

Komplette Wertungen

Schüler C und D sowie Minis m/w (1080m)

Datum: 08.12.2007 Beginn: 14:00

Schülerinnen W11

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|-----------------|------|------|------------------------|------|------|
| 1. | 341 | SCHMITT, Hannah | 1997 | | LG Bernkastel-Wittlich | 4:32 | |
| 2. | 340 | RACH, Theresa | 1997 | | LG Bernkastel-Wittlich | 4:38 | + 6 |

Schüler M11

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|---------------|------|------|------------------------|------|------|
| 1. | 337 | BUCK, Kieran | 1997 | | LG Bernkastel-Wittlich | 4:10 | |
| 2. | 332 | BAKALI, Tarek | 1997 | | LG Bernkastel-Wittlich | 4:14 | + 4 |
| 3. | 333 | BERG, Nicolas | 1997 | | LG Bernkastel-Wittlich | 4:45 | + 35 |

Schülerinnen W10

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|---------------------|------|------|------------------------|------|--------|
| 1. | 339 | WATERS, Maja | 1998 | | LG Bernkastel-Wittlich | 4:38 | |
| 2. | 343 | SCHMITT, Marja-Lena | 1998 | | TV Hermeskeil | 5:59 | + 1:20 |

Schüler M10

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|--------------------|------|------|------------------------|------|------|
| 1. | 338 | MEYER, Lucas | 1998 | | TG Konz | 4:16 | |
| 2. | 334 | HERZOG, Maximilian | 1998 | | LG Bernkastel-Wittlich | 5:05 | + 49 |

Schüler m/w A und B (2500m)

Datum: 08.12.2007 Beginn: 14:15

Schülerinnen W15

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|----------------|------|------|--------------------------|-------|--------|
| 1. | 379 | SCHMITT, Laura | 1993 | | LG Bernkastel-Wittlich | 10:36 | |
| 2. | 395 | BERMES, Chiara | 1993 | | POST SPORT TELEKOM TRIER | 11:55 | + 1:19 |

Schüler M15

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|------------------|------|------|--------------------------|-------|--------|
| 1. | 435 | ZENZEN, Mirco | 1993 | | LG Vulkaneifel | 9:03 | |
| 2. | 437 | KNÜTTEL, Marcel | 1993 | | TV Hermeskeil | 9:33 | + 30 |
| 3. | 427 | THEIS, Lucas | 1993 | | TV Hermeskeil | 9:58 | + 55 |
| 4. | 370 | BALES, Christian | 1993 | | SV OBERWEIS | 10:13 | + 1:10 |
| 5. | 391 | STACH, Maurice | 1993 | | POST SPORT TELEKOM TRIER | 10:35 | + 1:32 |

Schülerinnen W14

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|---------------|------|------|--------------------------|-------|------|
| 1. | 392 | BERG, Mira | 1994 | | POST SPORT TELEKOM TRIER | 11:21 | |

| | | | | | | | |
|----|-----|-------------------|------|--|------------------------|-------|--------|
| 2. | 447 | SCHMITT, Darleene | 1994 | | LG Vulkaneifel | 12:02 | + 41 |
| 3. | 380 | KESSLER, Susanne | 1994 | | LG Bernkastel-Wittlich | 12:07 | + 46 |
| 4. | 438 | LENERZ, Melissa | 1994 | | LG Vulkaneifel | 12:35 | + 1:14 |
| 5. | 355 | ZEHREN, Diana | 1994 | | SV OBERWEIS | 14:24 | + 3:03 |

Schüler M14

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|--------------------|------|------|------------------------|-------|------|
| 1. | 383 | SCHNEIDERS, Viktor | 1994 | | LG Bernkastel-Wittlich | 10:27 | |
| 2. | 381 | BAKALI, Benjamin | 1994 | | LG Bernkastel-Wittlich | 10:45 | + 18 |

Schülerinnen W13

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|---------------|------|------|---------------|-------|------|
| 1. | 428 | KÖMPF, Luise | 1995 | | TV Hermeskeil | 10:53 | |

Schüler M13

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|---------------|------|------|----------------|-------|------|
| 1. | 397 | LORRE, Jaan | 1995 | | LG Vulkaneifel | 10:26 | |

Schülerinnen W12

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|---------------|------|------|-------------|-------|------|
| 1. | 353 | BALES, Chiara | 1996 | | SV OBERWEIS | 12:43 | |
| 2. | 354 | KÖHLER, Jana | 1996 | | SV OBERWEIS | 12:44 | + 1 |

Schüler M12

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|---------------------|------|------|--------------------------|-------|--------|
| 1. | 414 | KLAEREN, Alexander | 1996 | | POST SPORT TELEKOM TRIER | 10:03 | |
| 2. | 386 | WATERS, Moritz | 1996 | | LG Bernkastel-Wittlich | 11:03 | + 1:00 |
| 3. | 429 | STEIN, Yannik | 1996 | | TV Hermeskeil | 11:10 | + 1:07 |
| 4. | 400 | SEIDER, Jonathan | 1996 | | POST SPORT TELEKOM TRIER | 11:50 | + 1:47 |
| 5. | 385 | JUSTEN, Philipp | 1996 | | LG Bernkastel-Wittlich | 11:57 | + 1:54 |
| 6. | 393 | BERRESHEIM, Clemens | 1996 | | ATHLETIK-TEAM WITTLICH | 12:21 | + 2:18 |

Mittelstrecke & Jugend (m/w) A und B (4100m)

Datum: 08.12.2007 Beginn: 14:45

Frauen

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|--------------------|------|------|--------------------------|-------|--------|
| 1. | 131 | BELLAIRE, Nathalie | 1986 | | POST SPORT TELEKOM TRIER | 18:26 | |
| 2. | 598 | HACKENBRUCH, Julia | 1985 | | POST SPORT TELEKOM TRIER | 20:25 | + 1:59 |
| 3. | 144 | STAUDT, Alwine | 1959 | | TV Hermeskeil | 20:49 | + 2:23 |
| 4. | 233 | HUMM, Manuela | 1980 | | LG Bernkastel-Wittlich | 20:59 | + 2:33 |
| 5. | 262 | BOHR, Birgit | 1959 | | Spiridon Hochwald | 21:08 | + 2:42 |
| 6. | 241 | HOWER, Claudia | 1965 | | LG Bernkastel-Wittlich | 21:10 | + 2:44 |
| 7. | 201 | MARX, Edith | 1962 | | Spiridon Hochwald | 23:15 | + 4:49 |

Männer

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|---------------|-----|------|--------|------|------|
|-----|-------|---------------|-----|------|--------|------|------|

| | | | | | | | |
|-----|-----|------------------------|------|--|--------------------------|-------|---------|
| 1. | 580 | KOWALINSKI, Marc-Andre | 1978 | | POST SPORT TELEKOM TRIER | 13:25 | |
| 2. | 582 | ZENZEN, Enrico | 1988 | | POST SPORT TELEKOM TRIER | 13:32 | + 7 |
| 3. | 238 | PLAUL, Michael | 1982 | | POST SPORT TELEKOM TRIER | 13:58 | + 33 |
| 4. | 242 | KILBURG, Ulrich | 1971 | | LG Bernkastel-Wittlich | 14:31 | + 1:06 |
| 5. | 243 | ULRICH, Patrick | 1987 | | LG Bernkastel-Wittlich | 15:09 | + 1:44 |
| 6. | 561 | GÖTZ, Benjamin | 1986 | | LG Vulkaneifel | 15:17 | + 1:52 |
| 7. | 252 | OTT, Franz-Josef | 1967 | | TV Hermeskeil | 15:27 | + 2:02 |
| 8. | 579 | SIEBENBORN, Martin | 1987 | | LG Bernkastel-Wittlich | 15:32 | + 2:07 |
| 9. | 507 | DIXIUS, Thomas | 1967 | | LT Büdlich-Breit-Naurath | 17:57 | + 4:32 |
| 10. | 119 | KREMER, Bruno | 1965 | | POST SPORT TELEKOM TRIER | 18:52 | + 5:27 |
| 11. | 246 | SCHÄFER, Peter | 1962 | | LG Bernkastel-Wittlich | 19:06 | + 5:41 |
| 12. | 256 | BARTEN, Hermann | 1958 | | LT Büdlich-Breit-Naurath | 19:18 | + 5:53 |
| 13. | 244 | ANDRIES, Kurt | 1962 | | LG Bernkastel-Wittlich | 19:51 | + 6:26 |
| 14. | 74 | RAUSCH, Manuel | 1986 | | Spiridon Hochwald | 20:53 | + 7:28 |
| 15. | 248 | KLUNK, Rudolf | 1947 | | LG Bernkastel-Wittlich | 22:12 | + 8:47 |
| 16. | 69 | RAUSCH, Markus | 1982 | | TV Hermeskeil | 23:00 | + 9:35 |
| 17. | 245 | SCHRÖDER, Peter | 1936 | | LG Bernkastel-Wittlich | 25:22 | + 11:57 |
| 18. | 133 | HEISIG, Georg | 1961 | | DJK LT HELENENBERG | 26:54 | + 13:29 |
| 19. | 203 | METZDORF, Johann | 1953 | | LT Welschbillig | 28:18 | + 14:53 |

Weibliche Jugend A

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|-----------------|------|------|--------------------------|-------|--------|
| 1. | 226 | KLAEREN, Julia | 1990 | | POST SPORT TELEKOM TRIER | 18:13 | |
| 2. | 585 | REUTER, Mona | 1989 | | POST SPORT TELEKOM TRIER | 18:18 | + 5 |
| 3. | 232 | RACH, Katharina | 1990 | | LG Bernkastel-Wittlich | 18:19 | + 6 |
| 4. | 260 | Weber, Bettina | 1990 | | TV Hermeskeil | 20:30 | + 2:17 |

männliche Jugend A

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|-----------------------|------|------|--------------------------|-------|--------|
| 1. | 559 | DUPPICH, Yannik | 1990 | | LG Vulkaneifel | 13:40 | |
| 2. | 590 | WERLAND, Philipp | 1990 | | POST SPORT TELEKOM TRIER | 14:58 | + 1:18 |
| 3. | 512 | VON WIRTH, Dominik | 1990 | | TG Konz | 16:12 | + 2:32 |
| 4. | 560 | KALLENBERG, Sebastian | 1990 | | LG Vulkaneifel | 17:13 | + 3:33 |
| 5. | 249 | STÜLB, Marc | 1990 | | TV Hermeskeil | 22:30 | + 8:50 |

Weibliche Jugend B

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|--------------------|------|------|--------------------------|-------|--------|
| 1. | 505 | Dobmeier, Julia | 1991 | | TV Hermeskeil | 15:53 | |
| 2. | 572 | HAMMER, Meike | 1991 | | LG Vulkaneifel | 16:27 | + 34 |
| 3. | 587 | DAHLEM, Jana | 1991 | | POST SPORT TELEKOM TRIER | 18:24 | + 2:31 |
| 4. | 588 | KUHNEN, Maia | 1991 | | POST SPORT TELEKOM TRIER | 18:36 | + 2:43 |
| 5. | 508 | Klaeren, Catherine | 1992 | | POST SPORT TELEKOM TRIER | 18:38 | + 2:45 |

männliche Jugend B

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|------------------|------|------|--------------------------|-------|------|
| 1. | 258 | Thewes, Kevin | 1991 | | TV Hermeskeil | 15:23 | |
| 2. | 220 | DUSEMUND, Dennis | 1991 | | LG Bernkastel-Wittlich | 15:39 | + 16 |
| 3. | 231 | BOCK, Alexander | 1992 | | TV Hermeskeil | 15:40 | + 17 |
| 4. | 510 | MÜLLER, Marcel | 1992 | | LAC WITTLICH | 16:07 | + 44 |
| 5. | 593 | OSTER, Pascal | 1992 | | POST SPORT TELEKOM TRIER | 16:10 | + 47 |
| 6. | 591 | FRANKE, Pascal | 1992 | | POST SPORT TELEKOM TRIER | 16:12 | + 49 |

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|-----|-----|-------------------|------|--|--------------------------|-------|---------|
| 7. | 592 | BERG, Marvin | 1991 | | POST SPORT TELEKOM TRIER | 16:20 | + 57 |
| 8. | 511 | PREUß, Philipp | 1992 | | LAC WITTLICH | 17:55 | + 2:32 |
| 9. | 558 | ALTSCHUK, Philipp | 1991 | | LG Vulkaneifel | 19:21 | + 3:58 |
| 10. | 311 | KWIATKOWSKI, Timo | 1993 | | DJK LT HELENENBERG | 20:34 | + 5:11 |
| 11. | 376 | KWICK, Arthur | 1993 | | DJK LT HELENENBERG | 21:57 | + 6:34 |
| 12. | 259 | PIEGZA, Dennis | 1991 | | TV Hermeskeil | 23:26 | + 8:03 |
| 13. | 330 | STAUDT, Ramon | 1995 | | DJK LT HELENENBERG | 25:25 | + 10:02 |
| 14. | 430 | EHSES, Daniel | 1994 | | DJK LT HELENENBERG | 26:09 | + 10:46 |
| 15. | 315 | KUNZ, Rüdiger | 1993 | | DJK LT HELENENBERG | 26:46 | + 11:23 |

Langstrecke (7500m)

Datum: 08.12.2007 Beginn: 15:30

Männer M70

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|------------------|------|------|---------------|-------|------|
| 1. | 58 | HAUBRICH, Günter | 1936 | | LT Mertesdorf | 47:42 | |

Männer M65

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|------------------|------|------|------------------------|-------|--------|
| 1. | 567 | OTTEN, Arnold | 1943 | | LG Vulkaneifel | 36:01 | |
| 2. | 29 | MÜLLER, Heinrich | 1943 | | Spiridon Hochwald | 36:22 | + 21 |
| 3. | 156 | AREND, Friedel | 1940 | | LG Bernkastel-Wittlich | 38:38 | + 2:37 |

Männer M60

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|------------------|------|------|---------------------------|-------|--------|
| 1. | 12 | BIER, Werner | 1945 | | LT FC Züsch-Neuhütten | 37:29 | |
| 2. | 39 | ROTH, Reinhold | 1945 | | Grünewaldläufer SV Lützem | 39:10 | + 1:41 |
| 3. | 169 | THEIßEN, Paul | 1947 | | FC ORMONT | 41:15 | + 3:46 |
| 4. | 200 | MANGRICH, Walter | 1945 | | TG Konz | 43:57 | + 6:28 |

Frauen W55

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|---------------|------|------|-------------------|-------|------|
| 1. | 28 | KLAS, Irene | 1949 | | Spiridon Hochwald | 49:25 | |

Männer M55

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|--------------------|------|------|-----------------|-------|--------|
| 1. | 21 | LEINEN, Hans-Josef | 1950 | | LG BITBURG-PRÜM | 31:40 | |
| 2. | 59 | REIS, Klaus-Günter | 1952 | | LT Mertesdorf | 34:56 | + 3:16 |
| 3. | 566 | KAISER, Hans | 1951 | | LG Vulkaneifel | 38:17 | + 6:37 |

Frauen W50

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|-----------------|------|------|-----------------|-------|------|
| 1. | 568 | BOHLEN, Birgit | 1957 | | LG BITBURG-PRÜM | 38:35 | |
| 2. | 61 | BERMES, Beatrix | 1955 | | LT Mertesdorf | 39:09 | + 34 |

Männer M50

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|---------------|-----|------|--------|------|------|
|-----|-------|---------------|-----|------|--------|------|------|

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|----|-----|-----------------------|------|--|--------------------------|-------|---------|
| 1. | 73 | HERMESDORF, Wilfried | 1957 | | TG Konz | 29:15 | |
| 2. | 565 | LIEDER, Viktor | 1957 | | LG Vulkaneifel | 30:00 | + 45 |
| 3. | 88 | BERMES, Dieter | 1956 | | LT Mertesdorf | 31:00 | + 1:45 |
| 4. | 153 | KILBURG, Edgar | 1958 | | LG Bernkastel-Wittlich | 33:15 | + 4:00 |
| 5. | 152 | HAMMAN, Theo | 1954 | | LG Bernkastel-Wittlich | 34:04 | + 4:49 |
| 6. | 23 | BARTEN, Hermann | 1958 | | LT Büdlich-Breit-Naurath | 39:30 | + 10:15 |
| 7. | 155 | Deutschen, Peter | 1955 | | LG Langsur | 39:49 | + 10:34 |
| 8. | 53 | BROMMENSCHENKEL, Otto | 1954 | | LT Welschbillig | 44:22 | + 15:07 |
| 9. | 100 | MILDE, Arno | 1956 | | TRIMMELTER SV TRIER | 44:26 | + 15:11 |

Frauen W45

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|-------------------------|------|------|--------------------------|-------|---------|
| 1. | 170 | LÜTTICKEN, Irmgard | 1963 | | POST SPORT TELEKOM TRIER | 33:32 | |
| 2. | 27 | HEINEN, Birgit | 1963 | | Spiridon Hochwald | 34:29 | + 57 |
| 3. | 102 | KLAEREN, Antoinette | 1962 | | POST SPORT TELEKOM TRIER | 36:04 | + 2:32 |
| 4. | 574 | MEHLES, Andrea | 1962 | | LG Vulkaneifel | 36:05 | + 2:33 |
| 5. | 121 | HAAS, Marion | 1963 | | LG Bernkastel-Wittlich | 38:25 | + 4:53 |
| 6. | 18 | MERSCH, Birgit | 1959 | | LT FC Züsch-Neuhütten | 40:38 | + 7:06 |
| 7. | 25 | BOHR, Birgit | 1959 | | Spiridon Hochwald | 41:17 | + 7:45 |
| 8. | 198 | NISIUS, Jutta | 1961 | | LT Büdlich-Breit-Naurath | 42:39 | + 9:07 |
| 9. | 129 | OLESCH-SOTTILE, Susanne | 1960 | | POST SPORT TELEKOM TRIER | 43:39 | + 10:07 |

Männer M45

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|------------------|------|------|--------------------------|-------|--------|
| 1. | 45 | NOLLES, Alwin | 1963 | | RTSüdeifel | 28:14 | |
| 2. | 78 | NOLLES, Thomas | 1963 | | RTSüdeifel | 31:47 | + 3:33 |
| 3. | 77 | LUTGEN, Nikolaus | 1961 | | POST SPORT TELEKOM TRIER | 34:16 | + 6:02 |
| 4. | 171 | RAUSCH, Bernd | 1962 | | Spiridon Hochwald | 34:29 | + 6:15 |
| 5. | 164 | SCHÄFER, Jürgen | 1963 | | SV TAWERN | 36:25 | + 8:11 |

Frauen W40

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|------------------------|------|------|----------------|-------|------|
| 1. | 573 | SCHMITZ-DUPPICH, Lioba | 1964 | | LG Vulkaneifel | 37:46 | |

Männer M40

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|------------------|------|------|--------------------------|-------|---------|
| 1. | 151 | SCHMITT, Stefan | 1964 | | LG Bernkastel-Wittlich | 28:46 | |
| 2. | 150 | SCHWAAB, Michael | 1964 | | LG Bernkastel-Wittlich | 29:16 | + 30 |
| 3. | 60 | BRAUMANN, Oskar | 1968 | | POST SPORT TELEKOM TRIER | 30:34 | + 1:48 |
| 4. | 19 | JONAS, Wolfgang | 1964 | | TV Hermeskeil | 31:02 | + 2:16 |
| 5. | 57 | PELZER, Marco | 1967 | | LT Mertesdorf | 33:49 | + 5:03 |
| 6. | 51 | KALLISCH, Thomas | 1966 | | SV Kell | 34:13 | + 5:27 |
| 7. | 163 | STÜLB, Georg | 1966 | | TV Hermeskeil | 34:34 | + 5:48 |
| 8. | 83 | JONAS, Jörg | 1968 | | LT FC Züsch-Neuhütten | 35:42 | + 6:56 |
| 9. | 6 | ENDRES, Stefan | 1965 | | LG BERNKASTEL-WITTLICH | 37:33 | + 8:47 |
| 10. | 114 | Dixius, Thomas | 1967 | | LT Büdlich-Breit-Naurath | 39:31 | + 10:45 |
| 11. | 142 | Postler, Bernd | 1966 | | LT Mertesdorf | 40:45 | + 11:59 |
| 12. | 56 | KÖNIG, Thomas | 1966 | | LT Mertesdorf | 49:02 | + 20:16 |

Frauen W35

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|-------------------|------|------|--------------------------|-------|--------|
| 1. | 101 | KLINKHAMMER, Anja | 1969 | | POST SPORT TELEKOM TRIER | 37:51 | |
| 2. | 26 | THOME, Gisela | 1969 | | Spiridon Hochwald | 43:00 | + 5:09 |

Männer M35

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|---------------------|------|------|--------------------------|-------|---------|
| 1. | 127 | HEIM, Patrick | 1972 | | LG Bernkastel-Wittlich | 28:30 | |
| 2. | 5 | SOMMER, Guido | 1971 | | POST SPORT TELEKOM TRIER | 30:51 | + 2:21 |
| 3. | 553 | MANGRICH, Andreas | 1972 | | TG Konz | 32:38 | + 4:08 |
| 4. | 76 | HEIN, Jürgen | 1971 | | POST SPORT TELEKOM TRIER | 32:59 | + 4:29 |
| 5. | 519 | ADAMIETZ, Michael | 1972 | | LG BERNKASTEL-WITTLICH | 34:46 | + 6:16 |
| 6. | 65 | JOST, Daniel | 1972 | | SV Kell | 35:20 | + 6:50 |
| 7. | 132 | FISCHER, Oliver | 1971 | | POST SPORT TELEKOM TRIER | 35:33 | + 7:03 |
| 8. | 111 | NITZ, Christian | 1973 | | LT FC Züsch-Neuhütten | 37:07 | + 8:37 |
| 9. | 11 | KNACKSTEDT, Patrick | 1972 | | LT FC Züsch-Neuhütten | 43:50 | + 15:20 |

Frauen W30

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|-----------------|------|------|--------------------------|-------|------|
| 1. | 595 | SCHWARZ, Sandra | 1977 | | POST SPORT TELEKOM TRIER | 35:19 | |

Männer M30

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|---------------|------|------|------------------------|-------|------|
| 1. | 147 | KOCH, Thomas | 1976 | | LG Bernkastel-Wittlich | 27:38 | |

Frauen

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|-----------------|------|------|--------------------------|-------|--------|
| 1. | 596 | OLINGER, Judith | 1984 | | POST SPORT TELEKOM TRIER | 31:15 | |
| 2. | 247 | RAUSCH, Melanie | 1979 | | TG Konz | 36:06 | + 4:51 |
| 3. | 145 | HOWER, Sabrina | 1987 | | LG Bernkastel-Wittlich | 39:47 | + 8:32 |

Männer

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|------------------|------|------|--------------------------|-------|--------|
| 1. | 599 | SCHUFF, Carlo | 1980 | | POST SPORT TELEKOM TRIER | 25:09 | |
| 2. | 600 | KLAEREN, Philipp | 1988 | | POST SPORT TELEKOM TRIER | 26:38 | + 1:29 |
| 3. | 17 | HOFFMANN, Tobias | 1979 | | POST SPORT TELEKOM TRIER | 27:04 | + 1:55 |
| 4. | 168 | HAUMANN, Hendrik | 1980 | | LG Langsur | 31:39 | + 6:30 |
| 5. | 195 | RAUSCH, Markus | 1982 | | TV Hermeskeil | 34:55 | + 9:46 |