11,55 |
| 6 | 187 | Seeger, Tatjana | 95 | DEU | Kant-Gymnasium Boppard | 64 | 276 | 0:06:10 | 0:06:41 | 0:07:46 | 0:27:31 | 0:27:23 | 10,95 |
| 7 | 410 | Holz, Mengiarda | 94 | DEU | *Boppard | 66 | 278 | 0:07:15 | 0:07:29 | 0:07:17 | 0:27:40 | 0:27:25 | 10,94 |
| 8 | 125 | Hellwig, Imke | 96 | DEU | LG Boppard - Bad Salzig | 67 | 279 | 0:07:11 | 0:07:11 | 0:07:20 | 0:27:59 | 0:27:27 | 10,93 |
| 9 | 169 | Kuppek, Alice | 94 | D | Kant-Gymnasium Boppard | 78 | 301 | 0:07:16 | 0:07:28 | 0:07:44 | 0:28:41 | 0:28:28 | 10,54 |
| 10 | 301 | Schnierer, Vanessa | 96 | DEU | LSG Goldener Grund | 83 | 308 | 0:07:06 | 0:07:19 | 0:08:04 | 0:29:17 | 0:28:57 | 10,36 |
| 11 | 158 | Kläser, Natascha | 94 | D | Kant-Gymnasium Boppard | 89 | 316 | 0:07:39 | 0:07:54 | 0:07:59 | 0:29:35 | 0:29:28 | 10,18 |
| 12 | 375 | Schulze, Anna | 94 | DEU | Kant Gymnasium Boppard | 90 | 317 | 0:07:32 | 0:08:00 | 0:07:59 | 0:29:35 | 0:29:28 | 10,18 |
| 13 | 79 | Tries, Sophia | 97 | DEU | TuS Kirchberg | 91 | 319 | 0:07:32 | 0:07:39 | 0:08:24 | 0:29:58 | 0:29:35 | 10,14 |
| 14 | 111 | Rosenbach, Jasmin | 97 | DEU | Realschule Marienberg | 95 | 326 | 0:07:04 | 0:07:49 | 0:08:34 | 0:30:14 | 0:29:55 | 10,03 |
| 15 | 212 | Spindler, Nadine | 95 | D | Helene-Pages-Schule | 96 | 328 | 0:06:45 | 0:08:37 | 0:08:38 | 0:30:03 | 0:30:03 | 9,98 |
| 16 | 163 | Alt, Irene | 95 | D | Kant-Gymnasium Boppard | 102 | 343 | 0:07:07 | 0:08:14 | 0:09:06 | 0:31:55 | 0:31:41 | 9,47 |
| 17 | 309 | Schmitt, Ann-Katrin | 98 | DEU | LT Untermosel | 107 | 351 | 0:08:51 | 0:08:45 | 0:08:21 | 0:32:33 | 0:32:15 | 9,30 |
| 18 | 306 | Neuert, Jana | 98 | DEU | LT Untermosel | 108 | 352 | 0:08:51 | 0:08:44 | 0:08:21 | 0:32:33 | 0:32:16 | 9,30 |