

Ergebnisliste 3. Bahnvolkslauf der LG Rhein-Wied am 10.08.2007

sortiert nach Läufen

Lauf 1

| PLATZ | VNAME | NNAME | VEREIN | KURZ | GZEIT |
|-------|--------------|-------------------|----------------------|------|----------|
| 1 | Hans-Günther | Rebmann | TV-Mühlheim | M60 | 00:23:19 |
| 2 | Bernd | Michels | LG Rhein-Wied | M65 | 00:23:31 |
| 3 | Josef | Hahn | Sparkasse Neuwied | M60 | 00:23:38 |
| 4 | Wilfried | Krug | TV Obermaubach | M55 | 00:23:45 |
| 5 | Horst | Fürst | LG Rhein-Wied | M65 | 00:23:54 |
| 6 | Patrick | Sünner | LT Niederbieber | M40 | 00:23:58 |
| 7 | Svetlana | Penner | LT-Heimbach-Weis | W45 | 00:24:04 |
| 8 | Hilmar | Troitzsch | Hobby-Club Muscheid | M65 | 00:24:07 |
| 9 | Guido | Labontz | Lauftreff Gruthoff | M40 | 00:24:10 |
| 10 | Maria | Martens | LT-Heimbach-Weis | W30 | 00:24:12 |
| 11 | Martina | Heinz | Running Team Bad Ems | W45 | 00:24:18 |
| 12 | Niklas | Bell | LG Gimmigen | mJB | 00:24:31 |
| 13 | Rudi | Schulz | LT Heimbach-Weis | M45 | 00:24:40 |
| 14 | Petra | Hermann | Neuwied | W50 | 00:25:12 |
| 15 | Hans-Peter | Kaul | TuS Horhausen | M60 | 00:25:25 |
| 16 | Sabine | Hubrig-Schaumburg | LT Hennef / Sieg | W45 | 00:25:29 |
| 17 | Margit | Hillen | Melsbach | W40 | 00:25:45 |
| 18 | Markus | Hillen | Melsbach | M40 | 00:25:46 |
| 19 | Volker | Kastrup | TV-Niederbieber | M45 | 00:26:09 |
| 20 | Elvira | Baldauf | Running Team Bad Ems | W50 | 00:26:18 |

Lauf 2

| PLATZ | VNAME | NNAME | VEREIN | KURZ | GZEIT |
|-------|--------------|------------------|--------------------------|------|----------|
| 1 | Udo | Schlutter | TuS Niederneisen | M40 | 00:19:04 |
| 2 | Manuel | Becker | TV Honnefeld/Straßenhaus | mJB | 00:20:18 |
| 3 | Hans-Joachim | Fries | SVS Emmerzhausen | M55 | 00:20:40 |
| 4 | Sibille | Ohlemacher | TuS Niederneisen | W45 | 00:20:41 |
| 5 | Viktor | Baum | LT Heimbach-Weis | M45 | 00:20:42 |
| 6 | Thomas | Müller | TuS Niederneisen | M40 | 00:21:01 |
| 7 | Werner | Neuer | Judo-Club-Neuwied | M40 | 00:21:21 |
| 8 | Martin | Berke | Laubach | M40 | 00:21:33 |
| 9 | Gerhard | Nekel | LT DJK Andernach | M45 | 00:21:35 |
| 10 | David | Kubis | LG Maifeld-Pelenz | MHK | 00:21:35 |
| 11 | Katharina | Mühl | LG-Sieg | WHK | 00:21:37 |
| 12 | Swen | Oliva | swen-Oliva@t-online.de | MHK | 00:21:44 |
| 13 | Heike | Zanger | Running Team Bad Ems | W40 | 00:21:46 |
| 14 | Uwe | Schaub | LT Heimbach-Weis | M40 | 00:21:56 |
| 15 | Lukas | Lippmeyer | Ettringen | MHK | 00:22:29 |
| 16 | Manfred | Bremm | Sv Weitersburg | M65 | 00:22:32 |
| 17 | Claudia | Reese-Battermann | TV Dillenburg | W40 | 00:22:52 |
| 18 | Tobias | Krauß | LSC Maischeid | M13 | 00:22:57 |
| 19 | Karl-Heinz | Wiegand | TV Rengsdorf | M65 | 00:22:58 |

Lauf 3

| PLATZ | VNAME | NNAME | VEREIN | KURZ | GZEIT |
|-------|-----------|--------------|--------------------|------|----------|
| 1 | Josef | Stein | LT Heimbach-Weis | M50 | 00:18:53 |
| 2 | Hans-Jörg | Kuck | LG Bonn/ Troisdorf | M45 | 00:19:08 |
| 3 | Uwe | Fleischhauer | LG Rhein-Wied | M45 | 00:19:27 |
| 4 | Daniel | Stanke | SV-Kell | M35 | 00:19:32 |
| 5 | Ralf | Kind | TuS Weiershagen | M45 | 00:19:36 |
| 6 | Stefan | Hild | SV Waldesch | M55 | 00:19:38 |

| | | | | | |
|----|-----------|--------------|------------------------|-----|----------|
| 7 | Birgit | Lennartz | LLG St. Augustin | W40 | 00:19:46 |
| 8 | Georg | Weinand | LA TuS Mayen | M50 | 00:19:51 |
| 9 | Sabine | Drumm-Becker | Laktatkönige Köln | W40 | 00:19:53 |
| 10 | Alexander | Penner | LT Heimbach-Weis | M45 | 00:19:55 |
| 11 | Walter | Janzen | RC-Neuwied | M40 | 00:19:57 |
| 12 | Dirk | Porsch | www.laufhase.de | M40 | 00:20:05 |
| 13 | Hans | Marichal | Neuwied | M50 | 00:20:18 |
| 14 | Werner | Michel | SV Waldesch | M45 | 00:20:24 |
| 15 | Uwe | Klein | DJK Fernthal | M35 | 00:20:26 |
| 16 | Niklas | Mannebach | Running Team Burgbrohl | M13 | 00:20:42 |
| 17 | Sebastian | Krach | LT Heimbach-Weis | mJA | 00:20:47 |
| 18 | Herbert | Paschakaruis | Vallendar | M50 | 00:20:47 |
| 19 | Petra | Friedrich | RSG Montabaur | WHK | 00:20:51 |
| 20 | Wolfgang | Kühn | LT Heimbach-Weis | M55 | 00:21:11 |
| 21 | Jörg | Steuter | Thalhausen | M45 | 00:21:39 |
| 22 | Bernhard | Marake | LT Heimbach-Weis | M60 | 00:21:57 |
| 23 | Robert | Wahre | Straßenhaus | M45 | 00:24:58 |

Lauf 4

| PLATZ | VNAME | NNAME | VEREIN | KURZ | GZEIT |
|-------|----------|------------|--------------------------------|------|----------|
| 1 | Marc | Sülzen | LG Rhein-Wied | M35 | 00:17:25 |
| 2 | Eberhard | Göbel | TV Dillenburg | M50 | 00:17:29 |
| 3 | Matthias | Korth | LG Sieg | M40 | 00:17:31 |
| 4 | Herbert | Büngeler | DLL Aachen | M50 | 00:17:33 |
| 5 | Marco | Weber | LaufTeufel.de Running Club Kob | M30 | 00:17:39 |
| 6 | Patrick | Küpper | LG Rhein-Wied | M35 | 00:17:46 |
| 7 | Peter | Rössling | ASG Altenkirchen | M40 | 00:17:54 |
| 8 | Raphael | Müller | | MHK | 00:17:58 |
| 9 | Norbert | Schäfer | LG Rhein-Wied | M50 | 00:18:00 |
| 10 | Guido | Eultgem | LA TUS Mayen | M35 | 00:18:02 |
| 11 | Manuel | Mohr | LG Lahn-Aar-Esterau | MHK | 00:18:07 |
| 12 | Oskar | Braumann | Hunsrück-Marathon-EV | M35 | 00:18:07 |
| 13 | Markus | Britz | kein Verein | M40 | 00:18:24 |
| 14 | Dirk | Zavelberg | LA TUS Mayen | M35 | 00:18:26 |
| 15 | Tobras | Liesenfeld | LG Rhein-Wied | mJB | 00:18:48 |
| 16 | Günter | Willems | SV Neunkirchen-Steinborn | M40 | 00:19:00 |
| 17 | Joachim | Kube | LG Kreis Ahrweiler | M55 | 00:19:07 |
| 18 | Tanja | Pesch | TUS Kreuzweingarten-Rheder | W30 | 00:19:14 |
| 19 | David | Dehren | Hillscheid | MHK | 00:19:36 |

Lauf 5

| PLATZ | VNAME | NNAME | VEREIN | KURZ | GZEIT |
|-------|----------|---------|-------------------------|------|----------|
| 1 | Markus | Zerres | TV Waldstraße Wiesbaden | M45 | 00:15:53 |
| 2 | Andreas | Schütz | TUS Wallmerod | M30 | 00:16:14 |
| 3 | Heribert | Neuhaus | TUS Wallmerod | M40 | 00:16:21 |
| 4 | Stefan | Pulger | SV Kell | M40 | 00:16:21 |
| 5 | Michael | Bockius | LC Bingen | M35 | 00:17:42 |

Ergebnisliste 3. Bahnvolkslauf der LG Rhein-Wied am 10.08.2007

sortiert nach Klassen

| PLATZ | VNAME | NNAME | VEREIN | KURZ | GZEIT | AK-PLATZ |
|-------|----------|---------|-------------------------|------|----------|----------|
| 1 | Markus | Zerres | TV Waldstraße Wiesbaden | M45 | 00:15:53 | 1 |
| 2 | Andreas | Schütz | TUS Wallmerod | M30 | 00:16:14 | 1 |
| 3 | Heribert | Neuhaus | TUS Wallmerod | M40 | 00:16:21 | 1 |

| | | | | | | |
|----|--------------|--------------|--------------------------------|-----|----------|----|
| 4 | Stefan | Pulger | SV Kell | M40 | 00:16:21 | 2 |
| 5 | Marc | Sülzen | LG Rhein-Wied | M35 | 00:17:25 | 1 |
| 6 | Eberhard | Göbel | TV Dillenburg | M50 | 00:17:29 | 1 |
| 7 | Matthias | Korth | LG Sieg | M40 | 00:17:31 | 3 |
| 8 | Herbert | Büngeler | DLL Aachen | M50 | 00:17:33 | 2 |
| 9 | Marco | Weber | LaufTeufel.de Running Club Kob | M30 | 00:17:39 | 2 |
| 10 | Michael | Bockius | LC Bingen | M35 | 00:17:42 | 2 |
| 11 | Patrick | Küpper | LG Rhein-Wied | M35 | 00:17:46 | 3 |
| 12 | Peter | Rössling | ASG Altenkirchen | M40 | 00:17:54 | 4 |
| 13 | Raphael | Müller | | MHK | 00:17:58 | 1 |
| 14 | Norbert | Schäfer | LG Rhein-Wied | M50 | 00:18:00 | 3 |
| 15 | Guido | Eultgem | LA TUS Mayen | M35 | 00:18:02 | 4 |
| 16 | Manuel | Mohr | LG Lahn-Aar-Esterau | MHK | 00:18:07 | 2 |
| 17 | Oskar | Braumann | Hunsrück-Marathon-EV | M35 | 00:18:07 | 5 |
| 18 | Markus | Britz | kein Verein | M40 | 00:18:24 | 5 |
| 19 | Dirk | Zavelberg | LA TUS Mayen | M35 | 00:18:26 | 6 |
| 20 | Tobras | Liesenfeld | LG Rhein-Wied | mJB | 00:18:48 | 1 |
| 21 | Josef | Stein | LT Heimbach-Weis | M50 | 00:18:53 | 4 |
| 22 | Günter | Willems | SV Neunkirchen-Steinborn | M40 | 00:19:00 | 6 |
| 23 | Udo | Schlutter | TuS Niederneisen | M40 | 00:19:04 | 7 |
| 24 | Joachim | Kube | LG Kreis Ahrweiler | M55 | 00:19:07 | 1 |
| 25 | Hans-Jörg | Kuck | LG Bonn/ Troisdorf | M45 | 00:19:08 | 2 |
| 26 | Tanja | Pesch | TUS Kreuzweingarten-Rheder | W30 | 00:19:14 | 1 |
| 27 | Uwe | Fleischhauer | LG Rhein-Wied | M45 | 00:19:27 | 3 |
| 28 | Daniel | Stanke | SV-Kell | M35 | 00:19:32 | 7 |
| 29 | Ralf | Kind | TuS Weiershagen | M45 | 00:19:36 | 4 |
| 30 | David | Dehren | Hillscheid | MHK | 00:19:36 | 3 |
| 31 | Stefan | Hild | SV Waldesch | M55 | 00:19:38 | 2 |
| 32 | Birgit | Lennartz | LLG St. Augustin | W40 | 00:19:46 | 1 |
| 33 | Georg | Weinand | LA TuS Mayen | M50 | 00:19:51 | 5 |
| 34 | Sabine | Drumm-Becker | Laktatkönige Köln | W40 | 00:19:53 | 2 |
| 35 | Alexander | Penner | LT Heimbach-Weis | M45 | 00:19:55 | 5 |
| 36 | Walter | Janzen | RC-Neuwied | M40 | 00:19:57 | 8 |
| 37 | Dirk | Porsch | www.laufhase.de | M40 | 00:20:05 | 9 |
| 38 | Manuel | Becker | TV Honnefeld/Straßenhaus | mJB | 00:20:18 | 2 |
| 39 | Hans | Marichal | Neuwied | M50 | 00:20:18 | 6 |
| 40 | Werner | Michel | SV Waldesch | M45 | 00:20:24 | 6 |
| 41 | Uwe | Klein | DJK Fernthal | M35 | 00:20:26 | 8 |
| 42 | Hans-Joachim | Fries | SVS Emmerzhausen | M55 | 00:20:40 | 3 |
| 43 | Sibille | Ohlemacher | TuS Niederneisen | W45 | 00:20:41 | 1 |
| 44 | Niklas | Mannebach | Running Team Burgbrohl | M13 | 00:20:42 | 1 |
| 45 | Viktor | Baum | LT Heimbach-Weis | M45 | 00:20:42 | 7 |
| 46 | Sebastian | Krach | LT Heimbach-Weis | mJA | 00:20:47 | 1 |
| 47 | Herbert | Paschakaruis | Vallendar | M50 | 00:20:47 | 7 |
| 48 | Petra | Friedrich | RSG Montabaur | WHK | 00:20:51 | 1 |
| 49 | Thomas | Müller | TuS Niederneisen | M40 | 00:21:01 | 10 |
| 50 | Wolfgang | Kühn | LT Heimbach-Weis | M55 | 00:21:11 | 4 |
| 51 | Werner | Neuer | Judo-Club-Neuwied | M40 | 00:21:21 | 11 |
| 52 | Martin | Berke | Laubach | M40 | 00:21:33 | 12 |
| 53 | Gerhard | Nekel | LT DJK Andernach | M45 | 00:21:35 | 8 |
| 54 | David | Kubis | LG Maifeld-Pelenz | MHK | 00:21:35 | 4 |
| 55 | Katharina | Mühl | LG-Sieg | WHK | 00:21:37 | 2 |
| 56 | Jörg | Steuter | Thalhausen | M45 | 00:21:39 | 9 |
| 57 | Swen | Oliva | swen-Oliva@t-online.de | MHK | 00:21:44 | 5 |
| 58 | Heike | Zanger | Running Team Bad Ems | W40 | 00:21:46 | 3 |
| 59 | Uwe | Schaub | LT Heimbach-Weis | M40 | 00:21:56 | 13 |

| | | | | | | |
|----|--------------|-------------------|----------------------|-----|----------|----|
| 60 | Bernhard | Marake | LT Heimbach-Weis | M60 | 00:21:57 | 1 |
| 61 | Lukas | Lippmeyer | Ettringen | MHK | 00:22:29 | 6 |
| 62 | Manfred | Bremm | Sv Weitersburg | M65 | 00:22:32 | 1 |
| 63 | Claudia | Reese-Battermann | TV Dillenburg | W40 | 00:22:52 | 4 |
| 64 | Tobias | Krauß | LSC Maischeid | M13 | 00:22:57 | 2 |
| 65 | Karl-Heinz | Wiegand | TV Rengsdorf | M65 | 00:22:58 | 2 |
| 66 | Hans-Günther | Rebmann | TV-Mühlheim | M60 | 00:23:19 | 2 |
| 67 | Bernd | Michels | LG Rhein-Wied | M65 | 00:23:31 | 3 |
| 68 | Josef | Hahn | Sparkasse Neuwied | M60 | 00:23:38 | 3 |
| 69 | Wilfried | Krug | TV Obermaubach | M55 | 00:23:45 | 5 |
| 70 | Horst | Fürst | LG Rhein-Wied | M65 | 00:23:54 | 4 |
| 71 | Patrick | Sünner | LT Niederbieber | M40 | 00:23:58 | 14 |
| 72 | Svetlana | Penner | LT-Heimbach-Weis | W45 | 00:24:04 | 2 |
| 73 | Hilmar | Troitzsch | Hobby-Club Muscheid | M65 | 00:24:07 | 5 |
| 74 | Guido | Labontz | Lauftreff Gruthoff | M40 | 00:24:10 | 15 |
| 75 | Maria | Martens | LT-Heimbach-Weis | W30 | 00:24:12 | 2 |
| 76 | Martina | Heinz | Running Team Bad Ems | W45 | 00:24:18 | 3 |
| 77 | Niklas | Bell | LG Gimmigen | mJB | 00:24:31 | 3 |
| 78 | Rudi | Schulz | LT Heimbach-Weis | M45 | 00:24:40 | 10 |
| 79 | Robert | Wahre | Straßenhaus | M45 | 00:24:58 | 11 |
| 80 | Petra | Hermann | Neuwied | W50 | 00:25:12 | 1 |
| 81 | Hans-Peter | Kaul | TuS Horhausen | M60 | 00:25:25 | 4 |
| 82 | Sabine | Hubrig-Schaumburg | LT Hennef / Sieg | W45 | 00:25:29 | 4 |
| 83 | Margit | Hillen | Melsbach | W40 | 00:25:45 | 5 |
| 84 | Markus | Hillen | Melsbach | M40 | 00:25:46 | 16 |
| 85 | Volker | Kastrup | TV-Niederbieber | M45 | 00:26:09 | 12 |
| 86 | Elvira | Baldauf | Running Team Bad Ems | W50 | 00:26:18 | 2 |

| PLATZ | VNAME | NNAME | VEREIN | KURZ | GZEIT | AK-PLATZ |
|-------|--------|-----------|------------------------|------|----------|----------|
| 44 | Niklas | Mannebach | Running Team Burgbrohl | M13 | 00:20:42 | 1 |
| 64 | Tobias | Krauß | LSC Maischeid | M13 | 00:22:57 | 2 |

| PLATZ | VNAME | NNAME | VEREIN | KURZ | GZEIT | AK-PLATZ |
|-------|---------|-----------|------------------------|------|----------|----------|
| 13 | Raphael | Müller | | MHK | 00:17:58 | 1 |
| 16 | Manuel | Mohr | LG Lahn-Aar-Esterau | MHK | 00:18:07 | 2 |
| 30 | David | Dehren | Hillscheid | MHK | 00:19:36 | 3 |
| 54 | David | Kubis | LG Maifeld-Pelenz | MHK | 00:21:35 | 4 |
| 57 | Swen | Oliva | swen-Oliva@t-online.de | MHK | 00:21:44 | 5 |
| 61 | Lukas | Lippmeyer | Ettringen | MHK | 00:22:29 | 6 |

| PLATZ | VNAME | NNAME | VEREIN | KURZ | GZEIT | AK-PLATZ |
|-------|---------|--------|--------------------------------|------|----------|----------|
| 2 | Andreas | Schütz | TUS Wallmerod | M30 | 00:16:14 | 1 |
| 9 | Marco | Weber | LaufTeufel.de Running Club Kob | M30 | 00:17:39 | 2 |

| PLATZ | VNAME | NNAME | VEREIN | KURZ | GZEIT | AK-PLATZ |
|-------|---------|-----------|----------------------|------|----------|----------|
| 5 | Marc | Sülzen | LG Rhein-Wied | M35 | 00:17:25 | 1 |
| 10 | Michael | Bockius | LC Bingen | M35 | 00:17:42 | 2 |
| 11 | Patrick | Küpper | LG Rhein-Wied | M35 | 00:17:46 | 3 |
| 15 | Guido | Eultgem | LA TUS Mayen | M35 | 00:18:02 | 4 |
| 17 | Oskar | Braumann | Hunsrück-Marathon-EV | M35 | 00:18:07 | 5 |
| 19 | Dirk | Zavelberg | LA TUS Mayen | M35 | 00:18:26 | 6 |
| 28 | Daniel | Stanke | SV-Kell | M35 | 00:19:32 | 7 |
| 41 | Uwe | Klein | DJK Fernthal | M35 | 00:20:26 | 8 |

| PLATZ | VNAME | NNAME | VEREIN | KURZ | GZEIT | AK-PLATZ |
|-------|----------|-----------|--------------------------|------|----------|----------|
| 3 | Heribert | Neuhaus | TUS Wallmerod | M40 | 00:16:21 | 1 |
| 4 | Stefan | Pulger | SV Kell | M40 | 00:16:21 | 2 |
| 7 | Matthias | Korth | LG Sieg | M40 | 00:17:31 | 3 |
| 12 | Peter | Rössling | ASG Altenkirchen | M40 | 00:17:54 | 4 |
| 18 | Markus | Britz | kein Verein | M40 | 00:18:24 | 5 |
| 22 | Günter | Willems | SV Neunkirchen-Steinborn | M40 | 00:19:00 | 6 |
| 23 | Udo | Schlutter | TuS Niederneisen | M40 | 00:19:04 | 7 |
| 36 | Walter | Janzen | RC-Neuwied | M40 | 00:19:57 | 8 |
| 37 | Dirk | Porsch | www.laufhase.de | M40 | 00:20:05 | 9 |
| 49 | Thomas | Müller | TuS Niederneisen | M40 | 00:21:01 | 10 |
| 51 | Werner | Neuer | Judo-Club-Neuwied | M40 | 00:21:21 | 11 |
| 52 | Martin | Berke | Laubach | M40 | 00:21:33 | 12 |
| 59 | Uwe | Schaub | LT Heimbach-Weis | M40 | 00:21:56 | 13 |
| 71 | Patrick | Sünner | LT Niederbieber | M40 | 00:23:58 | 14 |
| 74 | Guido | Labontz | Lauftreff Gruthoff | M40 | 00:24:10 | 15 |
| 84 | Markus | Hillen | Melsbach | M40 | 00:25:46 | 16 |

| PLATZ | VNAME | NNAME | VEREIN | KURZ | GZEIT | AK-PLATZ |
|-------|-----------|--------------|-------------------------|------|----------|----------|
| 1 | Markus | Zerres | TV Waldstraße Wiesbaden | M45 | 00:15:53 | 1 |
| 25 | Hans-Jörg | Kuck | LG Bonn/ Troisdorf | M45 | 00:19:08 | 2 |
| 27 | Uwe | Fleischhauer | LG Rhein-Wied | M45 | 00:19:27 | 3 |
| 29 | Ralf | Kind | TuS Weiershagen | M45 | 00:19:36 | 4 |
| 35 | Alexander | Penner | LT Heimbach-Weis | M45 | 00:19:55 | 5 |
| 40 | Werner | Michel | SV Waldesch | M45 | 00:20:24 | 6 |
| 45 | Viktor | Baum | LT Heimbach-Weis | M45 | 00:20:42 | 7 |
| 53 | Gerhard | Nekel | LT DJK Andernach | M45 | 00:21:35 | 8 |
| 56 | Jörg | Steuter | Thalhausen | M45 | 00:21:39 | 9 |
| 78 | Rudi | Schulz | LT Heimbach-Weis | M45 | 00:24:40 | 10 |
| 79 | Robert | Wahre | Straßenhaus | M45 | 00:24:58 | 11 |
| 85 | Volker | Kastrup | TV-Niederbieber | M45 | 00:26:09 | 12 |

| PLATZ | VNAME | NNAME | VEREIN | KURZ | GZEIT | AK-PLATZ |
|-------|----------|--------------|------------------|------|----------|----------|
| 6 | Eberhard | Göbel | TV Dillenburg | M50 | 00:17:29 | 1 |
| 8 | Herbert | Büngeler | DLL Aachen | M50 | 00:17:33 | 2 |
| 14 | Norbert | Schäfer | LG Rhein-Wied | M50 | 00:18:00 | 3 |
| 21 | Josef | Stein | LT Heimbach-Weis | M50 | 00:18:53 | 4 |
| 33 | Georg | Weinand | LA TuS Mayen | M50 | 00:19:51 | 5 |
| 39 | Hans | Marichal | Neuwied | M50 | 00:20:18 | 6 |
| 47 | Herbert | Paschakaruis | Vallendar | M50 | 00:20:47 | 7 |

| PLATZ | VNAME | NNAME | VEREIN | KURZ | GZEIT | AK-PLATZ |
|-------|--------------|-------|--------------------|------|----------|----------|
| 24 | Joachim | Kube | LG Kreis Ahrweiler | M55 | 00:19:07 | 1 |
| 31 | Stefan | Hild | SV Waldesch | M55 | 00:19:38 | 2 |
| 42 | Hans-Joachim | Fries | SVS Emmerzhausen | M55 | 00:20:40 | 3 |
| 50 | Wolfgang | Kühn | LT Heimbach-Weis | M55 | 00:21:11 | 4 |
| 69 | Wilfried | Krug | TV Obermaubach | M55 | 00:23:45 | 5 |

| PLATZ | VNAME | NNAME | VEREIN | KURZ | GZEIT | AK-PLATZ |
|-------|--------------|---------|-------------------|------|----------|----------|
| 60 | Bernhard | Marake | LT Heimbach-Weis | M60 | 00:21:57 | 1 |
| 66 | Hans-Günther | Rebmann | TV-Mühlheim | M60 | 00:23:19 | 2 |
| 68 | Josef | Hahn | Sparkasse Neuwied | M60 | 00:23:38 | 3 |
| 81 | Hans-Peter | Kaul | TuS Horhausen | M60 | 00:25:25 | 4 |

| PLATZ | VNAME | NNAME | VEREIN | KURZ | GZEIT | AK-PLATZ |
|-------|---------|-------|----------------|------|----------|----------|
| 62 | Manfred | Bremm | Sv Weitersburg | M65 | 00:22:32 | 1 |

| | | | | | |
|---------------|-----------|---------------------|-----|----------|---|
| 65 Karl-Heinz | Wiegand | TV Rengsdorf | M65 | 00:22:58 | 2 |
| 67 Bernd | Michels | LG Rhein-Wied | M65 | 00:23:31 | 3 |
| 70 Horst | Fürst | LG Rhein-Wied | M65 | 00:23:54 | 4 |
| 73 Hilmar | Troitzsch | Hobby-Club Muscheid | M65 | 00:24:07 | 5 |

| PLATZ | VNAME | NNAME | VEREIN | KURZ GZEIT | AK-PLATZ | |
|--------------|--------------|--------------|------------------|-------------------|-----------------|---|
| 46 | Sebastian | Krach | LT Heimbach-Weis | mJA | 00:20:47 | 1 |

| PLATZ | VNAME | NNAME | VEREIN | KURZ GZEIT | AK-PLATZ | |
|--------------|--------------|--------------|--------------------------|-------------------|-----------------|---|
| 20 | Tobras | Liesenfeld | LG Rhein-Wied | mJB | 00:18:48 | 1 |
| 38 | Manuel | Becker | TV Honnefeld/Straßenhaus | mJB | 00:20:18 | 2 |
| 77 | Niklas | Bell | LG Gimmigen | mJB | 00:24:31 | 3 |

| PLATZ | VNAME | NNAME | VEREIN | KURZ GZEIT | AK-PLATZ | |
|--------------|--------------|--------------|---------------|-------------------|-----------------|---|
| 48 | Petra | Friedrich | RSG Montabaur | WHK | 00:20:51 | 1 |
| 55 | Katharina | Mühl | LG-Sieg | WHK | 00:21:37 | 2 |

| PLATZ | VNAME | NNAME | VEREIN | KURZ GZEIT | AK-PLATZ | |
|--------------|--------------|--------------|----------------------------|-------------------|-----------------|---|
| 26 | Tanja | Pesch | TUS Kreuzweingarten-Rheder | W30 | 00:19:14 | 1 |
| 75 | Maria | Martens | LT-Heimbach-Weis | W30 | 00:24:12 | 2 |

| PLATZ | VNAME | NNAME | VEREIN | KURZ GZEIT | AK-PLATZ | |
|--------------|--------------|------------------|----------------------|-------------------|-----------------|---|
| 32 | Birgit | Lennartz | LLG St. Augustin | W40 | 00:19:46 | 1 |
| 34 | Sabine | Drumm-Becker | Laktatkönige Köln | W40 | 00:19:53 | 2 |
| 58 | Heike | Zanger | Running Team Bad Ems | W40 | 00:21:46 | 3 |
| 63 | Claudia | Reese-Battermann | TV Dillenburg | W40 | 00:22:52 | 4 |
| 83 | Margit | Hillen | Melsbach | W40 | 00:25:45 | 5 |

| PLATZ | VNAME | NNAME | VEREIN | KURZ GZEIT | AK-PLATZ | |
|--------------|--------------|-------------------|----------------------|-------------------|-----------------|---|
| 43 | Sibille | Ohlemacher | TuS Niederneisen | W45 | 00:20:41 | 1 |
| 72 | Svetlana | Penner | LT-Heimbach-Weis | W45 | 00:24:04 | 2 |
| 76 | Martina | Heinz | Running Team Bad Ems | W45 | 00:24:18 | 3 |
| 82 | Sabine | Hubrig-Schaumburg | LT Hennef / Sieg | W45 | 00:25:29 | 4 |

| PLATZ | VNAME | NNAME | VEREIN | KURZ GZEIT | AK-PLATZ | |
|--------------|--------------|--------------|----------------------|-------------------|-----------------|---|
| 80 | Petra | Hermann | Neuwied | W50 | 00:25:12 | 1 |
| 86 | Elvira | Baldauf | Running Team Bad Ems | W50 | 00:26:18 | 2 |