

25. Internationaler Lauf Rund um die CGM ARENA Koblenz, 10. Mai 2019

Genehmigungsnummer 19V13000471900004

**400 m Bambinilauf**

| Start-Nr. | Name | Verein/Ort | Jahrgang | Klasse | Zeit |
|-----------|-----------------|-----------------------|----------|--------|-----------|
| 123 | Johanna Lorch | Schenkendorfschule | 2012 | Bam | 0:02:37,5 |
| 142 | Oliver Menz | | 2014 | Bam | 0:02:41,2 |
| 124 | Carolina Pommer | Meddys LWT Koblenz | 2012 | Bam | 0:02:07,7 |
| 125 | Johanna Pommer | Meddys LWT Koblenz | 2016 | Bam | 0:04:05,4 |
| 126 | Julia Veit | SSC Koblenz-Karthause | 2012 | Bam | 0:01:53,2 |
| 127 | Stefanie Veit | SSC Koblenz-Karthause | 2013 | Bam | 0:02:00,2 |

1000 m - Kinder- und Jugendlauf

| Start-Nr. | Name | Verein/Ort | Jahrgang | Klasse | Endzeit | Platz Klasse | Platz m/w | Platz gesamt |
|-----------|----------------------|-----------------------|----------|--------|-----------|--------------|-----------|--------------|
| 144 | Dean Frühwirt | LG Koblenz-Rhens | 2006 | MJ U14 | 0:03:54,6 | 1 | 1 | 1 |
| 114 | Oskar Dettborn | LG Koblenz-Rhens | 2007 | MJ U14 | 0:03:55,3 | 2 | 2 | 2 |
| 120 | Philipp Veit | SSC Koblenz-Karthause | 2009 | MK U12 | 0:04:00,6 | 1 | 3 | 3 |
| 117 | Philipp Schade | | 2009 | MK U12 | 0:04:10,6 | 2 | 4 | 4 |
| 104 | Charlotte Kirschey | Schenkendorfschule | 2009 | WK U12 | 0:04:12,6 | 1 | 1 | 5 |
| 116 | Greta Kurth | LG Koblenz-Rhens | 2008 | WK U12 | 0:04:14,1 | 2 | 2 | 6 |
| 153 | Till Schmidt | Laufblitz | 2008 | MK U12 | 0:04:16,1 | 3 | 5 | 7 |
| 119 | Lucas Schwickardi | LG Koblenz-Rhens | 2007 | MJ U14 | 0:04:18,1 | 3 | 6 | 8 |
| 154 | Lasse Schmidt | Laufblitz | 2010 | MK U10 | 0:04:18,3 | 1 | 7 | 9 |
| 102 | Leonhard Hilsbos | Schenkendorfschule | 2008 | MK U12 | 0:04:29,6 | 4 | 8 | 10 |
| 109 | Tammo van de Sand | Schenkendorfschule | 2009 | MK U12 | 0:04:31,1 | 5 | 9 | 11 |
| 115 | Theo Hamm | | 2011 | MK U10 | 0:04:42,6 | 2 | 10 | 12 |
| 152 | Jana Schmidt | Laufblitz | 2006 | WJ U14 | 0:04:44,8 | 1 | 3 | 13 |
| 110 | Aurelius Wintermeyer | Schenkendorfschule | 2008 | MK U12 | 0:04:49,8 | 6 | 11 | 14 |
| 101 | Franziska Hilsbos | Schenkendorfschule | 2010 | WK U10 | 0:04:52,3 | 1 | 4 | 15 |
| 103 | Konstantin Kalenberg | Schenkendorfschule | 2010 | MK U10 | 0:04:53,8 | 3 | 12 | 16 |
| 111 | Jonathan Wirth | Schenkendorfschule | 2010 | MK U10 | 0:04:56,3 | 4 | 13 | 17 |
| 107 | Helena Reiner | Schenkendorfschule | 2011 | WK U10 | 0:05:01,1 | 2 | 5 | 18 |
| 155 | Sina Bodenbach | | 2007 | WJ U14 | 0:05:18,1 | 2 | 6 | 19 |
| 108 | Benna van de Sand | Schenkendorfschule | 2011 | WK U10 | 0:05:23,3 | 3 | 7 | 20 |
| 106 | Jonathan Lorch | Schenkendorfschule | 2008 | MK U12 | 0:05:46,1 | 7 | 14 | 21 |

Teamwertung 1000 m

| Name | Verein/Ort | Endzeit | Platz gesamt |
|----------------------|--------------------|----------|--------------|
| Charlotte Kirschey | Schenkendorfschule | 00:22:55 | 1 |
| Leonhard Hilsbos | | | |
| Tammo van de Sand | | | |
| Aurelius Wintermeyer | | | |
| Franziska Hilsbos | | | |
| Konstantin Kalenberg | Schenkendorfschule | 00:26:00 | 2 |
| Jonathan Wirth | | | |
| Helena Reiner | | | |
| Benna van de Sand | | | |
| Jonathan Lorch | | | |

5 km - Hobbylauf

| Start-Nr. | Name | Verein/Ort | Jahrgang | Klasse | Endzeit |
|-----------|---------------------------|---------------------------|----------|--------|-----------|
| 71 | Monika Becker | DJK Ochtendung | 1958 | F | 0:33:34,2 |
| 163 | Jana Beckmann | Chaos Crushers Coblenz | 1987 | F | 0:30:50,0 |
| 62 | Jutta Bleuel | Labor Koblenz | 1970 | F | 0:31:11,4 |
| 149 | Yann Breunig | | 1995 | M | 0:27:42,5 |
| 73 | Holger Brzezinski | Münstermaifeld | 1971 | M | 0:26:04,2 |
| 74 | Pascal Clemens | | 1994 | M | 0:21:36,8 |
| 161 | Michelle Dohmann-Matthias | Kaltenengers | 1984 | F | 0:20:25,3 |
| 64 | Stefanie Doroschuk | Labor Koblenz | 1989 | F | 0:35:15,2 |
| 75 | Eberhard Ehmer | | 1953 | M | 0:39:47,1 |
| 76 | Gabriele Ehmer | | 1961 | F | 0:36:55,9 |
| 77 | Tanja Eichhorn | | 1972 | F | 0:30:51,7 |
| 78 | Nicole Frantzen | LG Laacher See | 1982 | F | 0:25:53,8 |
| 79 | Markus Haas | LLG Wustweiler | 1975 | M | 0:18:15,8 |
| 80 | Jutta Henrich | TUS Horchheim | 1962 | F | 0:28:55,0 |
| 158 | Johanna Himmelberg | WSG Bad Marienberg | 2002 | F | 0:26:21,5 |
| 157 | Stefan Himmelberg | Lautzenbrücken | 1968 | M | 0:27:18,2 |
| 82 | Rainer Hohl | LG HSC Gamlen-RSC U-Mosel | 1945 | M | 0:33:55,9 |
| 65 | Astrid Hübgen | Labor Koblenz | 1966 | F | 0:31:25,5 |
| 83 | Klaus Jahnz | LG Laacher See | 1949 | M | 0:29:50,5 |
| 84 | Martin Knoche | TC Nistertal | 1985 | M | 0:23:45,3 |
| 85 | Jörg Kunz | | 1970 | M | 0:19:55,0 |
| 164 | Natalie Locicero | Chaos Crushers Coblenz | 1980 | F | 0:30:50,7 |
| 86 | Monika Lohmann | Schenkendorfschule | 1971 | F | 0:25:29,5 |
| 87 | Jennifer Menz | | 1982 | F | 0:26:51,0 |
| 88 | Mario Metze | Winninger Weinfreund | 1975 | M | 0:21:24,6 |
| 89 | Gunter Neuhaus | Running Team Bad Ems | 1962 | M | 0:24:50,3 |
| 162 | Phoebe Nistrath | Chaos Crushers Coblenz | 1989 | F | 0:30:35,2 |
| 90 | Sascha Odelga | SG Neuhäusel | 1979 | M | 0:24:12,8 |
| 66 | Gabi Plies | Labor Koblenz | 1956 | F | 0:39:26,2 |
| 91 | Nil Reuter | LG HSC Gamlen-RSC U-Mosel | 1963 | F | 0:30:11,0 |
| 92 | Michael Rüb | LG Laacher See | 1962 | M | 0:25:03,5 |
| 94 | Lennart Rüdell | LLG Hunsrück | 1996 | M | 0:18:47,3 |
| 93 | Markus Rüdell | LG Boppard Bad-Salzig | 1962 | M | 0:24:47,3 |
| 95 | Tanja Ruppert | | 1978 | F | 0:23:51,8 |
| 160 | Stephanie van de Sand | MEDDYS Lauftreff | 1975 | F | 0:25:01,0 |
| 96 | Wolfgang Schiel | | 1959 | M | 0:36:07,7 |
| 146 | Arne von Schilling | Team Waldbreitbach | 1972 | M | 0:26:08,5 |
| 147 | Iris von Schilling | Team Waldbreitbach | 1977 | F | 0:26:07,7 |
| 148 | Leif Erik von Schilling | Team Waldbreitbach | 2009 | M | 0:26:08,0 |
| 150 | Sonja Schmidt | Laufblitz | 1980 | F | 0:31:11,2 |
| 97 | Georg Seither | Eitelborn | 1961 | M | 0:29:17,5 |
| 98 | Dirk Ströder | Team Erdinger Alkoholfrei | 1982 | M | 0:22:26,0 |
| 68 | Nora Szczepanski | Labor Koblenz | 1988 | F | 0:39:27,2 |
| 143 | Ergün Uymaz | TMK Mülheim-Kärlich | 1971 | M | 0:20:42,6 |
| 99 | Marco Veit | SSC Koblenz-Karthause | 1976 | M | 0:18:27,6 |
| 100 | Marijke Veit | | 1984 | F | 0:32:42,7 |
| 139 | Michael Weckbecker | | 1999 | M | 0:25:32,0 |
| 69 | Nadine Werner | Labor Koblenz | 1994 | F | 0:35:14,9 |
| 70 | Cristina Wonnek | Labor Koblenz | 1990 | F | 0:37:31,7 |
| 136 | Edda Zitzmann | | 1973 | F | 0:39:24,1 |

Gemischte Mannschaftswertung 5 km Hobbylauf

| Name | Verein/Ort | Endzeit | Platz |
|-------------------------|------------------------|----------|-------|
| Iris von Schilling | Team Waldbreitbach | 01:18:24 | 1 |
| Leif Erik von Schilling | | | |
| Arne von Schilling | | | |
| Michael Rüb | LG Laacher See | 01:20:47 | 2 |
| Nicole Frantzen | | | |
| Klaus Jahnz | | | |
| Phoebe Nistrath | Chaos Crushers Coblenz | 01:32:15 | 3 |
| Jana Beckmann | | | |
| Natalie Locicero | | | |
| Jutta Bleuel | Labor Koblenz | 01:37:51 | 4 |
| Astrid Hübgen | | | |
| Nadine Werner | | | |
| Stefanie Doroschuk | Labor Koblenz | 01:52:13 | 5 |
| Cristina Wonnek | | | |
| Habie Plies | | | |

5 km - (Nordic)Walking

| Start-Nr. | Name | Verein/Ort | Jahrgang | Klasse | Endzeit |
|-----------|---------------------------|----------------|----------|--------|-----------|
| 129 | Karl-Heinz Ebert | DJK Oberwesel | 1948 | Walker | 0:38:30,1 |
| 128 | Barbara Ebert | DJK Oberwesel | 1949 | Walker | 0:38:41,4 |
| 140 | Lothar Eger | LG Laacher See | 1939 | Walker | 0:45:10,8 |
| 145 | Hans-Herrmann Krümpelmann | LG Laacher See | 1960 | Walker | 0:40:26,6 |
| 130 | Maria Langers | DJK Ochtendung | 1955 | Walker | 0:40:01,1 |
| 132 | Katja Maas | | 1984 | Walker | 0:44:12,8 |
| 159 | Bärbel Meid | DJK Ochtendung | 1948 | Walker | 0:49:30,6 |
| 156 | Chrissy Reuter | | 1973 | Walker | 0:39:53,4 |
| 133 | Liesel Schneider | DJK Oberwesel | 1954 | Walker | 0:43:43,9 |

10000 m - Hauptlauf Zieleinlauf

| Start-Nr. | Name | Verein/Ort | Jahrgang | Klasse | Endzeit | Platz Klasse | Platz Geschl. | Platz gesamt |
|-----------|----------------------|--------------------------------|----------|--------|-----------|--------------|---------------|--------------|
| 191 | Andreas Jeschke | SRL Triathlon Koblenz | 1980 | M 35 | 0:37:04,9 | 1 | 1 | 1 |
| 46 | Tina Schneider | TuS Deuz | 1990 | W | 0:38:24,0 | 1 | 1 | 2 |
| 14 | Dennis Futterlieb | CGM Arena | 1992 | M | 0:38:53,3 | 1 | 2 | 3 |
| 194 | Karsten Von Lojewski | LG Westerwald | 1967 | M 50 | 0:39:44,0 | 1 | 3 | 4 |
| 15 | Marc Gewehr | LLG Hunsrück | 1980 | M 35 | 0:40:28,2 | 2 | 4 | 5 |
| 181 | Gerald Pannek | Lahnstein | 1967 | M 50 | 0:40:36,7 | 2 | 5 | 6 |
| 134 | Holger Bleuel | Labor Koblenz | 1971 | M 45 | 0:40:40,0 | 1 | 6 | 7 |
| 190 | Jürgen Rudolph | SRL Triathlon Koblenz | 1966 | M 50 | 0:40:48,7 | 3 | 7 | 8 |
| 167 | Helmut Normann | SG Neuhäusel | 1967 | M 50 | 0:41:19,2 | 4 | 8 | 9 |
| 72 | Tobias Braum | #VegRenner | 1981 | M 35 | 0:41:43,0 | 3 | 9 | 10 |
| 184 | Jörn Daleki | LT SV Weitersburg | 1971 | M 45 | 0:41:51,7 | 2 | 10 | 11 |
| 60 | Maurice Winkler | Hotel am Landeshaus Wiesbaden | 1998 | M | 0:42:13,2 | 2 | 11 | 12 |
| 33 | Thomas Meurer | TuS Koblenz Laufsport | 1981 | M 35 | 0:42:13,3 | 4 | 12 | 13 |
| 45 | Markus SCHMITT | LG HSC Gamlen-RSC U-Mosel | 1980 | M 35 | 0:42:41,2 | 5 | 13 | 14 |
| 26 | Arno Laengner | SG Neuhäusel | 1954 | M 65 | 0:42:45,2 | 1 | 14 | 15 |
| 58 | Fabian Weidung | SV Urmitz | 1987 | M 30 | 0:43:13,0 | 1 | 15 | 16 |
| 13 | Tobi Dux | Mitläufer Müllenbach | 1985 | M 30 | 0:43:26,2 | 2 | 16 | 17 |
| 19 | Herry Hens | Mitläufer Müllenbach | 1963 | M 55 | 0:43:41,2 | 1 | 17 | 18 |
| 12 | Gerd Clemens | TuS 05 Daun | 1969 | M 50 | 0:44:31,9 | 5 | 18 | 19 |
| 32 | Christian Manke | KompetenzZentrum Kastellaun | 1976 | M 40 | 0:45:14,9 | 1 | 19 | 20 |
| 180 | Andreas Bomm | LT SV Weitersburg | 1964 | M 55 | 0:45:37,7 | 2 | 20 | 21 |
| 151 | Marcus Schmidt | | 1971 | M 45 | 0:46:00,1 | 3 | 21 | 22 |
| 17 | Benedikt Hamm | Lahnstein | 1986 | M 30 | 0:46:05,9 | 3 | 22 | 23 |
| 53 | Markus Ströher | Münz Lauftreff Westerwald | 1964 | M 55 | 0:46:06,6 | 3 | 23 | 24 |
| 169 | Tim Becker | Schenkendorfschule | 1970 | M 45 | 0:46:08,1 | 4 | 24 | 25 |
| 179 | Gerd-Peter Seidel | TV Wiederscheiden | 1962 | M 55 | 0:46:50,9 | 4 | 25 | 26 |
| 41 | Alexander Retzlaff | TV Weißenthurm | 1977 | M 40 | 0:46:51,4 | 2 | 26 | 27 |
| 2 | Bettina Hildebrandt | Labor Koblenz | 1967 | W 50 | 0:46:58,1 | 1 | 2 | 28 |
| 22 | Tom Koch | DJK Marienstatt | 1985 | M 30 | 0:47:13,9 | 4 | 27 | 29 |
| 182 | Stefan Dietz | | 1969 | M 50 | 0:47:19,1 | 6 | 28 | 30 |
| 170 | Alfred Lay | SG Neuhäusel | 1959 | M 60 | 0:47:57,6 | 1 | 29 | 31 |
| 31 | Stefan Maas | | 1977 | M 40 | 0:48:15,9 | 3 | 30 | 32 |
| 35 | Bernd Mohr | | 1969 | M 50 | 0:48:26,1 | 7 | 31 | 33 |
| 165 | Jörg Busch | Running Team Irish Pub Koblenz | 1967 | M 50 | 0:48:36,4 | 8 | 32 | 34 |
| 187 | Josef Junge | | 1955 | M 60 | 0:48:49,6 | 2 | 33 | 35 |
| 172 | Jürgen Kalbitzer | Neuwied | 1953 | M 65 | 0:49:19,1 | 2 | 34 | 36 |
| 176 | Rene Buschmann | VfR Eintracht Koblenz | 1989 | M 30 | 0:49:32,9 | 5 | 35 | 37 |
| 166 | Elisabeth Kaiser | Latus Mayen | 1963 | W 55 | 0:49:38,4 | 1 | 3 | 38 |
| 36 | Andreas Neeb | TSV Lehmen | 1965 | M 50 | 0:49:47,9 | 9 | 36 | 39 |
| 49 | Thomas Schütz | LA TuS Mayen | 1964 | M 55 | 0:49:53,6 | 5 | 37 | 40 |
| 4 | Jenny Leifheit | Labor Koblenz | 1985 | W 30 | 0:50:04,1 | 1 | 4 | 41 |
| 59 | Roland Wesche | LG Laacher See | 1957 | M 60 | 0:50:46,4 | 3 | 38 | 42 |
| 57 | Carina Weber | | 1990 | W | 0:51:24,3 | 2 | 5 | 43 |
| 8 | August Becker | DJK Ochtendung | 1950 | M 65 | 0:51:30,6 | 3 | 39 | 44 |
| 168 | Achim Görg | TuS Mogendorf | 1961 | M 55 | 0:52:33,8 | 6 | 40 | 45 |
| 178 | Andrea Gottwald | | 1976 | W 40 | 0:52:52,6 | 1 | 6 | 46 |
| 42 | Nicole Riedling | | 1982 | W 35 | 0:52:56,3 | 1 | 7 | 47 |
| 7 | Dominic Arenth | TV 1878 Hornbach e.V. | 1978 | M 40 | 0:53:08,3 | 4 | 41 | 48 |
| 11 | Heike Bruchof | SG Neuhäusel | 1957 | W 60 | 0:53:35,3 | 1 | 8 | 49 |
| 186 | Herbert Esper | LG Laacher See | 1954 | M 65 | 0:53:53,6 | 4 | 42 | 50 |
| 173 | Gerhard Schug | Komzeptum | 1964 | M 55 | 0:54:11,8 | 7 | 43 | 51 |
| 138 | Dorothee Schäper | DieWand | 1970 | W 45 | 0:54:21,8 | 1 | 9 | 52 |
| 137 | Frank Kracht | DieWand | 1970 | M 45 | 0:54:22,1 | 5 | 44 | 53 |
| 171 | Olaf Janzen | | 1952 | M 65 | 0:54:27,3 | 5 | 45 | 54 |
| 188 | Anne Blum | SV Weitersburg Lauftreff | 1978 | W 40 | 0:54:54,1 | 2 | 10 | 55 |

| Start-Nr. | Name | Verein/Ort | Jahrgang | Klasse | Endzeit | Platz Klasse | Platz Geschl. | Platz gesamt |
|-----------|-----------------------|---------------------------|----------|--------|-----------|--------------|---------------|--------------|
| 38 | Paul Nikonov | PaNik | 1987 | M 30 | 0:55:33,1 | 6 | 46 | 56 |
| 37 | Viola Nicodemus | Boppard | 1967 | W 50 | 0:55:48,1 | 2 | 11 | 57 |
| 44 | Walter Schlappa | SV Urmitz | 1953 | M 65 | 0:56:06,1 | 6 | 47 | 58 |
| 185 | Marc Alt | | 1972 | M 45 | 0:56:14,3 | 6 | 48 | 59 |
| 18 | Sascha Henkes | | 1991 | M | 0:57:00,5 | 3 | 49 | 60 |
| 43 | Michael Röder | DJK Ochtendung | 1972 | M 45 | 0:57:10,0 | 7 | 50 | 61 |
| 3 | Manuel Jasch | Labor Koblenz | 1991 | M | 0:57:13,1 | 4 | 51 | 62 |
| 5 | Carmen Schmidt | Labor Koblenz | 1992 | W | 0:57:13,5 | 3 | 12 | 63 |
| 183 | Alexandra Stadtmüller | | 1975 | W 40 | 0:57:14,1 | 3 | 13 | 64 |
| 25 | Edgar Kurtze | LG HSC Gamlen-RSC U-Mosel | 1956 | M 60 | 0:57:39,0 | 4 | 52 | 65 |
| 54 | Carlo Thielen | Triathlon Team Eltville | 1944 | M 75 | 0:57:41,3 | 1 | 53 | 66 |
| 23 | Doreen Köhler | LG Laacher See | 1983 | W 35 | 0:57:45,5 | 2 | 14 | 67 |
| 174 | Erich Pabst | DRK Koblenz | 1953 | M 65 | 0:58:13,8 | 7 | 54 | 68 |
| 55 | Conny Wahl | SRL Triathlon Koblenz | 1972 | W 45 | 0:58:24,8 | 2 | 15 | 69 |
| 192 | Ingo Pries | LT Höhr-Grenzhausen | 1960 | M 55 | 0:58:26,0 | 8 | 55 | 70 |
| 189 | Anke Korn | SRL Triathlon Koblenz | 1963 | W 55 | 0:58:27,5 | 2 | 16 | 71 |
| 10 | Angelika Blettner | LT Untermosel | 1954 | W 65 | 0:58:40,8 | 1 | 17 | 72 |
| 40 | Oliver Noack | FlipFlop | 1970 | M 45 | 0:58:46,3 | 8 | 56 | 73 |
| 28 | Jola Lempa | | 1974 | W 45 | 0:59:01,3 | 3 | 18 | 74 |
| 27 | Nicole Leib | | 1976 | W 40 | 0:59:01,8 | 4 | 19 | 75 |
| 52 | Steffi Stephan | DJK Ochtendung | 1967 | W 50 | 0:59:18,3 | 3 | 20 | 76 |
| 177 | Robin Mankisch | | 1990 | M | 0:59:54,5 | 5 | 57 | 77 |
| 193 | Matthias Krach | LG Fernsehturm | 1991 | M | 1:00:02,3 | 6 | 58 | 78 |
| 39 | Nina Noack | FlipFlop | 1971 | W 45 | 1:00:17,3 | 4 | 21 | 79 |
| 29 | Anja Lenzen | FlipFlop | 1969 | W 50 | 1:00:18,8 | 4 | 22 | 80 |
| 6 | Marcus Albiez | | 1971 | M 45 | 1:01:21,3 | 9 | 59 | 81 |
| 175 | Dirk Buschmann | Nastätten | 1963 | M 55 | 1:01:35,8 | 9 | 60 | 82 |
| 16 | Nikola Gotschlich | | 1992 | W | 1:03:22,5 | 4 | 23 | 83 |
| 9 | Lisa Berger | TuS Koblenz Laufsport | 1961 | W 55 | 1:09:06,2 | 3 | 24 | 84 |
| 50 | Karin Simon | | 1958 | W 60 | 1:10:14,4 | 2 | 25 | 85 |
| 30 | Willi Lörsh | LG Laachee See | 1950 | M 65 | 1:14:04,7 | 8 | 61 | 86 |
| 48 | Yuk Ying Schoor | | 1951 | W 65 | 1:18:40,4 | 2 | 26 | 87 |
| 56 | Thea Watzling | LT TuS Lonnig | 1948 | W 70 | 1:22:25,1 | 1 | 27 | 88 |

10000 m - Hauptlauf nach Altersklassen

| Start-Nr. | Name | Verein/Ort | Jahrgang | Klasse | Endzeit | Platz Klasse | Platz Geschl. | Platz gesamt |
|-----------|----------------------|-------------------------------|----------|--------|-----------|--------------|---------------|--------------|
| 14 | Dennis Futterlieb | CGM Arena | 1992 | M | 0:38:53,3 | 1 | 2 | 3 |
| 60 | Maurice Winkler | Hotel am Landeshaus Wiesbaden | 1998 | M | 0:42:13,2 | 2 | 11 | 12 |
| 18 | Sascha Henkes | | 1991 | M | 0:57:00,5 | 3 | 49 | 60 |
| 3 | Manuel Jasch | Labor Koblenz | 1991 | M | 0:57:13,1 | 4 | 51 | 62 |
| 177 | Robin Mankisch | | 1990 | M | 0:59:54,5 | 5 | 57 | 77 |
| 193 | Matthias Krach | LG Fernsehturm | 1991 | M | 1:00:02,3 | 6 | 58 | 78 |
| 58 | Fabian Weidung | SV Urmitz | 1987 | M 30 | 0:43:13,0 | 1 | 15 | 16 |
| 13 | Tobi Düx | Mitläufer Müllenbach | 1985 | M 30 | 0:43:26,2 | 2 | 16 | 17 |
| 17 | Benedikt Hamm | Lahnstein | 1986 | M 30 | 0:46:05,9 | 3 | 22 | 23 |
| 22 | Tom Koch | DJK Marienstatt | 1985 | M 30 | 0:47:13,9 | 4 | 27 | 29 |
| 176 | Rene Buschmann | VfR Eintracht Koblenz | 1989 | M 30 | 0:49:32,9 | 5 | 35 | 37 |
| 38 | Paul Nikonov | PaNik | 1987 | M 30 | 0:55:33,1 | 6 | 46 | 56 |
| 191 | Andreas Jeschke | SRL Triathlon Koblenz | 1980 | M 35 | 0:37:04,9 | 1 | 1 | 1 |
| 15 | Marc Gewehr | LLG Hunsrück | 1980 | M 35 | 0:40:28,2 | 2 | 4 | 5 |
| 72 | Tobias Braum | #VegRenner | 1981 | M 35 | 0:41:43,0 | 3 | 9 | 10 |
| 33 | Thomas Meurer | TuS Koblenz Laufsport | 1981 | M 35 | 0:42:13,3 | 4 | 12 | 13 |
| 45 | Markus Schmitt | LG HSC Gamlen-RSC U-Mosel | 1980 | M 35 | 0:42:41,2 | 5 | 13 | 14 |
| 32 | Christian Manke | KompetenzZentrum Kastellaun | 1976 | M 40 | 0:45:14,9 | 1 | 19 | 20 |
| 41 | Alexander Retzlaff | TV Weißenthurm | 1977 | M 40 | 0:46:51,4 | 2 | 26 | 27 |
| 31 | Stefan Maas | | 1977 | M 40 | 0:48:15,9 | 3 | 30 | 32 |
| 7 | Dominic Arenth | TV 1878 Hornbach e.V. | 1978 | M 40 | 0:53:08,3 | 4 | 41 | 48 |
| 134 | Holger Bleuel | Labor Koblenz | 1971 | M 45 | 0:40:40,0 | 1 | 6 | 7 |
| 184 | Jörn Daleki | LT SV Weitersburg | 1971 | M 45 | 0:41:51,7 | 2 | 10 | 11 |
| 151 | Marcus Schmidt | | 1971 | M 45 | 0:46:00,1 | 3 | 21 | 22 |
| 169 | Tim Becker | Schenkendorfschule | 1970 | M 45 | 0:46:08,1 | 4 | 24 | 25 |
| 137 | Frank Kracht | DieWand | 1970 | M 45 | 0:54:22,1 | 5 | 44 | 53 |
| 185 | Marc Alt | | 1972 | M 45 | 0:56:14,3 | 6 | 48 | 59 |
| 43 | Michael Röder | DJK Ochtendung | 1972 | M 45 | 0:57:10,0 | 7 | 50 | 61 |
| 40 | Oliver Noack | FlipFlop | 1970 | M 45 | 0:58:46,3 | 8 | 56 | 73 |
| 6 | Marcus Albiez | | 1971 | M 45 | 1:01:21,3 | 9 | 59 | 81 |
| 194 | Karsten Von Lojewski | LG Westerwald | 1967 | M 50 | 0:39:44,0 | 1 | 3 | 4 |
| 181 | Gerald Pannek | Lahnstein | 1967 | M 50 | 0:40:36,7 | 2 | 5 | 6 |

| Start-Nr. | Name | Verein/Ort | Jahrgang | Klasse | Endzeit | Platz Klasse | Platz Geschl. | Platz gesamt |
|-----------|-----------------------|--------------------------------|----------|--------|-----------|--------------|---------------|--------------|
| 190 | Jürgen Rudolph | SRL Triathlon Koblenz | 1966 | M 50 | 0:40:48,7 | 3 | 7 | 8 |
| 167 | Helmut Normann | SG Neuhäusel | 1967 | M 50 | 0:41:19,2 | 4 | 8 | 9 |
| 12 | Gerd Clemens | TuS 05 Daun | 1969 | M 50 | 0:44:31,9 | 5 | 18 | 19 |
| 182 | Stefan Dietz | | 1969 | M 50 | 0:47:19,1 | 6 | 28 | 30 |
| 35 | Bernd Mohr | | 1969 | M 50 | 0:48:26,1 | 7 | 31 | 33 |
| 165 | Jörg Busch | Running Team Irish Pub Koblenz | 1967 | M 50 | 0:48:36,4 | 8 | 32 | 34 |
| 36 | Andreas Neeb | TSV Lehmen | 1965 | M 50 | 0:49:47,9 | 9 | 36 | 39 |
| 19 | Herry Hens | Mitläufer Müllenbach | 1963 | M 55 | 0:43:41,2 | 1 | 17 | 18 |
| 180 | Andreas Bomm | LT SV Weitersburg | 1964 | M 55 | 0:45:37,7 | 2 | 20 | 21 |
| 53 | Markus Ströher | Münz Lauftreff Westerwald | 1964 | M 55 | 0:46:06,6 | 3 | 23 | 24 |
| 179 | Gerd-Peter Seidel | TV Wiederschedden | 1962 | M 55 | 0:46:50,9 | 4 | 25 | 26 |
| 49 | Thomas Schütz | LA TuS Mayen | 1964 | M 55 | 0:49:53,6 | 5 | 37 | 40 |
| 168 | Achim Görg | TuS Mogendorf | 1961 | M 55 | 0:52:33,8 | 6 | 40 | 45 |
| 173 | Gerhard Schug | Komzeptum | 1964 | M 55 | 0:54:11,8 | 7 | 43 | 51 |
| 192 | Ingo Pries | LT Höhr-Grenzhausen | 1960 | M 55 | 0:58:26,0 | 8 | 55 | 70 |
| 175 | Dirk Buschmann | Nastätten | 1963 | M 55 | 1:01:35,8 | 9 | 60 | 82 |
| 170 | Alfred Lay | SG Neuhäusel | 1959 | M 60 | 0:47:57,6 | 1 | 29 | 31 |
| 187 | Josef Junge | | 1955 | M 60 | 0:48:49,6 | 2 | 33 | 35 |
| 59 | Roland Wesche | LG Laacher See | 1957 | M 60 | 0:50:46,4 | 3 | 38 | 42 |
| 25 | Edgar Kurtze | LG HSC Gamlen-RSC U-Mosel | 1956 | M 60 | 0:57:39,0 | 4 | 52 | 65 |
| 26 | Arno Laengner | SG Neuhäusel | 1954 | M 65 | 0:42:45,2 | 1 | 14 | 15 |
| 172 | Jürgen Kalbitzer | Neuwied | 1953 | M 65 | 0:49:19,1 | 2 | 34 | 36 |
| 8 | August Becker | DJK Ochtendung | 1950 | M 65 | 0:51:30,6 | 3 | 39 | 44 |
| 186 | Herbert Esper | LG Laacher See | 1954 | M 65 | 0:53:53,6 | 4 | 42 | 50 |
| 171 | Olaf Janzen | | 1952 | M 65 | 0:54:27,3 | 5 | 45 | 54 |
| 44 | Walter Schlappa | SV Urmitz | 1953 | M 65 | 0:56:06,1 | 6 | 47 | 58 |
| 174 | Erich Pabst | DRK Koblenz | 1953 | M 65 | 0:58:13,8 | 7 | 54 | 68 |
| 30 | Willi Lörsch | LG Laachee See | 1950 | M 65 | 1:14:04,7 | 8 | 61 | 86 |
| 54 | Carlo Thielen | Triathlon Team Eltville | 1944 | M 75 | 0:57:41,3 | 1 | 53 | 66 |
| 46 | Tina Schneider | TuS Deuz | 1990 | W | 0:38:24,0 | 1 | 1 | 2 |
| 57 | Carina Weber | | 1990 | W | 0:51:24,3 | 2 | 5 | 43 |
| 5 | Carmen Schmidt | Labor Koblenz | 1992 | W | 0:57:13,5 | 3 | 12 | 63 |
| 16 | Nikola Gotschlich | | 1992 | W | 1:03:22,5 | 4 | 23 | 83 |
| 4 | Jenny Leifheit | Labor Koblenz | 1985 | W 30 | 0:50:04,1 | 1 | 4 | 41 |
| 42 | Nicole Riedling | | 1982 | W 35 | 0:52:56,3 | 1 | 7 | 47 |
| 23 | Doreen Köhler | LG Laacher See | 1983 | W 35 | 0:57:45,5 | 2 | 14 | 67 |
| 178 | Andrea Gottwald | | 1976 | W 40 | 0:52:52,6 | 1 | 6 | 46 |
| 188 | Anne Blum | LT SV Weitersburg | 1978 | W 40 | 0:54:54,1 | 2 | 10 | 55 |
| 183 | Alexandra Stadtmüller | | 1975 | W 40 | 0:57:14,1 | 3 | 13 | 64 |
| 27 | Nicole Leib | | 1976 | W 40 | 0:59:01,8 | 4 | 19 | 75 |
| 138 | Dorothee Schäper | DieWand | 1970 | W 45 | 0:54:21,8 | 1 | 9 | 52 |
| 55 | Conny Wahl | SRL Triathlon Koblenz | 1972 | W 45 | 0:58:24,8 | 2 | 15 | 69 |
| 28 | Jola Lempa | | 1974 | W 45 | 0:59:01,3 | 3 | 18 | 74 |
| 39 | Nina Noack | FlipFlop | 1971 | W 45 | 1:00:17,3 | 4 | 21 | 79 |
| 2 | Bettina Hildebrandt | Labor Koblenz | 1967 | W 50 | 0:46:58,1 | 1 | 2 | 28 |
| 37 | Viola Nicodemus | Boppard | 1967 | W 50 | 0:55:48,1 | 2 | 11 | 57 |
| 52 | Steffi Stephan | DJK Ochtendung | 1967 | W 50 | 0:59:18,3 | 3 | 20 | 76 |
| 29 | Anja Lenzen | FlipFlop | 1969 | W 50 | 1:00:18,8 | 4 | 22 | 80 |
| 166 | Elisabeth Kaiser | Latus Mayen | 1963 | W 55 | 0:49:38,4 | 1 | 3 | 38 |
| 189 | Anke Korn | SRL Triathlon Koblenz | 1963 | W 55 | 0:58:27,5 | 2 | 16 | 71 |
| 9 | Lisa Berger | TuS Koblenz Laufsport | 1961 | W 55 | 1:09:06,2 | 3 | 24 | 84 |
| 11 | Heike Bruchof | SG Neuhäusel | 1957 | W 60 | 0:53:35,3 | 1 | 8 | 49 |
| 50 | Karin Simon | | 1958 | W 60 | 1:10:14,4 | 2 | 25 | 85 |
| 10 | Angelika Blettner | LT Untermosel | 1954 | W 65 | 0:58:40,8 | 1 | 17 | 72 |
| 48 | Yuk Ying Schoor | | 1951 | W 65 | 1:18:40,4 | 2 | 26 | 87 |
| 56 | Thea Watzling | LT TuS Lonnig | 1948 | W 70 | 1:22:25,1 | 1 | 27 | 88 |

| Gemischte Mannschaftswertung 10 km - Hauptlauf | | | |
|--|-----------------------|----------|-------|
| Name | Verein/Ort | Endzeit | Platz |
| Andreas Jeschke | SRL Triathlon Koblenz | 02:16:18 | 1 |
| Jürgen Rudolph | | | |
| Conny Wahl | | | |
| Helmut Normann | SG Neuhäusel | 02:17:39 | 2 |
| Arno Laengner | | | |
| Heike Bruchhof | | | |
| Holger Bleuel | Labor Koblenz | 02:17:42 | 3 |
| Bettina Hildebrandt | | | |
| Jenny Leifheit | | | |
| Jörn Daleki | LT SV Weitersburg | 02:22:23 | 4 |
| Andreas Bromm | | | |
| Anne Blum | | | |
| Roland Wesche | LG Laacher See | 02:42:25 | 5 |
| Herbert Esper | | | |
| Doreen Köhler | | | |
| August Becker | DJK Ochtendung | 02:47:58 | 6 |
| Michael Röder | | | |
| Steffi Stephan | | | |
| Oliver Noack | FlipFlop | 02:59:22 | 7 |
| Nina Noack | | | |
| Anja Lenzen | | | |