

Platz	Startnr	Vorname	Nachname	Verein	AK	AK-Platz	Nettozeit	Bruttozeit
1	M1359	Andreas	Lübbbers	luebbbers-mpt.de	M35	1	0:34:28,05	0:34:28,05
2	M1349	Tobias	Laue	Goethe Gymnasium	M35	2	0:34:50,00	0:34:50,25
3	M1327	Matthias	Aust	Waldstraße Wiesbaden	M20	1	0:36:25,60	0:36:25,60
4	M1350	Florian	Sieber	LG Eintracht Frankfurt	M20	2	0:36:54,05	0:36:54,20
5	M1267	Mario	Stephan	SG Stern Mannheim	M40	1	0:37:11,20	0:37:11,40
6	M1049	Mirko	Ruhs	SCH	M35	3	0:37:47,25	0:37:47,70
7	M1073	Peter	Korth	SCA Lauftreff	M45	1	0:38:09,85	0:38:09,85
8	M1288	Holger	Weitzel	SSG Bensheim	M45	2	0:38:17,50	0:38:19,25
9	M1241	Markus	Lauer	LLG Wonnegau	M20	3	0:38:25,00	0:38:25,00
10	M1128	Wolf	Bohnet	SSG Bensheim	M40	2	0:39:02,85	0:39:03,70
11	M1364	Mike	Palizynski		M40	3	0:39:17,25	0:39:17,75
12	M1341	Thomas	Mertz	TSV Auerbach	M45	3	0:39:18,90	0:39:18,90
13	M1028	Karsten	Welle		M50	1	0:39:19,05	0:39:20,45
14	M1173	Michael	Schmidt	SAP	M45	4	0:39:31,50	0:39:31,70
15	M1152	Andy	Dyrtz	LT Hemsbach	M40	4	0:39:38,20	0:39:39,90
16	M1052	Thomas	Huber	Lauftreff Lambrecht	M45	5	0:39:43,25	0:39:47,55
17	M1321	Daniel	Reissig		M20	4	0:39:53,10	0:39:53,10
18	M1240	Christian	Schneider	RV 03 Bürstadt Triathlon	M40	5	0:39:54,75	0:39:55,40
19	M1362	Sven	Wetzel		M35	4	0:40:16,75	0:40:24,75
20	M1233	Udo	Baum	Gymotion Nauheim	M45	6	0:40:27,80	0:40:29,60
21	M1172	Marcel	Weickert		M30	1	0:40:32,50	0:40:33,20
22	M1320	van Richard	Lente		M40	6	0:40:34,45	0:40:36,75
23	M1236	Falk	Sippach	Skisportverein Erfurt 02	M30	2	0:40:40,20	0:40:41,80
24	M1061	Andreas	Doll	Lauftreff Lambrecht	M40	7	0:40:46,90	0:40:51,65
25	M1102	Oliver	Anhuth		M40	8	0:41:30,15	0:41:32,65
26	M1206	Ralf	Fabian	TuS Griesheim, SSG Bensheim	M45	7	0:41:48,15	0:41:48,15
27	M1259	Jonas	Schreck	wg runners	M20	5	0:41:54,95	0:42:02,75
28	M1027	Markus	Blaß	UNGER Laufteam	M35	5	0:41:58,95	0:42:05,65
29	M1202	Dr. Dieter	Kary	Team Hirschpark	M55	1	0:42:03,95	0:42:07,65
30	M1344	Markus	Lutz	Schwimmclub Heppenheim	M35	6	0:42:08,45	0:42:09,75
31	M1017	Matthias	Burkhard	IBM Mainz	M45	8	0:42:20,95	0:42:22,15
32	M1287	Marco	Backfisch		M30	3	0:42:40,40	0:42:58,80
33	M1246	Bodo	Keil		M40	9	0:42:50,20	0:42:51,05
34	M1346	Manfred	Schubart	LC Michelstadt	M50	2	0:42:57,35	0:43:03,20
35	M1249	Jan	Turinski	Kreisschiedsrichtervg. Bergstr	M20	6	0:42:58,80	0:43:01,75
36	M1281	David	Welker		M35	7	0:43:07,85	0:43:22,75
37	M1208	Max-Hinderk	Schuler	Rennschnecken Siefersheim	M20	7	0:43:15,05	0:43:19,40
38	M1139	Dr. Holger	Bierhoff	Project FraMa	M35	8	0:43:21,05	0:43:24,45
39	M1004	Sebastian	Schoder		MJA	1	0:43:33,95	0:43:39,50
40	M1215	Johann	Fabi		M55	2	0:43:38,30	0:43:40,35
41	M1196	Ralf	Gall	Sparkasse Bensheim	M40	10	0:43:44,25	0:43:49,90
42	M1112	Ciamak	Abkai	BSG Sirona	M30	4	0:43:53,40	0:43:58,60
43	M1214	Manuel	Defiebre	SSG Bensheim	MJB	1	0:44:00,65	0:44:52,25
44	M1153	Gerhard	Brenner		M40	11	0:44:05,05	0:44:15,15
45	M1313	Peter	Wlach	Melibokusjogger	M50	3	0:44:09,10	0:44:24,80
46	M1101	Yves	Lerchl	Active Learning e.V.	M20	8	0:44:14,00	0:44:18,00
47	M1093	René	Reinold	Lauftreff Bensheim	M40	12	0:44:14,00	0:44:17,10
48	M1323	Rouven	Geiger		M30	5	0:44:18,45	0:44:43,75
49	M1222	Eckart	Kuhlen	RNV	M45	9	0:44:19,10	0:44:38,20
50	M1262	Tobias	Ritzert	Sportmarken Portal Heppenheim	M20	9	0:44:19,80	0:45:01,05
51	M1075	Thomas	Schreck	wg-runners	M55	3	0:44:30,50	0:44:38,30
52	M1015	Martin	Kania		M35	9	0:44:41,20	0:44:47,60
53	M1273	Alexander	Neumann		M40	13	0:44:45,00	0:44:46,30
54	M1195	Peter	Maiberger	Sparkasse Bensheim	M35	10	0:44:45,10	0:44:50,30
55	M1228	Karsten	Baecker		M40	14	0:44:55,70	0:45:01,05
56	M1363	Frederic	Bäcker		M20	10	0:45:00,10	0:45:29,50
57	M1297	Dirk	Rosenberger		M35	11	0:45:00,80	0:45:19,20
58	M1089	Volker	Heid		M45	10	0:45:07,35	0:45:40,85
59	M1358	Wilhelm	Farnung	VfL Zwingenberg, KSV Reichelsheim	M55	4	0:45:08,90	0:45:10,20
60	M1207	Dr. Frank	Schuler	Rennschnecken Siefersheim	M55	5	0:45:19,40	0:45:26,70
61	M1311	van de David	Kamp		M20	11	0:45:23,35	0:46:38,60
62	M1034	Erik	Dölger	SSG Trias Bensheim	M30	6	0:45:29,10	0:45:52,90
63	M1347	Richard	Schöninger		M40	15	0:45:30,05	0:46:27,90
64	M0934	Dieter	Wichmann		M50	4	0:45:36,30	0:45:56,80
65	M1108	Arno	Lannert		M35	12	0:45:39,10	0:45:40,10
66	M1351	Markus	Schmitt		M35	13	0:45:43,10	0:45:56,85
67	M1113	Eugen	Ammon	BSG Sirona	M55	6	0:45:47,90	0:45:53,75
68	M1092	Bernd	Lützkendorf	Lauftreff Bensheim	M45	11	0:45:56,85	0:46:13,15
69	M1343	Thomas	Boettger		M35	14	0:46:01,20	0:46:21,90
70	M1201	Walter	Hirsch	Jog and Rock Laufkurs	M45	12	0:46:02,65	0:46:25,20
71	M1166	Jörg	Elm	Team ERDINGER Alkoholfrei	M40	16	0:46:06,75	0:46:32,35
72	M1294	Lars	Kröger	Gaitview Analyse & Personaltr.	M35	15	0:46:15,05	0:46:35,35

Platz	Startnr	Vorname	Nachname	Verein	AK	AK-Platz	Nettozeit	Bruttozeit
73	M1316	Uli	Paul		M45	13	0:46:18,45	0:46:55,75
74	M1213	Marc	Wöllner	Worms	M35	16	0:46:20,40	0:46:29,15
75	M1277	Michael	Breitenstein		M35	17	0:46:21,20	0:46:50,30
76	M1134	Oliver	Rausch	Team Stromberg	M30	7	0:46:24,55	0:46:42,65
77	M1135	Christian	Schuh	Team Stromberg	M30	8	0:46:25,35	0:46:44,05
78	M1072	Siegfried	Achilles	TSV Amicitia Viernheim	M50	5	0:46:26,05	0:46:47,70
79	M1275	Svend	Großkopf	kein	M45	14	0:46:32,70	0:47:00,50
80	M1168	Frank	Pörner	Team ERDINGER Alkoholfrei	M45	15	0:46:40,80	0:46:50,70
81	M1272	Dietmar	Heimann		M50	6	0:46:52,40	0:47:23,65
82	M1305	Willi	Bender		M55	7	0:47:07,95	0:47:44,45
83	M1270	Sven	Weilacher		M30	9	0:47:12,40	0:47:20,90
84	M1171	Marco	Keller	TV Bensheim	MJA	2	0:47:17,95	0:47:48,75
85	M1175	Volker	Maier	Metso Paper Pfungstadt	M40	17	0:47:33,65	0:48:06,90
86	F1615	Matthias	Porth		M50	7	0:47:33,90	0:47:53,10
87	M1264	Johannes	Koch		M20	12	0:47:47,10	0:47:58,80
88	M1308	Jonas	Meyer		M20	13	0:47:50,25	0:48:01,10
89	M1187	Mario	Esser		M35	18	0:47:50,55	0:48:08,60
90	M1256	Thomas	Zahnleiter	physio3	M35	19	0:47:51,10	0:49:06,70
91	M1122	Sven	Redemund	BSG Sirona	M45	16	0:47:54,70	0:48:21,60
92	M1251	Frank	Brinkmann		M45	17	0:48:06,75	0:48:08,80
93	M1142	Dirk	Jäkel	lang-lauf-jugenheim	M40	18	0:48:08,70	0:48:44,90
94	M1190	Carsten	Richter	Sparkasse Bensheim	M45	18	0:48:10,55	0:49:16,85
95	M1286	Ludger	Gumb	SSG Bensheim	MJB	2	0:48:14,40	0:49:09,10
96	M1285	Ralph	Gumb	SSG Bensheim	M45	19	0:48:15,70	0:49:10,60
97	M1078	Martin	Bender		M20	14	0:48:19,00	0:48:31,50
98	M1151	Meinolf	Koch		M65	1	0:48:21,30	0:48:54,05
99	M1031	Johannes	Grieser	TV Bensheim	MJB	3	0:48:28,00	0:49:03,90
100	M1209	Rolf	Ahrens	SAP	M50	8	0:48:30,05	0:48:30,05
101	M1111	Markus	Klemenz	SSG Bensheim	M45	20	0:48:32,25	0:49:00,95
102	M1019	David	Richter		M35	20	0:48:40,90	0:48:43,70
103	M1326	Benedikt	Ernst		M35	21	0:48:43,85	0:49:19,45
104	M1058	Kai	Rohland	1. BC Viernheim LT FederLeicht	M45	21	0:48:54,35	0:49:44,45
105	M1204	Peter	Konietzny	Synventive Hotrunners	M35	22	0:48:54,60	0:49:03,60
106	M1314	Frank	Opper		M50	9	0:49:01,35	0:49:31,95
107	M1352	Dr. Gisbert	Weiler	SSG Bensheim	M55	8	0:49:01,70	0:49:27,15
108	M1086	Volker	Seipel		M50	10	0:49:03,70	0:50:51,50
109	M1265	Hans-Georg	Busse	Software AG	M50	11	0:49:07,90	0:49:22,20
110	M1005	Leon	Hacker		MJB	4	0:49:08,20	0:49:30,05
111	M1355	Philipp	Kriegbaum	MGV Liedekranz Winterkasten	M50	12	0:49:09,75	0:49:49,65
112	M1023	Sebastian	Bitsch		MJB	5	0:49:10,25	0:50:16,50
113	M1192	Tobias	Siefert	Sparkasse Bensheim	M30	10	0:49:23,60	0:49:59,70
114	M1138	Peter	Reimund		M60	1	0:49:27,35	0:49:35,35
115	M1100	Hauke	Lerchl	Active Learning e.V.	M20	15	0:49:30,50	0:49:34,70
116	M1232	Christoph	Düllmann		M35	23	0:49:33,80	0:50:01,25
117	M1145	Jan	Dreger	Team Freetime	M30	11	0:49:37,80	0:50:06,00
118	M1081	Uwe	Bergsträßer	TV Groß Gerau	M45	22	0:49:38,15	0:50:10,60
119	M1324	Hartmut	Geiger	Rugby-Club-Worms	M60	2	0:49:42,60	0:50:05,70
120	M1143	Holger	Hechler	Team Freetime	M35	24	0:49:51,25	0:50:19,20
121	M1147	Dr. Armin	Eckenfels	Poseidon Worms	M50	13	0:50:00,05	0:50:50,00
122	M1315	Prof. Dr. Andr	Dreizler		M45	23	0:50:12,25	0:50:50,30
123	M1247	Andreas	Weichert	Kreisschiedsrichtervg. Bergstr	M30	12	0:50:12,80	0:51:04,40
124	M1292	Michael	Stoiber	TV Bensheim	M40	19	0:50:13,10	0:50:39,80
125	M1038	Rudolf	Herdt		M60	3	0:50:14,90	0:50:45,10
126	M1203	Klaus	Henrikus		M45	24	0:50:20,55	0:50:57,60
127	M1229	Stefan	Rachui		M40	20	0:50:21,50	0:51:19,10
128	M1174	Dieter	Mende	Metso Paper Pfungstadt	M55	9	0:50:28,85	0:50:46,90
129	M1115	Marcus	Friedrich	BSG Sirona	M20	16	0:50:33,00	0:51:53,10
130	M1282	Andreas	Schröter		M40	21	0:50:38,25	0:51:42,65
131	M1242	Dr. Franz-Jos	Bormuth		M55	10	0:50:42,15	0:51:10,10
132	M1234	Bernhard	Buchholz		M50	14	0:50:42,50	0:51:41,90
133	M1170	Laurent	Chatelais		M35	25	0:50:43,15	0:50:59,85
134	M1018	Lothar	Schork		M45	25	0:50:45,80	0:50:56,35
135	M1296	Hans-Joachim	Otto		M65	2	0:50:46,20	0:51:27,35
136	M1140	Volker	Wiegand	Lauffreunde Hessen	M40	22	0:50:46,55	0:51:25,15
137	M1110	Matthias	Menzner	FitnessFabrik	M50	15	0:50:49,65	0:51:02,50
138	M1231	Michael	Durrer		M40	23	0:50:50,85	0:51:01,50
139	M1053	Ioannis	Xanthopoulos	Software AG	M45	26	0:50:59,45	0:51:40,05
140	M1048	Martin	Fitz		M40	24	0:51:07,85	0:51:21,15
141	M1301	Oliver	Biernat	Skiclub Heppenheim	M45	27	0:51:14,20	0:52:54,95
142	M1159	Holger	Kaltwasser		M35	26	0:51:29,00	0:52:43,80
143	M2144	Günter	Müller	Gernsheim	M50	16	0:51:31,25	0:51:51,55
144	M1098	Hans-Jürgen	Boysen-Stern	Winterwegsjogger	M55	11	0:51:34,80	0:52:37,70

Platz	Startnr	Vorname	Nachname	Verein	AK	AK-Platz	Nettozeit	Bruttozeit
145	M1131	Thomas	Koblischke		M45	28	0:51:37,50	0:52:40,10
146	M1037	Georg	Holzknicht		M65	3	0:51:43,45	0:52:30,40
147	M1097	Marc	Borstel		M30	13	0:51:43,90	0:51:55,20
148	M1158	Henning	Knapheide		M30	14	0:51:46,05	0:52:58,75
149	M1154	Andreas	Schich	Jog and Rock Laufkurs	M50	17	0:51:57,45	0:53:09,25
150	M1298	Frank	Appel		M45	29	0:52:01,65	0:53:19,45
151	M1030	Stephan	Tönjes		M35	27	0:52:12,95	0:52:41,30
152	M1191	Frank	Wiegand	Sparkasse Bensheim	M45	30	0:52:27,25	0:53:32,10
153	M2145	Werner	Müller	Geinsheim	M50	18	0:52:28,25	0:52:48,35
154	M2107	David	Galpin	Software AG	M55	12	0:52:31,30	0:52:46,60
155	M1184	Achim	Linker		M45	31	0:52:42,55	0:53:30,85
156	M1295	Christian	Raaß		M35	28	0:52:43,70	0:53:03,35
157	M1348	Bernd	Heßbrügge		M45	32	0:52:45,25	0:53:23,50
158	M1253	Tobias	Göck	Out of Order	M20	17	0:52:45,75	0:53:53,45
159	M1291	Nico	Remus		MJA	3	0:52:49,15	0:53:29,05
160	M1169	Andreas	Hölzel	Team ERDINGER Alkoholfrei	M45	33	0:52:53,05	0:53:37,20
161	M1150	Christoph	Menzel		M40	25	0:53:07,40	0:53:44,30
162	M1013	Pascal	Riemenschne	TriaTeamTausenstein	MJB	6	0:53:07,50	0:53:16,90
163	M1361	Michael	Chegwin	Lauftreff Lautertal	M60	4	0:53:09,55	0:53:58,70
164	M1205	Andreas	Schuster	Synventive Hotrunners	M45	34	0:53:18,90	0:54:00,45
165	M1123	Marc	Romero Sanc	BSG Sirona	M35	29	0:53:21,95	0:53:28,25
166	M1245	Uwe	Vieten		M50	19	0:53:27,20	0:55:15,00
167	M1220	Mike	Backenstoß		M40	26	0:53:29,35	0:53:57,05
168	M1068	Johannes	Klaus		M20	18	0:53:29,95	0:54:46,65
169	M1060	Andreas	Kautz		M35	30	0:53:41,55	0:54:39,65
170	M1091	David	Apfelthaler	TV Lampertheim	M30	15	0:53:44,65	0:54:29,60
171	M1293	René	Smoktun		M35	31	0:53:49,65	0:54:42,15
172	M1107	Thomas	Oswald		M30	16	0:53:50,70	0:54:25,95
173	M1164	Gerd	Wollenhaupt		M40	27	0:53:54,50	0:54:50,40
174	M1257	Dirk	Recktenwald		M35	32	0:53:59,00	0:54:51,85
175	M1003	Daniel	Beyer	TSV Lego Technic	M35	33	0:54:04,10	0:54:17,90
176	M1312	Wolfgang	Schmidt		M60	5	0:54:06,40	0:54:13,30
177	M1325	Lutz	Pöhlmann	Halle 02	M30	17	0:54:21,25	0:55:25,25
178	M1186	Ludwig	Clauß		M55	13	0:54:27,50	0:54:57,70
179	M1212	Thomas	Löffler	BSG Sparkasse Aschaffenburg	M45	35	0:54:28,00	0:55:31,50
180	M1255	Wilhelm	Spurzem		M45	36	0:54:32,75	0:55:38,25
181	M1306	Bernd	Kraus		M40	28	0:54:34,70	0:56:23,10
182	M1033	Steffen	Werner		M35	34	0:54:40,65	0:55:36,80
183	M1237	Jörg	Huß		M30	18	0:54:45,45	0:56:40,20
184	M1302	Rico	Bravo		M40	29	0:54:47,20	0:56:40,50
185	M1029	La Filippo	Manna		M35	35	0:54:48,35	0:56:01,60
186	M1200	Alexander	Göckel		M35	36	0:54:51,90	0:55:56,20
187	M1126	Stefan	Winkler	BSG Sirona	M20	19	0:54:52,60	0:56:14,35
188	M1185	Michael	Möbius		M35	37	0:54:53,25	0:55:38,90
189	M1063	Dr. Torsten	Arndt	TC Bordesholm	M35	38	0:54:53,35	0:55:29,15
190	M1032	Stephan	Schüßler	S-H-B-C	M45	37	0:54:56,00	0:55:49,45
191	M2116	Andreas	Göbel	EFC 5-Liter-Bomb	M45	38	0:54:56,30	0:55:18,60
192	M1218	Peter	Elbert	KSG Brandau	M50	20	0:54:57,10	0:55:50,30
193	M1261	Werner	Wolper	wg runners	M60	6	0:55:00,35	0:55:47,45
194	M1198	Markus	Emig	Sparkasse Bensheim	M40	30	0:55:08,50	0:56:13,65
195	M1194	Thomas	Heist	Sparkasse Bensheim	M35	39	0:55:08,75	0:56:13,50
196	M1165	Sven	Henning		M30	19	0:55:11,15	0:56:36,75
197	M1079	Thorsten	Warg	Wellness-Team Pfungstadt	M30	20	0:55:17,75	0:55:34,40
198	M1193	Stefan	Schönung	Sparkasse Bensheim	M30	21	0:55:23,75	0:56:28,20
199	M1322	Ralf	Theobald		M35	40	0:55:37,65	0:56:52,90
200	M1304	Rudolf	Heinisch	BSG Sirona	M40	31	0:55:44,65	0:57:07,50
201	M1217	Markus	Schulz	SSG Bensheim	M45	39	0:55:54,85	0:57:21,25
202	M1132	Dr. Martin	Pospischil		M35	41	0:55:56,45	0:57:06,80
203	M1133	Robert	Wetzold		M30	22	0:55:56,85	0:57:07,05
204	M1080	Steffen	Jost		M40	32	0:55:57,35	0:57:27,50
205	M1119	Moritz	Manderscheid	BSG Sirona	M20	20	0:56:17,45	0:57:37,70
206	M1284	Rainer	Leipold	Jog and Rock Laufkurs	M65	4	0:56:24,10	0:57:49,60
207	M2370	Rainer	Mohrig	Marathonprojekt Darmstadt	M60	7	0:56:27,90	0:57:26,30
208	M1183	Matthias	Donecker		M35	42	0:56:28,10	0:57:30,05
209	M1099	Christian	Schenck	Hubert Europe Service GmbH	M30	23	0:56:33,65	0:57:59,70
210	M1104	Rolf	Waßmer		M40	33	0:56:33,70	0:57:15,45
211	M1227	Dirk	Wiegand		M45	40	0:56:41,85	0:58:05,65
212	M1289	Jens	Ommer		M40	34	0:56:44,00	0:57:36,25
213	M1238	Stefan	Steinhoff		M30	24	0:57:16,35	0:58:32,05
214	M1083	Kai	Rohmann	LG W.I.R.	M35	43	0:57:21,05	0:58:48,25
215	M1136	Sascha	Birke	TG Schierstein	M40	35	0:57:30,25	0:57:43,40
216	M1121	Rudi	Nahm	BSG Sirona	M55	14	0:57:30,35	0:59:00,00

Platz	Startnr	Vorname	Nachname	Verein	AK	AK-Platz	Nettozeit	Bruttozeit
217	M2058	Heinrich	Frankenbach		M20	21	0:57:31,30	0:58:49,30
218	M1317	Lutz	Haberbosch		M45	41	0:57:31,70	0:58:47,10
219	M1067	Martin	Klaus		M45	42	0:57:36,05	0:58:54,55
220	M1303	Helmut	Schumacher	BSG Sirona	M55	15	0:57:37,80	0:58:57,90
221	M2217	Markus	Hülsbusch	BSG Sirona	M35	44	0:57:44,75	0:58:46,10
222	M1103	André	Dürr		M35	45	0:57:45,55	0:58:51,95
223	M1299	Torsten	Mayer		M35	46	0:57:49,15	0:58:50,15
224	M1342	Heiko	Mayer		M30	25	0:57:50,15	0:58:50,30
225	M2041	Dr. Jörg	Engstler	ASV Ruhrstolz	M35	47	0:58:04,65	0:59:17,65
226	M1129	Michael	Roth	Erfelden	M45	43	0:58:09,20	0:58:51,20
227	M1221	Uwe	Hetzel	RNV	M45	44	0:58:09,35	0:59:34,30
228	M1211	Paul	Raab		M45	45	0:58:24,75	0:59:48,80
229	M1279	Dr. Robert	Braun		M40	36	0:58:36,20	0:59:04,40
230	M1160	Nicolas	Rindfleisch		MJB	7	0:58:53,45	0:59:21,95
231	M1161	Rainer	Rindfleisch		M50	21	0:58:54,30	0:59:22,25
232	M1016	Peter	Kania		M45	46	0:59:04,05	1:00:25,55
233	M1280	Holger	Steinert		M50	22	0:59:04,40	1:00:27,90
234	M1224	Karl-Heinz	Baumann	Wirdschonn'08 DW Bergstraße	M50	23	0:59:18,95	1:00:58,75
235	M1012	Holger	Pfefferkorn	Monnem 2000	M30	26	0:59:19,75	0:59:30,15
236	M1274	Jörg	Garvens		M45	47	0:59:24,55	1:01:01,15
237	M1010	Jürgen	Winkler		M45	48	0:59:36,35	1:00:53,40
238	M1156	Koichi	Sato		M35	48	0:59:43,70	1:01:18,70
239	M1157	Minoru	Kanazawa		M40	37	0:59:44,25	1:01:18,20
240	M2207	Christoph	Walter		M20	22	0:59:48,60	1:00:28,65
241	M1223	Rainer	Rybinski	TuS Altleiningen	M50	24	0:59:49,80	1:00:59,90
242	M2303	Bertram	Karner		M45	49	0:59:57,75	1:00:55,60
243	M1180	Gerd	Mittelstädt	Metso Paper Pfungstadt	M30	27	1:00:03,45	1:01:25,35
244	M1130	Ludger	Essing		M45	50	1:00:18,90	1:01:21,50
245	M1000	Antonio	Carrasco	Jog and Rock Laufkurs	M35	49	1:00:40,10	1:02:08,60
246	M1148	Werner	Hasselkus	LCM Rheinfelden	M75	1	1:00:41,35	1:02:12,90
247	M1162	Dirk	Mahler		M55	16	1:00:47,80	1:02:07,50
248	M1189	Dirk	Kronenberger		M45	51	1:01:20,00	1:02:28,60
249	M1309	Hans	Rücker	Melibokusjogger	M65	5	1:01:44,40	1:01:44,40
250	M1141	Henrik	Rußmann		M45	52	1:02:37,20	1:03:37,80
251	M1020	Reiner	Nau		M55	17	1:02:41,20	1:04:10,00
252	M1188	Sven	Krimmelbein		M35	50	1:03:12,70	1:04:14,20
253	M1096	Norbert	Janocha		M40	38	1:03:25,45	1:04:37,65
254	M1290	Matthias	Wenzelburger		M45	53	1:03:28,00	1:04:58,40
255	M1046	Steffen	Bickelhaupt	JCN Nibelungen Lindenfels	M45	54	1:03:29,30	1:04:43,45
256	M1319	Klaus	Marquard		M45	55	1:03:52,85	1:05:30,00
257	M1258	Winfried	Passet	wg runners	M50	25	1:03:58,95	1:05:04,30
258	M1310	Ernst	Simonsen		M65	6	1:04:07,40	1:05:34,90
259	M1230	Ulrich	Hauff		M45	56	1:04:08,55	1:05:40,40
260	M1094	Thomas	Prasch	Lauftreff Bensheim	M35	51	1:04:25,95	1:05:30,20
261	M1356	Peter	Ludwig		M55	18	1:04:26,65	1:05:54,55
262	M1054	Dr. Uwe	Büchner		M65	7	1:05:04,25	1:06:26,90
263	M1056	Ralph	Scheuls		M40	39	1:05:07,00	1:06:05,60
264	M1278	Stephan	Krüger		M45	57	1:05:24,70	1:06:15,50
265	M1116	Elias	Gärtner	BSG Sirona	M20	23	1:05:38,85	1:07:14,55
266	M1155	vom Christian	Felde	Jog and Rock Laufkurs	M35	52	1:05:53,50	1:07:22,25
267	M1163	Mario	Wollenhaupt		M40	40	1:06:25,80	1:07:20,75
268	M1002	Sven	Bornert	TV Bensheim	MJA	4	1:07:03,15	1:08:12,70
269	M1144	Peter	Rittger	Team Freetime	M40	41	1:08:39,15	1:09:48,00
270	M1035	Roger	Schladitz		M65	8	1:09:17,60	1:10:56,50
271	M1225	Matthias	Völler	Wirdschonn'08 DW Bergstraße	M50	26	1:10:06,85	1:11:44,70
272	M1011	Andreas	Kalesse	SV Mörlenbach Lauf Treff	M35	53	1:10:11,30	1:10:20,90
273	M1118	Daniel	Hechler	BSG Sirona	M20	24	1:11:39,60	1:13:14,75
274	M1226	Volker	Hacker		M40	42	1:12:05,80	1:13:32,80
275	M1120	René	Meyer	BSG Sirona	M30	28	1:12:31,85	1:13:33,25
276	M1006	Dieter	Pietsch		M70	1	1:12:53,00	1:14:13,20
277	M1076	Reinhold	Mohr		M55	19	1:13:19,20	1:13:29,45
278	M1197	Thorsten	Besel	Sparkasse Bensheim	M40	43	1:14:00,75	1:15:32,90
279	M2053	Ruben	Calatrava Per	HSC Bad Homburg	M35	54	1:18:30,35	1:20:08,50
280	M1014	Marc	Riemenschne	TriaTeamTausenstein	M35	55	1:23:39,50	1:25:15,00