

13	Matthias Hecktor	m	M40	FW-Ramstein	0:28:53	0:38:24	0:48:10	01:55:27
13	Patrick Cappel	m	M20	LSC Athlon Kusel	0:34:59	0:43:52	0:54:30	02:13:21
13	Alois Berg	m	M60	TSG Kaiserslautern	0:34:35	0:46:07	0:58:31	02:19:13
13	Norbert Fehrentz	m	M50	Lauterecken	0:36:05	0:48:42	1:00:47	02:25:34
13	Dieter Schmitt	m	M60	SG Jettenbach-Essweiler-Rothselberg	0:37:27	0:49:45	0:59:18	02:26:30
13	Marcel Bender	m	M20	ASV Langweiler-Merzweiler	0:38:03	0:49:09	1:07:31	02:34:43
13	Andreas Schmidt	m	M40	Kaiserslautern	0:39:52	0:51:04	1:04:31	02:35:27
13	Thomas Pfeiffer	m	M50	LT Olympia Ramstein	0:46:48	0:56:46	1:14:20	02:57:54
13	Gerhard Koch	m	M60	LT Olympia Ramstein	0:43:20	1:03:03	1:13:42	03:00:05
13	Jürgen Nierhoff	m	M40	Running Firefighters	0:45:15	1:00:24	1:15:45	03:01:24
13	Jessica Kammerer	w	W30	Sport-heroes	0:33:36	0:43:51	0:57:26	02:14:53
6	Alexander Barnsteiner	m	M40	LLG Landstuhl	0:16:59	0:24:38	0:23:31	01:05:08
6	Gregor Bauser	m	M19	Intersport Schlemmer	0:20:39	0:28:43	0:27:50	01:17:12
6	Patrick Day	m	M30	TV Rodenbach	0:21:13	0:32:24	0:29:52	01:23:29
6	Patrick Kolb	m	M30	TV Offenbach-Hundheim	0:21:24	0:32:24	0:30:11	01:23:59
6	Heinz Schwarm	m	M70	TV Rodenbach	0:29:32	0:41:57	0:40:09	01:51:38
6	Falk Hübner	m	M40	Elzweiler	0:32:59	0:44:01	0:40:18	01:57:18
6	Karl-Heinz Bernd	m	M60	TV Offenbach-Hundheim	0:34:01	0:48:29	0:45:16	02:07:46
6	Daniela Strasser	w	W20	TV Rodenbach	0:33:07	0:49:18		01:22:25
6	Ribana Bauser	w	W40	Intersport Schlemmer	0:21:51	0:32:53	0:30:45	01:25:29
6	Sarah Heich	w	W16	Idar-Oberstein	0:26:27	0:43:19	0:38:59	01:48:45
6	Stephanie Klink	w	W30	1.FC Kaiserslautern	0:35:50	0:51:21	0:46:40	02:13:51
1,5	Johanna Heich	w	W10	Idar-Oberstein	0:17:43	0:05:40	0:07:56	00:31:19
1,5	Henry Day	m	M7	TV Rodenbach	0:19:48	0:06:44	0:08:39	00:35:11