

9. Zeller Raiffeisenbank Adventslauf
Gesamt Einlauf : 5 km Hauptlauf Genießer

Datum : 18.12.12 Zeit : 23:01:33 Seite : 1

Gesamt	Klasse	Gesch	Name	StartNr	Verein	Nat	Jg	Klasse	1+2. Rd	3. Rd	4. Rd	5. Rd	6. Rd	Zeit	(Brutto)
1	1	1	Gamachu, Ferahiwat	201	Celtic Diekirch	B	1981	W30	00:04.50	00:08.07	00:11.24	00:14.40	00:17.47	00:18.07	(00:18.08)
2	1	2	Betzler, Linda	203	LG Rhein-Wied	D	1992	W20	00:04.50	00:08.06	00:11.24	00:14.43	00:17.49	00:18.09	(00:18.09)
3	2	3	Jaschke, Lisa	204	SSF Bonn	D	1990	W20	00:04.51	00:08.06	00:11.23	00:14.39	00:17.51	00:18.13	(00:18.14)
4	1	4	Jungblut, Yvonne	202	Spiridon Hochwald	D	1977	W35	00:04.51	00:08.09	00:11.33	00:14.56	00:18.10	00:18.30	(00:18.30)
5	1	5	Kolberg, Majtie	258	RTV-Kader	D	1999	WJ U18	00:04.59	00:08.22	00:11.55	00:15.25	00:18.52	00:19.13	(00:19.15)
6	1	1	Kexel, Sebastian	446	DJK Triathlon Andern	D	1982	M30	00:05.09	00:08.29	00:11.57	00:15.27	00:18.54	00:19.17	(00:19.19)
7	1	2	Spitzhorn, Timo	440	DBL-Team RSG Montaba	D	2000	MJ U18	00:05.05	00:08.35	00:12.07	00:15.40	00:19.09	00:19.32	(00:19.34)
8	1	3	Hermes, Martin	457		D	1983	M20	00:05.18	00:08.47	00:12.18	00:15.48	00:19.12	00:19.36	(00:19.42)
9	3	6	Friedrich, Katrin	456	Post-Sportverein Tri	GER	1985	W20	00:05.11	00:08.40	00:12.13	00:15.46	00:19.13	00:19.37	(00:19.42)
10	1	7	Martens, Vera	206	Spiridon Frankfurt	D	1969	W40	00:05.08	00:08.40	00:12.12	00:15.45	00:19.16	00:19.38	(00:19.39)
11	1	8	Schmitt, Laura	231	SFG Bernkastel-Kues	D	1993	WJ U20	00:05.09	00:08.42	00:12.21	00:15.55	00:19.30	00:19.51	(00:19.52)
12	2	9	Rech, Sabine	205	Hunsrück Marathon e.	D	1968	W40	00:05.16	00:08.50	00:12.25	00:16.03	00:19.42	00:20.06	(00:20.06)
13	3	10	Flesch, Claudia	299	Der TV bewegt	D	1970	W40	00:05.27	00:09.01	00:12.36	00:16.10	00:19.49	00:20.13	(00:20.16)
14	2	4	Althoff, Benedikt	419	TUS Bengel	D	1996	MJ U18	00:05.32	00:09.03	00:12.33	00:16.11	00:19.51	00:20.15	(00:20.23)
15	2	5	Neumann, Christopher	425	X-Sport Kastellaun	D	1982	M30	00:05.06	00:08.42	00:12.26	00:16.15	00:19.59	00:20.23	(00:20.27)
16	2	6	Haas, Julian	223	LG Meulendorf Föhren	D	1989	M20	00:05.09	00:08.42	00:12.21	00:16.12	00:20.01	00:20.25	(00:20.26)
17	2	11	Marxen, Anne	361	LG Vulkaneifel (FS J	D	1982	W30	00:05.27	00:09.02	00:12.43	00:16.27	00:20.04	00:20.29	(00:20.36)
18	2	12	Brandenberg, Jara	305	RTV-Kader	D	1999	WJ U18	00:05.12	00:08.52	00:12.40	00:16.31	00:20.12	00:20.37	(00:20.38)
19	3	7	Mollitor, Carsten	373	LG Meulendorf Föhren	D	1980	M30	00:05.28	00:09.05	00:12.51	00:16.35	00:20.19	00:20.49	(00:20.53)
20	3	13	Engel, Miriam	450	TG Konz	LU	1981	W30	00:05.24	00:09.06	00:12.58	00:16.49	00:20.35	00:21.00	(00:21.06)
21	4	8	Laumers, Michael	216	SC Bleialf	D	1980	M30	00:05.48	00:09.29	00:13.12	00:16.55	00:20.34	00:21.01	(00:21.04)
22	3	9	Thelen, Jörg	222	LG Pronsfeld-Lünebac	D	1983	M20	00:05.50	00:09.30	00:13.11	00:16.56	00:20.34	00:21.01	(00:21.04)
23	1	10	Bauer, Edgar	350	SV Wintrich	D	1958	M50	00:05.30	00:09.17	00:13.05	00:16.55	00:20.40	00:21.03	(00:21.07)
24	1	11	Follmann, Albert	298	LG Meulendorf Föhren	D	1957	M55	00:05.34	00:09.17	00:13.03	00:16.53	00:20.40	00:21.03	(00:21.06)
25	4	12	Steffens, Peter	393	Blankenrath	D	1991	M20	00:05.33	00:09.18	00:13.07	00:17.01	00:20.45	00:21.05	(00:21.05)
26	3	13	Leenheer, Perry	359	FFW Bruttig-Fankel	D	1997	MJ U18	00:07.00	00:11.44	00:16.20	00:20.47	00:27.25	00:21.08	(00:21.13)
27	4	14	Kruger, Max	442	LG Rüsselsheim	D	2001	MJ U18	00:06.01	00:09.46	00:13.31	00:17.13	00:20.50	00:21.11	(00:21.22)
28	1	15	Lenz, Ralf	388	FFW Bruttig-Fankel	D	1972	M40	00:05.35	00:09.23	00:13.12	00:17.03	00:20.51	00:21.12	(00:21.17)
29	5	16	BERTRAM, Robin	408	LG HSC GAMLEN-RSC UN	D	1996	MJ U18	00:05.23	00:09.26	00:13.27	00:17.18	00:20.52	00:21.17	(00:21.18)
30	1	14	Haas, Marion	306	LG Meulendorf Föhren	D	1963	W45	00:05.30	00:09.15	00:13.05	00:17.03	00:20.58	00:21.24	(00:21.28)
31	2	15	Helm - Schatilow, Irina	368	Kalkar	D	1963	W45	00:05.40	00:09.34	00:13.24	00:17.20	00:21.02	00:21.24	(00:21.26)
32	1	17	Hallebach, Stefan	315	Team Horgars Keltenk	D	1973	M35	00:05.38	00:09.28	00:13.15	00:17.10	00:21.02	00:21.26	(00:21.31)
33	1	18	Sharifi, Aghagol	387	Wolfer Rennmäuse	AFG	1994	MJ U20	00:05.51	00:10.43	00:15.54	00:21.01	00:00.00	00:21.31	(00:21.34)
34	6	19	Husseini, Hashem	364	Wolfer Rennmäuse	AFG	1995	MJ U18	00:05.32	00:09.20	00:13.11	00:17.09	00:21.10	00:21.33	(00:21.36)
35	7	20	Kapfenberger, Tim	212	Veldenzer Moselläufe	D	1997	MJ U18	00:05.26	00:09.12	00:13.12	00:17.15	00:21.16	00:21.35	(00:21.36)
36	4	16	Weber, Bettina	286	TV Hermeskeil	D	1990	W20	00:05.33	00:09.19	00:13.12	00:17.11	00:21.10	00:21.35	(00:21.38)
37	2	21	Schütz, Mario	420	TUS Bengel	D	1975	M35	00:05.51	00:09.37	00:13.33	00:17.32	00:21.18	00:21.42	(00:21.49)
38	2	22	Knauf, Josef	249	SC Bleialf	D	1955	M55	00:05.56	00:09.47	00:13.41	00:17.35	00:21.25	00:21.47	(00:21.52)
39	8	23	Mursa, Stephan	254	Wolfer Rennmäuse	D	1997	MJ U18	00:05.27	00:09.25	00:13.22	00:17.21	00:21.26	00:21.49	(00:21.51)
40	5	24	Esser, Tobias	260		D	1980	M30	00:06.10	00:10.05	00:13.59	00:17.48	00:21.30	00:21.51	(00:22.08)
41	1	25	Kremer, Bruno	247	LG Meulendorf Föhren	D	1965	M45	00:05.44	00:09.39	00:13.36	00:17.34	00:21.28	00:21.51	(00:21.55)
42	3	17	Marinus, Julia	398	TuS Kaisersesch	D	2000	WJ U18	00:05.51	00:09.46	00:13.43	00:17.41	00:21.29	00:21.53	(00:21.58)
43	4	18	Spitzhorn, Nina	225	RTV-Kader	D	1998	WJ U18	00:05.30	00:09.26	00:13.25	00:17.29	00:21.28	00:21.53	(00:21.55)
44	2	26	Hofmann, Friedhelm	403	DLR Simmern	D	1965	M45	00:05.54	00:09.46	00:13.39	00:17.34	00:21.27	00:21.54	(00:22.01)
45	1	27	Heiseler, Gerd	237		D	1952	M60	00:05.48	00:09.43	00:13.39	00:17.36	00:21.28	00:21.55	(00:21.59)
46	2	28	Hendges, Winni	307	LA-TUS-Mayen	D	1959	M50	00:05.35	00:09.33	00:13.39	00:17.38	00:21.36	00:21.59	(00:22.00)
47	2	29	Hosseini, Arian	412	Wolfer Rennmäuse	AFG	1993	MJ U20	00:05.22	00:09.25	00:13.44	00:17.36	00:21.37	00:22.03	(00:22.04)

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48	1	19	Weber, Doris	357	TV Hermeskeil	D	1960	W50	00:05.58	00:09.45	00:13.39	00:17.37	00:21.37	00:22.04	(00:22.16)
49	3	30	Lührs, Oliver	327	Team Erdinger Alkoho	D	1967	M45	00:05.52	00:09.51	00:13.51	00:17.47	00:21.42	00:22.06	(00:22.13)
50	2	20	Schmitz, Annika	417	SV 1919 Sonsbeck e.V	D	1993	WJ U20	00:01.55	04:09.44	00:13.44	00:17.50	00:21.40	00:22.07	(00:22.07)
51	5	31	Moseler, Johannes	437	SFG Bernkastel	D	1986	M20	00:05.33	00:09.29	00:13.35	00:17.39	00:21.44	00:22.08	(00:22.10)
52	2	32	GÖDERT, Herbert	218	LG HSC GAMLEN-RSC UN	D	1952	M60	00:06.06	00:10.01	00:14.01	00:18.01	00:21.53	00:22.16	(00:22.22)
53	4	21	Schenke, Sabine	371	LG Kreis Ahrweiler	D	1968	W40	00:05.56	00:09.53	00:13.55	00:17.56	00:21.53	00:22.19	(00:22.29)
54	4	33	Feola, Michele	333	LG Langsur	ITA	1965	M45	00:06.00	00:09.52	00:13.46	00:17.51	00:21.53	00:22.19	(00:22.30)
55	3	34	Barten, Hermann	227	LT Büdlich-Breit-Nau	D	1957	M55	00:05.55	00:09.54	00:13.51	00:17.54	00:21.56	00:22.22	(00:22.29)
56	5	35	Kletke, Ernst	239	TG Konz	D	1966	M45	00:05.47	00:09.43	00:13.43	00:17.52	00:22.00	00:22.23	(00:22.26)
57	9	36	Schmidt, Dennis	449		D	1999	MJ U18	00:05.54	00:09.59	00:14.01	00:18.08	00:21.59	00:22.24	(00:22.24)
58	6	37	Braun, Wolfram	257	LG Meulenwald Föhren	D	1965	M45	00:05.45	00:09.41	00:13.42	00:17.48	00:21.56	00:22.24	(00:22.27)
59	5	22	Ackermann, Lena	241	RTV-Kader	D	1999	WJ U18	00:01.59	00:05.52	00:09.56	00:13.59	00:18.08	00:22.26	(00:22.28)
60	2	23	Kappel, Christina	262	Irmenach	D	1977	W35	00:06.07	00:10.04	00:14.02	00:18.02	00:22.00	00:22.27	(00:22.34)
61	2	38	Diederichs, Paul	409	Katholische Kirche	D	1969	M40	00:06.07	00:10.04	00:14.02	00:18.08	00:22.10	00:22.29	(00:22.37)
62	7	39	Baldauf, Alexander	345	LG Langsur	AUT	1965	M45	00:06.00	00:09.56	00:13.57	00:18.03	00:22.04	00:22.31	(00:22.43)
63	6	40	Link, Dennis	255		D	1988	M20	00:09.34	00:15.39	00:21.53	00:00.00	00:00.00	00:22.36	(00:22.57)
64	3	41	Michels, Peter	407	X-Sport Kastellaun	D	1961	M50	00:06.01	00:09.59	00:14.03	00:18.11	00:22.07	00:22.36	(00:22.45)
65	4	42	Schäfer, Peter	213	LT TuS Platten	D	1962	M50	00:05.50	00:09.51	00:14.00	00:18.09	00:22.12	00:22.37	(00:22.38)
66	6	24	Merz, Kathi	245	RTV-Kader	D	1999	WJ U18	00:05.52	00:09.56	00:13.59	00:18.08	00:22.13	00:22.40	(00:22.42)
67	7	25	Greulach, Jennifer	252	Wolfer Rennmäuse	D	1996	WJ U18	00:06.06	00:10.10	00:14.13	00:18.17	00:22.14	00:22.41	(00:22.47)
68	5	26	Berger, Ines	367	TSV Weeze	D	1972	W40	00:06.09	00:10.12	00:14.15	00:18.21	00:22.21	00:22.46	(00:22.48)
69	3	43	Scheid, Marco	414	TSV Bullay/Alf	D	1971	M40	00:05.58	00:10.02	00:14.10	00:18.23	00:22.26	00:22.47	(00:22.58)
70	3	27	Steuer, Caroline	248		D	1976	W35	00:06.04	00:10.03	00:14.09	00:18.16	00:22.22	00:22.47	(00:22.56)
71	5	44	Adams, Raimund	426	Hunsrück Marathon e.	D	1960	M50	00:05.37	00:09.42	00:13.56	00:18.12	00:22.22	00:22.53	(00:22.54)
72	5	28	Fachbach, Anja	445	DJK Triathlon Andern	D	1987	W20	00:05.56	00:09.58	00:14.04	00:18.16	00:22.26	00:22.54	(00:22.57)
73	8	29	Schnieders, Lara	354	Hunsrück-Marathon e.	D	1996	WJ U18	00:06.08	00:10.10	00:14.15	00:18.25	00:22.31	00:22.57	(00:23.05)
74	4	45	Michels, Holger	444		D	1972	M40	00:06.18	00:10.19	00:14.24	00:18.32	00:22.36	00:23.01	(00:23.11)
75	8	46	Reis, Günter	276	Golbus Zell	D	1964	M45	00:05.58	00:10.05	00:14.15	00:18.28	00:22.36	00:23.02	(00:23.06)
76	3	47	Martin, Freddy	317	X-Sport Kastellaun	D	1973	M35	00:05.29	00:09.23	00:13.38	00:18.06	00:22.32	00:23.03	(00:23.04)
77	10	48	Schröder, Piero	362	LT Schweich	D	1999	MJ U18	00:06.16	00:10.26	00:14.33	00:18.49	00:22.47	00:23.11	(00:23.18)
78	11	49	Jeandrûe, Miguel	230	Selbstläufer Altenah	D	1996	MJ U18	00:06.21	00:10.32	00:14.44	00:18.57	00:22.54	00:23.13	(00:23.28)
79	5	50	Engel, Dirk	378	LT Schweich	D	1970	M40	00:06.17	00:10.27	00:14.34	00:18.50	00:22.49	00:23.15	(00:23.21)
80	4	51	Ringel, Michael	455	LG Laacher See	D	1974	M35	00:05.56	00:10.03	00:14.16	00:18.33	00:22.53	00:23.17	(00:23.19)
81	2	30	Klaus, Klaudia	242	LT Schweich	D	1961	W50	00:06.21	00:10.34	00:14.42	00:18.51	00:22.56	00:23.20	(00:23.30)
82	6	52	Rausch, Bernd	372	LT Schweich	D	1959	M50	00:06.19	00:10.28	00:14.35	00:18.51	00:23.01	00:23.26	(00:23.31)
83	12	53	Fix, Uwe	406	TV Cochem	D	1998	MJ U18	00:06.12	00:10.23	00:14.39	00:18.59	00:23.07	00:23.33	(00:23.43)
84	5	54	Baumer, Alexander	399		D	1975	M35	00:06.12	00:10.25	00:14.42	00:19.01	00:23.11	00:23.34	(00:23.42)
85	9	31	Kremer, Annika	287	LG Meulenwald Föhren	D	1995	WJ U18	00:06.22	00:10.38	00:15.00	00:19.19	00:23.15	00:23.39	(00:23.44)
86	13	55	Schütz, Luca	423	TUS Bengel	D	2001	MJ U18	00:06.26	00:10.44	00:15.11	00:19.28	00:23.20	00:23.40	(00:23.48)
87	3	32	Neumann, Jessica	379	SV 1919 Sonsbeck e.V	D	1993	WJ U20	00:05.51	00:09.59	00:14.09	00:19.02	00:23.20	00:23.45	(00:23.47)
88	1	56	Meixner, Dieter	358	1.FC Kaiserslautern	D	1944	M65	00:06.29	00:10.38	00:14.46	00:19.02	00:23.17	00:23.46	(00:23.55)
89	6	57	Kössling, Manfred	233	LT Schweich	D	1969	M40	00:06.20	00:10.32	00:14.48	00:19.12	00:23.23	00:23.47	(00:23.56)
90	7	58	Marth, Adrian	427		D	1992	M20	00:06.12	00:10.38	00:15.06	00:19.29	00:23.29	00:23.50	(00:24.06)
91	8	59	Sußenburger, Eckart	454		D	1983	M20	00:06.17	00:10.34	00:14.56	00:19.20	00:23.27	00:23.56	(00:24.06)
92	6	60	Krämer, Michael	422	TUS Bengel	D	1976	M35	00:05.58	00:10.10	00:14.36	00:19.08	00:23.28	00:23.57	(00:24.04)
93	4	33	van Leyen, Melanie	377	SV 1919 Sonsbeck e.V	D	1976	W35	00:06.14	00:10.27	00:14.46	00:19.11	00:23.29	00:23.57	(00:24.00)
94	7	61	Pintscher, Thomas	328	TV Cochem	D	1970	M40	00:06.26	00:10.42	00:14.56	00:19.16	00:23.36	00:24.04	(00:24.18)

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Gesamt	Klasse	Gesch	Name	StartNr	Verein	Nat	Jg	Klasse	1+2. Rd	3. Rd	4. Rd	5. Rd	6. Rd	Zeit	(Brutto)
95	3	34	Bohr, Birgit	411	Spiridon Hochwald	D	1959	W50	00:06.17	00:10.31	00:14.49	00:19.14	00:23.36	00:24.05	(00:24.15)
96	6	35	Dohr, Miriam	341	Firma Dohr	D	1971	W40	00:06.25	00:10.38	00:14.58	00:19.15	00:23.39	00:24.05	(00:24.13)
97	7	62	Schwalb, Peter	269		D	1975	M35	00:06.25	00:10.39	00:14.58	00:19.16	00:23.39	00:24.06	(00:24.13)
98	9	63	Jost, Jürgen	293	DHL Runners Simmern	D	1964	M45	00:05.57	00:10.18	00:14.36	00:19.18	00:23.40	00:24.06	(00:24.12)
99	7	36	Bakali, Michaela	297	SFG Bernkastel-Kues	D	1972	W40	00:06.19	00:10.35	00:14.54	00:19.19	00:23.39	00:24.09	(00:24.15)
100	14	64	Fittkau, Niklas	447	DBL-RSG Montabaur	D	1999	MJ U18	00:06.20	00:10.33	00:14.57	00:19.30	00:23.52	00:24.14	(00:24.16)
101	6	65	Malburg, Thomas	316	FC Züsch/Neuhütten/D	D	1978	M30	00:06.05	00:10.21	00:14.48	00:19.11	00:23.52	00:24.25	(00:24.30)
102	4	66	Heber, Dieter	459	SV Weidenbach	D	1955	M55	00:06.24	00:10.41	00:15.04	00:19.32	00:23.59	00:24.26	(00:24.44)
103	9	67	Schmitter, Stephan	243	FZM Fußballästete	D	1990	M20	00:05.57	00:10.26	00:15.03	00:19.34	00:24.18	00:24.38	(00:24.39)
104	7	68	Moseler, Benjamin	334	FZM Fußballästehten	D	1982	M30	00:05.57	00:10.26	00:15.03	00:19.34	00:24.18	00:24.39	(00:24.40)
105	10	69	Liesenfeld, Andreas	439	Hunsrück Marathon e.	D	1967	M45	00:06.39	00:10.54	00:15.24	00:19.57	00:24.19	00:24.42	(00:24.54)
106	11	70	Marth, Thomas	428		D	1965	M45	00:06.38	00:11.06	00:15.35	00:20.18	00:24.28	00:24.48	(00:25.04)
107	4	37	Lehmen, Andrea	392	Ruderverein Zell	D	1958	W50	00:06.23	00:10.42	00:15.11	00:19.45	00:24.21	00:24.50	(00:24.57)
108	3	38	Kletke, Vera	238	TG Konz	D	1967	W45	00:06.45	00:11.14	00:15.45	00:20.15	00:24.36	00:24.58	(00:25.10)
109	3	71	Göderz, Reiner	271	TV Zell 130	D	1951	M60	00:06.33	00:10.52	00:15.26	00:20.07	00:24.40	00:25.02	(00:25.10)
110	8	72	Welter, Markus	418	Skylotec Running Tea	D	1972	M40	00:06.20	00:10.46	00:15.27	00:20.09	00:24.37	00:25.03	(00:25.12)
111	10	39	Gerads, Maike	384	SV 1919 Sonsbeck e.V	D	1996	WJ U18	00:06.17	00:10.42	00:15.22	00:20.04	00:24.39	00:25.03	(00:25.05)
112	5	73	Goerke, Karl Heinz	356	TV Weisel 1912 eV	D	1954	M55	00:06.25	00:10.52	00:15.31	00:20.08	00:24.33	00:25.03	(00:25.11)
113	11	40	Elsen, Annika	421	TUS Bengel	D	2000	WJ U18	00:06.26	00:10.44	00:15.11	00:19.55	00:24.44	00:25.07	(00:25.15)
114	10	74	Frenzel, Jan	338	Globus Zell	D	1990	M20	00:06.19	00:10.42	00:15.20	00:20.12	00:24.50	00:25.12	(00:25.17)
115	5	41	Von Froreich, Alexandra	415		D	1973	W35	00:06.41	00:11.11	00:15.47	00:20.20	00:24.44	00:25.12	(00:25.21)
116	9	75	Olbermann, Peter	289	LG HSC GAMLEN-RSC UN	D	1968	M40	00:06.18	00:10.31	00:15.14	00:20.04	00:24.44	00:25.14	(00:25.24)
117	15	76	Olbermann, Julian	386	TV Cochem	D	2002	MJ U18	00:06.19	00:10.32	00:15.15	00:20.05	00:24.45	00:25.14	(00:25.23)
118	10	77	Schröder, Michael	339	Globus Zell	D	1970	M40	00:06.40	00:11.16	00:15.52	00:20.26	00:24.47	00:25.15	(00:25.18)
119	3	78	Goldschmidt, Alexander	382	SV Zell (Anlieger)	D	1993	MJ U20	00:05.57	00:10.25	00:15.02	00:20.35	00:24.56	00:25.19	(00:25.20)
120	4	79	Reinheimer, Guenther	448		D	1952	M60	00:06.37	00:11.10	00:15.46	00:20.24	00:24.51	00:25.20	(00:25.28)
121	16	80	Walter, Thomas	396	FFW Bruttig-Fankel	D	1997	MJ U18	00:08.04	00:13.31	00:19.18	00:25.03	00:00.00	00:25.38	(00:25.41)
122	12	81	Mertens, Klaus	452	TUS Ediger	D	1965	M45	00:06.54	00:11.32	00:16.10	00:20.50	00:25.17	00:25.47	(00:25.58)
123	17	82	Rauaiser, Lucas	391	TV Cochem	D	2004	MJ U18	00:07.00	00:11.27	00:15.54	00:20.19	00:00.00	00:25.50	(00:26.00)
124	8	83	Henkes, Sam	400	LG Vulkaneifel (FS J	BE	1980	M30	00:06.30	00:11.07	00:15.52	00:20.40	00:25.22	00:25.52	(00:25.58)
125	11	84	Heimes, Stefan	348	LG Maifeld - Pellenz	D	1968	M40	00:06.44	00:11.15	00:15.58	00:20.43	00:25.23	00:25.54	(00:26.04)
126	8	42	Heimes, Melanie	331	LG Maifeld - Pellenz	D	1970	W40	00:06.45	00:11.17	00:15.59	00:20.44	00:25.26	00:25.54	(00:26.04)
127	1	43	Mann, Irmgard	246	TV Bitburg	D	1950	W60	00:06.57	00:11.37	00:16.14	00:20.52	00:25.28	00:25.55	(00:26.01)
128	1	85	Mootz, Werner	375	LTF Köllertal	D	1942	M70	00:06.56	00:11.34	00:16.11	00:20.55	00:25.29	00:25.57	(00:26.10)
129	9	86	Maiers, Mathias	220	SC Bleialf	D	1981	M30	00:06.43	00:11.29	00:16.14	00:21.04	00:25.36	00:26.03	(00:26.06)
130	11	87	de Winkel, Sebastian	319		D	1985	M20	00:06.54	00:12.28	00:19.06	00:25.21	00:40.51	00:26.03	(00:26.18)
131	2	88	Schmitz, Karl Heinz	263	TV Cochem	D	1943	M65	00:06.58	00:11.39	00:16.18	00:20.58	00:25.36	00:26.04	(00:26.17)
132	12	89	Olbermann, Jürgen	277		D	1970	M40	00:06.47	00:11.25	00:16.10	00:20.54	00:25.35	00:26.05	(00:26.15)
133	4	44	Bruckmann, Andrea	381	TG Konz	D	1993	WJ U20	00:06.19	00:11.19	00:16.01	00:21.04	00:25.41	00:26.06	(00:26.09)
134	4	45	Sterger, Natascha	389		D	1978	W30	00:06.26	00:11.14	00:16.05	00:21.01	00:25.44	00:26.12	(00:26.26)
135	8	90	Geiß, Tobias	292	GZH Kastellaun	D	1976	M35	00:06.26	00:11.13	00:16.05	00:21.01	00:25.45	00:26.12	(00:26.26)
136	18	91	Lenz, Paul	383	TV Cochem	D	2004	MJ U18	00:07.16	00:12.13	00:17.07	00:21.47	00:25.56	00:26.16	(00:26.20)
137	6	46	Schlösser, Laura	436		D	1987	W20	00:06.43	00:11.30	00:16.17	00:21.05	00:25.53	00:26.23	(00:26.27)
138	4	92	Knauf, Jonas	217	SC Bleialf	D	1993	MJ U20	00:06.32	00:11.19	00:16.04	00:21.04	00:26.01	00:26.29	(00:26.35)
139	13	93	Stunz, Michael	395	Ubirring 55	D	1970	M40	00:06.38	00:11.23	00:16.13	00:21.09	00:26.03	00:26.33	(00:26.52)
140	13	94	Paulus, Werner	404	LG Langsur	D	1963	M45	00:07.11	00:11.58	00:16.42	00:21.26	00:26.09	00:26.39	(00:26.51)
141	5	47	Reith, Beate	390	LG Langsur	D	1962	W50	00:07.12	00:11.59	00:16.42	00:21.27	00:26.09	00:26.39	(00:26.50)

9. Zeller Raiffeisenbank Adventslauf
Gesamt Einlauf : 5 km Hauptlauf Genießer

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Gesamt	Klasse	Gesch	Name	StartNr	Verein	Nat	Jg	Klasse	1+2. Rd	3. Rd	4. Rd	5. Rd	6. Rd	Zeit	(Brutto)
142	7	95	Steil, Thomas	302	LG Langsur	D	1962	M50	00:07.12	00:12.00	00:16.43	00:21.28	00:26.10	00:26.39	(00:26.50)
143	10	96	Schmidt, Thomas	433		D	1979	M30	00:06.07	00:10.38	00:15.31	00:20.44	00:26.08	00:26.40	(00:26.46)
144	14	97	Ullmann, Christian	304	LG Meulenwald Föhren	D	1970	M40	00:07.05	00:11.53	00:16.45	00:21.35	00:26.18	00:26.42	(00:26.54)
145	3	98	Theißen, Paul	310	Kaller SC	D	1947	M65	00:06.43	00:11.31	00:16.18	00:21.13	00:26.11	00:26.47	(00:26.52)
146	1	48	Parker, Sabina	342	Alfterer SC	D	1954	W55	00:07.16	00:12.04	00:16.55	00:21.41	00:26.16	00:26.48	(00:27.04)
147	12	99	Michalski, Marco	340	Globus Zell	D	1983	M20	00:06.44	00:11.31	00:16.20	00:21.16	00:26.20	00:26.50	(00:26.54)
148	19	100	Treis, Oliver	337	FZM Fussballästhete	D	1999	MJ U18	00:06.44	00:11.44	00:16.45	00:21.59	00:26.35	00:26.59	(00:26.59)
149	13	101	Stein, Sascha	215		D	1986	M20	00:06.53	00:11.47	00:16.50	00:21.36	00:26.30	00:27.03	(00:27.18)
150	6	102	Schnieders, Christoph	376	Hunsrück-Marathon e.	D	1956	M55	00:07.00	00:11.48	00:16.39	00:21.36	00:26.35	00:27.05	(00:27.19)
151	5	49	MÜNCH, Jennifer	301	LG HSC GAMLEN-RSC UN	D	1980	W30	00:06.49	00:11.44	00:16.39	00:21.36	00:26.34	00:27.06	(00:27.16)
152	6	50	Lenz, Bettina	431	TV Cochem	D	1973	W35	00:07.16	00:12.13	00:17.08	00:21.54	00:26.39	00:27.10	(00:27.15)
153	7	103	Wesche, Roland	453	LT Untermosel	D	1957	M55	00:06.59	00:11.50	00:16.49	00:21.49	00:26.43	00:27.12	(00:27.25)
154	8	104	Beus, Manfred	424		D	1956	M55	00:07.11	00:11.58	00:16.54	00:21.48	00:26.41	00:27.13	(00:27.23)
155	4	51	Große, Martina	429	DBL-RSG Montabaur	D	1967	W45	00:06.59	00:11.50	00:16.48	00:21.48	00:26.44	00:27.18	(00:27.32)
156	20	105	Thielen, Kevin	434		D	1995	MJ U18	00:06.57	00:11.55	00:16.59	00:22.12	00:27.10	00:27.27	(00:27.32)
157	6	52	Benz, Verena	265		D	1981	W30	00:07.22	00:12.12	00:17.05	00:22.03	00:26.58	00:27.28	(00:27.44)
158	14	106	Heß, Alexander	432		D	1989	M20	00:06.57	00:11.55	00:16.59	00:22.12	00:27.10	00:27.29	(00:27.34)
159	15	107	Pies, Pascal	435		D	1987	M20	00:07.00	00:11.56	00:16.59	00:22.12	00:27.10	00:27.32	(00:27.37)
160	14	108	Treis, Karl-Heinz	413	TSV Bullay Alf	D	1964	M45	00:07.11	00:12.07	00:17.02	00:22.08	00:27.05	00:27.33	(00:27.46)
161	21	109	Richard, Moritz	416		D	1999	MJ U18	00:06.44	00:11.32	00:16.41	00:21.52	00:27.14	00:27.35	(00:27.44)
162	9	110	Zeuner, Oliver	369	FFW Bruttig-Fankel	D	1977	M35	00:07.17	00:12.15	00:17.11	00:22.14	00:27.05	00:27.36	(00:27.40)
163	22	111	Ernst, Tobias	394	FFW Bruttig-Fankel	D	1996	MJ U18	00:07.18	00:12.17	00:17.11	00:22.15	00:27.07	00:27.37	(00:27.40)
164	15	112	Lieg, Thomas	370	FFW Bruttig-Fankel	D	1969	M40	00:07.19	00:12.15	00:17.11	00:22.14	00:27.06	00:27.37	(00:27.41)
165	23	113	Stölb, Jasen	451	JSG Zell	D	1999	MJ U18	00:06.43	00:11.45	00:16.44	00:21.58	00:27.14	00:27.37	(00:27.38)
166	12	53	Kurpiela, Jasmin	458	Veldenzer Moselläufe	D	1998	WJ U18	00:06.52	00:11.46	00:16.43	00:22.02	00:27.18	00:27.45	(00:27.53)
167	16	114	Kausch, Michael	360	FFW Bruttig-Fankel	D	1987	M20	00:07.17	00:12.14	00:17.09	00:22.14	00:27.21	00:27.49	(00:27.54)
168	8	115	Hermesdorf, Ralf	273		D	1962	M50	00:07.32	00:12.39	00:17.40	00:22.45	00:27.40	00:28.12	(00:28.26)
169	6	54	MÜNCH, Gabi	321	LG HSC GAMLEN-RSC UN	D	1959	W50	00:07.21	00:12.27	00:17.33	00:22.43	00:27.58	00:28.29	(00:28.40)
170	24	116	Zimmermann, Mark	460	Wolfer Rennmäuse	D	2000	MJ U18	00:07.26	00:12.16	00:17.56	00:23.04	00:28.08	00:28.31	(00:28.43)
171	2	55	Umbach, Inge	461	Vulkanläufer	D	1953	W55	00:07.26	00:12.16	00:18.00	00:23.05	00:28.09	00:28.39	(00:28.50)
172	7	56	Feit, Melanie	221		D	1985	W20	00:07.23	00:12.23	00:17.33	00:22.51	00:28.05	00:28.41	(00:28.56)
173	8	57	Ahnen, Andrea	438		D	1990	W20	00:06.56	00:11.55	00:17.06	00:22.34	00:28.11	00:28.50	(00:28.59)
174	9	117	Stach, Harald	272	LG Meulenwald Föhren	D	1953	M55	00:07.26	00:12.31	00:17.44	00:23.00	00:28.19	00:28.55	(00:29.07)
175	4	118	HOHL, Rainer	326	LG HSC GAMLEN-RSC UN	D	1945	M65	00:07.30	00:12.38	00:17.54	00:23.17	00:28.29	00:29.00	(00:29.13)
176	25	119	Farahi, Morteza	366	Wolfer Rennmäuse	AFG	1995	MJ U18	00:05.59	00:12.25	00:18.09	00:23.13	00:29.08	00:29.39	(00:29.41)
177	5	58	Kröber, Claudia	253	LT Untermosel	D	1967	W45	00:07.54	00:13.17	00:18.47	00:24.18	00:29.45	00:30.22	(00:30.36)
178	5	120	Jahnz, Klaus	234	LG Laacher See	D	1949	M60	00:08.10	00:13.46	00:19.25	00:25.09	00:30.45	00:31.21	(00:31.41)
179	6	59	Waldorf, Elisabeth	322		D	1964	W45	00:08.11	00:13.47	00:19.26	00:25.10	00:30.45	00:31.21	(00:31.41)
180	2	121	Michel, Helmut	330	TV Kastellaun	D	1939	M70	00:08.37	00:14.30	00:20.31	00:26.36	00:32.19	00:32.47	(00:33.07)
181	9	122	Loch, Wolfgang	443		D	1959	M50	00:08.08	00:14.11	00:20.33	00:26.28	00:32.20	00:32.56	(00:33.10)
182	1	123	Meyer, Otto	349		D	1937	M75	00:08.47	00:14.37	00:20.33	00:26.39	00:32.27	00:33.00	(00:33.21)
183	6	124	Heimes, Herbert	270		D	1950	M60	00:08.39	00:14.32	00:20.33	00:26.38	00:32.31	00:33.09	(00:33.27)
184	9	60	Stieber, Nikola	352	TSV Bullay-Alf	D	1984	W20	00:02.59	00:09.02	00:15.22	00:21.40	00:27.58	00:34.40	(00:34.57)
185	10	125	Hennes, Frank	261	TSV Bullay-Alf	ZEL	1973	M35	00:09.02	00:15.22	00:21.40	00:27.58	00:34.14	00:34.41	(00:34.58)
186	16	126	Antes, Marko	318		D	1972	M40	00:09.36	00:16.21	00:23.30	00:30.39	00:37.46	00:38.32	(00:38.53)
187	9	61	Lemler, Klaudia	280	ute's run-walk-run s	D	1972	W40	00:10.09	00:16.56	00:23.53	00:32.22	00:39.45	00:40.11	(00:40.26)
188	7	62	Lentz, Cornelia	278	Ute's run-walk-run s	D	1966	W45	00:10.09	00:16.56	00:23.54	00:32.22	00:39.45	00:40.11	(00:40.27)

9. Zeller Raiffeisenbank Adventslauf
Gesamt Einlauf : 5 km Hauptlauf Genießer

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Gesamt	Klasse	Gesch	Name	StartNr	Verein	Nat	Jg	Klasse	1+2. Rd	3. Rd	4. Rd	5. Rd	6. Rd	Zeit	(Brutto)
189	10	63	Galeazzi, Manuela	313	Ute's run-walk-run s	D	1971	W40	00:10.10	00:17.25	00:24.29	00:32.23	00:40.05	00:40.38	(00:40.54)
190	8	64	Simon-Adorf, Ute	264	Ute's run-walk-run s	D	1963	W45	00:10.10	00:17.25	00:24.29	00:32.23	00:40.05	00:40.39	(00:40.54)
191	15	127	König, Thomas	224	LT Mertesdorf 2001 e	D	1966	M45	00:11.56	00:20.38	00:29.25	00:38.15	00:47.02	00:47.37	(00:48.00)
192	2	128	Haubrich, Günther	219	Lauftreff Mertesdorf	D	1936	M75	00:12.00	00:20.41	00:29.29	00:38.19	00:47.06	00:47.40	(00:47.59)

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