

RODGAU LAUFTREFF e.V. 1983

5. Intern. 50 km Ultramarathon des RLT Rodgau

Ergebnisliste vom 31. Januar 2004

[schließen](#)

Nach IAAF-Regeln exakt vermessene 50 km Strecke

GPlatz	MW-Pl	StNr	Vorname	Name	Verein	Jahrg.	AK	AK Pl	Zeit ges	Zwischenzeit bei km										t' (min/km)										
										5	10	15	20	25	30	35	40	45	50											
1	1	3	Serhiy	Oksenyuk	Ukraine	1980	MHK	1	3:06:59	0:18:44	1	0:36:54	1	0:54:56	1	1:13:24	1	1:31:52	1	1:50:00	1	2:08:08	1	2:27:24	1	2:46:53	1	3:06:59	1	3:44,4
2	2	240	Ulrich	Amborn	LG Offenbach	1957	M45	1	3:19:36	0:19:53	4	0:39:34	3	0:59:22	3	1:18:57	3	1:38:51	3	1:58:58	2	2:19:05	2	2:39:15	2	2:59:27	2	3:19:36	2	3:59,5
3	3	41	Ralf	Selle	SC Oberlahn	1970	MHK	2	3:24:20	0:19:59	5	0:39:52	5	0:59:48	5	1:20:02	5	1:40:18	5	2:00:37	4	2:20:58	3	2:42:00	3	3:03:25	3	3:24:20	3	4:05,2
4	4	111	Robert	Feller	LTF Marpingen	1962	M40	1	3:29:41	0:19:43	3	0:39:34	4	0:59:22	4	1:18:57	4	1:38:51	4	1:59:50	3	2:21:42	4	2:43:49	4	3:06:24	4	3:29:41	4	4:11,6
5	5	1077	Jochen	Diedrich	SC Oberursel	1969	MHK	3	3:31:24	0:20:39	8	0:41:21	8	1:01:47	8	1:22:15	8	1:42:48	7	2:03:41	6	2:24:51	6	2:46:37	6	3:08:42	6	3:31:24	5	4:13,7
6	6	1061	Jörg	Schreiber	DJK Schwäbisch Gmünd	1963	M40	2	3:31:49	0:21:35	17	0:43:08	17	1:04:18	16	1:24:53	13	1:45:34	12	2:06:29	9	2:27:07	8	2:48:45	7	3:11:04	8	3:31:49	6	4:14,2
7	7	255	Ryszard	Silakowsky	TV Dieburg	1956	M45	2	3:32:12	0:21:19	13	0:42:18	13	1:02:58	10	1:24:10	10	1:45:26	10	2:06:47	10	2:27:59	10	2:49:33	8	3:11:03	7	3:32:12	7	4:14,6
8	8	355	Florian	Sinner	LG Lohr	1974	MHK	4	3:32:25	0:20:03	6	0:40:03	6	1:00:17	6	1:20:41	6	1:41:14	6	2:02:05	5	2:23:32	5	2:45:16	5	3:07:59	5	3:32:25	8	4:14,9
9	9	91	Roland	Krefter	TV Haibach	1960	M40	3	3:32:58	0:21:18	11	0:42:17	11	1:02:59	11	1:24:10	11	1:45:26	11	2:06:47	11	2:28:00	11	2:49:33	9	3:11:04	9	3:32:58	9	4:15,6
10	10	55	Jochen	Höschele	EK Schwaikheim	1968	MHK	5	3:33:17	0:21:42	20	0:43:37	19	1:05:41	19	1:27:26	19	1:49:15	16	2:10:00	15	2:30:45	14	2:51:27	11	3:12:21	10	3:33:17	10	4:15,9
11	1	1	Constanze	Wagner	www.Laufreport.de	1963	W40	1	3:37:28	0:21:20	14	0:42:29	14	1:03:59	15	1:25:23	14	1:46:48	15	2:08:26	12	2:30:13	12	2:52:31	13	3:15:05	12	3:37:28	11	4:21,0
12	11	281	Elmar	Zöllner	LG Offenbach	1964	M40	4	3:38:34	0:20:05	7	0:40:31	7	1:01:06	7	1:21:52	7	1:42:50	8	2:04:26	7	2:26:43	7	2:50:01	10	3:14:26	11	3:38:34	12	4:22,3
13	12	271	Georg	Weiss	LG Rosbach-Rodheim	1962	M40	5	3:39:41	0:22:29	35	0:44:47	35	1:07:11	36	1:29:14	29	1:51:23	26	2:13:25	21	2:35:25	21	2:57:29	18	3:19:05	16	3:39:41	13	4:23,6
14	13	136	René	Strosny	EK Schwaikheim	1973	MHK	6	3:39:58	0:21:38	18	0:42:17	12	1:02:56	9	1:23:19	9	1:44:06	9	2:06:07	8	2:27:44	9	2:51:30	12	3:16:59	14	3:39:58	14	4:24,0
15	14	114	Gernot	Helferich	LTF Marpingen	1969	MHK	7	3:41:20	0:21:20	15	0:42:30	15	1:03:58	14	1:25:23	15	1:46:47	14	2:08:26	13	2:30:13	13	2:52:31	14	3:16:20	13	3:41:20	15	4:25,6
16	15	253	Matthias	Latsch	LT Blaustein	1965	MHK	8	3:42:07	0:21:41	19	0:43:38	20	1:05:41	20	1:27:26	20	1:49:16	17	2:10:35	16	2:32:41	16	2:55:08	15	3:18:39	15	3:42:07	16	4:26,5
17	16	1045	Manfred	Schenkl	CVJM Rosenberg	1959	M45	3	3:42:09	0:22:20	32	0:44:21	27	1:06:25	25	1:28:54	28	1:51:21	25	2:13:27	22	2:35:51	23	2:58:08	23	3:20:57	21	3:42:09	17	4:26,6
18	17	256	Stefan	Bosch	TSG Schnaitheim	1965	MHK	9	3:42:38	0:21:46	23	0:43:43	24	1:05:46	23	1:27:30	21	1:49:24	20	2:11:33	19	2:33:43	19	2:56:14	17	3:19:14	17	3:42:38	18	4:27,2
19	18	354	Dr.Dr. Lutz	Aderhold	SSC Hanau-Rodenbach	1952	M50	1	3:43:09	0:22:26	34	0:45:24	40	1:08:14	40	1:30:19	37	1:51:50	29	2:13:31	23	2:35:40	22	2:57:55	22	3:20:38	19	3:43:09	19	4:27,8
20	19	115	Armin	Härle	EK Schwaikheim	1957	M45	4	3:44:09	0:20:59	10	0:42:15	10	1:02:59	12	1:24:15	12	1:45:49	13	2:08:27	14	2:31:39	15	2:55:49	16	3:20:23	18	3:44:09	20	4:29,0
21	20	342	Jörg	Gottwals	LLT Wallernhausen	1965	MHK	10	3:44:44	0:21:20	16	0:42:56	16	1:05:07	17	1:27:19	16	1:49:39	21	2:11:57	20	2:34:48	20	2:57:39	19	3:21:10	22	3:44:44	21	4:29,7
22	21	142	Christoph	Randt	LT Hemsbach	1954	M50	2	3:45:12	0:22:51	47	0:45:22	39	1:07:41	37	1:30:30	39	1:53:12	36	2:15:30	32	2:38:15	30	3:00:59	28	3:22:25	24	3:45:12	22	4:30,2
23	22	208	Christian	Messerschmidt	LG Offenbach	1975	MHK	11	3:46:18	0:21:47	25	0:43:39	22	1:05:40	18	1:27:24	17	1:49:16	18	2:11:12	17	2:33:41	18	2:57:52	21	3:20:53	20	3:46:18	23	4:31,6
24	23	66	Andreas	Roth	SC Oberlahn	1966	MHK	12	3:47:29	0:22:14	30	0:44:42	32	1:07:02	34	1:29:23	32	1:51:50	30	2:14:33	28	2:36:56	26	2:59:48	24	3:23:46	25	3:47:29	24	4:33,0
25	24	81	Petru	Muntenasu	TSV Schwaigern	1970	MHK	13	3:47:59	0:21:42	21	0:43:38	21	1:05:41	21	1:27:25	18	1:49:16	19	2:11:12	18	2:33:37	17	2:57:42	20	3:22:23	23	3:47:59	25	4:33,6
26	25	259	Gerd	Wörle	TSG Schnaitheim	1971	MHK	14	3:48:26	0:21:46	24	0:43:43	25	1:06:27	26	1:28:00	23	1:51:09	24	2:14:14	26	2:37:34	27	3:00:41	27	3:24:37	26	3:48:26	26	4:34,1
27	26	321	Thomas	Kröll	TG TRIA Rüsselsheim	1968	MHK	15	3:49:38	0:22:21	33	0:44:44	34	1:07:01	33	1:29:26	34	1:51:47	28	2:14:01	25	2:36:54	25	3:00:40	26	3:25:19	28	3:49:38	27	4:35,6
28	27	1085	Reinhold	Krenz	TV Haibach	1953	M50	3	3:50:07	0:21:59	29	0:44:26	29	1:06:32	27	1:28:23	25	1:50:56	23	2:13:35	24	2:36:29	24	3:00:17	25	3:24:47	27	3:50:07	28	4:36,1
29	28	75	Helmut	Eberle	SV Mörlenbach	1956	M45	5	3:50:26	0:23:07	48	0:46:25	54	1:09:25	49	1:31:36	43	1:53:44	42	2:16:33	35	2:39:00	32	3:01:42	29	3:25:41	29	3:50:26	29	4:36,5
30	29	224	Johann	Delp	OMS Bad Windsheim	1963	M40	6	3:53:22	0:23:09	52	0:45:48	44	1:07:57	39	1:30:47	41	1:53:29	38	2:16:43	37	2:40:22	35	3:04:21	32	3:28:58	32	3:53:22	30	4:40,0
31	30	246	Gerhard	Roth	TV Haibach	1946	M55	1	3:53:32	0:22:49	44	0:44:51	36	1:06:55	32	1:29:15	30	1:51:51	31	2:14:46	29	2:38:03	28	3:03:13	31	3:27:51	31	3:53:32	31	4:40,2
32	31	239	Holger	Uhlmann	SG Oberlichtenau	1958	M45	6	3:54:07	0:22:50	46	0:45:35	42	1:08:15	41	1:30:22	38	1:52:24	35	2:14:53	31	2:38:06	29	3:02:15	30	3:27:26	30	3:54:07	32	4:40,9
33	32	323	Bernhard	Knopp	Spiridon Frankfurt	1961	M40	7	3:55:24	0:24:16	88	0:47:10	62	1:10:55	63	1:34:19	60	1:57:51	59	2:21:17	52	2:44:33	45	3:08:16	41	3:32:19	36	3:55:24	33	4:42,5
34	33	319	Roman	Hoffmann	FC Könen	1973	MHK	16	3:55:48	0:23:32	65	0:47:50	79	1:11:15	72	1:34:33	63	1:58:09	60	2:22:14	57	2:45:50	48	3:09:06	44	3:32:54	39	3:55:48	34	4:43,0
35	34	1036	Reiner	Luber	CVJM Rosenberg	1962	M40	8	3:56:27	0:22:37	38	0:45:15	37	1:07:48	38	1:30:34	40	1:53:24	37	2:16:42	36	2:40:13	34	3:04:51	34	3:30:44	33	3:56:27	35	4:43,7
36	35	83	Wolfgang	Jezek	EK Schwaikheim	1957	M45	7	3:56:38	0:23:17	58	0:46:57	61	1:10:43	59	1:34:04	58	1:57:32	56	2:21:08	51	2:44:48	46	3:08:51	42	3:32:52	38	3:56:38	36	4:44,0
37	2	124	Carmen	Hildebrand	SSC Hanau-Rodenbach	1969	W35	1	3:56:44	0:23:38	67	0:46:26	55	1:10:19	55	1:33:35	52	1:56:41	52	2:19:44	45	2:43:12	40	3:07:02	36	3:31:37	35	3:56:44	37	4:44,1
38	36	379	Martin	Sattler	TSG Giengen	1950	M50	4	3:57:17	0:21:58	27	0:44:30	30	1:06:45	28	1:29:21	31	1:52:20	34	2:16:00	34	2:39:55	33	3:04:47	33	3:31:18	34	3:57:17	38	4:44,7
39	37	330	Peter	Schuffels	Athletik Waldniel	1964	M40	9	3:57:25	0:23:45	73	0:48:04	85	1:11:34	80	1:34:56	72	1:58:58	71	2:22:50	64	2:46:53	56	3:10:33	49	3:33:51	42	3:57:25	39	4:44,9
40	38	1057	Klaus	Helfrich	OLV Steinberg	1963	M40	10	3:57:58	0:23:15	57	0:46:38	57	1:10:20	57	1:33:57	56	1:57:41	57	2:21:50	54	2:46:03	50	3:10:15	47	3:34:17	44	3:57:58	40	4:45,6
41	39	43	Michael	Krüger	TV Pfaffenweiler	1957	M45	8	3:58:33	0:23:40	69	0:47:20	69	1:11:03	65	1:34:39	65	1:58:15	62	2:22:25	59	2:46:10	52	3:10:25	48	3:34:34	45	3:58:33	41	4:46,3
42	40	291	Stefan	Lang	TSG Wiesloch	1964	M40	11	3:59:03	0:24:30	94	0:49:07	95	1:13:59	93	1:38:17														

GPlatz	MW-P	StNr	Vorname	Name	Verein	Jahrg.	AK	AK PI	Zeit ges	5	PI	10	PI	15	PI	20	PI	25	PI	30	PI	35	PI	40	PI	45	PI	50	PI	t' (min/km)
54	3	374	Simone	Stöppler	SSC Hanau-Rodenbach	1964	W40	2	4:04:23	0:23:39	68	0:47:27	74	1:11:09	67	1:34:35	64	1:58:12	61	2:22:09	55	2:46:37	54	3:11:32	52	3:37:28	51	4:04:23	54	4:53:3
55	52	233	Klaus	Hoff	LGSV Klängenmünster	1962	M40	13	4:04:39	0:22:30	36	0:44:23	28	1:06:48	29	1:29:39	35	1:53:32	39	2:17:21	39	2:41:35	37	3:09:36	46	3:38:59	55	4:04:39	55	4:53:6
56	53	131	Manfred	Kössl	Nippon Göppingen	1954	M50	7	4:05:41	0:24:31	95	0:48:36	90	1:12:25	84	1:36:06	81	2:00:00	76	2:24:07	69	2:49:16	68	3:14:22	63	3:39:52	58	4:05:41	56	4:54:8
57	54	1068	Sigurd	Dutz	Ultra-Sport-Club Marburg	1952	M50	8	4:06:30	0:22:42	41	0:45:31	41	1:08:27	43	1:31:59	46	1:55:39	47	2:20:05	46	2:45:04	47	3:11:41	53	3:39:26	56	4:06:30	57	4:55:8
58	55	1038	Roland	Maier	TF Feuerbach	1960	M40	14	4:07:00	0:23:49	80	0:47:36	76	1:12:30	86	1:37:02	85	2:01:45	82	2:26:25	76	2:51:22	74	3:16:14	66	3:41:15	61	4:07:00	58	4:56:4
59	56	1073	Markus	Fröwis	Tri Team Bludenz	1961	M40	15	4:07:50	0:23:08	51	0:46:22	52	1:09:38	50	1:32:55	50	1:56:33	50	2:20:53	49	2:46:07	51	3:12:21	57	3:39:50	57	4:07:50	59	4:57:4
60	57	194	Thomas	Jung	TSV Höchst	1964	M40	16	4:09:07	0:23:48	77	0:47:20	70	1:11:09	68	1:35:02	75	1:59:12	73	2:24:15	71	2:49:05	66	3:15:03	64	3:42:24	64	4:09:07	60	4:58:9
61	4	195	Erika	Chaari	Passtschoen98	1963	W40	3	4:09:07	0:23:49	79	0:47:20	71	1:11:09	69	1:35:02	76	1:59:13	74	2:24:10	70	2:49:05	67	3:15:03	65	3:42:24	65	4:09:07	61	4:58:9
62	58	157	Götz	Siebert	TG Groß-Karben	1954	M50	9	4:09:41	0:23:46	74	0:47:44	77	1:12:06	83	1:36:53	84	2:02:21	88	2:27:10	83	2:54:44	85	3:20:18	78	3:45:45	70	4:09:41	62	4:59:6
63	59	329	Jürgen	Schmicker	Athletik Waldniel	1956	M45	11	4:09:45	0:23:44	71	0:48:02	84	1:11:29	76	1:34:50	71	1:58:51	70	2:22:46	63	2:46:46	55	3:11:30	51	3:41:01	60	4:09:45	63	4:59:7
64	5	109	Andrea	Feller	LTF Marpingen	1971	WHK	1	4:10:27	0:25:22	122	0:50:56	121	1:16:34	122	1:42:03	121	2:06:55	113	2:31:04	101	2:55:04	89	3:20:09	75	3:45:14	69	4:10:27	64	5:00:5
65	60	148	Norbert	Schenk	Dalles Kicker Unterreiche	1963	M40	17	4:11:27	0:23:22	60	0:46:13	50	1:09:06	48	1:32:07	47	1:55:02	45	2:19:22	43	2:44:18	44	3:12:09	56	3:41:55	63	4:11:27	65	5:01:7
66	61	9	Hartmut	Wirth	RLT Rodgau	1949	M55	2	4:11:44	0:23:40	70	0:47:32	75	1:11:21	74	1:35:23	79	1:59:23	75	2:23:34	70	2:49:20	69	3:16:32	69	3:43:59	67	4:11:44	66	5:02:1
67	62	1016	Georg	Krug	CVJM Rosenberg	1955	M45	12	4:11:56	0:25:24	124	0:50:42	113	1:15:31	113	1:40:14	105	2:04:56	100	2:29:51	94	2:54:54	87	3:20:14	77	3:45:48	71	4:11:56	67	5:02:3
68	63	164	Werner	Selch	SV Amberg	1951	M50	10	4:12:54	0:24:58	107	0:48:58	94	1:13:13	92	1:37:29	87	2:01:50	83	2:26:57	81	2:52:00	75	3:18:05	72	3:44:41	68	4:12:54	68	5:03:5
69	64	274	Thomas	Rost	TG Groß-Karben	1964	M40	18	4:13:20	0:23:18	59	0:46:00	47	1:08:33	44	1:31:35	42	1:54:39	43	2:18:06	40	2:42:09	38	3:07:19	38	3:37:22	49	4:13:20	69	5:04:0
70	65	39	Dr. Roland	Steiner	LT Therme Böblingen	1964	M40	19	4:13:26	0:23:45	72	0:47:21	72	1:11:30	77	1:36:26	82	2:02:08	84	2:28:01	87	2:54:30	84	3:21:00	81	3:47:39	76	4:13:26	70	5:04:1
71	66	337	Olaf	Freerksen	LF Mannheim	1955	M45	13	4:13:33	0:25:10	114	0:50:48	118	1:15:27	109	1:39:32	99	2:03:47	94	2:28:17	88	2:53:33	80	3:19:14	73	3:46:14	72	4:13:33	71	5:04:3
72	67	1017	Willi	Müller	LG Kreis Ahweiler	1947	M55	3	4:13:42	0:23:10	53	0:45:57	45	1:08:56	47	1:32:19	49	1:55:56	48	2:20:58	50	2:46:34	53	3:14:03	60	3:43:32	66	4:13:42	72	5:04:4
73	68	286	Jürgen	Titze	Troisdorfer LG M.U.T.	1963	M40	20	4:13:43	0:28:58	232	0:54:21	187	1:18:55	145	1:43:16	130	2:07:51	118	2:32:43	109	2:57:07	97	3:22:04	83	3:47:51	78	4:13:43	73	5:04:5
74	69	370	Michael	Stein	Schönstadt	1954	M50	11	4:15:14	0:29:45	278	0:57:01	232	1:22:42	196	1:47:40	178	2:14:05	164	2:39:08	141	3:04:27	125	3:28:30	103	3:52:04	90	4:15:14	74	5:06:3
75	70	167	Kay	Spamer	ITC Neu-Isenburg	1966	MHK	23	4:15:38	0:26:24	144	0:51:09	126	1:15:29	110	1:39:31	98	2:03:10	92	2:27:55	86	2:53:10	78	3:20:10	76	3:49:46	83	4:15:38	75	5:06:8
76	71	334	Hans	Grön	LT Hemsbach	1966	MHK	24	4:15:40	0:25:15	120	0:49:50	102	1:14:02	96	1:38:57	95	2:03:50	95	2:28:59	91	2:53:57	82	3:20:18	79	3:47:19	75	4:15:40	76	5:06:8
77	72	132	Mario	Manca	Nippon Göppingen	1942	M60	1	4:15:44	0:24:31	96	0:48:37	91	1:12:25	85	1:36:47	83	2:00:52	78	2:26:11	75	2:52:37	76	3:19:57	74	3:47:46	77	4:15:44	77	5:06:9
78	6	1001	Ilona	Schlegel	Melpomene Bonn e.V.	1966	W35	2	4:15:56	0:25:07	108	0:50:38	111	1:15:56	115	1:40:39	111	2:05:31	105	2:30:55	99	2:56:29	95	3:22:05	84	3:48:42	81	4:15:56	78	5:07:1
79	73	61	Gerhard	Walper	RLT Rodgau	1950	M50	12	4:16:02	0:25:07	109	0:50:44	114	1:16:03	118	1:41:38	118	2:07:07	115	2:32:25	105	2:57:39	98	3:23:21	89	3:49:48	84	4:16:02	79	5:07:2
80	74	205	Hans	Dehling	CVJM Rosenberg	1957	M45	14	4:16:35	0:25:24	123	0:50:36	110	1:15:21	107	1:40:14	106	2:04:53	99	2:29:51	95	2:54:54	88	3:20:57	80	3:48:10	79	4:16:35	80	5:07:9
81	75	110	Franz	Feller	LTF Marpingen	1938	M65	1	4:16:39	0:23:30	63	0:47:57	83	1:12:47	88	1:38:01	89	2:02:56	89	2:28:42	90	2:54:50	86	3:21:31	82	3:48:59	82	4:16:39	81	5:08:0
82	7	1025	Elke	Streicher	Gerlingen	1967	W35	3	4:17:58	0:23:10	55	0:46:32	56	1:10:58	64	1:35:58	80	2:01:34	81	2:27:49	85	2:54:18	83	3:22:50	87	3:50:08	85	4:17:58	82	5:09:6
83	76	141	Marcus	Kasteleiner	SC Oberlahn	1967	MHK	25	4:18:42	0:22:14	31	0:44:43	33	1:07:02	35	1:29:23	33	1:51:51	32	2:14:26	27	2:38:28	31	3:07:09	37	3:41:18	62	4:18:42	83	5:10:4
84	77	1004	Dirk	Balzuweit	Rennsteiglaufverein	1972	MHK	26	4:19:18	0:23:47	75	0:46:43	59	1:10:19	56	1:33:51	54	1:57:28	55	2:22:09	56	2:48:17	65	3:16:49	70	3:47:01	74	4:19:18	84	5:11:2
85	8	1002	Elke	Melzer	Alfterer SC	1963	W40	4	4:19:30	0:24:29	93	0:48:38	92	1:12:49	89	1:37:10	86	2:01:27	80	2:26:08	74	2:51:12	73	3:17:48	71	3:48:11	80	4:19:30	85	5:11:4
86	78	117	Werner	Dengler	TSV Münnenstadt	1948	M55	4	4:19:39	0:24:48	103	0:49:22	96	1:14:15	98	1:39:35	100	2:05:05	103	2:30:40	98	2:56:43	96	3:23:24	91	3:51:04	88	4:19:39	86	5:11:6
87	79	325	Achim	Wettemann	LOK Kelkheim	1969	MHK	27	4:19:55	0:26:27	145	0:52:38	146	1:17:43	133	1:42:19	124	2:06:37	111	2:31:10	102	2:56:18	93	3:23:10	88	3:51:03	87	4:19:55	87	5:11:9
88	9	8	Dorothee	Wirth	RLT Rodgau	1953	W50	1	4:20:04	0:25:08	115	0:50:44	115	1:16:03	119	1:41:38	119	2:07:08	116	2:32:27	106	2:58:10	100	3:24:27	94	3:51:32	89	4:20:04	88	5:12:1
89	10	318	Stefanie	Linicus	TSG Eppstein	1961	W40	5	4:20:08	0:27:32	188	0:53:46	172	1:19:18	151	1:44:43	145	2:10:05	135	2:35:32	126	3:01:04	108	3:27:44	100	3:53:59	95	4:20:08	89	5:12:2
90	80	394	Gerhard	Mader	TV 1884 Marktheidenfeld	1961	M40	21	4:20:14	0:24:28	92	0:49:36	99	1:14:30	100	1:39:38	0	2:04:36	93	2:30:06	96	2:56:22	94	3:23:23	90	3:53:19	94	4:20:14	90	5:12:3
91	81	360	Albert	Werner	EK Schwaikheim	1942	M60	2	4:20:52	0:24:10	85	0:48:13	87	1:12:57	90	1:37:52	88	2:03:06	91	2:29:09	92	2:56:04	91	3:23:43	93	3:52:24	92	4:20:52	91	5:13:0
92	82	74	Roland	Patzina	RSC Kempten	1966	MHK	28	4:21:27	0:22:44	42	0:47:14	63	1:12:30	87	1:38:23	93	2:05:03	102	2:32:16	104	2:59:49	104	3:28:04	102	3:55:32	99	4:21:27	92	5:13:7
93	83	368	Gerhard	Schmutzler	IfL Hof	1966	MHK	29	4:22:03	0:29:40	268	0:55:47	207	1:21:18	185	1:47:07	169	2:12:58	149	2:38:39	140	3:05:27	129	3:30:56	114	3:56:19	101	4:22:03	93	5:14:5
94	84	14	Helmut	Adam	LT Großkrotzenburg	1956	M45	15	4:23:06	0:25:13	117	0:50:46	116	1:16:01	117	1:41:05	115	2:06:11	106	2:32:49	110	2:59:05	101	3:26:31	96	3:55:21	97	4:23:06	94	5:15:7
95	85	215	Michael Thomas	Friedl	Marathon Club Istanbul	1951	M50	13	4:23:13	0:25:52	128	0:52:44	151	1:17:47	134	1:43:12	129	2:09:04</												

GPlatz	MW-Pl	StNr	Vorname	Name	Verein	Jahrg.	AK	AK PI	Zeit ges	5	10	15	20	25	30	35	40	45	50	t' (min/km)										
116	104	229	Shakal	Ryan	Berlin	1962	M40	28	4:30:38	0:26:49	163	0:52:42	150	1:18:01	138	1:43:29	131	2:09:27	128	2:35:31	125	3:02:18	115	3:31:16	117	4:00:42	111	4:30:38	116	5:24,8
117	105	311	Dieter	Puttendorfer	VfL Goldstein-Frankfurt	1953	M50	17	4:30:45	0:27:31	187	0:54:32	188	1:21:40	191	1:48:57	185	2:15:48	180	2:42:30	166	3:09:18	152	3:36:11	130	4:03:12	124	4:30:45	117	5:24,9
118	106	161	Dieter	Sanitz	VSV Büchig	1935	M65	2	4:31:53	0:26:57	172	0:53:22	160	1:19:09	149	1:46:26	153	2:12:46	146	2:39:12	142	3:06:39	131	3:35:03	125	4:03:48	125	4:31:53	118	5:26,3
119	107	349	Manfred	Iser	Braunschweig	1952	M50	18	4:32:48	0:26:59	174	0:53:44	168	1:20:55	177	1:47:56	181	2:14:44	174	2:41:43	159	3:09:16	151	3:37:12	134	4:05:22	129	4:32:48	119	5:27,4
120	108	138	Hugo	Höfler	TV 07 Wasserlos	1956	M45	19	4:32:52	0:26:48	161	0:52:38	147	1:18:08	142	1:44:07	139	2:10:15	140	2:37:07	132	3:03:30	120	3:31:15	116	4:00:55	113	4:32:52	120	5:27,4
121	109	187	Norbert	Rößler	EK Schwaikheim	1961	M40	29	4:33:12	0:22:38	39	0:45:59	46	1:09:48	53	1:33:53	55	1:58:22	63	2:24:38	72	2:53:47	81	3:25:02	95	4:02:03	117	4:33:12	121	5:27,8
122	110	313	Jürgen	Pfaffenberger	VfL Goldstein-Frankfurt	1964	M40	30	4:33:31	0:26:50	165	0:52:37	144	1:18:19	143	1:44:14	140	2:10:38	141	2:37:27	135	3:05:21	128	3:34:52	124	4:04:43	127	4:33:31	122	5:28,2
123	111	203	Kuno	Wagner	TV Niederbrechen	1964	M40	31	4:33:34	0:24:34	99	0:50:40	112	1:17:03	127	1:43:05	127	2:09:18	126	2:35:11	119	3:01:21	110	3:29:03	106	4:00:57	114	4:33:34	123	5:28,3
124	112	1048	Peter	Symanczyk	TV Langenselbold	1959	M45	20	4:33:36	0:28:01	206	0:55:45	205	1:23:23	209	1:50:54	206	2:18:01	191	2:45:51	181	3:13:40	163	3:41:30	151	4:07:57	134	4:33:36	124	5:28,3
125	113	106	Dirk	Predki	LT Florstadt	1964	M40	32	4:33:50	0:26:45	157	0:53:21	159	1:20:07	160	1:46:40	157	2:13:29	155	2:40:28	149	3:07:20	135	3:34:26	122	4:02:17	122	4:33:50	125	5:28,6
126	114	65	Klaus	Neumann	100 Marathon Club	1952	M50	19	4:34:15	0:26:51	167	0:53:52	176	1:21:22	187	1:50:16	197	2:16:16	183	2:42:13	164	3:08:42	145	3:35:44	128	4:04:12	126	4:34:15	126	5:29,1
127	115	135	Gerhard	Bracht	EK Schwaikheim	1950	M50	20	4:34:15	0:24:39	101	0:49:52	103	1:15:14	105	1:40:49	113	2:06:21	109	2:32:39	107	3:00:31	106	3:30:42	110	4:02:43	123	4:34:15	127	5:29,1
128	116	304	Heiner	Wettinger	Spygg Oedheim	1959	M45	21	4:34:47	0:25:14	119	0:50:17	106	1:15:39	114	1:41:08	116	2:06:42	112	2:33:06	111	3:00:43	107	3:29:36	107	4:01:22	115	4:34:47	128	5:29,7
129	117	56	Reinhardt	Schulz	RLT Rodgau	1941	M60	4	4:34:48	0:27:00	175	0:55:09	194	1:21:55	192	1:49:09	189	2:16:08	182	2:43:44	174	3:13:25	162	3:41:07	150	4:08:51	141	4:34:48	129	5:29,8
130	118	369	Elmar	Stein	Wolfshausen	1950	M50	21	4:36:31	0:30:26	297	0:59:26	283	1:27:32	257	1:54:36	233	2:21:26	220	2:47:51	195	3:14:33	171	3:41:53	154	4:08:57	142	4:36:31	130	5:31,8
131	119	1065	Peter	Amend	SV Gelnhausen	1965	MHK	35	4:36:46	0:28:12	213	0:56:29	216	1:24:01	217	1:52:16	220	2:19:56	209	2:47:13	190	3:13:42	165	3:41:31	152	4:07:59	135	4:36:46	131	5:32,1
132	120	175	Udo	Wegmann	LG Würzburg	1958	M45	22	4:36:49	0:25:40	126	0:50:58	122	1:16:28	120	1:42:03	122	2:08:06	120	2:34:55	116	3:02:37	117	3:32:47	118	4:04:56	128	4:36:49	132	5:32,2
133	121	390	Egbert	Ostertag	KSG Gerlingen	1960	M40	33	4:37:00	0:29:29	259	0:56:32	220	1:23:05	203	1:49:20	190	2:19:49	208	2:46:06	186	3:14:16	169	3:41:34	153	4:10:26	145	4:37:00	133	5:32,4
134	122	278	Andreas	Wichmann	SC DZ Bank Frankfurt	1950	M50	22	4:37:24	0:26:58	173	0:53:32	162	1:20:08	162	1:46:45	162	2:13:31	158	2:40:38	152	3:07:44	139	3:36:51	132	4:07:03	132	4:37:24	134	5:32,9
135	13	1020	Renate	Hilles	TSG Eppstein	1948	W55	1	4:37:40	0:27:40	190	0:54:10	181	1:20:19	167	1:46:26	154	2:13:15	152	2:40:40	153	3:09:04	149	3:38:11	140	4:08:02	137	4:37:40	135	5:33,2
136	123	367	Klaus	Geipel	IfL Hof	1962	M40	34	4:37:50	0:29:40	269	0:55:48	208	1:21:18	186	1:47:08	170	2:12:58	150	2:39:28	144	3:07:40	138	3:37:42	136	4:08:34	140	4:37:50	136	5:33,4
137	124	88	Frank	Adam	Frankfurt	1961	M40	35	4:38:09	0:27:12	181	0:53:15	154	1:19:08	148	1:44:40	144	2:09:59	133	2:35:37	127	3:03:57	123	3:34:20	119	4:06:04	130	4:38:09	137	5:33,8
138	14	126	Karin	Lederer	BSG-Post Sulzbach-Rosenfeld	1959	W45	1	4:38:09	0:26:52	169	0:53:45	169	1:21:13	183	1:47:44	179	2:14:13	167	2:40:44	154	3:08:48	147	3:37:39	135	4:08:00	136	4:38:09	138	5:33,8
139	125	1052	Michael	Gaiser	Umweltladen Weinheim	1955	M45	23	4:39:04	0:24:28	91	0:49:34	97	1:15:08	104	1:41:30	117	2:08:55	123	2:38:05	138	3:08:01	142	3:38:04	139	4:09:33	144	4:39:04	139	5:34,9
140	15	287	Iris	Jaschky	LG Bonn/Troisdorf	1961	W40	7	4:39:48	0:26:36	150	0:53:39	163	1:20:34	171	1:47:22	173	2:14:18	168	2:41:11	157	3:08:38	143	3:36:09	129	4:08:08	138	4:39:48	140	5:35,8
141	126	1044	Martin	Becker	Troisdorfer LG M.U.T.	1960	M40	36	4:39:48	0:28:13	214	0:53:39	164	1:21:00	180	1:47:22	174	2:14:23	169	2:41:15	158	3:08:43	146	3:36:13	131	4:08:08	139	4:39:48	141	5:35,8
142	127	1064	Harald	Heyde	Marathon Team Waldhes	1948	M55	5	4:40:37	0:27:54	199	0:54:12	182	1:20:29	169	1:47:37	176	2:15:40	177	2:43:30	169	3:10:51	157	3:39:02	142	4:09:20	143	4:40:37	142	5:36,7
143	128	77	Steffen	Menz	TSV Viernheim	1965	MHK	36	4:40:49	0:29:22	253	0:58:54	268	1:28:25	274	1:57:19	263	2:26:07	255	2:53:19	223	3:19:41	191	3:46:30	166	4:13:43	153	4:40:49	143	5:37,0
144	129	1067	Rolf	Müller	Passschon98	1950	M50	23	4:42:14	0:27:53	198	0:54:47	191	1:20:52	174	1:46:58	166	2:13:59	161	2:44:36	176	3:11:47	161	3:40:11	147	4:10:55	146	4:42:14	144	5:38,7
145	130	1084	Thomas	Lach	TV Langenselbold	1962	M40	37	4:43:46	0:28:02	207	0:55:46	206	1:23:23	210	1:50:54	207	2:18:02	192	2:45:52	183	3:13:41	164	3:41:55	155	4:12:25	149	4:43:46	145	5:40,5
146	131	188	Wolfgang	Pfeiffer	Laufteam Wolfhagen	1954	M50	24	4:44:34	0:27:51	197	0:55:25	200	1:23:09	204	1:51:02	209	2:18:49	199	2:47:10	189	3:15:51	175	3:44:07	160	4:13:20	152	4:44:34	146	5:41,5
147	132	29	Walter	Horz	LG Rosbach-Rodheim	1946	M55	6	4:44:39	0:24:50	104	0:50:46	117	1:16:46	124	1:43:04	126	2:10:11	137	2:39:39	145	3:08:49	148	3:39:27	143	4:11:43	147	4:44:39	147	5:41,5
148	133	344	Karlheinz	Klement	TV Großostheim	1960	M40	38	4:45:46	0:26:37	152	0:52:40	148	1:19:39	153	1:46:43	159	2:14:01	162	2:41:53	161	3:11:06	159	3:40:24	148	4:12:23	148	4:45:46	148	5:42,9
149	16	220	Cornelia	Bullig	LG Nord Berlin	1959	W45	2	4:45:50	0:27:55	201	0:55:43	204	1:23:30	212	1:51:13	211	2:19:10	202	2:47:34	194	3:17:35	185	3:47:00	167	4:16:59	158	4:45:50	149	5:43,0
150	134	266	Thomas	Hess	SuS Schalcke 96	1976	MHK	37	4:45:58	0:22:45	43	0:46:55	60	1:11:57	82	1:39:01	96	2:08:31	122	2:35:25	122	3:05:49	130	3:37:56	138	4:13:02	151	4:45:58	150	5:43,2
151	135	399	Wolf	Kallenbach	TV Haibach	1936	M65	3	4:46:36	0:26:15	142	0:53:59	179	1:22:18	193	1:50:28	199	2:19:08	201	2:47:54	197	3:16:47	177	3:46:24	165	4:16:54	157	4:46:36	151	5:43,9
152	136	51	Andreas	Hasenstab	TV Goldbach	1968	MHK	38	4:46:41	0:26:13	138	0:52:36	142	1:19:39	154	1:46:45	163	2:14:07	166	2:42:10	163	3:11:23	160	3:42:23	156	4:14:29	154	4:46:41	152	5:44,0
153	17	52	Petra	Hasenstab	TV Goldbach	1973	WHK	2	4:46:41	0:26:13	139	0:52:36	143	1:19:37	152	1:46:38	155	2:14:01	163	2:41:52	160	3:11:02	158	3:42:23	157	4:14:30	155	4:46:41	153	5:44,0
154	137	80	Gerald	Schumann	LT Hemsbach	1958	M45	24	4:47:19	0:29:18	248	0:56:46	226	1:24:30	223	1:52:14	217	2:19:58	212	2:48:04	199	3:16:58	180	3:45:59	164	4:16:44	156	4:47:19	154	5:44,8
155	18	1018	Marianne	Dahl	TSG Burgwedel	1943	W60	1	4:47:32	0:28:44	224	0:56:54	228	1:25:48	232	1:55:02	236	2:23:28	231	2:51:37	219	3:20:57	197	3:50:36	181	4:19:33	168	4:47:32	155	5:45,0
156	138	64	Claus	Sterneck	Hanau	1970	MHK	39	4:47:54	0:25:10	115	0:51:10	127	1:17:08	128	1:43:32</														

GPlatz	MW-Pl	StNr	Vorname	Name	Verein	Jahrg.	AK	AK PI	Zeit ges	5	10	15	20	25	30	35	40	45	50	t' (min/km)										
178	22	341	Elisabeth	Edelfsen	TV Rheinzabern	1958	W45	3	4:54:42	0:27:11	180	0:54:19	186	1:21:36	190	1:49:01	187	2:16:19	184	2:44:45	178	3:13:50	166	3:49:10	176	4:22:28	173	4:54:42	178	5:53:6
179	157	293	Günter	Meinhold	Hemer	1950	M50	30	4:54:52	0:31:10	324	1:02:02	329	1:30:15	307	1:58:49	288	2:27:35	277	2:55:48	245	3:25:18	223	3:55:09	203	4:24:20	185	4:54:52	179	5:53:8
180	158	1037	Dieterich	Schiemann	Kassel	1950	M50	31	4:56:12	0:30:58	319	1:01:03	316	1:29:07	285	1:58:18	279	2:27:30	275	2:57:16	261	3:26:54	231	3:56:38	210	4:27:06	191	4:56:12	180	5:55:4
181	159	400	Hans-Joachim	Meyer	100 Marathon Club	1939	M65	4	4:56:33	0:26:55	171	0:53:57	178	1:21:01	181	1:48:27	183	2:16:54	185	2:46:39	188	3:17:12	181	3:47:55	171	4:24:44	187	4:56:33	181	5:55:9
182	160	179	Heiko	Heinrici	SV Sparkasse Zwickau	1970	MHK	44	4:56:52	0:28:03	208	0:57:23	239	1:26:24	240	1:55:27	247	2:24:19	237	2:54:12	233	3:24:20	218	3:55:34	205	4:26:15	189	4:56:52	182	5:56:2
183	161	1066	Felix	Becker	BSG Fiducia	1954	M50	32	4:57:09	0:24:32	97	0:48:33	89	1:12:59	91	1:39:44	102	2:09:28	129	2:43:35	172	3:18:11	186	3:52:16	188	4:27:06	192	4:57:09	183	5:56:6
184	162	307	Helmut	Kendl	TSV Berkersheim	1956	M45	29	4:57:23	0:28:56	227	0:57:32	242	1:25:38	231	1:53:48	229	2:22:17	226	2:50:46	212	3:19:35	190	3:50:43	183	4:24:26	186	4:57:23	184	5:56:9
185	163	1007	Ulrich	Reckert	LT Grüten-Neandertal	1954	M50	33	4:57:41	0:27:58	204	0:57:00	231	1:26:21	237	1:55:11	239	2:24:29	238	2:53:36	224	3:23:47	212	3:54:56	202	4:26:16	190	4:57:41	185	5:57:2
186	164	107	Thomas	Wulff		1962	M40	44	4:57:52	0:31:09	323	0:59:27	285	1:29:01	283	1:57:25	267	2:25:48	253	2:54:33	235	3:23:48	213	3:53:44	197	4:24:55	188	4:57:52	186	5:57:4
187	165	183	Günter	Frosch	Mainz-Kostheim	1961	M40	45	4:58:40	0:25:24	125	0:51:30	130	1:17:55	135	1:45:25	146	2:13:24	153	2:43:12	168	3:15:02	172	3:49:19	178	4:23:22	180	4:58:40	187	5:58:4
188	166	82	Guido	Mette	Ginnheimer Lauftreff	1960	M40	46	4:58:43	0:31:39	334	1:01:06	318	1:29:12	287	1:54:16	232	2:19:45	220	2:45:51	182	3:15:33	174	3:49:17	177	4:23:18	178	4:58:43	188	5:58:5
189	167	384	Thomas	Becker	Aschaffenburg	1961	M40	47	4:58:46	0:23:57	83	0:48:47	93	1:14:20	99	1:41:01	114	2:08:56	124	2:38:02	137	3:08:40	144	3:43:51	158	4:21:16	171	4:58:46	189	5:58:5
190	168	192	Horst	Wendlandt	LT Gelnhausen	1963	M40	48	4:59:31	0:28:11	212	0:56:30	219	1:24:34	224	1:53:06	224	2:22:25	227	2:52:29	221	3:23:41	211	3:55:59	208	4:28:51	195	4:59:31	190	5:59:4
191	169	209	Rainer	Simon	TSG Kleinostheim	1959	M45	30	5:00:06	0:29:12	240	0:58:27	258	1:28:07	266	1:57:34	270	2:26:19	261	2:55:09	241	3:24:45	211	3:57:02	211	4:29:08	196	5:00:06	191	6:00:1
192	170	221	Dieter	Göttelmann	TSV Uelversheim 1910	1958	M45	31	5:00:37	0:24:39	102	0:50:48	119	1:17:02	125	1:45:29	147	2:14:35	172	2:43:44	175	3:16:30	176	3:51:44	187	4:29:09	197	5:00:37	192	6:00:7
193	171	34	Ekkehard	Steuck	100 Marathon Club	1944	M60	5	5:02:19	0:26:44	154	0:54:46	190	1:23:40	213	1:54:43	234	2:25:01	243	2:56:42	255	3:28:12	235	3:59:56	227	4:32:06	206	5:02:19	193	6:02:8
194	172	1029	Markus	Knecht	SKG Sprendlingen	1968	MHK	45	5:03:11	0:31:15	326	1:00:47	309	1:30:03	300	1:58:48	286	2:27:52	278	2:57:41	263	3:28:28	238	3:59:12	222	4:30:44	200	5:03:11	194	6:03:8
195	173	308	Peter	Dobbertin	LT Oberursel	1951	M50	34	5:03:52	0:29:38	264	0:59:00	272	1:28:09	269	1:57:58	276	2:27:10	271	2:56:30	253	3:26:27	229	3:57:40	214	4:30:47	202	5:03:52	195	6:04:6
196	174	252	Ewald	Komar	Breitensport Sinzheim	1950	M50	35	5:03:59	0:29:26	258	0:58:01	248	1:27:27	256	1:55:49	250	2:25:08	247	2:53:57	230	3:23:57	214	3:54:49	200	4:27:33	193	5:03:59	196	6:04:8
197	175	84	Eberhard	Ostertag	TV Stammheim	1946	M55	7	5:04:02	0:30:48	311	1:02:01	328	1:31:20	314	2:01:14	310	2:33:58	321	3:04:02	293	3:34:36	257	4:06:37	239	4:36:17	219	5:04:02	197	6:04:8
198	176	327	Hubertus	Kraus	SG Frankfurt Nied	1959	M45	32	5:04:08	0:29:19	251	0:58:58	271	1:28:09	270	1:57:35	272	2:26:24	263	2:56:02	248	3:26:23	227	3:57:03	212	4:30:18	198	5:04:08	198	6:05:0
199	23	168	Christine	Sextl	LSG Karlsruhe	1953	W50	2	5:04:12	0:29:56	288	0:58:49	266	1:27:56	263	1:57:13	262	2:26:31	266	2:56:24	251	3:27:25	232	3:59:07	221	4:31:42	204	5:04:12	199	6:05:0
200	24	234	Marion	Potschka-Herrm	TV Bad Bergzabern	1952	W50	3	5:04:47	0:29:48	281	1:00:07	296	1:29:54	295	1:59:51	298	2:30:10	288	3:00:46	277	3:31:24	250	4:02:23	231	4:33:51	215	5:04:47	200	6:05:7
201	177	46	Michael	Milde	Frankfurt	1959	M45	33	5:04:49	0:26:36	149	0:53:25	161	1:20:23	168	1:47:24	175	2:17:48	190	2:51:03	215	3:24:02	216	3:58:02	217	4:33:05	211	5:04:49	201	6:05:8
202	178	353	Rainer	Benzing	FSV Michelbach	1958	M45	34	5:05:27	0:29:37	263	0:59:26	284	1:28:26	275	1:57:36	273	2:26:35	268	2:56:44	256	3:26:33	230	3:57:57	216	4:31:06	203	5:05:27	202	6:06:5
203	179	1074	Gerhard	Weier	TV Niederbrechen	1962	M40	49	5:06:22	0:29:49	282	0:59:10	275	1:28:40	279	1:57:42	274	2:26:19	262	2:56:07	249	3:28:41	240	4:00:19	228	4:32:40	208	5:06:22	203	6:07:6
204	180	211	Joachim	Kortyka	Speyer	1955	M45	35	5:07:07	0:29:39	265	0:59:00	273	1:28:09	271	1:57:58	277	2:27:10	272	2:56:26	252	3:25:54	226	3:57:54	215	4:30:46	201	5:07:07	204	6:08:5
205	25	277	Renate	Werz	Breitensport Sinzheim	1947	W55	3	5:07:25	0:26:10	136	0:52:55	152	1:20:35	172	1:48:52	184	2:18:09	196	2:49:05	201	3:21:04	198	3:54:45	199	4:31:59	205	5:07:25	205	6:08:9
206	181	248	Karlheinz	Kobus	LTF Marpingen	1966	MHK	46	5:07:32	0:29:47	280	0:59:28	286	1:28:55	282	1:58:18	280	2:27:30	276	2:57:45	266	3:28:07	234	3:59:22	224	4:32:19	207	5:07:32	206	6:09:0
207	182	1071	Dr. Jürgen	Wüstenberg	TV Geldern	1966	MHK	47	5:07:41	0:30:44	308	1:00:13	299	1:29:42	292	1:57:51	275	2:26:30	265	2:55:17	243	3:25:29	224	3:59:23	226	4:33:07	213	5:07:41	207	6:09:2
208	183	28	Kurt	Gebhardt	TV Babenhausen	1952	M50	36	5:08:33	0:29:13	241	0:58:18	257	1:27:51	260	1:57:09	261	2:26:31	267	2:56:38	254	3:28:15	236	4:01:55	229	4:35:49	218	5:08:33	208	6:10:3
209	184	346	Bertram	Glogger	Augsburg	1959	M45	36	5:09:25	0:28:57	231	0:57:31	241	1:26:18	236	1:55:01	235	2:24:17	236	2:53:36	225	3:24:53	222	3:58:03	218	4:33:54	216	5:09:25	209	6:11:3
210	185	326	Bernhard	Hertinger	LT Hemsbach	1955	M45	37	5:09:55	0:30:42	307	1:00:13	300	1:30:13	305	2:00:17	300	2:31:30	296	3:03:31	286	3:34:50	258	4:06:49	240	4:39:58	225	5:09:55	210	6:11:9
211	186	147	Wolfgang	Ruppert	Dalles Kicker Unterreiche	1953	M50	37	5:10:28	0:30:23	295	0:59:11	276	1:27:37	258	1:56:08	256	2:25:29	251	2:56:46	257	3:29:01	241	4:02:35	232	4:36:31	220	5:10:28	211	6:12:6
212	187	269	Rudolf	Mahburg	Breitensport Sinzheim	1952	M50	38	5:10:55	0:29:24	256	0:57:55	246	1:26:31	245	1:55:18	243	2:23:59	235	2:53:55	229	3:24:00	215	3:58:09	219	4:33:41	214	5:10:55	212	6:13:1
213	26	96	Ute	Pfaff	MT Bolanden	1962	W40	9	5:10:58	0:30:21	294	1:01:03	317	1:31:50	319	2:02:24	319	2:33:50	319	3:05:07	296	3:36:48	264	4:08:44	244	4:40:47	226	5:10:58	213	6:13:2
214	188	127	Matthias	Heibel	TSV Viernheim	1965	MHK	48	5:11:26	0:29:23	255	0:58:55	269	1:28:26	276	1:57:19	265	2:26:08	256	2:55:16	242	3:25:52	225	3:59:22	224	4:35:31	217	5:11:26	214	6:13:7
215	189	235	Manfred	Zehner	LT Lustadt/Weingarten	1960	M40	50	5:11:29	0:29:19	250	0:57:37	243	1:25:33	230	1:52:57	222	2:20:50	216	2:50:07	210	3:21:07	199	3:55:57	207	4:30:41	199	5:11:29	215	6:13:8
216	190	36	Hans-Uwe	Zietlow	Dietzenbach	1946	M55	8	5:12:33	0:28:06	209	0:56:55	229	1:25:53	233	1:55:26	246	2:25:04	246	2:55:53	246	3:27:59	233	4:02:09	230	4:37:31	221	5:12:33	216	6:15:1
217	191	102	Michael	Feyand	LT Waldalgesheim	1966	MHK	49	5:12:44	0:27:25	185	0:55:10	195	1:23:01	198	1:50:37	201	2:18:39	197	2:47:17	191	3:18:36	187	3:53:07	191	4:32:47	209	5:12:44	217	6:15:3
218	192	216	Gerd	Hantsche	USV Jena	1956	M45	38	5:13:09	0:28:20	217	0:56:19	212	1:24:44																

GPlatz	MW-Pl	StNr	Vorname	Name	Verein	Jahrg.	AK	AK PI	Zeit ges	5	PI	10	PI	15	PI	20	PI	25	PI	30	PI	35	PI	40	PI	45	PI	50	PI	t' (min/km)
240	210	314	Rüdiger	Ernst	Breitensport Sinzheim	1966	MHK	54	5:28:39	0:29:35	261	0:58:04	250	1:29:40	291	2:00:23	303	2:31:45	301	3:03:45	291	3:37:00	265	4:12:18	251	4:49:36	242	5:28:39	240	6:34.4
241	211	100	Alfred	Daum	Run 4 Fun Rödermark	1954	M50	42	5:30:00	0:31:06	320	1:01:12	320	1:31:25	315	2:01:24	313	2:30:57	292	3:04:15	294	3:39:47	273	4:16:41	262	4:52:45	247	5:30:00	241	6:36.0
242	212	1010	Vittorio	De Benedetti	LT Philippsburger Hof	1939	M65	6	5:30:47	0:29:49	283	0:59:51	291	1:29:42	293	1:59:33	292	2:30:16	289	3:02:17	281	3:36:38	262	4:13:48	257	4:51:46	246	5:30:47	242	6:36.9
243	213	1078	Wolfgang	Zach	Heidelberg	1964	M40	54	5:31:10	0:30:46	309	1:00:45	307	1:32:25	327	2:03:29	325	2:34:43	324	3:06:32	303	3:38:56	272	4:12:34	253	4:51:26	244	5:31:10	243	6:37.4
244	214	352	Michael	Reeb	Lichtbund Karlsruhe	1958	M45	41	5:33:21	0:29:59	289	1:00:32	303	1:30:41	309	2:01:15	311	2:33:11	306	3:03:37	289	3:35:53	259	4:10:38	246	4:51:14	243	5:33:21	244	6:40.0
245	215	351	Matthias	Wild	Lichtbund Karlsruhe	1964	M40	55	5:33:22	0:30:00	291	1:00:33	305	1:30:42	311	2:01:06	308	2:33:12	307	3:03:40	290	3:36:05	260	4:10:46	249	4:51:30	245	5:33:22	245	6:40.0
246	216	50	Jürgen	Hoffmann	Clan von Rengsdorf	1958	M45	42	5:34:18	0:30:35	302	1:00:00	294	1:28:53	281	1:58:23	281	2:30:52	291	3:03:30	285	3:41:39	276	4:20:31	264	4:58:21	255	5:34:18	246	6:41.2
247	217	294	Nikolaus	Kern	Mannheim	1958	M45	43	5:36:07	0:29:52	285	0:59:15	277	1:30:05	303	2:00:20	301	2:31:32	298	3:05:26	298	3:45:01	283	4:22:52	269	4:59:58	257	5:36:07	247	6:43.3
248	218	288	Günter	Müller	ESV Gremberghoven	1955	M45	44	5:36:19	0:26:35	148	0:53:40	166	1:21:25	189	1:50:31	200	2:19:59	213	2:51:55	220	3:29:37	243	4:12:52	256	4:56:50	253	5:36:19	248	6:43.6
249	219	340	Michael	Ring	TV Rheinzabern	1957	M45	45	5:36:22	0:24:57	106	0:49:49	101	1:14:51	103	1:39:51	103	2:06:20	108	2:35:17	121	3:07:19	134	3:57:26	213	4:46:15	236	5:36:22	249	6:43.6
250	220	232	Alfred W.	Horn	Ginnheimer Lauftreff	1939	M65	7	5:38:57	0:32:39	349	1:05:04	348	1:38:07	346	2:10:34	345	2:43:07	342	3:15:33	325	3:49:04	271	4:59:21	256	5:38:57	250	6:46.7		
251	221	1063	Dr. Anselm	Kratochwil	TuS Griesheim	1951	M50	43	5:39:48	0:31:37	333	1:03:30	341	1:35:39	338	2:07:56	339	2:40:39	339	3:13:54	321	3:47:44	286	4:23:39	270	5:02:10	261	5:39:48	251	6:47.8
252	31	275	Helene	Steffen	Wittlicher TV	1949	W55	4	5:40:14	0:31:07	321	1:02:31	335	1:34:06	333	2:07:50	337	2:39:45	332	3:12:42	314	3:47:50	289	4:23:54	272	5:01:34	259	5:40:14	252	6:48.3
253	222	7	Rainer	Bergert	RLT Rodgau	1943	M60	6	5:40:45	0:31:19	328	1:01:41	325	1:32:03	323	2:02:50	321	2:33:37	314	3:05:13	297	3:38:49	269	4:14:10	258	4:54:21	251	5:40:45	253	6:48.9
254	223	97	Andreas	Bahmer	Deutscher Alpenverein	1962	M40	56	5:41:25	0:31:23	330	1:02:12	330	1:33:29	330	2:05:28	330	2:38:52	327	3:11:46	312	3:47:46	287	4:26:26	276	5:01:42	260	5:41:25	254	6:49.7
255	224	386	Said	Kahla	LLG Wonnegau	1950	M50	44	5:44:17	0:30:32	298	1:01:02	314	1:31:43	316	2:01:50	315	2:33:38	315	3:08:16	306	3:42:06	277	4:21:42	266	5:02:32	262	5:44:17	255	6:53.1
256	225	1009	Karsten	Kroll	Bischheim	1970	MHK	55	5:44:17	0:30:32	299	1:01:02	315	1:31:43	317	2:01:51	316	2:33:39	317	3:08:16	307	3:42:06	278	4:21:42	267	5:02:33	263	5:44:17	256	6:53.1
257	226	1021	Claus	Hilles	TSG Eppstein	1946	M55	13	5:45:01	0:29:09	237	0:58:56	270	1:28:33	278	1:58:42	284	2:29:32	285	3:01:14	279	3:38:55	271	4:16:16	261	4:55:18	252	5:45:01	257	6:54.0
258	227	247	Martin	Linek	SCR Schnaittach	1961	M40	57	5:45:42	0:26:51	166	0:53:51	175	1:21:22	188	1:50:17	198	2:26:14	259	3:00:22	276	3:38:14	282	5:11:23	262	5:45:42	258	6:54.8		
259	228	316	Jürgen	Spitzer	SLC Solingen	1955	M45	46	5:45:58	0:30:34	300	1:00:28	302	1:32:05	322	2:05:21	327	2:39:21	331	3:16:19	327	3:55:03	299	4:32:33	281	5:09:38	266	5:45:58	259	6:55.2
260	229	397	Albrecht	Müller	Rheinstetten	1956	M45	47	5:47:39	0:29:50	284	0:59:40	289	1:29:19	289	1:59:46	293	2:32:02	304	3:07:08	304	3:43:11	282	4:22:26	268	5:08:11	264	5:47:39	260	6:57.2
261	230	87	Bernhard	Sesterheim	LGM Leiuwen	1945	M55	14	5:49:12	0:30:49	312	1:02:19	332	1:34:11	334	2:06:21	332	2:40:01	335	3:15:14	324	3:53:36	298	4:35:32	284	5:11:29	268	5:49:12	261	6:59.3
262	231	335	Alex	Hofmann	SV Fischbach	1974	MHK	56	5:50:11	0:31:50	344	1:04:36	346	1:38:12	347	2:13:01	348	2:48:27	346	3:25:23	334	4:03:31	305	4:41:11	285	5:18:16	270	5:50:11	262	7:00.2
263	232	144	Reinhard	Fresow	Kleinwallstadt	1948	M55	15	5:51:10	0:32:20	347	1:03:47	343	1:35:01	346	2:06:17	331	2:39:44	329	3:13:33	320	3:49:37	293	4:27:13	277	5:09:32	265	5:51:10	263	7:01.4
264	233	171	Heinrich	Kaster	TSG Fürstenhagen	1948	M55	16	5:54:59	0:30:56	318	1:00:50	312	1:30:24	308	2:00:32	305	2:33:45	318	3:09:38	311	3:48:55	291	4:33:16	283	5:17:47	269	5:54:59	264	7:06.0
265	234	63	Wolfgang	Pinnow	RLT Rodgau	1931	M70	1	6:03:08	0:30:25	296	1:01:53	327	1:33:31	332	2:05:27	329	2:39:40	330	3:12:57	315	4:02:47	304	4:43:35	287	5:23:55	271	6:03:08	265	7:15.8
266	235	283	Klaus	Schulz	SCMT Berlin	1940	M60	7	6:05:57	0:32:52	350	1:06:37	355	1:43:27	355	2:20:36	354	2:58:27	352	3:34:46	339	4:11:22	308	4:49:10	288	5:26:25	272	6:05:57	266	7:19.1
267	32	113	Silke	Feller	LTF Marpingen	1970	WHK	3	6:21:38	0:29:41	270	1:00:24	301	1:33:13	329	2:08:53	343	2:48:47	348	3:33:51	338	4:20:09	311	5:08:12	290	5:47:11	273	6:21:38	267	7:38.0
268	33	362	Katja	Friedländer	TV Großostheim	1975	WHK	4	abg.45	0:25:11	116	0:50:30	108	1:15:30	112	1:40:11	104	2:04:59	101	2:30:59	100	2:56:01	90	3:22:24	83	3:53:16	93			5:11.0
269	236	112	Stefan	Feller	LTF Marpingen	1968	MHK	57	abg.45	0:22:34	37	0:46:24	53	1:10:16	54	1:34:58	73	2:04:26	97	2:35:14	120	3:04:37	126	3:36:59	133	4:06:24	131			5:28.5
270	237	332	Gottfried	Stelter	Willy-Hellpach-Schule	1966	MHK	58	abg.45	0:26:06	134	0:52:41	149	1:20:05	158	1:47:20	172	2:14:40	173	2:42:34	167	3:10:50	156	3:39:00	141	4:07:21	133			5:29.8
271	238	1043	Ralf	Braun	Landstuhl	1960	M40	58	abg.45	0:27:23	184	0:53:55	177	1:20:37	173	1:47:45	180	2:15:36	176	2:45:56	184	3:17:34	184	3:51:06	185	4:27:54	194			5:57.2
272	239	214	Zeljko	Fischer	Obertshausen	1965	MHK	59	abg.45	0:29:18	249	0:58:36	262	1:28:18	273	1:58:14	278	2:28:09	282	2:59:19	271	3:37:40	266	4:18:09	263	4:57:20	254			6:36.4
273	240	328	Jürgen	Frießner	LG Hassberge	1964	M40	59	abg.45	0:29:42	271	0:58:16	256	1:26:02	234	1:55:10	238	2:24:35	239	3:02:36	283	3:50:16	294	4:30:10	280	5:00:54	258			6:41.2
274	241	38	Gerhard	Engert	Dreieich-Offenthal	1949	M55	17	abg.40	0:27:55	200	0:53:45	171	1:20:16	166	1:46:49	165	2:13:36	159	2:40:54	155	3:09:09	160	3:39:36	144					5:29.4
275	242	1086	Hermann	Fongar	LG Rodgau/TGM Jügesh.	1955	M45	48	abg.40	0:27:56	203	0:54:51	192	1:22:22	195	1:49:00	186	2:15:15	175	2:41:58	162	3:09:19	153	3:39:40	145					5:29.5
276	243	1013	Erwin	Ostermann	TV Langensfeld	1955	M45	49	abg.40	0:25:43	127	0:51:42	132	1:17:58	136	1:44:30	142	2:11:35	144	2:39:16	143	3:07:58	141	3:39:59	146					5:30.0
277	244	262	Klaus	Ehlers	TSG Eppstein	1960	M40	60	abg.40	0:27:35	189	0:54:37	189	1:19:40	155	1:46:12	150	2:12:52	148	2:40:27	148	3:09:19	154	3:40:33	149					5:30.8
278	245	299	Thomas	Magin	Ludwigshafen	1965	MHK	60	abg.40	0:29:08	236	0:57:26	240	1:26:03	235	1:54:15	231	2:22:34	228	2:50:55	213	3:19:48	192	3:49:01	175					5:43.5
279	246	381	Volker	Spanier	SC Myhl LA	1959	M45	50	abg.40	0:24:37	100	0:49:35	98	1:14:50	102	1:40:35	108	2:06:55	114	2:34:20	114	3:04:11	124	3:50:35	180					5:45.9
280	247	1033	Wolfgang	Wünsche	Esslingen	1973	MHK	61	abg.40	0:28:08	211	0:57:07	235	1:26:36	248	1:55:40	248	2:24:48	242	2:54:00	231	3:23:39	210	3:54:09	198					5:51.2
281	248	152	Karl-Heinz	Fünffinger	TG Groß-Karben	1954	M50	45	abg.40	0:28																				

