

**9. Zeller Raiffeisenbank Adventslauf**  
**Gesamt Einlauf : 5 km Hauptlauf der Raser**

**Datum : 18.12.12 Zeit : 22:18:22 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	Jebesa, Fekru	102		ETH	1993	MJ U20	00:03.54	00:06.22	00:08.54	00:11.28	00:13.59	00:14.16	(00:14.17)
2	2	2	Tesfaye, Homiyu	101	LG Eintracht Frankfu	ETH	1993	MJ U20	00:03.55	00:06.23	00:08.59	00:11.39	00:14.18	00:14.35	(00:14.36)
3	1	3	Kimeli, Cheruiyot Dickso	198	Tyron-Team	KEN	1986	M20	00:03.56	00:06.32	00:09.12	00:11.55	00:14.36	00:14.56	(00:14.57)
4	2	4	Sonnenberg, Nico	103	LG Eintracht Frankfu	D	1991	M20	00:03.56	00:06.30	00:09.16	00:12.05	00:14.50	00:15.07	(00:15.08)
5	3	5	Mellina, Pol	105	Celtic Diekirch	LUX	1988	M20	00:03.57	00:06.38	00:09.25	00:12.10	00:14.51	00:15.10	(00:15.12)
6	4	6	Schmitz, Christian	106	LG Maifeld-Pellenz	D	1983	M20	00:03.57	00:06.42	00:09.29	00:12.17	00:15.04	00:15.22	(00:15.23)
7	1	7	Thielen, Christian	110	csl	LUX	1978	M30	00:04.01	00:06.49	00:09.39	00:12.31	00:15.16	00:15.34	(00:15.36)
8	3	8	Schweikert, Markus	189	LG Maifeld-Pellenz	D	1994	MJ U20	00:04.04	00:06.50	00:09.39	00:12.32	00:15.18	00:15.35	(00:15.36)
9	4	9	Jeandrŭe, Julien	108	LG Kreis Ahrweiler /	D	1994	MJ U20	00:04.03	00:06.50	00:09.39	00:12.31	00:15.18	00:15.37	(00:15.39)
10	1	10	Kimeli, Emmanuel	199	Tyron-Team	D	1995	MJ U18	00:03.55	00:06.46	00:09.38	00:12.35	00:15.21	00:15.42	(00:15.44)
11	5	11	Bock, Alexander	195	Postsportverein Trie	D	1993	MJ U20	00:04.08	00:06.55	00:09.47	00:12.39	00:15.27	00:15.46	(00:15.47)
12	2	12	Beinlich, Moritz	104	Lg Rhein-Wied (LVR)	D	1996	MJ U18	00:04.04	00:06.51	00:09.46	00:12.43	00:15.35	00:15.52	(00:15.54)
13	2	13	Königs, Roger	109		B	1978	M30	00:04.01	00:06.49	00:09.41	00:12.39	00:15.34	00:15.54	(00:15.55)
14	6	14	Theis, Lucas	196	Postsportverein Trie	D	1993	MJ U20	00:04.09	00:07.04	00:10.04	00:13.10	00:16.13	00:16.33	(00:16.34)
15	7	15	Beus, Armin Gero	167	SV 1919 Sonsbeck e.V	D	1994	MJ U20	00:04.33	00:07.46	00:10.36	00:13.31	00:16.23	00:16.39	(00:16.42)
16	5	16	Möller, Jonah	172	LTDSHS Köln	D	1990	M20	00:04.22	00:07.25	00:10.28	00:13.26	00:16.23	00:16.41	(00:16.43)
17	1	17	Martin, Oliver	125	team TWZK-Koblenz	D	1974	M35	00:04.28	00:07.28	00:10.32	00:13.37	00:16.43	00:17.04	(00:17.06)
18	6	18	von Wirth, Dominik	133	TG Konz	D	1990	M20	00:04.23	00:07.25	00:10.32	00:13.40	00:16.47	00:17.06	(00:17.08)
19	1	19	Spitzhorn, Heiko	144	RTV-Kader Betreuer	D	1968	M40	00:04.36	00:07.41	00:10.47	00:13.52	00:16.49	00:17.07	(00:17.10)
20	2	20	Koch, Thomas	161	Ausdauerteam.de	D	1976	M35	00:04.26	00:07.30	00:10.36	00:13.48	00:16.52	00:17.12	(00:17.14)
21	3	21	PENNER, Vadim	141	LG HSC GAMLEN-RSC UN	D	1973	M35	00:04.23	00:07.25	00:10.39	00:13.52	00:16.58	00:17.16	(00:17.19)
22	7	22	Kraemer, Marian	487	SSF Bonn Team artegi	D	1990	M20	00:04.24	00:07.29	00:10.44	00:13.56	00:17.04	00:17.25	(00:17.27)
23	4	23	Mayer, Thorsten	192	LG Kreis Ahrweiler	D	1977	M35	00:04.25	00:07.29	00:10.41	00:13.56	00:17.05	00:17.27	(00:17.29)
24	3	24	Schömann-Finck, Matthias	111	RV Saarbrücken	GER	1979	M30	00:04.36	00:07.42	00:10.52	00:14.02	00:17.11	00:17.31	(00:17.34)
25	3	25	Zyciora, Marvin	107	LG Kreis Ahrweiler L	D	1996	MJ U18	00:04.06	00:07.14	00:10.32	00:13.55	00:17.17	00:17.35	(00:17.37)
26	8	26	Werland, Philipp	197	Tri Post Trier	D	1990	M20	00:04.32	00:07.43	00:10.57	00:14.14	00:17.27	00:17.48	(00:17.52)
27	4	27	Betzler, Hagen	152	PST Trier	D	1996	MJ U18	00:12.36	00:07.46	00:10.58	00:14.17	00:17.33	00:17.54	(00:17.57)
28	5	28	Große, Max	145	RTV-Kader	D	1997	MJ U18	00:04.37	00:07.43	00:10.58	00:14.19	00:17.37	00:17.57	(00:17.59)
29	1	29	Schmitt, Stefan	127	PSV Wengerohr	D	1964	M45	00:04.41	00:07.56	00:11.11	00:14.27	00:17.40	00:18.03	(00:18.06)
30	9	30	Taplan, Janek	100	Bingen	D	1985	M20	00:04.30	00:07.42	00:11.02	00:14.28	00:17.44	00:18.04	(00:18.06)
31	2	31	Nolles, Alwin	131	LG Meulendorf Föhren	D	1963	M45	00:04.37	00:07.52	00:11.09	00:14.28	00:17.48	00:18.12	(00:18.15)
32	10	32	Reuter, Thomas	179	LG Kreis Ahrweiler	D	1989	M20	00:04.41	00:07.52	00:11.08	00:14.31	00:17.56	00:18.19	(00:18.23)
33	8	33	Gödert, Alexander	128	LG HSC GAMLEN-RSC UN	D	1994	MJ U20	00:04.52	00:08.09	00:11.29	00:14.49	00:18.09	00:18.26	(00:18.29)
34	6	34	Gorges, Oliver	123	RTV-Kader	D	1998	MJ U18	00:04.38	00:07.53	00:11.14	00:14.43	00:18.06	00:18.27	(00:18.30)
35	11	35	Steinmetz, Martin	142	LG HSC GAMLEN-RSC UN	D	1983	M20	00:04.41	00:08.00	00:11.20	00:14.48	00:18.08	00:18.29	(00:18.32)
36	9	36	Pauli, Benedikt	143	LG Bernkastel Wittli	D	1993	MJ U20	00:04.40	00:07.58	00:11.31	00:14.55	00:18.23	00:18.41	(00:18.45)
37	7	37	Kasel, Martin	126		D	1995	MJ U18	00:04.37	00:07.53	00:11.16	00:14.47	00:18.18	00:18.43	(00:18.47)
38	12	38	Lorenz, Manuel	124	LG Meulendorf Föhren	D	1985	M20	00:04.48	00:08.09	00:11.31	00:14.49	00:18.28	00:18.48	(00:18.52)
39	13	39	Laumers, Marco	113	SC Bleialf	D	1984	M20	00:04.55	00:08.17	00:11.43	00:15.09	00:18.34	00:18.50	(00:18.54)
40	3	40	Klaus, Peter	174	LG Meulendorf Föhren	D	1966	M45	00:04.50	00:08.09	00:11.33	00:15.01	00:18.29	00:18.52	(00:18.54)
41	2	41	BERTRAM, Dirk	137	LG HSC GAMLEN-RSC UN	D	1970	M40	00:05.05	00:08.29	00:11.53	00:15.19	00:18.34	00:18.55	(00:18.59)
42	3	42	Haaver, Knut	173	TSV Weeze	D	1968	M40	00:05.05	00:08.29	00:12.03	00:15.29	00:18.35	00:18.58	(00:19.06)
43	4	43	Michels, Holger	444		D	1972	M40	00:04.55	00:08.18	00:11.43	00:15.16	00:18.38	00:18.59	(00:19.02)
44	14	44	Staudinger, Maik	116	X-Sport Kastellaun	D	1985	M20	00:04.50	00:08.14	00:11.41	00:15.12	00:18.37	00:19.00	(00:19.04)
45	8	45	Seibert, Marco	178		D	1995	MJ U18	00:05.05	00:08.29	00:11.53	00:15.20	00:18.42	00:19.00	(00:19.05)
46	4	46	SCHMITT, Markus	135	LG HSC GAMLEN-RSC UN	D	1980	M30	00:04.58	00:08.19	00:11.43	00:15.14	00:00.00	00:19.01	(00:19.03)
47	15	47	Bernarding, Tobias	165		D	1988	M20	00:05.00	00:08.24	00:11.51	00:15.25	00:18.48	00:19.08	(00:19.13)

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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)
48	5	48	Pauli, Jörg	134	MTB Club Zell / dr-c	D	1968	M40	00:04.49	00:08.12	00:11.42	00:15.14	00:18.45	00:19.10	(00:19.14)
49	5	49	Haumann, Hendrik	121		LUX	1980	M30	00:04.50	00:08.15	00:11.46	00:15.20	00:18.50	00:19.13	(00:19.17)
50	1	50	Frings, Eule	486	Selbstläufer SV Alte	D	1959	M50	00:05.03	00:08.29	00:11.57	00:15.27	00:18.54	00:19.15	(00:19.21)
51	9	51	Ackermann, Yannick	160	RTV-Kader	D	1997	MJ U18	00:04.50	00:08.18	00:11.55	00:15.37	00:19.00	00:19.17	(00:19.20)
52	4	52	Nolles, Thomas	140	LG Meulenwald Föhren	D	1963	M45	00:04.57	00:08.26	00:11.57	00:15.26	00:18.56	00:19.19	(00:19.23)
53	10	53	Große, Florian	154	RTV-Kader	D	1998	MJ U18	00:04.49	00:08.15	00:11.54	00:15.36	00:19.00	00:19.22	(00:19.25)
54	5	54	Spitzhorn, Oliver	177	DBL-Team RSG Montaba	D	1965	M45	00:05.05	00:08.34	00:12.06	00:15.38	00:19.02	00:19.24	(00:19.28)
55	2	55	Betzler, Elmar	138		D	1961	M50	00:05.16	00:08.44	00:12.10	00:15.38	00:19.06	00:19.26	(00:19.31)
56	6	56	Hübinger, Dominik	190	TSV Bullay Alf	D	1980	M30	00:04.54	00:08.25	00:11.58	00:15.32	00:19.06	00:19.31	(00:19.35)
57	10	57	Schatilow, Denis	187	SV 1919 Sonsbeck e.V	D	1994	MJ U20	00:05.03	00:08.27	00:12.00	00:15.29	00:19.01	00:19.31	(00:19.43)
58	16	58	Schäfer, Robin	182	SV 1919 Sonsbeck e.V	D	1992	M20	00:05.02	00:08.27	00:12.01	00:15.28	00:19.01	00:19.31	(00:19.43)
59	17	59	Karl, Maximilian	156	VfL Monzel	D	1989	M20	00:04.59	00:08.29	00:12.04	00:15.44	00:19.17	00:19.35	(00:19.39)
60	6	60	Urbany, Guido	169		D	1966	M45	00:05.12	00:08.39	00:12.10	00:15.42	00:19.13	00:19.36	(00:19.41)
61	6	61	Krüger, Heiko	200	LG Rüsselsheim	D	1971	M40	00:05.05	00:08.32	00:12.08	00:15.48	00:19.23	00:19.42	(00:19.46)
62	1	62	Gode, Heiko	112	Pst	D	1953	M55	00:05.00	00:08.33	00:12.08	00:15.42	00:19.18	00:19.42	(00:19.46)
63	11	63	Meyer, Lucas	151	TG Konz	D	1998	MJ U18	00:05.08	00:08.36	00:12.12	00:15.52	00:19.21	00:19.44	(00:19.51)
64	7	64	Engel, Dirk	155		D	1970	M40	00:04.55	00:08.27	00:12.06	00:15.50	00:19.23	00:19.45	(00:19.48)
65	18	65	Bickler, Frank	295	Sport Lounge Hermes	D	1983	M20	00:05.14	00:08.45	00:12.21	00:15.55	00:19.26	00:19.47	(00:19.53)
66	19	66	Clasen, Sebastian	157	MMT	D	1984	M20	00:05.04	00:08.34	00:12.15	00:15.57	00:19.34	00:19.51	(00:19.56)
67	7	67	Stadtfeld, Christian	183	Team Mittelmosel Tri	D	1982	M30	00:05.06	00:08.37	00:12.17	00:15.58	00:19.34	00:19.54	(00:19.59)
68	7	68	Haas, Olaf	120	LT Büdlich-Breit-Nau	D	1967	M45	00:04.58	00:08.33	00:12.14	00:15.56	00:19.37	00:19.58	(00:20.01)
69	20	69	Spengler, Mario	193	MMT Zell Mosel	D	1987	M20	00:05.07	00:08.44	00:12.31	00:16.21	00:20.01	00:20.21	(00:20.26)
70	5	70	Gesthüsen, Tim	191	TSV Bullay Alf	D	1973	M35	00:05.08	00:08.45	00:12.31	00:16.20	00:20.01	00:20.26	(00:20.30)
71	8	71	Johanns, Arnold	180	LG Vulkaneifel	D	1967	M45	00:05.17	00:08.57	00:12.39	00:16.24	00:20.11	00:20.29	(00:20.35)
72	6	72	Hansen, Kim Claus	114	MTB Club Zell/dr-can	D	1976	M35	00:04.53	00:08.30	00:12.23	00:16.20	00:20.12	00:20.38	(00:20.42)
73	7	73	Gierten, Patrick	232	Team Proficoaching	D	1977	M35	00:05.21	00:09.01	00:12.46	00:16.34	00:20.17	00:20.40	(00:20.46)
74	12	74	Beinlich, Lorenz	147	TUS Kaisersesch	D	1998	MJ U18	00:05.11	00:08.54	00:12.43	00:16.41	00:20.32	00:20.56	(00:20.58)
75	8	75	Kunz, Jörg	136	tus hausen	D	1970	M40	00:05.16	00:08.57	00:12.45	00:16.39	00:20.34	00:20.59	(00:21.05)
76	8	76	Reinhard, Frank	118	SV Löslich	D	1974	M35	00:05.12	00:08.56	00:12.54	00:17.04	00:21.03	00:21.26	(00:21.31)
77	9	77	Berke, Martin	150	Laubach	D	1963	M45	00:05.28	00:09.25	00:13.24	00:17.29	00:21.26	00:21.48	(00:21.54)
78	21	78	Roth, Christoph	194		D	1987	M20	00:05.15	00:09.19	00:13.38	00:18.04	00:22.17	00:22.43	(00:22.49)

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