

# 32. sebamed Mailauf Boppard

24.05.2017

## Ergebnisliste Damen/Herren

Hauptlauf 5000m  
INOFFIZIELLES ERGEBNIS

21:31:18

24.05.2017

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### Ergebnisse Herren / Results Men

| Platz | No. | Name, Vorname        | JG | NAT | Club/*City                    | AK-Pl. | Pos | Netto   | Brutto  | Km/h  | M/km |
|-------|-----|----------------------|----|-----|-------------------------------|--------|-----|---------|---------|-------|------|
| 1     | 1   | Miereczko, Maciek    | 79 | DEU | sebamed Running Team          | 1.     | 1   | 0:15:02 | 0:15:03 | 19,96 | 3:00 |
| 2     | 323 | Schmitz, Christian   | 83 | DEU | LG Maifeld Pellenz            | 1.     | 2   | 0:15:18 | 0:15:18 | 19,62 | 3:03 |
| 3     | 3   | Bock, Christian      | 92 | DEU | sebamed Running Team          | 1.     | 3   | 0:15:50 | 0:15:51 | 18,96 | 3:09 |
| 4     | 5   | Rötsch, Christian    | 78 | DEU | LLG Hunsrück                  | 2.     | 4   | 0:16:17 | 0:16:18 | 18,43 | 3:15 |
| 5     | 222 | Steffes, Christian   | 93 | DEU | LG Maifeld Pellenz            | 2.     | 5   | 0:16:35 | 0:16:36 | 18,10 | 3:18 |
| 6     | 330 | Schumacher, Pascal   | 95 | DEU | SRL Triathlon Koblenz         | 3.     | 6   | 0:16:39 | 0:16:41 | 18,02 | 3:19 |
| 7     | 352 | Heim, Patrick        | 72 | DEU | SIRONA Sports-Club            | 1.     | 7   | 0:16:41 | 0:16:44 | 18,00 | 3:20 |
| 8     | 290 | Nachtsheim, Kai      | 76 | DEU | Bethesda-Mix                  | 1.     | 8   | 0:16:53 | 0:16:55 | 17,77 | 3:22 |
| 9     | 363 | Staudinger, Maik     | 85 | DEU | SRL Triathlon Koblenz         | 2.     | 9   | 0:16:55 | 0:16:56 | 17,75 | 3:22 |
| 10    | 280 | Gräff, Christoph     | 81 | DEU | sebamed Running Team          | 3.     | 10  | 0:17:00 | 0:17:02 | 17,65 | 3:23 |
| 11    | 45  | Wendling, Thomas     | 82 | DEU | Hunsrück-Marathon e.V.        | 4.     | 11  | 0:17:03 | 0:17:04 | 17,60 | 3:24 |
| 12    | 213 | Henger, Thorben      | 02 | DEU | LF Naheland Bad Kreuznach     | 1.     | 12  | 0:17:31 | 0:17:34 | 17,13 | 3:30 |
| 13    | 364 | Jeschke, Andreas     | 80 | DEU | SRL Triathlon Koblenz         | 5.     | 13  | 0:17:39 | 0:17:42 | 17,00 | 3:31 |
| 14    | 297 | Gewehr, Marc         | 80 | DEU | Sportfreunde Höhr-Grenzhau    | 6.     | 14  | 0:17:45 | 0:17:47 | 16,91 | 3:32 |
| 15    | 54  | Hentschel, Till      | 99 | DEU | Kant-Gymnasium                | 1.     | 15  | 0:17:51 | 0:18:00 | 16,82 | 3:34 |
| 16    | 307 | Veit, Marco          | 76 | DEU | SSC Koblenz-Kathause          | 2.     | 16  | 0:17:53 | 0:17:54 | 16,78 | 3:34 |
| 17    | 6   | Boch, Volker         | 76 | DEU | LT Horn-Laubach               | 3.     | 17  | 0:18:02 | 0:18:05 | 16,64 | 3:36 |
| 18    | 322 | Sowka, Michael       | 98 | DEU |                               | 2.     | 18  | 0:18:05 | 0:18:08 | 16,60 | 3:36 |
| 19    | 246 | Schlappa, Jörn       | 83 | DEU | *Wiesbaden                    | 3.     | 19  | 0:18:12 | 0:18:15 | 16,49 | 3:38 |
| 20    | 277 | Loskant, Benjamin    | 99 | DEU | Kant-Gymnasium                | 3.     | 20  | 0:18:14 | 0:18:17 | 16,47 | 3:38 |
| 21    | 245 | Christ, Peter        | 64 | DEU | x-Sport Kastellaun            | 1.     | 21  | 0:18:14 | 0:18:17 | 16,46 | 3:38 |
| 22    | 362 | Michalczuk, Marek    | 81 | DEU |                               | 7.     | 22  | 0:18:19 | 0:18:24 | 16,39 | 3:39 |
| 23    | 191 | Walita, Tim          | 98 | DEU | LF Naheland Bad Kreuznach     | 4.     | 23  | 0:18:22 | 0:18:26 | 16,35 | 3:40 |
| 24    | 338 | Sieben, Christian    | 83 | DEU | VFR Simmern                   | 4.     | 24  | 0:18:22 | 0:18:23 | 16,34 | 3:40 |
| 25    | 236 | Olk, Winfried        | 66 | DEU | Silvesterlauf Trier e.V.      | 2.     | 25  | 0:18:26 | 0:18:27 | 16,28 | 3:41 |
| 26    | 208 | Rück, Simon          | 96 | DEU | LF Naheland Bad Kreuznach     | 4.     | 26  | 0:18:26 | 0:18:40 | 16,28 | 3:41 |
| 27    | 351 | Volk, Matthias       | 87 | DEU | X-Sport Kastellaun            | 5.     | 27  | 0:18:26 | 0:18:29 | 16,28 | 3:41 |
| 28    | 104 | Schmelzeisen, Markus | 69 | DEU | Triathlon-Team Rhein-Nahe     | 2.     | 28  | 0:18:32 | 0:18:33 | 16,20 | 3:42 |
| 29    | 100 | Lüsebrink, Jan       | 86 | DEU | Triathlon-Team Rhein-Nahe     | 6.     | 29  | 0:18:40 | 0:18:42 | 16,08 | 3:43 |
| 30    | 375 | Kaiser, Dominik      | 91 | DEU | SRL Triathlon Koblenz         | 5.     | 30  | 0:18:42 | 0:18:47 | 16,05 | 3:44 |
| 31    | 158 | Lutterbach, Stefan   | 76 | DEU | DJK GW Büdesheim              | 4.     | 31  | 0:18:44 | 0:18:53 | 16,02 | 3:44 |
| 32    | 220 | Rüdel, Lennart       | 96 | DEU | LG Boppard Bad Salzig         | 6.     | 32  | 0:18:50 | 0:18:55 | 15,93 | 3:45 |
| 33    | 333 | Michel, Nikolai      | 02 | DEU | LLG Hunsrück                  | 2.     | 33  | 0:18:51 | 0:18:54 | 15,92 | 3:46 |
| 34    | 144 | Simon, Jan           | 96 | DEU | *Boppard                      | 7.     | 34  | 0:18:53 | 0:19:06 | 15,90 | 3:46 |
| 35    | 112 | Dasbach, Andreas     | 75 | DEU | TuS Rot-Weiß Koblenz          | 5.     | 36  | 0:18:56 | 0:18:59 | 15,85 | 3:47 |
| 36    | 310 | Kuppek, Mark         | 00 | DEU | DLRG Boppard                  | 3.     | 37  | 0:18:58 | 0:19:00 | 15,83 | 3:47 |
| 37    | 331 | Bleuel, Holger       | 71 | DEU | Laufblitz                     | 3.     | 38  | 0:18:58 | 0:19:04 | 15,82 | 3:47 |
| 38    | 8   | Haake, Philipp       | 01 | DEU | Bischöfl. Realschule Marienbr | 4.     | 39  | 0:18:58 | 0:19:09 | 15,82 | 3:47 |
| 39    | 109 | Brunnhübner, Thomas  | 72 | DEU | TuS Roland Brey               | 4.     | 40  | 0:19:00 | 0:19:02 | 15,80 | 3:47 |
| 40    | 241 | Gerling, Markus      | 01 | DEU | STEULER TRIKids RSG Monta     | 5.     | 41  | 0:19:00 | 0:19:08 | 15,79 | 3:47 |
| 41    | 92  | Fröhlich, Christian  | 59 | DEU | Team Triathlon Dreikirchen    | 1.     | 43  | 0:19:06 | 0:19:06 | 15,71 | 3:49 |
| 42    | 38  | Morgos, Luel         | 99 | DEU | Haus Niedersburg              | 5.     | 44  | 0:19:06 | 0:19:12 | 15,71 | 3:49 |
| 43    | 314 | Rüdel, Laurin        | 00 | DEU | LG Boppard Bad Salzig         | 6.     | 45  | 0:19:06 | 0:19:09 | 15,71 | 3:49 |
| 44    | 99  | Schneider, Daniel    | 65 | DEU | Triathlon-Team Rhein-Nahe     | 3.     | 46  | 0:19:08 | 0:19:08 | 15,69 | 3:49 |
| 45    | 230 | Bäcker, Andreas      | 79 | DEU | Münz Lauftreff                | 8.     | 48  | 0:19:24 | 0:19:32 | 15,47 | 3:52 |
| 46    | 239 | Klein, Leon          | 02 | DEU | STEULER TRIKids RSG Monta     | 7.     | 49  | 0:19:25 | 0:19:29 | 15,46 | 3:52 |
| 47    | 72  | Einig, Guido         | 70 | DEU | LG Maifeld Pellenz            | 5.     | 50  | 0:19:29 | 0:19:32 | 15,40 | 3:53 |

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| Platz | No. | Name, Vorname                 | JG | NAT | Club/*City                    | AK-Pl. | Pos | Netto   | Brutto  | Km/h  | M/km |
|-------|-----|-------------------------------|----|-----|-------------------------------|--------|-----|---------|---------|-------|------|
| 48    | 264 | Nazari, Kamaluddin            | 99 | DEU | sebamed Running Team          | 6.     | 53  | 0:19:34 | 0:19:38 | 15,34 | 3:54 |
| 49    | 365 | Meurer, Marc                  | 81 | DEU |                               | 9.     | 54  | 0:19:45 | 0:19:52 | 15,20 | 3:56 |
| 50    | 227 | Müller, Dirk                  | 68 | DEU | LLG Hunsrück                  | 6.     | 55  | 0:19:52 | 0:19:55 | 15,10 | 3:58 |
| 51    | 376 | Martini-Steinmetz, Daniel     | 76 | DEU | SRL Koblenz                   | 6.     | 57  | 0:19:56 | 0:20:01 | 15,06 | 3:59 |
| 52    | 228 | Wolf, Achim                   | 67 | DEU | LSC Kördorf                   | 4.     | 58  | 0:20:01 | 0:20:04 | 15,00 | 4:00 |
| 53    | 343 | Mollmann, Johannes            | 96 | DEU | Sebamed Laufteam              | 8.     | 59  | 0:20:01 | 0:20:06 | 14,99 | 4:00 |
| 54    | 354 | Weiß, Marius                  | 69 | DEU | TUS Roland Brey               | 7.     | 60  | 0:20:14 | 0:20:16 | 14,84 | 4:02 |
| 55    | 278 | Emmerichs, Marco              | 92 | DEU | TV Güls                       | 9.     | 61  | 0:20:15 | 0:20:32 | 14,81 | 4:03 |
| 56    | 248 | Legler, Nico                  | 98 | DEU | *Boppard                      | 7.     | 62  | 0:20:29 | 0:20:41 | 14,66 | 4:05 |
| 57    | 238 | Kern, Jonas Moritz            | 03 | DEU | STEULER TRIKKids RSG Monta    | 8.     | 63  | 0:20:31 | 0:20:35 | 14,63 | 4:06 |
| 58    | 123 | Knebel, Heiko                 | 69 | DEU | Wirtschaftsbetrieb Mainz      | 8.     | 64  | 0:20:40 | 0:20:45 | 14,52 | 4:07 |
| 59    | 240 | Klein, Marvin                 | 00 | DEU | STEULER TRIKKids RSG Monta    | 9.     | 65  | 0:20:41 | 0:20:47 | 14,52 | 4:08 |
| 60    | 106 | Kowarik, Klaus                | 68 | DEU | Triathlon-Team Rhein-Nahe     | 9.     | 67  | 0:20:45 | 0:20:59 | 14,46 | 4:08 |
| 61    | 161 | De Albuquerque Holanda, Cesar | 78 | DEU | Fazenda da Esperanca - Hau    | 10.    | 68  | 0:20:46 | 0:20:48 | 14,45 | 4:09 |
| 62    | 265 | Möckel, Roberto               | 73 | DEU | sebamed Running Team          | 7.     | 70  | 0:20:50 | 0:20:52 | 14,41 | 4:09 |
| 63    | 342 | Wieland, Mathias              | 82 | DEU |                               | 11.    | 71  | 0:20:50 | 0:20:59 | 14,40 | 4:09 |
| 64    | 175 | Hammes, Cedric                | 99 | DEU | Kant-Gymnasium                | 8.     | 72  | 0:20:51 | 0:21:01 | 14,40 | 4:10 |
| 65    | 95  | Hennig, Wolfgang              | 70 | DEU | TG Boppard                    | 10.    | 73  | 0:20:52 | 0:21:01 | 14,38 | 4:10 |
| 66    | 320 | Wernicke, Finn                | 00 | DEU | Kant-Gymnasium                | 10.    | 74  | 0:20:53 | 0:21:40 | 14,37 | 4:10 |
| 67    | 53  | Marx, Falk                    | 80 | DEU | Kant-Gymnasium                | 12.    | 75  | 0:20:54 | 0:21:41 | 14,36 | 4:10 |
| 68    | 19  | Manns, Dennis                 | 74 | DEU | Dr. Goerg Team RSG Montabæ    | 8.     | 77  | 0:20:54 | 0:21:00 | 14,36 | 4:10 |
| 69    | 353 | Pohl, Moritz                  | 97 | DEU | BC Dillingen e.V.             | 10.    | 78  | 0:20:54 | 0:21:06 | 14,36 | 4:10 |
| 70    | 169 | Campos de Carvalho, Rafael    | 92 | DEU | Fazenda da Esperanca - Hau    | 11.    | 79  | 0:21:04 | 0:21:05 | 14,24 | 4:12 |
| 71    | 355 | Bocklet, Bernd                | 51 | DEU | TUS St. Sebastian             | 1.     | 80  | 0:21:05 | 0:21:11 | 14,23 | 4:12 |
| 72    | 70  | Schreiber, André              | 73 | DEU | LG BUKUMA                     | 9.     | 81  | 0:21:10 | 0:21:16 | 14,18 | 4:13 |
| 73    | 368 | Zergon, Andre                 | 85 | DEU | SRL Triathlon Koblenz         | 7.     | 83  | 0:21:13 | 0:21:19 | 14,14 | 4:14 |
| 74    | 312 | Baumer, Alexander             | 75 | DEU | TSV Emmelshausen              | 10.    | 84  | 0:21:13 | 0:21:21 | 14,14 | 4:14 |
| 75    | 201 | Krist, Thorsten               | 74 | DEU | LF Naheland Bad Kreuznach     | 11.    | 85  | 0:21:16 | 0:21:19 | 14,11 | 4:15 |
| 76    | 334 | Knopp, Arno                   | 64 | DEU | TV Jahn Eitelborn             | 5.     | 86  | 0:21:18 | 0:21:25 | 14,09 | 4:15 |
| 77    | 7   | Alt, Samuel                   | 01 | DEU | Bischöfl. Realschule Marienbr | 11.    | 87  | 0:21:22 | 0:21:22 | 14,05 | 4:16 |
| 78    | 55  | Knoll, Martin                 | 00 | DEU | Kant-Gymnasium                | 12.    | 88  | 0:21:22 | 0:21:38 | 14,04 | 4:16 |
| 79    | 313 | Schug, Gerhard                | 55 | DEU | Running Bad-Ems               | 1.     | 89  | 0:21:30 | 0:21:34 | 13,96 | 4:17 |
| 80    | 345 | Seibert, Holger               | 73 | DEU | Sebamed biketeam              | 12.    | 90  | 0:21:30 | 0:21:43 | 13,96 | 4:17 |
| 81    | 110 | Dennert, Karl                 | 01 | DEU | TuS Roland Brey               | 13.    | 92  | 0:21:38 | 0:21:39 | 13,88 | 4:19 |
| 82    | 23  | Ponath, Thomas                | 64 | DEU | Grundschule Halsenbach        | 6.     | 93  | 0:21:40 | 0:21:49 | 13,85 | 4:19 |
| 83    | 159 | Klein, Matthias               | 67 | DEU | Dr. Goerg Team RSG Montabæ    | 7.     | 95  | 0:21:40 | 0:21:48 | 13,85 | 4:19 |
| 84    | 183 | Stelzel, Fabian               | 03 | DEU | LF Naheland Bad Kreuznach     | 14.    | 96  | 0:21:43 | 0:21:55 | 13,82 | 4:20 |
| 85    | 344 | Bitar, Wael                   | 95 | DEU |                               | 12.    | 97  | 0:21:43 | 0:21:47 | 13,82 | 4:20 |
| 86    | 84  | Bersch, Rainer                | 64 | DEU | *Boppard                      | 8.     | 98  | 0:21:46 | 0:21:53 | 13,79 | 4:21 |
| 87    | 253 | Schmidt, Marcus               | 71 | DEU | *Lykershausen                 | 11.    | 100 | 0:21:46 | 0:21:52 | 13,78 | 4:21 |
| 88    | 185 | Schückler, Ben                | 02 | DEU | LF Naheland Bad Kreuznach     | 15.    | 101 | 0:21:47 | 0:21:56 | 13,77 | 4:21 |
| 89    | 255 | Löffler, Peter                | 87 | DEU | *Boppard                      | 8.     | 102 | 0:21:50 | 0:22:13 | 13,74 | 4:21 |
| 90    | 367 | Kahle, Hans-Jürgen            | 69 | DEU | Meddys LWT Koblenz            | 12.    | 103 | 0:21:52 | 0:22:01 | 13,73 | 4:22 |
| 91    | 379 | Fey, Ralf                     | 62 | DEU | SRL Triathlon Koblenz         | 2.     | 104 | 0:21:53 | 0:21:59 | 13,72 | 4:22 |
| 92    | 177 | Schug, Niclas                 | 05 | DEU | LF Naheland Bad Kreuznach     | 16.    | 106 | 0:21:54 | 0:21:59 | 13,71 | 4:22 |
| 93    | 274 | Schadagies, Lars              | 79 | DEU | *Koblenz                      | 13.    | 108 | 0:22:00 | 0:22:08 | 13,64 | 4:23 |
| 94    | 103 | Holzcamp, Jens                | 66 | DEU | Triathlon-Team Rhein-Nahe     | 9.     | 109 | 0:22:00 | 0:22:13 | 13,64 | 4:23 |

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| Platz | No. | Name, Vorname             | JG | NAT | Club/*City                    | AK-Pl. | Pos | Netto   | Brutto  | Km/h  | M/km |
|-------|-----|---------------------------|----|-----|-------------------------------|--------|-----|---------|---------|-------|------|
| 95    | 308 | Metzner, Florian          | 97 | DEU | LG Boppard Bad Salzig         | 13.    | 110 | 0:22:07 | 0:22:19 | 13,57 | 4:25 |
| 96    | 85  | Jafari, Amir Hussein      | 00 | AFG | SSV Buchholz                  | 17.    | 112 | 0:22:13 | 0:22:21 | 13,50 | 4:26 |
| 97    | 15  | Horch, Ralf               | 62 | DEU | BSG Bomag                     | 3.     | 114 | 0:22:16 | 0:22:30 | 13,47 | 4:27 |
| 98    | 217 | Hellwig, Benno            | 61 | DEU | LG Boppard Bad Salzig         | 4.     | 115 | 0:22:21 | 0:22:37 | 13,43 | 4:28 |
| 99    | 172 | Hamann, Johannes          | 96 | DEU | Fazenda da Esperanca - Hau    | 14.    | 117 | 0:22:29 | 0:22:35 | 13,34 | 4:29 |
| 100   | 89  | Neiser, Frank             | 72 | DEU | SV Eintracht Oppenheim        | 13.    | 118 | 0:22:40 | 0:22:52 | 13,24 | 4:31 |
| 101   | 9   | Heidmann, Patrick         | 00 | DEU | Bischöfl. Realschule Marienbr | 18.    | 119 | 0:22:46 | 0:22:58 | 13,18 | 4:33 |
| 102   | 263 | Stölting, Manfred         | 54 | DEU | sebamed Running Team          | 2.     | 120 | 0:22:46 | 0:22:48 | 13,18 | 4:33 |
| 103   | 371 | Gipp, Mike                | 74 | DEU | SV Eintracht Oppenheim        | 13.    | 121 | 0:22:49 | 0:23:17 | 13,15 | 4:33 |
| 104   | 348 | Mollmann, Dieter          | 61 | DEU | Hunsrück Marathon             | 5.     | 126 | 0:22:53 | 0:22:59 | 13,12 | 4:34 |
| 105   | 134 | Zell, Christoph           | 62 | DEU | *Boppard                      | 6.     | 127 | 0:22:53 | 0:23:01 | 13,12 | 4:34 |
| 106   | 298 | Gewehr, Fridolin          | 57 | DEU | LLG Hunsrück                  | 3.     | 128 | 0:22:53 | 0:23:00 | 13,11 | 4:34 |
| 107   | 166 | Luis Beu, Albino Ecuala   | 92 | DEU | Fazenda da Esperanca - Hau    | 15.    | 129 | 0:22:55 | 0:22:56 | 13,10 | 4:34 |
| 108   | 327 | Hees, Andre               | 03 | DEU | TUS Laubach                   | 19.    | 130 | 0:22:56 | 0:23:17 | 13,09 | 4:35 |
| 109   | 49  | Nick, Philip              | 04 | DEU | Kant-Gymnasium                | 20.    | 131 | 0:23:02 | 0:23:15 | 13,02 | 4:36 |
| 110   | 349 | Strödicke, Kevin          | 90 | DEU | SC Weiler 1946                | 16.    | 132 | 0:23:04 | 0:23:20 | 13,01 | 4:36 |
| 111   | 317 | Basten, Wolfgang          | 57 | DEU | TG Boppard                    | 4.     | 133 | 0:23:05 | 0:23:16 | 13,00 | 4:36 |
| 112   | 116 | Hübner, Gerd              | 63 | DEU | TuS Spay                      | 10.    | 134 | 0:23:09 | 0:23:15 | 12,96 | 4:37 |
| 113   | 235 | Fuchs, Bernd              | 63 | DEU | SC Filsen                     | 11.    | 138 | 0:23:16 | 0:23:39 | 12,89 | 4:39 |
| 114   | 347 | Stenzhorn, Sascha         | 94 | DEU | Maddys LWT Koblenz            | 17.    | 139 | 0:23:17 | 0:23:21 | 12,89 | 4:39 |
| 115   | 171 | Schulmann, Dennis         | 94 | DEU | Fazenda da Esperanca - Hau    | 18.    | 141 | 0:23:22 | 0:23:27 | 12,84 | 4:40 |
| 116   | 244 | Ihmig, Gerhard            | 61 | DEU | TuS Laubach eV                | 7.     | 142 | 0:23:22 | 0:23:41 | 12,84 | 4:40 |
| 117   | 78  | Schottes, Dieter          | 40 | DEU | Meddys LWT Koblenz            | 1.     | 143 | 0:23:23 | 0:23:27 | 12,84 | 4:40 |
| 118   | 132 | Link, Uwe                 | 68 | DEU | *Brey                         | 14.    | 144 | 0:23:24 | 0:23:33 | 12,83 | 4:40 |
| 119   | 329 | Hees, Patrick             | 03 | DEU | TuS Laubach eV                | 21.    | 145 | 0:23:24 | 0:23:44 | 12,83 | 4:40 |
| 120   | 341 | Gromes, Franz             | 01 | DEU | TUS Roland Brey               | 22.    | 146 | 0:23:25 | 0:23:26 | 12,82 | 4:40 |
| 121   | 261 | Pauschel, Thomas          | 76 | DEU | sebamed Running Team          | 14.    | 148 | 0:23:28 | 0:23:48 | 12,79 | 4:41 |
| 122   | 66  | Steffens, Heiko           | 73 | DEU | Laufgruppe Bikini-Figur SV B  | 15.    | 149 | 0:23:29 | 0:23:50 | 12,78 | 4:41 |
| 123   | 94  | Kaufmann, Till            | 97 | DEU | TG Boppard                    | 19.    | 150 | 0:23:30 | 0:23:42 | 12,77 | 4:41 |
| 124   | 203 | Wagner, Carsten           | 74 | DEU | LF Naheland Bad Kreuznach     | 16.    | 151 | 0:23:31 | 0:23:43 | 12,77 | 4:42 |
| 125   | 232 | Kern, Markus              | 75 | DEU | RSG Montabaur                 | 17.    | 152 | 0:23:37 | 0:23:45 | 12,71 | 4:43 |
| 126   | 97  | Emmes, Thomas             | 65 | DEU | ThoNi                         | 12.    | 153 | 0:23:38 | 0:23:44 | 12,70 | 4:43 |
| 127   | 250 | Oppermann, Dieter         | 64 | DEU | *Boppard                      | 13.    | 157 | 0:23:41 | 0:23:55 | 12,67 | 4:44 |
| 128   | 196 | Erbert, Michael           | 58 | DEU | LF Naheland Bad Kreuznach     | 8.     | 158 | 0:23:41 | 0:23:46 | 12,67 | 4:44 |
| 129   | 44  | Braumann, Oskar           | 68 | DEU | Hunsrück-Marathon e.V.        | 15.    | 161 | 0:23:47 | 0:24:08 | 12,61 | 4:45 |
| 130   | 335 | Weber, Philipp            | 89 | DEU | SG Ehrbachtal                 | 20.    | 162 | 0:23:48 | 0:24:05 | 12,61 | 4:45 |
| 131   | 291 | Bleith, Werner            | 55 | DEU | Bethesda-Mix                  | 5.     | 163 | 0:23:52 | 0:24:06 | 12,58 | 4:46 |
| 132   | 17  | Metzner, Dennis           | 94 | DEU | BSG Bomag                     | 21.    | 165 | 0:23:54 | 0:24:14 | 12,55 | 4:46 |
| 133   | 59  | Kahl, Felix               | 97 | DEU | kath. Kita St. Klara          | 22.    | 166 | 0:23:57 | 0:24:19 | 12,53 | 4:47 |
| 134   | 359 | Heimforth, Uwe            | 65 | DEU | Kreisverwaltung Rhein-Hunsr   | 14.    | 168 | 0:23:58 | 0:24:23 | 12,52 | 4:47 |
| 135   | 42  | Hofmann, Friedhelm        | 65 | DEU | Hunsrück-Marathon e.V.        | 15.    | 169 | 0:24:01 | 0:24:19 | 12,49 | 4:48 |
| 136   | 69  | Knaus, Eduard             | 81 | DEU | LG BUKUMA                     | 14.    | 171 | 0:24:06 | 0:24:11 | 12,45 | 4:49 |
| 137   | 266 | Magunski, Gerd            | 60 | DEU | sebamed Running Team          | 9.     | 173 | 0:24:18 | 0:24:22 | 12,35 | 4:51 |
| 138   | 285 | Schellberg, Horst-Günther | 55 | DEU | Hunsrück Marathon e.V.        | 6.     | 174 | 0:24:25 | 0:24:43 | 12,29 | 4:52 |
| 139   | 200 | Kappel, Manfred           | 62 | DEU | LF Naheland Bad Kreuznach     | 10.    | 176 | 0:24:29 | 0:24:40 | 12,26 | 4:53 |
| 140   | 358 | Müller, Roland            | 63 | DEU | LT Gehaischnis                | 16.    | 178 | 0:24:32 | 0:24:42 | 12,23 | 4:54 |
| 141   | 21  | Still, Hans Albert        | 38 | DEU | Ettringen                     | 2.     | 181 | 0:24:38 | 0:24:42 | 12,18 | 4:55 |

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## Ergebnisliste Damen/Herren

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### Ergebnisse Herren / Results Men

| Platz | No. | Name, Vorname                 | JG | NAT | Club/*City                    | AK-Pl. | Pos | Netto   | Brutto  | Km/h  | M/km |
|-------|-----|-------------------------------|----|-----|-------------------------------|--------|-----|---------|---------|-------|------|
| 142   | 164 | Dos Santos Silva, Danilo      | 83 | DEU | Fazenda da Esperanca - Hau    | 9.     | 182 | 0:24:43 | 0:24:46 | 12,14 | 4:56 |
| 143   | 221 | Scherzinger, Georg            | 59 | DEU | LG Boppard Bad Salzig         | 11.    | 184 | 0:24:44 | 0:25:12 | 12,13 | 4:56 |
| 144   | 369 | Kuppels, Oliver               | 96 | DEU | DLRG Boppard                  | 23.    | 185 | 0:24:44 | 0:24:59 | 12,13 | 4:56 |
| 145   | 50  | Kluge, Piet                   | 03 | DEU | Kant-Gymnasium                | 23.    | 187 | 0:24:49 | 0:25:02 | 12,09 | 4:57 |
| 146   | 321 | Gumm, Lucas                   | 01 | DEU | TUS Horn                      | 24.    | 188 | 0:24:50 | 0:25:11 | 12,08 | 4:57 |
| 147   | 153 | Demmer, Paul                  | 01 | DEU | Bischöfl. Realschule Marienbr | 25.    | 189 | 0:24:51 | 0:25:03 | 12,07 | 4:58 |
| 148   | 52  | Neiser, Philipp               | 01 | DEU | Kant-Gymnasium                | 26.    | 190 | 0:24:54 | 0:25:05 | 12,05 | 4:58 |
| 149   | 293 | Bergmann, Johannes            | 55 | DEU | Bethesda-Mix                  | 7.     | 191 | 0:24:54 | 0:25:07 | 12,05 | 4:58 |
| 150   | 283 | Gans, Volker                  | 68 | DEU | VfL Nußbaum                   | 16.    | 194 | 0:24:57 | 0:25:19 | 12,03 | 4:59 |
| 151   | 20  | Meyer, Wolfgang               | 63 | DEU | Emder LG                      | 17.    | 199 | 0:25:10 | 0:25:18 | 11,92 | 5:01 |
| 152   | 361 | Fröhlich, Niclas              | 93 | DEU | Kreisverwaltung Rhein-Hunsr   | 24.    | 201 | 0:25:15 | 0:25:40 | 11,88 | 5:02 |
| 153   | 22  | Schütz, Moritz                | 97 | DEU | Gepimpel                      | 25.    | 202 | 0:25:16 | 0:25:20 | 11,88 | 5:03 |
| 154   | 281 | Hammes, Bernd                 | 70 | DEU | Fazenda da Esperanza          | 17.    | 203 | 0:25:17 | 0:25:26 | 11,87 | 5:03 |
| 155   | 356 | Liesenfeld, Dieter            | 60 | DEU | VFB Gondershausen             | 12.    | 204 | 0:25:23 | 0:25:45 | 11,83 | 5:04 |
| 156   | 119 | Goerke, Karl Heinz            | 54 | DEU | TV Weisel 1912 e.V.           | 8.     | 205 | 0:25:27 | 0:25:42 | 11,79 | 5:05 |
| 157   | 309 | Hill, Martin                  | 78 | DEU | LG Boppard Bad Salzig         | 15.    | 206 | 0:25:31 | 0:25:52 | 11,76 | 5:06 |
| 158   | 33  | Christ, Jörg                  | 66 | DEU | Haus Niedersburg              | 18.    | 207 | 0:25:33 | 0:25:57 | 11,74 | 5:06 |
| 159   | 269 | Gasiorowski, Milosz           | 82 | DEU | sebamed Running Team          | 16.    | 209 | 0:25:52 | 0:26:03 | 11,60 | 5:10 |
| 160   | 121 | Von Mezynski, Walter          | 53 | DEU | VM-Team                       | 9.     | 210 | 0:25:59 | 0:26:12 | 11,55 | 5:11 |
| 161   | 210 | Bahr, Manfred                 | 44 | DEU | LF Naheland Bad Kreuznach     | 1.     | 212 | 0:26:01 | 0:26:08 | 11,53 | 5:12 |
| 162   | 260 | Bongard, Patrick              | 73 | DEU | sebamed Running Team          | 18.    | 213 | 0:26:03 | 0:26:23 | 11,52 | 5:12 |
| 163   | 180 | Lippe, Sandro                 | 03 | DEU | LF Naheland Bad Kreuznach     | 27.    | 214 | 0:26:03 | 0:26:11 | 11,52 | 5:12 |
| 164   | 48  | Löw, Noel                     | 04 | DEU | Kant-Gymnasium                | 28.    | 215 | 0:26:06 | 0:26:20 | 11,50 | 5:13 |
| 165   | 141 | Bernd, Andreas                | 67 | DEU | Team Telekom                  | 19.    | 218 | 0:26:13 | 0:26:31 | 11,45 | 5:14 |
| 166   | 32  | Rechmann, Elmar               | 42 | DEU | LG Boppard-Bad Salzig         | 3.     | 220 | 0:26:14 | 0:26:23 | 11,44 | 5:14 |
| 167   | 370 | Esper, Herbert                | 54 | DEU | LT Untermosel                 | 10.    | 221 | 0:26:26 | 0:26:44 | 11,36 | 5:17 |
| 168   | 319 | Gumm, Friedhelm               | 63 | DEU | TUS Horn                      | 20.    | 222 | 0:26:36 | 0:26:56 | 11,28 | 5:19 |
| 169   | 366 | Schulz, Heinz                 | 57 | DEU | TUS Laubach                   | 11.    | 223 | 0:26:41 | 0:26:59 | 11,25 | 5:20 |
| 170   | 16  | Krumbach, Detlef              | 60 | DEU | BSG Bomag                     | 13.    | 224 | 0:26:44 | 0:26:53 | 11,23 | 5:20 |
| 171   | 11  | Emmerich, Conny               | 58 | DEU | Bischöfl. Realschule Marienbr | 14.    | 227 | 0:26:52 | 0:27:20 | 11,17 | 5:22 |
| 172   | 26  | Rasoli, Tamim                 | 99 | DEU | Haus Niedersburg              | 9.     | 231 | 0:26:59 | 0:27:04 | 11,12 | 5:23 |
| 173   | 102 | Labus, Mark                   | 71 | DEU | Triathlon-Team Rhein-Nahe     | 18.    | 232 | 0:27:00 | 0:27:16 | 11,12 | 5:23 |
| 174   | 79  | Mueller, Thorsten             | 76 | DEU | Muelly Family                 | 19.    | 235 | 0:27:08 | 0:27:25 | 11,06 | 5:25 |
| 175   | 251 | Kraus, Günter                 | 55 | DEU | *Boppard                      | 12.    | 236 | 0:27:09 | 0:27:25 | 11,05 | 5:25 |
| 176   | 197 | Seith, Willi                  | 51 | DEU | LF Naheland Bad Kreuznach     | 2.     | 237 | 0:27:15 | 0:27:31 | 11,01 | 5:26 |
| 177   | 150 | Viert, Wolfgang               | 41 | DEU | *Schauren                     | 4.     | 238 | 0:27:16 | 0:27:35 | 11,00 | 5:27 |
| 178   | 80  | Brzezinski, Holger            | 71 | DEU | Münstermaifeld                | 19.    | 239 | 0:27:18 | 0:27:37 | 10,99 | 5:27 |
| 179   | 167 | Olivares Contreras, Juan Carl | 93 | DEU | Fazenda da Esperanca - Hau    | 26.    | 244 | 0:27:24 | 0:27:28 | 10,95 | 5:28 |
| 180   | 178 | Guckeisen, Yannik             | 04 | DEU | LF Naheland Bad Kreuznach     | 29.    | 245 | 0:27:26 | 0:27:35 | 10,94 | 5:29 |
| 181   | 40  | Kost, Michael                 | 59 | DEU | Haus Niedersburg              | 15.    | 246 | 0:27:33 | 0:27:51 | 10,89 | 5:30 |
| 182   | 256 | Löw, Timo                     | 72 | DEU | *Boppard                      | 20.    | 247 | 0:27:42 | 0:27:56 | 10,83 | 5:32 |
| 183   | 287 | Polomski, Dieter              | 68 | DEU | Bethesda-Mix                  | 21.    | 248 | 0:27:54 | 0:28:21 | 10,75 | 5:34 |
| 184   | 67  | Cordes, Bernd                 | 80 | DEU | Laufgruppe Bikini-Figur SV B  | 17.    | 249 | 0:27:57 | 0:28:18 | 10,74 | 5:35 |
| 185   | 117 | Wingender, Frank              | 78 | DEU | TV Laubenheim 1883 e.V.       | 18.    | 253 | 0:28:02 | 0:28:12 | 10,71 | 5:36 |
| 186   | 282 | Saam, Paul                    | 02 | DEU | VfL Nußbaum                   | 30.    | 254 | 0:28:07 | 0:28:28 | 10,68 | 5:37 |
| 187   | 138 | Hundsödörfer, Tilo            | 69 | DEU | *Vallendar                    | 22.    | 258 | 0:28:17 | 0:28:33 | 10,61 | 5:39 |
| 188   | 316 | Neuser, Niko                  | 78 | DEU | SSV Boppard                   | 19.    | 259 | 0:28:17 | 0:28:39 | 10,61 | 5:39 |

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### Ergebnisse Herren / Results Men

| Platz | No. | Name, Vorname                 | JG | NAT | Club/*City                 | AK-Pl. | Pos | Netto   | Brutto  | Km/h  | M/km |
|-------|-----|-------------------------------|----|-----|----------------------------|--------|-----|---------|---------|-------|------|
| 189   | 179 | Freudenberg, Jonas            | 03 | DEU | LF Naheland Bad Kreuznach  | 31.    | 261 | 0:28:21 | 0:28:30 | 10,58 | 5:40 |
| 190   | 25  | Salzig, Aaron                 | 99 | DEU | Haus Niedersburg           | 10.    | 262 | 0:28:32 | 0:28:49 | 10,52 | 5:42 |
| 191   | 378 | Jahnz, Klaus                  | 49 | DEU | LG Laacher See             | 3.     | 265 | 0:28:40 | 0:29:04 | 10,47 | 5:43 |
| 192   | 276 | Loskant, Gerd                 | 52 | DEU | LG Boppard-Bad Salzig      | 4.     | 266 | 0:28:48 | 0:28:49 | 10,42 | 5:45 |
| 193   | 157 | Zimmer, Thomas                | 61 | DEU | DJK Bingen-Büdesheim       | 16.    | 267 | 0:28:52 | 0:29:15 | 10,39 | 5:46 |
| 194   | 136 | Müller, Frank                 | 71 | DEU | *Spabrücken                | 23.    | 271 | 0:29:07 | 0:29:22 | 10,31 | 5:49 |
| 195   | 234 | Holzmeister, Clemens          | 00 | DEU | Ruderclub Germania Boppar  | 32.    | 272 | 0:29:08 | 0:29:24 | 10,30 | 5:49 |
| 196   | 165 | Ochipinti Portillo, Jose Domi | 85 | DEU | Fazenda da Esperanca - Hau | 10.    | 274 | 0:29:31 | 0:29:35 | 10,17 | 5:54 |
| 197   | 324 | Ternes, Michael               | 67 | DEU | Lauffreunde Meijang        | 21.    | 275 | 0:29:37 | 0:29:55 | 10,13 | 5:55 |
| 198   | 325 | Schnorr, Joachim              | 68 | DEU | Lauffreunde Meijang        | 24.    | 276 | 0:29:37 | 0:29:55 | 10,13 | 5:55 |
| 199   | 219 | Reißfelder, Michael           | 65 | DEU | LG Boppard Bad Salzig      | 22.    | 277 | 0:29:37 | 0:30:07 | 10,13 | 5:55 |
| 200   | 340 | Kuche, René                   | 67 | DEU | RED ROCK RUNNERS           | 23.    | 280 | 0:29:45 | 0:30:10 | 10,08 | 5:56 |
| 201   | 160 | Alves Maia Junior, Manoel     | 78 | DEU | Fazenda da Esperanca - Hau | 20.    | 286 | 0:30:36 | 0:30:39 | 9,81  | 6:07 |
| 202   | 140 | Stein, Martin                 | 71 | DEU | *Vallendar                 | 25.    | 288 | 0:30:59 | 0:31:14 | 9,68  | 6:11 |
| 203   | 315 | Mohammad, Faisal              | 95 | DEU |                            | 27.    | 289 | 0:31:02 | 0:31:06 | 9,67  | 6:12 |
| 204   | 288 | Müller, Fabian                | 76 | DEU | Bethesda-Mix               | 20.    | 294 | 0:31:31 | 0:31:58 | 9,52  | 6:18 |
| 205   | 24  | Gräter, Kurt                  | 48 | DEU | GVG Laufteam Hürth         | 5.     | 295 | 0:31:34 | 0:31:58 | 9,50  | 6:18 |
| 206   | 214 | Gröning, Michael              | 56 | DEU | LG Boppard Bad Salzig      | 13.    | 296 | 0:31:39 | 0:32:09 | 9,48  | 6:19 |
| 207   | 206 | Schmitz, Albert               | 37 | DEU | LF Naheland Bad Kreuznach  | 1.     | 298 | 0:31:45 | 0:32:10 | 9,45  | 6:20 |
| 208   | 252 | Hannappel, Torsten            | 74 | DEU | *Ruppach-Goldhausen        | 21.    | 302 | 0:32:13 | 0:32:28 | 9,32  | 6:26 |
| 209   | 360 | Murmann, Erik                 | 69 | DEU | TUS Laubauch               | 26.    | 304 | 0:32:23 | 0:32:49 | 9,26  | 6:28 |
| 210   | 163 | Miranda Eufrazio, Carlos Fili | 81 | DEU | Fazenda da Esperanca - Hau | 21.    | 308 | 0:33:11 | 0:33:15 | 9,04  | 6:38 |
| 211   | 107 | Dickhardt, Ludwig             | 52 | DEU | TSG Eppstein               | 6.     | 309 | 0:33:16 | 0:33:34 | 9,02  | 6:39 |
| 212   | 275 | Schmidt, Oswald               | 34 | DEU | LG Lahn-Aar-Esterau        | 2.     | 310 | 0:33:27 | 0:33:47 | 8,97  | 6:41 |
| 213   | 60  | Löhr, Jürgen                  | 69 | DEU | KEGGGY                     | 27.    | 313 | 0:34:02 | 0:34:18 | 8,82  | 6:48 |
| 214   | 122 | Pink, Franz Josef             | 43 | DEU | Waldesch-Runner            | 2.     | 318 | 0:36:32 | 0:36:51 | 8,21  | 7:18 |

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## Ergebnisliste Damen/Herren

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### Ergebnisse Damen / Results Damen

| Platz | No. | Name, Vorname            | JG | NAT | Club/*City                  | AK-Pl. | Pos | Netto   | Brutto  | Km/h  | M/km |
|-------|-----|--------------------------|----|-----|-----------------------------|--------|-----|---------|---------|-------|------|
| 1     | 4   | Schneider, Johanna       | 01 | DEU | Wiesbadener LV              | 1.     | 35  | 0:18:53 | 0:18:54 | 15,89 | 3:46 |
| 2     | 373 | Wirth, Judith            | 85 | DEU | SRL Triathlon Koblenz       | 1.     | 42  | 0:19:05 | 0:19:10 | 15,73 | 3:48 |
| 3     | 2   | Rech, Sabine             | 68 | DEU | LLG Hunsrück                | 1.     | 47  | 0:19:12 | 0:19:12 | 15,64 | 3:50 |
| 4     | 73  | Krämer, Jana             | 98 | DEU | LG Maifeld Pellenz          | 1.     | 51  | 0:19:32 | 0:19:34 | 15,36 | 3:54 |
| 5     | 296 | Fischer, Vanessa         | 86 | DEU | Mainz                       | 2.     | 52  | 0:19:33 | 0:19:37 | 15,35 | 3:54 |
| 6     | 226 | Müller, Lena             | 01 | DEU | LLG Hunsrück                | 2.     | 56  | 0:19:53 | 0:19:55 | 15,09 | 3:58 |
| 7     | 374 | Hellebrand, Diana        | 77 | DEU | Meddys LWT Koblenz          | 1.     | 66  | 0:20:44 | 0:20:51 | 14,47 | 4:08 |
| 8     | 377 | Sahl, Jasmin             | 80 | DEU | SRL Triathlon Koblenz       | 1.     | 69  | 0:20:48 | 0:20:53 | 14,43 | 4:09 |
| 9     | 193 | Walita, Nicole           | 72 | DEU | LF Naheland Bad Kreuznach   | 2.     | 76  | 0:20:54 | 0:20:56 | 14,36 | 4:10 |
| 10    | 105 | Kruse, Katja             | 72 | DEU | Triathlon-Team Rhein-Nahe   | 3.     | 81  | 0:21:10 | 0:21:22 | 14,18 | 4:13 |
| 11    | 212 | Henger, Marit            | 04 | DEU | LF Naheland Bad Kreuznach   | 3.     | 91  | 0:21:32 | 0:21:38 | 13,93 | 4:18 |
| 12    | 111 | Dicks, Paula             | 01 | DEU | TuS Roland Brey             | 4.     | 94  | 0:21:40 | 0:21:42 | 13,85 | 4:19 |
| 13    | 332 | Schumacher, Madlen       | 02 | DEU | TSG Limbach                 | 5.     | 99  | 0:21:46 | 0:21:48 | 13,79 | 4:21 |
| 14    | 57  | Schütteler, Timea        | 99 | DEU | Kant-Gymnasium              | 2.     | 105 | 0:21:54 | 0:22:04 | 13,71 | 4:22 |
| 15    | 328 | Hees, Tanja              | 75 | DEU | TuS Laubach eV              | 2.     | 107 | 0:21:58 | 0:22:18 | 13,66 | 4:23 |
| 16    | 147 | Nicklas, Aruna           | 70 | DEU | *Koblenz                    | 4.     | 111 | 0:22:12 | 0:22:19 | 13,52 | 4:26 |
| 17    | 114 | Klasen, Ruth             | 75 | DEU | TuS Spay                    | 3.     | 113 | 0:22:14 | 0:22:28 | 13,49 | 4:26 |
| 18    | 199 | Heath-Schug, Sharon      | 70 | DEU | LF Naheland Bad Kreuznach   | 5.     | 116 | 0:22:25 | 0:22:30 | 13,39 | 4:28 |
| 19    | 268 | Miereczko, Marta         | 86 | DEU | sebamед Running Team        | 3.     | 122 | 0:22:50 | 0:22:57 | 13,15 | 4:33 |
| 19    | 270 | Matuschek, Bernadette    | 71 | DEU | sebamед Running Team        | 6.     | 122 | 0:22:50 | 0:22:58 | 13,15 | 4:33 |
| 21    | 195 | Eisenbrandt, Jana        | 91 | DEU | LF Naheland Bad Kreuznach   | 1.     | 124 | 0:22:50 | 0:22:55 | 13,14 | 4:33 |
| 22    | 306 | Plötz, Sybille           | 65 | DEU | Laufen & Helfen             | 1.     | 125 | 0:22:52 | 0:22:58 | 13,13 | 4:34 |
| 23    | 198 | Stelzel, Jennifer        | 80 | DEU | LF Naheland Bad Kreuznach   | 2.     | 135 | 0:23:09 | 0:23:21 | 12,96 | 4:37 |
| 24    | 350 | Eberth, Maike            | 91 | DEU |                             | 2.     | 136 | 0:23:09 | 0:23:20 | 12,96 | 4:37 |
| 25    | 215 | Hellwig, Nele            | 99 | DEU | LG Boppard Bad Salzig       | 3.     | 137 | 0:23:11 | 0:23:27 | 12,94 | 4:38 |
| 26    | 194 | Nesterenko, Lisa         | 97 | DEU | LF Naheland Bad Kreuznach   | 3.     | 140 | 0:23:18 | 0:23:23 | 12,88 | 4:39 |
| 27    | 86  | Kochhan, Katja           | 72 | DEU | SV Buch                     | 7.     | 147 | 0:23:25 | 0:23:45 | 12,82 | 4:40 |
| 28    | 300 | Rosenbach, Ruth          | 65 | DEU | Kita St. Klara              | 2.     | 154 | 0:23:38 | 0:23:50 | 12,70 | 4:43 |
| 29    | 96  | Waltenberger, Nicoll     | 68 | DEU | ThoNi                       | 8.     | 155 | 0:23:39 | 0:23:45 | 12,69 | 4:43 |
| 30    | 224 | Lang, Jessica            | 01 | DEU | LLG Hunsrück                | 6.     | 156 | 0:23:40 | 0:24:00 | 12,68 | 4:43 |
| 31    | 267 | Gregorius-Neier, Klaudia | 67 | DEU | sebamед Running Team        | 3.     | 159 | 0:23:41 | 0:23:54 | 12,67 | 4:44 |
| 32    | 71  | Mattern, Vanessa         | 97 | DEU | LG Maifeld Pellenz          | 4.     | 160 | 0:23:41 | 0:23:54 | 12,67 | 4:44 |
| 33    | 188 | Stening, Lisa-Marie      | 02 | DEU | LF Naheland Bad Kreuznach   | 7.     | 164 | 0:23:52 | 0:24:00 | 12,57 | 4:46 |
| 34    | 125 | Becker, Tanja            | 73 | DEU | *Karbach                    | 4.     | 167 | 0:23:58 | 0:24:07 | 12,52 | 4:47 |
| 35    | 118 | Tentrup-Tiedje, Corinna  | 59 | DEU | TV Wahlheim                 | 1.     | 170 | 0:24:02 | 0:24:07 | 12,49 | 4:48 |
| 36    | 186 | Krist, Giulia            | 02 | DEU | LF Naheland Bad Kreuznach   | 8.     | 172 | 0:24:12 | 0:24:19 | 12,40 | 4:50 |
| 37    | 202 | Loser, Stephanie         | 65 | DEU | LF Naheland Bad Kreuznach   | 4.     | 175 | 0:24:28 | 0:24:38 | 12,26 | 4:53 |
| 38    | 211 | Christ, Claudia          | 77 | DEU | LF Naheland Bad Kreuznach   | 5.     | 177 | 0:24:32 | 0:24:44 | 12,23 | 4:54 |
| 39    | 145 | Mallmann, Katharina      | 95 | DEU | *Rhens                      | 5.     | 179 | 0:24:35 | 0:24:54 | 12,21 | 4:54 |
| 40    | 303 | Fischer, Tonia           | 56 | DEU | LG Maifeld Pellenz          | 1.     | 180 | 0:24:36 | 0:24:47 | 12,20 | 4:55 |
| 41    | 229 | Petri, Claudia           | 70 | DEU | LSC Kördorf                 | 9.     | 183 | 0:24:43 | 0:24:47 | 12,14 | 4:56 |
| 42    | 124 | Mühleis, Frauke          | 83 | DEU | www.leidenschaft-ist-talent | 4.     | 186 | 0:24:47 | 0:24:55 | 12,11 | 4:57 |
| 43    | 155 | Krolla, Astrid           | 71 | DEU | DJK Bingen-Büdesheim        | 10.    | 192 | 0:24:55 | 0:25:12 | 12,04 | 4:58 |
| 44    | 176 | Bersch, Johanna          | 01 | DEU | Kant-Gymnasium              | 9.     | 193 | 0:24:55 | 0:25:05 | 12,04 | 4:58 |
| 45    | 47  | Thielen, Lorena          | 03 | DEU | Kant-Gymnasium              | 10.    | 195 | 0:25:04 | 0:25:14 | 11,97 | 5:00 |
| 46    | 46  | Bersch, Malika           | 04 | DEU | Kant-Gymnasium              | 11.    | 196 | 0:25:04 | 0:25:14 | 11,97 | 5:00 |
| 47    | 187 | Dautzenberg, Vera        | 02 | DEU | LF Naheland Bad Kreuznach   | 12.    | 197 | 0:25:06 | 0:25:14 | 11,96 | 5:01 |

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### Ergebnisse Damen / Results Damen

| Platz | No. | Name, Vorname             | JG | NAT | Club/*City                  | AK-Pl. | Pos | Netto   | Brutto  | Km/h  | M/km |
|-------|-----|---------------------------|----|-----|-----------------------------|--------|-----|---------|---------|-------|------|
| 48    | 204 | Wagner, Bettina           | 71 | DEU | LF Naheland Bad Kreuznach   | 11.    | 198 | 0:25:09 | 0:25:21 | 11,93 | 5:01 |
| 49    | 271 | Rottenau, Sophia          | 99 | DEU | sebamед Running Team        | 4.     | 200 | 0:25:11 | 0:25:19 | 11,92 | 5:02 |
| 50    | 299 | Petry, Jutta              | 61 | DEU | TuS Spay                    | 2.     | 208 | 0:25:36 | 0:25:43 | 11,73 | 5:07 |
| 51    | 127 | Gründel, Katharina        | 83 | DEU | *Dörth                      | 5.     | 211 | 0:26:00 | 0:26:13 | 11,55 | 5:11 |
| 52    | 173 | Wehmeyer Bug, Helga       | 57 | DEU | Hunsrück-Marathon e.V.      | 2.     | 216 | 0:26:06 | 0:26:30 | 11,49 | 5:13 |
| 53    | 51  | Bernd, Johanna            | 03 | DEU | Kant-Gymnasium              | 13.    | 217 | 0:26:12 | 0:26:29 | 11,45 | 5:14 |
| 54    | 75  | Blettner, Angelika        | 54 | DEU | LT Untermosel               | 3.     | 219 | 0:26:13 | 0:26:23 | 11,44 | 5:14 |
| 55    | 216 | Hellwig, Steffi           | 65 | DEU | LG Boppard Bad Salzig       | 5.     | 225 | 0:26:46 | 0:27:10 | 11,21 | 5:21 |
| 56    | 131 | Breitbach, Sandra         | 71 | DEU | *Hübingen                   | 12.    | 226 | 0:26:49 | 0:27:00 | 11,19 | 5:21 |
| 57    | 336 | Schumacher, Hildegard     | 68 | DEU |                             | 13.    | 228 | 0:26:54 | 0:27:07 | 11,16 | 5:22 |
| 58    | 372 | Hellwid, Imke             | 96 | DEU | TG Boppard                  | 6.     | 229 | 0:26:55 | 0:27:10 | 11,15 | 5:22 |
| 59    | 339 | Schumacher, Verena        | 96 | DEU |                             | 7.     | 230 | 0:26:57 | 0:27:05 | 11,13 | 5:23 |
| 60    | 337 | Brandenburg, Helga        | 44 | DEU | ASV Köln                    | 1.     | 233 | 0:27:01 | 0:27:09 | 11,11 | 5:24 |
| 61    | 156 | Krolla, Tabea             | 01 | DEU | DJK Bingen-Büdesheim        | 14.    | 234 | 0:27:03 | 0:27:26 | 11,09 | 5:24 |
| 62    | 254 | Löffler, Julia            | 85 | DEU | *Boppard                    | 6.     | 240 | 0:27:18 | 0:27:41 | 10,99 | 5:27 |
| 63    | 326 | Gispert, Nicole           | 75 | DEU | Alzey                       | 6.     | 241 | 0:27:24 | 0:27:46 | 10,95 | 5:28 |
| 64    | 273 | Anderson, Elisabeth       | 00 | USA | LG Boppard-Bad Salzig       | 15.    | 242 | 0:27:24 | 0:27:38 | 10,95 | 5:28 |
| 65    | 318 | NickNick, Jitka           | 74 | DEU |                             | 7.     | 243 | 0:27:24 | 0:27:47 | 10,95 | 5:28 |
| 66    | 62  | Sorko, Mona               | 83 | DEU | Kita St. Klara              | 7.     | 250 | 0:27:58 | 0:28:16 | 10,73 | 5:35 |
| 67    | 101 | Burghaus, Kerstin         | 66 | DEU | Triathlon-Team Rhein-Nahe   | 6.     | 251 | 0:27:59 | 0:28:12 | 10,72 | 5:35 |
| 68    | 63  | Weikusat, Ulrike          | 74 | DEU | Kreisverwaltung Rhein-Hunsr | 8.     | 252 | 0:28:00 | 0:28:25 | 10,72 | 5:35 |
| 69    | 295 | Heinz, Karin              | 53 | DEU | Bethesda-Mix                | 4.     | 255 | 0:28:08 | 0:28:35 | 10,66 | 5:37 |
| 70    | 209 | Saam, Jutta               | 72 | DEU | LF Naheland Bad Kreuznach   | 14.    | 256 | 0:28:11 | 0:28:32 | 10,65 | 5:38 |
| 71    | 29  | Zewde, Merhawit           | 00 | DEU | Haus Niedersburg            | 16.    | 257 | 0:28:16 | 0:28:18 | 10,61 | 5:39 |
| 72    | 137 | Hundsörfer, Tonia         | 71 | DEU | *Vallendar                  | 15.    | 260 | 0:28:18 | 0:28:33 | 10,60 | 5:39 |
| 73    | 130 | Baas, Diana               | 66 | NLD | *Kratzenburg                | 7.     | 263 | 0:28:35 | 0:28:48 | 10,50 | 5:42 |
| 74    | 133 | Neumann, Kathrin          | 85 | DEU | *Kastellaun                 | 8.     | 264 | 0:28:38 | 0:29:01 | 10,48 | 5:43 |
| 75    | 190 | Kehrein, Tatjana          | 00 | DEU | LF Naheland Bad Kreuznach   | 17.    | 268 | 0:28:56 | 0:29:03 | 10,37 | 5:47 |
| 76    | 233 | Lüssem, Leonie            | 96 | DEU | Ruderclub Germania Boppar   | 8.     | 269 | 0:29:02 | 0:29:18 | 10,33 | 5:48 |
| 77    | 135 | Zimmermann, Hildegard     | 63 | DEU | *Spabrücken                 | 8.     | 270 | 0:29:04 | 0:29:21 | 10,32 | 5:48 |
| 78    | 279 | Tykfer, Alisa             | 96 | DEU | TV Güls                     | 9.     | 273 | 0:29:21 | 0:29:38 | 10,23 | 5:52 |
| 79    | 149 | Laux, Miriam              | 96 | DEU | *Hungenroth                 | 10.    | 278 | 0:29:44 | 0:30:02 | 10,09 | 5:56 |
| 80    | 12  | Helisch-Christ, Caroline  | 73 | DEU | born to run                 | 9.     | 279 | 0:29:44 | 0:30:07 | 10,09 | 5:56 |
| 81    | 115 | Brzek-Blankenburg, Nicole | 76 | DEU | TuS Spay                    | 10.    | 281 | 0:29:50 | 0:30:09 | 10,06 | 5:57 |
| 82    | 205 | Schmitz, Christa          | 47 | DEU | LF Naheland Bad Kreuznach   | 2.     | 282 | 0:30:00 | 0:30:26 | 10,00 | 5:59 |
| 83    | 126 | Muders, Manuela           | 70 | DEU | *Urbar                      | 16.    | 283 | 0:30:19 | 0:30:44 | 9,90  | 6:03 |
| 84    | 108 | Bauer, Simone             | 77 | DEU | TTV Pleizenhausen           | 11.    | 284 | 0:30:29 | 0:30:53 | 9,84  | 6:05 |
| 85    | 182 | Silbernagel, Jennifer     | 03 | DEU | LF Naheland Bad Kreuznach   | 18.    | 285 | 0:30:31 | 0:30:36 | 9,83  | 6:06 |
| 86    | 139 | Grünheid Stein, Daniela   | 73 | DEU | *Vallendar                  | 12.    | 287 | 0:30:59 | 0:31:14 | 9,69  | 6:11 |
| 87    | 259 | Hirsch, Esther            | 68 | DEU | sebamед Running Team        | 17.    | 290 | 0:31:02 | 0:31:26 | 9,67  | 6:12 |
| 88    | 311 | Baumer, Christina         | 69 | DEU | TSV Emmelshausen            | 18.    | 291 | 0:31:03 | 0:31:25 | 9,66  | 6:12 |
| 89    | 152 | Schöffner, Olga           | 77 | DEU | *Nörtershausen              | 13.    | 292 | 0:31:05 | 0:31:15 | 9,66  | 6:12 |
| 90    | 262 | Tädcke, Anna              | 86 | DEU | sebamед Running Team        | 9.     | 293 | 0:31:07 | 0:31:26 | 9,64  | 6:13 |
| 91    | 88  | Zimmer, Stefanie          | 80 | DEU | SV Buch                     | 3.     | 297 | 0:31:45 | 0:32:09 | 9,45  | 6:20 |
| 92    | 146 | Kamp, Nathalie            | 91 | DEU | *Kastellaun                 | 11.    | 299 | 0:31:48 | 0:32:12 | 9,44  | 6:21 |
| 93    | 27  | Nußbaum, Joana            | 00 | DEU | Haus Niedersburg            | 19.    | 300 | 0:32:01 | 0:32:06 | 9,37  | 6:24 |
| 94    | 243 | Höh, Angela               | 57 | DEU | TSV Emmelshausen            | 5.     | 301 | 0:32:10 | 0:32:37 | 9,33  | 6:25 |

# 32. sebamed Mailauf Boppard

24.05.2017

## Ergebnisliste Damen/Herren

Hauptlauf 5000m  
INOFFIZIELLES ERGEBNIS

21:31:18  
24.05.2017

8/8

### Ergebnisse Damen / Results Damen

| Platz | No. | Name, Vorname            | JG | NAT | Club/*City                | AK-Pl. | Pos | Netto   | Brutto  | Km/h | M/km |
|-------|-----|--------------------------|----|-----|---------------------------|--------|-----|---------|---------|------|------|
| 95    | 148 | Loew, Cathrin            | 79 | DEU | *Boppard                  | 4.     | 303 | 0:32:13 | 0:32:28 | 9,31 | 6:26 |
| 96    | 284 | Schellberg, Gerlinde     | 62 | DEU | Hunsrück Marathon e.V.    | 3.     | 305 | 0:32:29 | 0:32:48 | 9,24 | 6:29 |
| 97    | 247 | Holz, Alexandra          | 71 | DEU | *Nassau                   | 19.    | 306 | 0:33:01 | 0:33:08 | 9,09 | 6:36 |
| 98    | 174 | Wilczek, Eva             | 46 | DEU | IAC Düren                 | 3.     | 307 | 0:33:03 | 0:33:17 | 9,08 | 6:36 |
| 99    | 249 | Darscheid, Barbara       | 73 | DEU | *Emmelshausen             | 14.    | 311 | 0:33:30 | 0:33:45 | 8,96 | 6:41 |
| 100   | 93  | Hentschel, Gerlind       | 63 | DEU | TG Boppard                | 9.     | 312 | 0:33:52 | 0:34:13 | 8,86 | 6:46 |
| 101   | 61  | Goeth-Löhr, Ulli         | 69 | DEU | KEGGGY                    | 20.    | 314 | 0:34:03 | 0:34:17 | 8,81 | 6:48 |
| 102   | 28  | Gutierrez Suarez, Jasmin | 89 | DEU | Haus Niedersburg          | 12.    | 315 | 0:34:37 | 0:34:39 | 8,67 | 6:55 |
| 103   | 31  | Taklia, Abadit           | 99 | DEU | Haus Niedersburg          | 5.     | 316 | 0:35:01 | 0:35:03 | 8,57 | 7:00 |
| 104   | 207 | Ahlert, Heidi            | 42 | DEU | LF Naheland Bad Kreuznach | 1.     | 317 | 0:35:20 | 0:35:46 | 8,49 | 7:03 |
| 105   | 30  | Gaym, Lemlem             | 99 | DEU | Haus Niedersburg          | 6.     | 319 | 0:36:51 | 0:36:52 | 8,14 | 7:22 |