

Pl. Name	Kat	Zeit	<b>6,0 km 25 Posten</b>												
			1(103)	2(127)	3(112)	4(122)	5(116)	6(117)	7(118)	8(107)	9(108)	10(123)	11(111)	12(100)	13(102)
			14(103)	15(121)	16(106)	17(110)	18(109)	19(123)	20(120)	21(122)	22(111)	23(113)	24(114)	25(119)	Ziel
1 Cedric Guthier TSG Bad König	H19	43:42	1:11	2:16	5:40	6:32	9:33	12:06	14:13	16:25	17:42	18:58	21:36	23:39	25:48
			1:11	1:05	3:24	0:52	3:01	2:33	2:07	2:12	1:17	1:16	2:38	2:03	2:09
			26:52	28:57	30:25	32:25	33:17	34:07	34:56	37:38	38:11	39:29	41:12	43:11	43:42
			1:04	2:05	1:28	2:00	0:52	0:50	0:49	2:42	0:33	1:18	1:43	1:59	0:30
2 Kurt Müller Post SV Dresden	H19	48:04	1:24	2:55	5:42	6:42	10:22	12:11	14:43	17:10	18:58	20:22	23:18	25:43	26:50
			1:24	1:31	2:47	1:00	3:40	1:49	2:32	2:27	1:48	1:24	2:56	2:25	1:07
			28:03	29:55	31:56	34:09	35:14	36:12	37:10	41:04	41:47	43:31	45:31	47:27	48:04
			1:13	1:52	2:01	2:13	1:05	0:58	0:58	3:54	0:43	1:44	2:00	1:56	0:37
3 Benno von Kutzschenbach Skizunft Wiesbaden	H19	51:56	1:25	2:59	5:57	7:08	10:50	13:28	15:45	18:30	20:17	21:55	25:15	27:51	29:14
			1:25	1:34	2:58	1:11	3:42	2:38	2:17	2:45	1:47	1:38	3:20	2:36	1:23
			30:35	32:47	35:04	37:24	38:24	39:24	40:23	44:14	45:06	46:53	49:09	51:12	51:56
			1:21	2:12	2:17	2:20	1:00	1:00	0:59	3:51	0:52	1:47	2:16	2:03	0:44
4 Tim Harris OLF Mainz	H19	54:30	1:20	2:51	6:00	7:07	10:58	12:58	15:18	17:48	19:47	21:14	25:16	28:21	30:42
			1:20	1:31	3:09	1:07	3:51	2:00	2:20	2:30	1:59	1:27	4:02	3:05	2:21
			31:50	33:45	35:44	39:21	40:35	41:43	42:39	47:16	47:57	49:36	51:53	53:50	54:30
			1:08	1:55	1:59	3:37	1:14	1:08	0:56	4:37	0:41	1:39	2:17	1:57	0:40
5 Jesús Hervás Lucás Gymnasion Offenbach	H19	59:21	1:25	3:03	6:43	7:52	13:08	16:03	19:18	22:02	23:50	25:37	29:47	32:09	34:47
			1:25	1:38	3:40	1:09	5:16	2:55	3:15	2:44	1:48	1:47	4:10	2:22	2:38
			36:10	38:26	40:28	42:57	44:38	45:54	47:06	51:02	51:53	54:01	56:21	58:37	59:21
			1:23	2:16	2:02	2:29	1:41	1:16	1:12	3:56	0:51	2:08	2:20	2:16	0:44
6 Niklas Helfrich OLV Steinberg	H19	1:01:31	1:12	2:32	9:03	10:18	14:43	16:55	19:17	22:10	23:51	25:27	29:10	32:16	34:53
			1:12	1:20	6:31	1:15	4:25	2:12	2:22	2:53	1:41	1:36	3:43	3:06	2:37
			36:15	38:21	41:44	45:40	47:05	48:09	49:25	53:47	54:37	56:32	58:51	1:00:59	1:01:31
			1:22	2:06	3:23	3:56	1:25	1:04	1:16	4:22	0:50	1:55	2:19	2:08	0:32

Pl. Name                      Kat                      Zeit

**A+B (7)**

**6,0 km    25 Posten    (Forts.)**

	1(103)	2(127)	3(112)	4(122)	5(116)	6(117)	7(118)	8(107)	9(108)	10(123)	11(111)	12(100)	13(102)
	14(103)	15(121)	16(106)	17(110)	18(109)	19(123)	20(120)	21(122)	22(111)	23(113)	24(114)	25(119)	Ziel
Felix Erben	2:00	4:07	7:16	8:23	12:02	14:00	16:36	19:20	21:11	22:57	26:27	29:10	53:02
OLF Mainz	2:00	2:07	3:09	1:07	3:39	1:58	2:36	2:44	1:51	1:46	3:30	2:43	23:52
	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	54:53
													1:51
		30:11	32:25	34:59	36:43	37:36	40:44	41:40	43:01	44:24	46:48	49:22	51:12
		*119	*114	*113	*111	*122	*120	*123	*109	*110	*106	*121	*103

Pl.	Name	Kat	Zeit	4,6 km 22 Posten												
				1(102)	2(103)	3(121)	4(106)	5(110)	6(109)	7(123)	8(120)	9(122)	10(111)	11(113)	12(114)	13(119)
				14(100)	15(102)	16(118)	17(117)	18(128)	19(104)	20(111)	21(106)	22(119)	Ziel			
1	Klaus Helfrich OLF Steinberg	H45	45:01	1:35	2:45	4:40	6:30	8:34	9:27	10:24	11:35	14:50	16:27	18:39	21:03	22:59
				1:35	1:10	1:55	1:50	2:04	0:53	0:57	1:11	3:15	1:37	2:12	2:24	1:56
				23:55	24:55	27:22	29:16	31:52	36:11	38:36	41:11	44:19	45:01			
				0:56	1:00	2:27	1:54	2:36	4:19	2:25	2:35	3:08	0:42			
2	Kai Pastor OLF Mainz	H35	50:07	2:12	3:31	5:20	7:24	9:36	10:44	11:41	12:46	17:09	17:58	19:53	22:05	24:10
				2:12	1:19	1:49	2:04	2:12	1:08	0:57	1:05	4:23	0:49	1:55	2:12	2:05
				24:55	26:58	29:12	32:14	34:57	39:15	42:08	45:13	49:23	50:07			
				0:45	2:03	2:14	3:02	2:43	4:18	2:53	3:05	4:10	0:43			
3	Stefan Röhl OLF Mainz	H45	51:04	1:02	2:24	4:40	6:46	9:19	10:27	11:31	12:36	17:10	17:59	19:49	22:18	24:44
				1:02	1:22	2:16	2:06	2:33	1:08	1:04	1:05	4:34	0:49	1:50	2:29	2:26
				25:50	27:04	29:25	32:04	35:15	39:57	43:05	46:11	50:14	51:04			
				1:06	1:14	2:21	2:39	3:11	4:42	3:08	3:06	4:03	0:50			
4	Peter Raupach OLF Steinberg	H45	54:09	1:54	3:16	5:23	7:30	10:02	11:32	12:40	13:42	20:52	21:47	23:46	25:59	28:12
				1:54	1:22	2:07	2:07	2:32	1:30	1:08	1:02	7:10	0:55	1:59	2:13	2:13
				30:28	31:43	34:16	36:48	39:19	43:59	46:15	49:37	53:14	54:09			
				2:16	1:15	2:33	2:32	2:31	4:40	2:16	3:22	3:37	0:55			
5	Nathalie Staudter TV 05 Bierbach	D19	55:17	1:15	2:47	4:52	7:11	9:58	11:16	12:43	13:44	18:42	19:42	22:24	25:08	27:38
				1:15	1:32	2:05	2:19	2:47	1:18	1:27	1:01	4:58	1:00	2:42	2:44	2:30
				28:41	29:53	32:18	36:10	39:25	44:16	47:35	50:51	54:38	55:17			
				1:03	1:12	2:25	3:52	3:15	4:51	3:19	3:16	3:47	0:39			
6	Wolfgang Vilz TV Jahn Eitelborn	H45	55:45	0:52	2:13	4:37	7:02	9:53	11:27	12:25	13:33	18:54	19:49	21:47	24:28	27:00
				0:52	1:21	2:24	2:25	2:51	1:34	0:58	1:08	5:21	0:55	1:58	2:41	2:32
				27:52	29:08	31:29	35:02	38:16	43:54	47:07	50:43	54:53	55:45			
				0:52	1:16	2:21	3:33	3:14	5:38	3:13	3:36	4:10	0:51			
7	Janeta Turka TuS Rüppurr Karlsruhe	D19	56:02	1:11	2:40	4:59	7:17	10:05	11:45	12:50	13:51	19:17	20:03	22:02	24:24	26:42
				1:11	1:29	2:19	2:18	2:48	1:40	1:05	1:01	5:26	0:46	1:59	2:22	2:18
				27:35	28:53	31:29	35:16	38:08	42:43	45:53	49:14	55:14	56:01		18:24	
				0:53	1:18	2:36	3:47	2:52	4:35	3:10	3:21	6:00	0:47			*111

Pl. Name	Kat	Zeit													
<b>B+C (12)</b>			<b>4,6 km 22 Posten (Forts.)</b>												
			1(102)	2(103)	3(121)	4(106)	5(110)	6(109)	7(123)	8(120)	9(122)	10(111)	11(113)	12(114)	13(119)
			14(100)	15(102)	16(118)	17(117)	18(128)	19(104)	20(111)	21(106)	22(119)	Ziel			
8 Beate Moeser OLF Mainz	D19	57:26	1:00	2:25	4:42	7:10	10:39	12:01	13:12	15:04	19:43	20:36	22:42	25:44	28:23
			1:00	1:25	2:17	2:28	3:29	1:22	1:11	1:52	4:39	0:53	2:06	3:02	2:39
			29:21	30:56	33:49	37:24	41:09	46:05	49:26	52:54	56:43	57:26			
			0:58	1:35	2:53	3:35	3:45	4:56	3:21	3:28	3:49	0:43			
9 Gerrit Niemann OLV Steinberg	H35	57:48	1:34	3:06	5:26	8:15	10:51	12:14	13:22	14:25	19:49	20:46	22:52	25:37	28:18
			1:34	1:32	2:20	2:49	2:36	1:23	1:08	1:03	5:24	0:57	2:06	2:45	2:41
			29:21	30:59	33:36	37:52	41:03	46:07	49:29	53:19	57:09	57:48			
			1:03	1:38	2:37	4:16	3:11	5:04	3:22	3:50	3:50	0:39			
10 Sven Göbel Gymnasion Offenbach	H35	59:41	1:10	2:32	4:45	7:16	10:16	11:26	12:37	13:45	18:19	20:43	22:33	25:14	27:54
			1:10	1:22	2:13	2:31	3:00	1:10	1:11	1:08	4:34	2:24	1:50	2:41	2:40
			28:51	31:22	34:05	37:45	41:20	46:41	50:05	54:12	58:54	59:40			
			0:57	2:31	2:43	3:40	3:35	5:21	3:24	4:07	4:42	0:46			
11 David Bechhaus Gymnasion Offenbach	H18	1:09:16	1:17	2:41	5:40	8:40	12:54	14:21	15:34	17:14	23:42	26:14	29:03	31:57	34:06
			1:17	1:24	2:59	3:00	4:14	1:27	1:13	1:40	6:28	2:32	2:49	2:54	2:09
			35:05	36:42	40:07	43:39	48:49	54:13	58:13	1:02:35	1:08:40	1:09:16			
			0:59	1:37	3:25	3:32	5:10	5:24	4:00	4:22	6:05	0:36			
12 Frank Bechhaus Gymnasion Offenbach	H45	1:43:35	3:33	5:48	12:08	17:08	21:23	23:53	26:04	27:55	36:27	41:22	44:50	48:37	52:23
			3:33	2:15	6:20	5:00	4:15	2:30	2:11	1:51	8:32	4:55	3:28	3:47	3:46
			53:48	56:43	1:00:25	1:04:07	1:09:00	1:19:15	1:24:06	1:29:48	1:42:09	1:43:35			
			1:25	2:55	3:42	3:42	4:53	10:15	4:51	5:42	12:21	1:26			

Pl.	Name	Kat	Zeit	4,0 km 19 Posten												
				1(102)	2(118)	3(117)	4(128)	5(104)	6(111)	7(106)	8(119)	9(100)	10(105)	11(103)	12(121)	13(120)
				14(123)	15(110)	16(111)	17(122)	18(114)	19(119)	Ziel						
1	Patric Stieler SC Königstein	H55	46:34	1:21	3:28	6:38	9:34	13:38	16:31	20:15	25:40	26:31	28:29	31:03	33:16	35:36
				1:21	2:07	3:10	2:56	4:04	2:53	3:44	5:25	0:51	1:58	2:34	2:13	2:20
				37:16	38:55	41:04	41:51	43:52	45:53	46:34						
				1:40	1:39	2:09	0:47	2:01	2:01	0:40						
2	Dirk Könekamp SC Königstein	H55	46:52	1:04	3:47	6:34	9:18	14:05	16:44	20:00	24:44	25:33	27:55	30:20	32:40	35:12
				1:04	2:43	2:47	2:44	4:47	2:39	3:16	4:44	0:49	2:22	2:25	2:20	2:32
				36:51	38:29	40:43	41:30	43:47	46:07	46:52						
				1:39	1:38	2:14	0:47	2:17	2:20	0:45						
3	Frank Czioska OLF Mainz	H55	49:38	2:42	5:23	9:54	12:51	17:30	20:24	23:50	27:40	28:33	30:22	33:06	35:34	38:11
				2:42	2:41	4:31	2:57	4:39	2:54	3:26	3:50	0:53	1:49	2:44	2:28	2:37
				39:20	41:28	43:41	44:28	46:41	48:53	49:38						
				1:09	2:08	2:13	0:47	2:13	2:12	0:45						
4	Elisabeth Vollmer Gymnasion Offenbach	D35	50:34	1:35	4:05	7:27	10:17	15:19	18:06	21:37	25:25	26:33	29:49	32:50	35:12	38:03
				1:35	2:30	3:22	2:50	5:02	2:47	3:31	3:48	1:08	3:16	3:01	2:22	2:51
				39:24	41:16	43:41	44:40	47:15	49:32	50:34						
				1:21	1:52	2:25	0:59	2:35	2:17	1:02						
5	Jana Kunkelmann TSG Bad König	D18	55:12	1:20	5:07	8:48	11:48	17:11	20:02	23:27	29:32	31:54	33:55	36:43	39:29	42:13
				1:20	3:47	3:41	3:00	5:23	2:51	3:25	6:05	2:22	2:01	2:48	2:46	2:44
				43:16	45:43	48:15	49:22	52:08	54:30	55:12						
				1:03	2:27	2:32	1:07	2:46	2:22	0:42						
6	Leonie Vilz TV Jahn Eitelborn	D18	1:08:12	1:15	3:26	6:48	10:08	16:47	20:14	24:02	31:03	36:33	39:22	42:33	46:38	49:15
				1:15	2:11	3:22	3:20	6:39	3:27	3:48	7:01	5:30	2:49	3:11	4:05	2:37
				50:26	52:55	55:47	56:47	59:44	1:02:32	1:08:11						
				1:11	2:29	2:52	1:00	2:57	2:48	5:39						
7	Miriam Sturm Skizunft Wiesbaden	D35	1:15:05	1:56	7:18	10:54	14:51	21:50	26:29	30:46	39:39	43:35	46:35	50:28	54:00	58:34
				1:56	5:22	3:36	3:57	6:59	4:39	4:17	8:53	3:56	3:00	3:53	3:32	4:34
				1:00:52	1:03:21	1:06:27	1:07:23	1:10:42	1:13:31	1:15:05						
				2:18	2:29	3:06	0:56	3:19	2:49	1:34						

Pl. Name	Kat	Zeit													
<b>C+D (9)</b>			<b>4,0 km 19 Posten (Forts.)</b>												
			1(102)	2(118)	3(117)	4(128)	5(104)	6(111)	7(106)	8(119)	9(100)	10(105)	11(103)	12(121)	13(120)
			14(123)	15(110)	16(111)	17(122)	18(114)	19(119)	Ziel						
Laura Klar	D18	Fehlst	1:24	4:52	9:06	11:54	22:10	25:35	30:55	35:28	-----	40:40	43:44	46:24	49:29
OLF Mainz			1:24	3:28	4:14	2:48	10:16	3:25	5:20	4:33		5:12	3:04	2:40	3:05
			50:39	53:48	56:32	57:28	59:56	1:02:18	1:03:06						
			1:10	3:09	2:44	0:56	2:28	2:22	0:48						
Rebecca Bechhaus	D18	Aufg	-----	-----	-----	-----	-----	33:14	-----	44:54	-----	-----	-----	-----	-----
Gymnasion Offenbach								33:14		11:40					
			-----	-----	-----	-----	-----	-----	45:56		3:27	10:23	15:00	19:51	24:32
									1:02		*105	*103	*121	*120	*123
			27:30	35:33	39:55										
			*110	*122	*114										

Pl. Name	Kat	Zeit	<b>4,0 km 21 Posten</b>												
			1(105)	2(103)	3(121)	4(120)	5(123)	6(110)	7(111)	8(122)	9(114)	10(119)	11(100)	12(105)	13(103)
			14(121)	15(120)	16(123)	17(110)	18(111)	19(122)	20(114)	21(119)	Ziel				
1 Gitta Weber OLF Mainz	D45	47:34	3:11	6:15	8:41	11:20	12:26	15:32	17:59	19:00	21:45	24:11	25:29	27:24	30:07
			3:11	3:04	2:26	2:39	1:06	3:06	2:27	1:01	2:45	2:26	1:18	1:55	2:43
			32:42	35:20	36:27	38:31	40:55	41:49	44:20	46:41	47:34				
			2:35	2:38	1:07	2:04	2:24	0:54	2:31	2:21	0:53				
2 Karin Theel TGM Budenheim	D45	49:19	2:14	4:41	7:40	10:42	11:53	14:09	16:49	17:50	20:33	23:29	24:39	26:59	30:09
			2:14	2:27	2:59	3:02	1:11	2:16	2:40	1:01	2:43	2:56	1:10	2:20	3:10
			33:05	35:54	37:06	39:18	41:46	42:45	45:29	48:19	49:18				
			2:56	2:49	1:12	2:12	2:28	0:59	2:44	2:50	0:59				
3 Teresa Diaz-Toledo Fernande Gymnasion Offenbach	D45	1:12:24	3:31	9:45	14:36	19:19	21:17	24:08	28:10	29:29	33:21	36:49	38:33	41:41	46:05
			3:31	6:14	4:51	4:43	1:58	2:51	4:02	1:19	3:52	3:28	1:44	3:08	4:24
			50:15	54:20	55:51	58:43	1:02:00	1:03:39	1:07:19	1:10:45	1:12:24				
			4:10	4:05	1:31	2:52	3:17	1:39	3:40	3:26	1:39				
Christine Bechhaus Gymnasion Offenbach	D45	Aufg	3:31	10:26	15:07	20:37	23:05	26:31	31:08	32:54	37:10	42:13	-----	-----	-----
			3:31	6:55	4:41	5:30	2:28	3:26	4:37	1:46	4:16	5:03			
			-----	-----	-----	-----	-----	-----	-----	-----	44:06				
											1:53				

Pl.	Name	Kat	Zeit	<b>3,4 km 11 Posten</b>											
				1(103)	2(127)	3(112)	4(122)	5(116)	6(117)	7(118)	8(107)	9(108)	10(123)	11(111)	Ziel
1	Gisela Müller TV 1886 Diedenbergen	D55	49:38	1:49	4:32	9:21	11:29	19:23	23:56	27:36	32:05	34:44	37:52	43:35	49:38
				1:49	2:43	4:49	2:08	7:54	4:33	3:40	4:29	2:39	3:08	5:43	6:03
AK	Celine Vilz TV Jahn Eitelborn	D55	40:58	1:41	3:33	11:17	12:43	17:14	20:40	24:20	28:23	30:40	32:34	38:08	40:58
				1:41	1:52	7:44	1:26	4:31	3:26	3:40	4:03	2:17	1:54	5:34	2:50



Pl. Name	Kat	Zeit	<b>2,5 km 13 Posten</b>												
			1(102) Ziel	2(103)	3(121)	4(106)	5(110)	6(109)	7(123)	8(120)	9(122)	10(111)	11(113)	12(114)	13(119)
1 Achim Bader OLF Mainz	H65	31:10	1:28 1:28 31:10 0:57	3:48 2:20	6:15 2:27	8:51 2:36	11:35 2:44	12:48 1:13	14:31 1:43	16:08 1:37	20:48 4:40	22:24 1:36	24:37 2:13	27:30 2:53	30:13 2:43
2 Wladimir Kotschetkow Gymnasion Offenbach	H65	41:36	1:56 1:56 41:36 1:02	4:25 2:29	7:21 2:56	11:24 4:03	14:38 3:14	16:36 1:58	18:41 2:05	20:12 1:31	27:09 6:57	28:40 1:31	31:19 2:39	34:37 3:18	40:34 5:57

Pl.	Name	Kat	Zeit											
<b>D (1)</b>				<b>1,9 km</b>	<b>10 Posten</b>									
				1(105)	2(103)	3(121)	4(120)	5(123)	6(110)	7(111)	8(122)	9(114)	10(119)	Ziel
1	Gerda Müller	D65	33:59	2:44	6:58	10:55	15:02	16:47	19:34	23:09	24:44	28:53	32:41	33:59
	SV Mörlenbach			2:44	4:14	3:57	4:07	1:45	2:47	3:35	1:35	4:09	3:48	1:18

Pl. Name	Kat	Zeit	<b>1,6 km 8 Posten</b>								
			1(103)	2(117)	3(116)	4(115)	5(114)	6(112)	7(122)	8(119)	Ziel
1 Benno Raupach OLV Steinberg	H14	15:24	1:12	3:29	6:18	7:00	8:57	11:00	12:17	14:42	15:24
			1:12	2:17	2:49	0:42	1:57	2:03	1:17	2:25	0:42
2 Matti Niemann OLV Steinberg	H14	15:30	1:07	4:10	6:56	7:41	9:47	11:21	12:40	14:47	15:30
			1:07	3:03	2:46	0:45	2:06	1:34	1:19	2:07	0:43
3 Maira Könekamp SC Königstein	D14	21:19	4:16	7:34	11:56	12:41	14:37	16:43	18:58	20:36	21:19
			4:16	3:18	4:22	0:45	1:56	2:06	2:15	1:38	0:43
4 Melanie Pastor OLF Mainz	D14	24:20	1:28	6:34	10:57	12:49	16:35	18:50	20:49	23:07	24:20
			1:28	5:06	4:23	1:52	3:46	2:15	1:59	2:18	1:13
5 Elisabeth Schintgen TSG Bad König	D14	32:34	5:56	8:47	11:30	12:22	14:19	26:22	27:51	29:36	32:34
			5:56	2:51	2:43	0:52	1:57	12:03	1:29	1:45	2:58

Pl.	Name	Kat	Zeit	<b>1,1 km 8 Posten</b>									
				1(105)	2(121)	3(100)	4(101)	5(125)	6(102)	7(128)	8(127)	Ziel	
1	Benny Diehr	H12	16:53	2:33	4:07	6:52	7:43	8:24	9:23	13:49	16:25	16:53	11:48
	OLF Mainz			2:33	1:34	2:45	0:51	0:41	0:59	4:26	2:36	0:28	*126
2	Fabienne Könekamp	D12	17:39	2:45	4:11	7:12	8:07	9:10	10:17	14:55	17:09	17:39	
	SC Königstein			2:45	1:26	3:01	0:55	1:03	1:07	4:38	2:14	0:30	
3	Tabea Bechhaus	D12	22:03	2:22	4:58	6:18	7:19	13:10	15:25	18:08	21:28	22:03	17:06
	Gymnasion Offenbach			2:22	2:36	1:20	1:01	5:51	2:15	2:43	3:20	0:35	*103

