



13. Nussdorflauf

Panoramalauf - Männer / Frauen Wertung

23. November 2019



Frauen

Pl.	St Nr	Name	Verein	AK	Pl.	Rd.1	Rd.2	Rd.3	Netto-Zeit	Brutto-Zeit
1	1783	Monika Pletzer	LG Filder	W30	1	13:18	13:37	13:22	0:40:17 (1)	0:40:19
2	29	Nicole Benning	EK Schwaikheim	W45	1	13:47	14:13	14:19	0:42:19 (2)	0:42:23
3	293	Sina Schröder	Friedrich-Abel-Gymnasium Vaihingen	W30	2	14:40	15:51	15:37	0:46:08 (4)	0:46:12
3	1403	Tomke Bakker	TSV Hochdorf/Enz	W	1	15:36	15:27	15:02	0:46:05 (3)	0:46:12
5	1866	Anja Krebs	LC 80 Pforzheim	W50	1	15:15	15:48	15:51	0:46:54 (5)	0:46:57
6	1880	Cathrin Flößer	Team Evaldo Mühlacker	W35	1	15:14	16:09	16:03	0:47:26 (6)	0:47:32
7	1840	Melanie Zerres	Espresso Ludwigsburg	W45	2	16:00	16:13	16:03	0:48:16 (7)	0:48:33
8	1876	Carmen Wanko	Team Evaldo Mühlacker	W	2	16:14	16:48	16:41	0:49:43 (8)	0:49:49
9	1859	Conny Straub	Team Evaldo Mühlacker	W60	1	16:29	16:47	16:41	0:49:57 (9)	0:50:02
10	1518	Andrea Brenner		W50	2	16:38	17:20	16:47	0:50:45 (10)	0:50:55
11	1798	Kerstin Kirm	Running Gag	W40	1	17:26	17:11	16:21	0:50:58 (11)	0:51:17
12	1520	Aglaja Burk		W	3	16:38	17:08	17:35	0:51:21 (12)	0:51:28
13	1193	Birgit Burrer	Rutesheim-just for fun-	W55	1	17:00	17:15	17:10	0:51:25 (13)	0:51:30
14	1085	Alena Brenner	LG Neckar-Enz	WJ U18	1	16:58	17:58	17:09	0:52:05 (14)	0:52:16
14	1858	Susanne Baum	Team Evaldo Mühlacker	W50	3	16:37	17:39	17:54	0:52:10 (15)	0:52:16
16	31	Anna Liedmann	ES läuft	W	4	17:52	17:44	17:22	0:52:58 (16)	0:53:15
17	1573	Julia Yilmaz		W30	3	18:07	18:23	16:42	0:53:12 (17)	0:53:24
18	1388	Marion Loreck	TF Feuerbach	W55	2	17:47	18:11	18:15	0:54:13 (18)	0:54:21
19	8	Peggy Hequet	Auricher Schnegga	W40	2	17:27	18:37	18:35	0:54:39 (19)	0:54:49
20	1872	Nina Stollsteimer	TSV Nussdorf	W	5	18:16	18:43	17:41	0:54:40 (20)	0:54:53
21	1875	Susanne Reißer	SV Sillenbuch	W60	2	17:49	18:33	18:29	0:54:51 (21)	0:54:55
22	1777	Stephanie Voigt	TSV Nussdorf	W30	4	17:27	19:06	18:22	0:54:55 (22)	0:55:05
23	1867	Jessica Marletta		W35	2	17:24	18:37	18:57	0:54:58 (23)	0:55:07
24	1546	Vera Kieselmann		W	6	17:40	18:34	19:10	0:55:24 (24)	0:55:40
25	1557	Sigrid Pawlowski		W55	3	18:11	19:03	18:30	0:55:44 (27)	0:55:51
25	1532	Selina Gillé	TSV Nussdorf	W	7	18:07	18:43	18:42	0:55:32 (25)	0:55:51
27	1538	Friederike Hausmann		W	8	18:06	18:44	18:43	0:55:33 (26)	0:55:53
28	1614	Bettina van Vliet		W40	3	18:22	19:07	18:59	0:56:28 (28)	0:56:39
29	1534	Michaela Häberle		WJ U20	1	18:25	19:40	19:29	0:57:34 (29)	0:57:48
30	1086	Franzi Gröscho	LTE Laufteam Efringen	W35	3	18:51	20:17	19:43	0:58:51 (30)	0:59:01
31	1845	Alice Weber	Team AR Sport	W45	3	20:04	20:03	18:58	0:59:05 (31)	0:59:27
32	975	Ingrid Brányik	ISCM-HSG just in time	W55	4	19:49	20:30	19:47	1:00:06 (33)	1:00:16
33	1548	Kyra Kosch		WJ U20	2	19:04	20:28	20:33	1:00:05 (32)	1:00:20
34	296	Luna Schwerdtle	Friedrich-Abel-Gymnasium Vaihingen	WJ U18	2	20:02	21:15	20:58	1:02:15 (34)	1:02:38
35	1706	Elke Kalchthaler	Ganz normal Anders	W50	4	20:51	20:49	21:03	1:02:43 (35)	1:03:03
36	1381	Anette Stenkamp	Team Erdinger Alkoholfrei	W50	5	20:46	21:32	21:24	1:03:42 (36)	1:04:00
37	1796	Sandra Achenbach	Running Gag	W40	4	20:51	21:31	21:30	1:03:52 (37)	1:04:11
38	1797	Kristina Münderlein	Running Gag	W40	5	20:55	21:45	21:58	1:04:38 (38)	1:04:57
39	1547	Bianca Kilian		W30	5	20:49	21:55	22:04	1:04:48 (39)	1:05:09
40	1829	Erika Krüger	LSG Karlsruhe	W80+	1	25:07	26:01	26:05	1:17:13 (41)	1:17:19
41	977	Antje Ammon	JetztErstRecht	W30	6	24:49	26:00	26:18	1:17:07 (40)	1:17:26



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Männer

Pl.	St Nr	Name	Verein	AK	Pl.	Rd.1	Rd.2	Rd.3	Netto-Zeit	Brutto-Zeit
1	1827	Julian Grosskopf	LAZ Ludwigsburg	MJ U20	1	10:56	10:59	10:47	0:32:42 (1)	0:32:44
2	1878	Johannes Bergdolt	Team Physiotherapie Kontos	M	1	11:19	12:07	12:16	0:35:42 (2)	0:35:44
3	1581	Andreas Weis	TSV Nussdorf	M45	1	12:16	12:48	12:43	0:37:47 (3)	0:37:49
4	1782	Steffen Holzer	LG Filder	M35	1	12:21	12:54	12:40	0:37:55 (4)	0:37:57
5	1712	Dainius Kupzys		M40	1	12:38	12:51	12:41	0:38:10 (5)	0:38:12
6	1575	Oliver Zils		M40	2	13:00	13:08	13:00	0:39:08 (6)	0:39:11
7	996	Christian Hahn	Kegelfreunde Bontrup	M	2	12:32	13:28	13:25	0:39:25 (7)	0:39:27
8	1874	Marco Seither	SG Altbierbowle 1936	M30	1	13:09	13:16	13:09	0:39:34 (8)	0:39:39
9	1077	Markus van Riesen	KSG Gerlingen Laufteam	M50	1	12:58	13:37	13:38	0:40:13 (9)	0:40:16
10	1792	Stephan Schneider	SV Birkenhard	M45	2	13:16	13:38	13:22	0:40:16 (10)	0:40:19
11	1862	Christof Schulz		M35	2	13:56	13:56	13:27	0:41:19 (11)	0:41:27
12	997	Mathis Helbeck	Kegelfreunde Bontrup	M	3	13:41	14:10	13:37	0:41:28 (12)	0:41:31
13	1422	Thilo Pfisterer	TSV Nussdorf Aktive	M	4	13:55	13:55	13:46	0:41:36 (13)	0:41:38
14	1195	Marc-Daniel Schraag	Sanitär Pfister Race Team	M40	3	13:36	14:11	14:00	0:41:47 (14)	0:41:49
15	1390	André Pahl	Tri-Team Stadtwerke Mühlacker	M40	4	14:06	14:14	13:41	0:42:01 (16)	0:42:04
16	1884	Marcu Mieck	Team Erdinger Alkoholfrei	M40	5	14:02	14:10	13:51	0:42:03 (17)	0:42:06
17	1400	Christian Streib	TSV Ensinggen	M	5	14:16	13:54	13:49	0:41:59 (15)	0:42:08
18	1707	Detlef Müller	TSV Nussdorf	M50	2	13:49	14:21	13:56	0:42:06 (18)	0:42:09
19	1885	Valentin Raab	Kegelfreunde Bontrup	M	6	13:40	14:28	14:07	0:42:15 (19)	0:42:19
20	1439	Johannes Wizemann	TSV Nussdorf Aktive	M	7	14:02	14:28	14:10	0:42:40 (20)	0:42:43
20	1440	Lukas Wizemann	TSV Nussdorf Aktive	M30	2	14:02	14:28	14:10	0:42:40 (20)	0:42:43
22	1791	Willi Waibel	SV Birkenhard	M65	1	14:05	14:23	14:24	0:42:52 (22)	0:42:56
23	1385	Adam Wojtasiak	Team Wojtasiak Markgröningen	M40	6	13:55	14:26	14:33	0:42:54 (23)	0:43:05
24	1720	Ingo Jahn	Jahnaktiv	M35	3	14:16	14:24	14:24	0:43:04 (24)	0:43:09
25	1545	Leo Kerscher		M30	3	14:11	14:36	14:19	0:43:06 (25)	0:43:13
25	1787	Paul Jelden	TSV Ensinggen	M	8	13:56	13:55	15:21	0:43:12 (26)	0:43:13
27	1844	Heiko Kirn	Judo-Club Bietigheim	M50	3	14:01	14:28	14:43	0:43:12 (26)	0:43:17
28	27	Andreas Brenner	DZ BANK Runners	M50	4	14:20	14:38	14:27	0:43:25 (28)	0:43:28
29	1435	Tobias Stuible	TSV Nussdorf Aktive	M	9	14:02	14:46	14:45	0:43:33 (29)	0:43:36
30	1391	Andreas Wolfer-Heimann	TSV Burghaslach	M60	1	14:05	14:50	14:46	0:43:41 (30)	0:43:44
31	1847	Markus Grözingen	TSV Nussdorf Aktive	M	10	14:46	14:53	14:32	0:44:11 (31)	0:44:22
32	1766	Mark-Francis Göpel		M30	4	14:39	14:58	14:47	0:44:24 (32)	0:44:29
33	1428	Carsten Schmidt	TSV Nussdorf Aktive	M	11	14:13	14:49	15:38	0:44:40 (33)	0:44:52
34	1307	Karlheinz Maurer	SRG Bad Krozingen	M60	2	14:42	15:09	15:17	0:45:08 (34)	0:45:15
35	1411	Hugo Weissinger	TSV Nussdorf	M60	3	15:09	15:25	14:42	0:45:16 (36)	0:45:21
36	1795	Axel Häußermann	Running Gag	M55	1	14:42	15:19	15:15	0:45:16 (36)	0:45:24
36	1432	Jochen Stahn	TSV Nussdorf Aktive	M30	5	14:46	15:10	15:17	0:45:13 (35)	0:45:24
38	1567	Maximilian Schroeder		M	12	15:02	15:13	15:06	0:45:21 (38)	0:45:34
39	1528	Wojciech Gargula		M30	6	14:30	15:40	15:17	0:45:27 (39)	0:45:35
40	1412	Frank Schwerdtle	TSV Nussdorf AH	M45	3	14:51	15:18	15:19	0:45:28 (40)	0:45:37
41	1839	Markus Bellon	Team Evaldo Mühlacker	M45	4	15:15	15:19	15:06	0:45:40 (42)	0:45:45
42	1425	Manuel Rapp	TSV Nussdorf Aktive	M	13	14:54	15:44	15:00	0:45:38 (41)	0:45:50
43	1196	Jörg Decker	Saubachhexa Bissingen	M50	5	14:51	15:24	15:40	0:45:55 (45)	0:45:59
44	1436	Tim Stuible	TSV Nussdorf Aktive	M	14	17:40	14:10	13:57	0:45:47 (43)	0:46:03
44	1437	Martin Styava	TSV Nussdorf Aktive	M30	7	14:53	15:11	15:48	0:45:52 (44)	0:46:03



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Pl.	St Nr	Name	Verein	AK	Pl.	Rd.1	Rd.2	Rd.3	Netto-Zeit	Brutto-Zeit
46	1793	Christoph Meissner		M35	4	15:09	15:29	15:21	0:45:59 (46)	0:46:06
47	1848	Steffen Schumm	Sersheim	M50	6	14:56	15:38	15:28	0:46:02 (47)	0:46:09
48	1775	Thorsten Kühnle		M45	5	15:14	15:46	15:51	0:46:51 (48)	0:46:57
49	1834	Thomas Roth		M50	7	15:19	15:49	15:52	0:47:00 (49)	0:47:15
50	1431	Christian Späth	TSV Nussdorf Aktive	M30	8	15:13	16:03	16:05	0:47:21 (50)	0:47:32
51	1861	Frank Schäutelin	TV Markgröningen	M55	2	15:24	16:15	15:49	0:47:28 (52)	0:47:34
52	1855	Micha Löbert	URGART Gartenbauteam	M45	6	14:48	15:47	16:52	0:47:27 (51)	0:47:37
53	1087	Uwe Traub	LTE Laufteam Effringen	M55	3	15:27	16:06	16:08	0:47:41 (53)	0:47:51
54	1583	David Jovanovic	SV Riet	M30	9	14:50	16:40	16:16	0:47:46 (54)	0:47:53
55	1414	Timo Bopp	TSV Nussdorf Aktive	M	15	16:24	16:06	15:16	0:47:46 (54)	0:47:58
56	1882	Daniel Keuerleber	TV Stgt.Stammheim	M40	7	15:10	16:20	16:24	0:47:54 (56)	0:48:03
57	1800	Hans Jörg Roller		M60	4	15:35	16:28	15:59	0:48:02 (57)	0:48:09
58	1865	Roger Krebs	LC 80 Pforzheim	M50	8	15:50	16:20	15:58	0:48:08 (58)	0:48:13
59	1837	Irwan Harianto	LSG Karlsruhe	M65	2	16:03	16:05	16:00	0:48:08 (58)	0:48:15
60	278	Philipp Peters	Friedrich-Abel-Gymnasium Vaihingen	MJ U18	1	16:02	16:26	15:49	0:48:17 (60)	0:48:19
61	1429	Marc Schwab	TSV Nussdorf Aktive	M	16	16:59	15:49	15:30	0:48:18 (61)	0:48:30
62	1871	Philipp Schmid	Team Evaldo Mühlacker	M	17	15:37	16:15	16:33	0:48:25 (62)	0:48:31
63	1402	Gerhard Giebler	TSV Heumaden	M65	3	16:17	16:29	16:00	0:48:46 (64)	0:48:50
64	1423	Sebastian Prietz	TSV Nussdorf Aktive	M	18	16:04	16:23	16:12	0:48:39 (63)	0:48:51
65	1818	Günter Scheef	SG- Stern Stuttgart	M65	4	16:15	16:26	16:12	0:48:53 (67)	0:48:56
66	1156	Mario Hilbig	Multiple Sklerose 1992	M50	9	15:46	16:31	16:38	0:48:55 (68)	0:48:59
67	1857	Michael Jander	Mud Connection	M50	10	16:15	16:38	15:56	0:48:49 (65)	0:49:06
68	1851	Tobias Kunde		M30	10	15:46	16:23	16:41	0:48:50 (66)	0:49:10
69	32	Philipp Mader	ES läuft	M35	5	17:51	16:55	14:11	0:48:57 (69)	0:49:15
70	1850	Harald Neuschler		M50	11	16:17	16:36	16:16	0:49:09 (70)	0:49:26
71	972	Rolf Kieser	Heuss-Stadt Brackenheim	M65	5	16:59	16:30	15:44	0:49:13 (71)	0:49:28
72	1514	Martin Barnack		M45	7	16:21	16:51	16:17	0:49:29 (72)	0:49:43
73	1881	Marco Klein	TSV Nussdorf	M	19	16:59	16:33	16:11	0:49:43 (73)	0:49:55
74	1824	Steffen Loreck	TF Feuerbach	M55	4	16:42	16:52	16:16	0:49:50 (74)	0:49:58
75	1531	Georg Gibis		M60	5	16:51	16:47	16:14	0:49:52 (75)	0:50:00
76	1535	Raymund Hahn		M40	8	16:11	16:46	17:00	0:49:57 (76)	0:50:06
77	1298	Andreas Schallert	Soli Dachau	M60	6	16:36	16:59	16:27	0:50:02 (77)	0:50:10
78	1556	Frank Nawrocki		M55	5	16:12	17:09	16:52	0:50:13 (79)	0:50:16
79	1561	Timo Roth		M30	11	17:19	16:51	16:00	0:50:10 (78)	0:50:26
80	1466	Alexander Reichert Santiago	URGART Gartenbauteam	M40	9	16:29	17:14	16:38	0:50:21 (80)	0:50:30
81	1380	Olaf Palme Roos	SV Riet AH	M45	8	16:34	16:55	17:00	0:50:29 (81)	0:50:45
82	1519	Matthias Burk		M	20	16:12	17:07	17:21	0:50:40 (84)	0:50:47
83	1413	Robin Allgöwer	TSV Nussdorf Aktive	M	21	17:13	16:51	16:31	0:50:35 (82)	0:50:49
84	1434	Felix Strobel	TSV Nussdorf Aktive	M	22	17:13	16:51	16:32	0:50:36 (83)	0:50:50
85	1396	Rainer Kienzle	TSV Ensinggen	M50	12	17:15	16:53	16:38	0:50:46 (85)	0:50:54
86	1327	Daniel Gaspar	Stromberg-Gymnasium Vaihingen	MJ U20	2	16:54	17:16	16:47	0:50:57 (86)	0:51:14
87	1768	Alexander Klecker	Hanfbachschule Möglingen	M30	12	16:17	17:21	17:36	0:51:14 (88)	0:51:22
88	1853	Helmuth Frank	Skynet-it.de	M35	6	16:25	17:14	17:34	0:51:13 (87)	0:51:23
89	1879	Sven Schröder		M40	10	16:22	17:17	17:51	0:51:30 (89)	0:51:40
90	1854	Steffen Jaworski		M35	7	18:04	17:07	16:31	0:51:42 (92)	0:51:46



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23. November 2019



Männer

Pl.	St Nr	Name	Verein	AK	Pl.	Rd.1	Rd.2	Rd.3	Netto-Zeit	Brutto-Zeit
91	1868	Edgar Velm		M50	13	16:55	17:12	17:27	0:51:34 (90)	0:51:55
92	1511	Nico Diesch	Weiter geht's	M	23	17:01	17:19	17:20	0:51:40 (91)	0:51:56
93	1877	Marco Huber	Team Evaldo Mühlacker	M	24	17:06	17:41	17:23	0:52:10 (95)	0:52:16
94	1152	Stefan Floß	Ludwigsburg Lauftreff Monrepos	M55	6	17:56	17:38	16:35	0:52:09 (94)	0:52:21
95	1699	Lukas Deag		M30	13	17:15	17:50	17:02	0:52:07 (93)	0:52:23
96	4	Hermann Fabritius	Auricher Schnegga	M45	9	17:25	17:48	17:16	0:52:29 (96)	0:52:40
97	1394	Uwe Jaggy	TSV Ensinggen	M50	14	17:15	17:32	18:04	0:52:51 (98)	0:52:59
98	1410	Simon Stephan	TSV Nussdorf	M	25	17:50	18:54	16:04	0:52:48 (97)	0:53:02
99	34	Hanss Bruss	Esspresso Ludwigsburg	M60	7	17:21	17:55	17:36	0:52:52 (99)	0:53:08
100	973	Manfred Kraus	Heuss-Stadt Brackenheim	M60	8	17:21	17:51	17:42	0:52:54 (100)	0:53:09
101	1794	Boguslaw Lubas		M55	7	17:37	17:58	17:22	0:52:57 (101)	0:53:10
102	1811	Alexander Rokos	LT Ludwigsburg	M50	15	17:17	18:12	18:16	0:53:45 (104)	0:53:48
103	1430	Michael Späth	TSV Nussdorf Aktive	M30	14	17:58	18:22	17:16	0:53:36 (103)	0:53:49
103	1424	Christoph Rapp	TSV Nussdorf Aktive	M	26	17:54	18:24	17:16	0:53:34 (102)	0:53:49
105	22	Eberhard Mehrmann	CLASSIC KINDERMODEN LAUFFEN	M60	9	17:41	18:09	18:09	0:53:59 (105)	0:54:08
106	1856	Sebastian Masuhr	TSV Nussdorf	M	27	17:41	18:37	17:56	0:54:14 (106)	0:54:29
107	1773	Carsten Schröder		M40	11	17:15	18:22	18:58	0:54:35 (108)	0:54:40
108	1377	Jürgen Weidenhiller	Stromberg-Gymnasium Vaihingen	M55	8	17:57	18:38	17:55	0:54:30 (107)	0:54:43
109	1873	Lukas Keuerleber	TSV Nussdorf	M	28	18:16	18:43	17:43	0:54:42 (109)	0:54:55
110	1187	Wolfgang Becker	Privat	M55	9	17:40	18:34	18:35	0:54:49 (110)	0:55:05
110	1416	Heiko Dieterle	TSV Nussdorf Aktive	M	29	17:27	19:06	18:22	0:54:55 (111)	0:55:05
112	1441	Rico Wöhr	TSV Nussdorf Aktive	M	30	17:52	18:54	18:20	0:55:06 (112)	0:55:19
113	1427	Ralph Schieler	TSV Nussdorf Aktive	M	31	17:57	18:47	18:23	0:55:07 (113)	0:55:22
114	1527	Konrad Freihofer		M60	10	18:48	18:36	18:00	0:55:24 (115)	0:55:38
115	1564	Björn Säuberlich		M45	10	18:59	18:28	17:54	0:55:21 (114)	0:55:41
116	1828	Holger Grosskopf	TSV Oberixingen	M60	11	18:32	18:45	18:13	0:55:30 (116)	0:55:55
117	1408	Marcus Kristen	TSV Nussdorf	M50	16	17:51	18:57	19:00	0:55:48 (117)	0:55:56
118	1870	Robert Sattelmayer		M30	15	18:34	18:57	18:25	0:55:56 (119)	0:56:16
119	1406	Martin Großmüller	TSV Nussdorf	M30	16	19:01	18:52	18:01	0:55:54 (118)	0:56:20
120	1832	Rainer Kühnle	RTS	M50	17	18:26	19:11	19:20	0:56:57 (120)	0:57:15
121	1433	Felix Stahn	TSV Nussdorf Aktive	M	32	17:58	19:26	19:49	0:57:13 (121)	0:57:27
122	1438	Dominic Wieber	TSV Nussdorf Aktive	M30	17	17:59	19:27	19:50	0:57:16 (122)	0:57:28
123	33	Hajo Ueckert	ES läuft	M40	12	19:28	19:29	18:39	0:57:36 (123)	0:57:53
124	1864	Max Pieper	Porsche	M	33	17:47	20:31	19:42	0:58:00 (124)	0:58:18
125	1863	Werner Schaufelberger	TSV Hochdorf	M65	6	19:48	19:22	18:52	0:58:02 (125)	0:58:24
125	19	Lothar Czakan	Bosch	M70	1	19:51	19:22	18:50	0:58:03 (126)	0:58:24
127	1153	Martin Krausz	Lukas Mehlhardt Versicherungsmakler - Laufteam	M35	8	19:17	19:46	19:10	0:58:13 (127)	0:58:35
128	1846	Sascha Drasow	Team AR Sport	M45	11	20:03	20:04	18:57	0:59:04 (128)	0:59:26
129	1081	Gerd Meissner	Lauftreff Nussdorf	M65	7	19:37	19:41	19:50	0:59:08 (129)	0:59:29
130	1735	Tobias Rieth	Running Gag	M40	13	19:15	20:19	19:46	0:59:20 (130)	0:59:39
131	1569	Dieter Tschall		M55	10	19:49	19:52	20:04	0:59:45 (131)	1:00:06
132	976	Wolfgang Stölzle	ISCM-HSG just in time	M55	11	19:49	20:30	19:47	1:00:06 (133)	1:00:16
133	10	Axel Schray	Auricher Schnegga	M45	12	20:34	19:57	19:28	0:59:59 (132)	1:00:25



13. Nussdorflauf

Panoramalauf - Männer / Frauen Wertung

23. November 2019



Männer

Pl.	St Nr	Name	Verein	AK	Pl.	Rd.1	Rd.2	Rd.3	Netto-Zeit	Brutto-Zeit
134	1860	Joachim Bohlinger	TSV Aurich	M60	12	19:18	20:38	20:13	1:00:09 (134)	1:00:28
135	1467	Rolf Pfirrmann	VLG Maximiliansau	M60	13	19:37	20:30	21:36	1:01:43 (135)	1:02:03
136	1549	Michael Koser		M55	12	20:44	20:46	20:39	1:02:09 (136)	1:02:31
137	1154	Georg Stenkamp	Monrepos Parkrun	M55	13	20:46	21:32	21:24	1:03:42 (137)	1:04:00
138	1536	Dieter Hammel		M50	18	21:15	21:23	21:42	1:04:20 (138)	1:04:40
139	978	Stephan Otto	JetztErstRecht	M40	14	24:49	26:00	26:18	1:17:07 (139)	1:17:26