

10 KM				Landau	Göcklingen	Nußdorf	Gesamtzeit	
Schüler männlich								
Platz	Name	Vorname	Team					
1	Kautzmann	Aaron	Landau	00:52:15	00:54:26	00:50:01	02:36:42	
Herren M20								
Platz	Name	Vorname	Team					
1	Zschaubitz	André	LG Rülzheim	00:33:30	00:34:47	00:33:21	01:41:38	1.
2	Hetzler	Jens	TV Offenbach	00:41:26	00:43:13	00:42:28	02:07:07	
Herren M30								
Platz	Name	Vorname	Team					
1	Trauth	Oliver	TV Herxheim	00:34:12	00:37:02	00:35:43	01:46:57	3.
2	Doll	Carsten	LG Rülzheim	00:40:51	00:42:54	00:43:48	02:07:33	
3	Gareis	Sebastian	FSG Landau	00:52:56	00:55:02	00:53:38	02:41:36	
Herren M40								
Platz	Name	Vorname	Team					
1	Sarter	Andreas	TSV Annweiler	00:33:49	00:35:08	00:34:15	01:43:12	2.
2	Bentz	Volker	TV Herxheim	00:36:27	00:37:10	00:36:56	01:50:33	
3	Mees	Jürgen	Budo Club Zeiskam	00:40:20	00:41:30	00:41:14	02:03:04	
4	Rapp	Hans-Dieter	Landau	00:41:33	00:42:47	00:41:37	02:05:57	
5	Lösch	Thomas	Landau	00:42:45	00:42:15	00:41:10	02:06:10	
6	Masser	Michael	LG Rülzheim	00:42:32	00:43:36	00:42:24	02:08:32	
7	Hess	Achim	Direkt ins Blut	00:41:50	00:43:23	00:43:23	02:08:36	
8	Ohler	Christian	Lac Insheim	00:42:42	00:44:40	00:42:37	02:09:59	
9	Halde	Michael	TTFC Waldrohrbach	00:45:45	00:49:10	00:46:45	02:21:40	
10	Stahl	Eric	Rhodt	00:47:04	00:47:58	00:46:59	02:22:01	
Herren M50								
Platz	Name	Vorname	Team					
1	Borell	Lothar	LCO Edenkoben	00:39:48	00:40:46	00:40:57	02:01:31	
2	Apel	Roger	TV 1861 Landau	00:39:56	00:41:36	00:41:31	02:03:03	
3	Müller	Bernhard	LG Rülzheim	00:46:37	00:46:28	00:44:55	02:18:00	
4	Hamatschek	Jochen	Rennschnecke Großmarkt	00:45:34	00:46:24	00:46:14	02:18:12	
5	Zschaubitz	Gerhard	TV Bad Bergzabern	00:44:56	00:46:23	00:47:54	02:19:13	
22	Malle	Gunter	TSG Kaiserslautern	00:51:28	00:54:16	00:51:55	02:37:39	
6	Nickliss	Eckhard	Böchingen	00:54:02	00:54:47	00:53:17	02:42:06	
Herren M60								
Platz	Name	Vorname	Team					
1	Theilmann	Rolf	TV Bad Bergzabern	00:46:03	00:48:21	00:45:08	02:19:32	
2	Klein	Gerhard	TSV Annweiler / Landau	00:47:23	00:49:18	00:48:22	02:25:03	
Herren M70								
Platz	Name	Vorname	Team					
1	Kern	Karl-Heinz	LG Rülzheim	00:49:20	00:50:52	00:48:31	02:28:43	
2	Jochim	Klaus	TV Herxheim	00:54:25	00:57:49	00:55:23	02:47:37	

10 KM

Landau Göcklingen Nußdorf Gesamtzeit

Damen W30

Platz	Name	Vorname	Team				
1	Schneider	Julia	LC Donnersberg	00:49:48	00:51:57	00:52:02	02:33:47
2	Klein	Sina	Landau	00:56:22	00:55:18	00:56:00	02:47:40

Damen W40

Platz	Name	Vorname	Team					
1	Rilling	Gabriele	TV Offenbach	00:41:26	00:43:12	00:43:04	02:07:42	1.
2	Kautzmann	Michaela	Landau	00:46:09	00:47:59	00:44:58	02:19:06	2.
3	Hess	Heike		00:58:59	01:01:48	00:59:39	03:00:26	
4	Semmelsberger	Anette	Landau	01:02:59	01:04:10	01:03:28	03:10:37	

Damen W50

Platz	Name	Vorname	Team					
1	Wegmann	Elisabeth	LLG Drei Buchen	00:48:19	00:49:25	00:47:50	02:25:34	3.
2	Ackermann	Gabi	ANA Lauterbourg AC	00:51:20	00:53:59	00:50:14	02:35:33	
3	Brück	Charlotte	TV Rheinzabern	00:52:28	00:54:50	00:50:03	02:37:21	

Damen W60

Platz	Name	Vorname	Team				
1	Potschka-Herrma	Marion	TV Bad Bergzabern	01:03:53	01:11:18	01:05:02	02:15:11

Damen W70

Platz	Name	Vorname	Team				
1	Wendelmuth	Inge	TV Bad Bergzabern	01:03:37	01:06:40	01:06:02	03:16:19

5 KM

Landau Göcklingen Nußdorf Gesamtzeit

Schüler männlich

Platz	Name	Vorname	Team				
1	Borell	Jonas	LCO Edenkoben	00:25:28	00:24:01	00:22:49	01:12:18
2	Rheude	Felix	SV Dammheim 1960	00:25:40	00:25:32	00:24:31	01:15:43
3	Masser	Philipp	LG Rülzheim	00:29:29	00:26:22	00:26:58	01:22:49

Herren

Platz	Name	Vorname	Team				
1	Vogel	Daniel	LG Rülzheim	00:17:44	00:17:20	00:16:46	00:51:50
2	Uhrig	Michael	TV Offenbach	00:18:46	00:17:58	00:17:28	00:54:12
3	Weigel	Matthias	SG Edesheim	00:21:30	00:20:38	00:19:55	01:02:03
4	Kirchmer	Michael	LCO Edenkoben	00:21:41	00:21:13	00:21:24	01:04:18
5	Weber	Andreas	Edenkoben	00:23:46	00:22:58	00:21:46	01:08:30
6	Mees	Peter	Budo Club Zeiskam	00:24:18	00:23:02	00:22:19	01:09:39
7	Stoffel	Uwe	TTFC Waldrohrbach	00:28:02	00:26:15	00:25:02	01:19:19
8	Barth	Rolf	TV Bad Bergzabern	00:29:56	00:28:09	00:27:05	01:25:10

Schüler weiblich

Platz	Name	Vorname	Team				
1	Legler	Janett	TV Bad Bergzabern	00:25:53	00:23:57	00:24:05	01:13:55
2	Weigel	Alicja	LCO Edenkoben	00:25:59	00:24:57	00:25:48	01:16:44
3	Stoffel	Naima	TTFC Waldrohrbach	00:28:00	00:26:15	00:25:02	01:19:17
4	Bähr	Annalena	LG Rülzheim	00:35:20	00:34:53	00:32:58	01:43:11

Damen

Platz	Name	Vorname	Team				
1	Grießbaum	Tanja	LG Rülzheim	00:20:39	00:20:42	00:18:41	01:00:02
2	Silzle	Stefanie	TV Queichheim	00:28:46	00:28:49	00:29:36	01:27:11
3	Rheude	Ilse	SV Dammheim 1960	00:32:51	00:31:44	00:30:49	01:35:24
4	Masser	Susanne	LG Rülzheim	00:35:26	00:32:54	00:33:27	01:41:47

Walking				Landau	Göcklingen	Nußdorf	Gesamtzeit
Damen							
Platz	Name	Vorname	Team				
1	Memheld	Murielle	IBAL	00:37:47	00:34:17	00:33:04	01:45:08
2	Mees	Susanne	Budo Club Zeiskam	00:39:09	00:34:56	00:33:38	01:47:43
Herren							
Platz	Name	Vorname	Team				
1	Godon	Andreas	LG MuLi	00:40:19	00:35:38	00:32:49	01:48:46
2	Jörges	Stefan	Lauffreunde S1	00:41:10	00:38:21	00:39:29	01:59:00

Bambini				Landau	Göcklingen	Nußdorf	Gesamtzeit
männlich							
Platz	Name	Vorname	Team				
1	Legler	Florian	TV Bad Bergzabern	00:02:41	00:02:17	00:02:56	00:07:54
2	Kluge	Johannes	TV Landau im ASV Landau	00:02:44	00:02:20	00:02:53	00:07:57
3	Reiser	Lorenz	TV Nußdorf	00:02:44	00:02:20	00:02:59	00:08:03
4	Lorentz	Leon	TV Nußdorf	00:03:15	00:02:57	00:03:40	00:09:52
5	Silzle	Marty	TV Queichheim	00:04:07	00:03:28	00:04:26	00:12:01
weiblich							
Platz	Name	Vorname	Team				
1	Lorentz	Marie	TV Nußdorf	00:02:43	00:02:20	00:03:03	00:08:06
2	Kautzmann	Cosima	TV Nußdorf	00:02:59	00:02:40	00:03:11	00:08:50
3	Swindlehurst	Lucy	The Runaways	00:03:28	00:02:46	00:03:51	00:10:05
4	Schaffranek	Emily	EnergieSüdwest	00:03:35	00:03:04	00:04:11	00:10:50
5	Hofmann	Esther	EnergieSüdwest	00:04:51	00:04:06	00:05:47	00:14:44
6	Silzle	Lara	TV Queichheim	00:04:54	00:04:14	00:06:13	00:15:21
7	Kautzmann	Flora	TV Nußdorf	00:06:24	00:05:29	00:07:19	00:19:12