

Einlaufliste 10 km Hauptlauf Frauen/Männer

| Pfg. | Name | Vorname | Verein / Ort | AK | Pos | Zielzeit | Jg | Strn. |
|------|--------------|-----------|------------------------------|-----|-----|----------------|------|-------|
| 1. | Wolf | Kevin | Group-Fitness-Instructor | M40 | 1 | 0:37:23 | 1978 | 362 |
| 2. | Plag | Sören | LC Mengerskirchen | M30 | 1 | 0:38:05 | 1985 | 340 |
| 3. | Penner | Vadim | LG HSC Gamlen-RSC Untermosel | M45 | 1 | 0:40:14 | 1973 | 396 |
| 4. | Volk | Matthias | X-Sport Kastellaun | M30 | 2 | 0:40:34 | 1987 | 357 |
| 5. | Lüsebrink | Jan | Triathlon-Team Rhein-Nahe | M30 | 3 | 0:40:58 | 1986 | 333 |
| 6. | Radke | Mario | SRL Triathlon Koblenz | M50 | 1 | 0:41:43 | 1967 | 342 |
| 7. | Schorsch | Christian | TSG Eppstein | M40 | 2 | 0:42:07 | 1974 | 384 |
| 8. | Pulvermacher | Viola | LG Laacher See | W20 | 1 | 0:42:51 | 1999 | 379 |
| 9. | Pannek | Gerald | Lahnstein | M50 | 2 | 0:43:10 | 1967 | 385 |
| 10. | Klein | Uwe | Sportfreunde Neustadt | M45 | 2 | 0:43:28 | 1972 | 391 |
| 11. | Hellebrand | Diana | Meddys LWT Koblenz | W40 | 1 | 0:43:49 | 1977 | 320 |
| 12. | Menzel | Mathias | Urbar | M40 | 3 | 0:44:38 | 1978 | 338 |
| 13. | Schmitz | Hermann | SPVGG Nickenich | M55 | 1 | 0:44:41 | 1962 | 398 |
| 14. | Laengner | Arno | SG Neuhäusel | M60 | 1 | 0:44:52 | 1954 | 330 |
| 15. | Hägele | Daniel | Koblenz | M35 | 1 | 0:45:32 | 1981 | 319 |
| 16. | Winterscheid | Sven | Czybulka Physiotherapie | M20 | 1 | 0:45:35 | 1996 | 361 |
| 17. | Bossert | Ralf | Westerwald Bank | M65 | 1 | 0:46:11 | 1951 | 302 |
| 18. | Schrömges | Manfred | SRL Triathlon Koblenz | M50 | 3 | 0:46:51 | 1967 | 350 |
| 19. | Schmidt | Dirk | Team Erdinger Alkoholfrei | M40 | 4 | 0:47:01 | 1974 | 392 |
| 20. | Schmitt | Manfred | LG Laacher See | M55 | 2 | 0:47:31 | 1961 | 401 |
| 21. | Lackmann | Andreas | Go! Do Sports! Dueren | M35 | 2 | 0:47:44 | 1982 | 373 |
| 22. | Grell | Mathias | LG Laacher See | M40 | 5 | 0:48:11 | 1978 | 316 |
| 23. | Albert | Frank | Kerben | M35 | 3 | 0:48:26 | 1979 | 382 |
| 24. | Friebe | Jan | Bundeswehr | M35 | 4 | 0:48:43 | 1981 | 314 |
| 25. | Exner | Tobias | Koblenz | M35 | 5 | 0:48:46 | 1983 | 310 |
| 26. | Kalbitzer | Jürgen | Feldkirchen | M65 | 2 | 0:48:49 | 1953 | 388 |
| 27. | Marx | Michael | Koblenz | M20 | 2 | 0:49:19 | 1991 | 335 |
| 28. | Schmidt | Marcus | | M45 | 3 | 0:50:48 | 1971 | 386 |
| 29. | Hampel | Fritz | LT TuS Lonnig | M65 | 3 | 0:51:43 | 1952 | 404 |
| 30. | Czybulka | Lea | Czybulka Physiotherapie | W35 | 1 | 0:51:47 | 1982 | 305 |
| 31. | Nicklas | Aruna | Koblenz | W45 | 1 | 0:51:48 | 1970 | 339 |
| 32. | Tautz | Peter | Bendorf | M60 | 2 | 0:52:09 | 1956 | 354 |
| 33. | Ihlenburg | Jana | Physiotherapie | W20 | 2 | 0:52:55 | 1991 | 323 |
| 34. | Mäurer | Bernd | TV Jahn Eitelborn | M65 | 4 | 0:53:12 | 1952 | 336 |
| 35. | Thome | Niko | Meddys LWT Koblenz | M50 | 4 | 0:53:19 | 1966 | 355 |
| 36. | Becker | Evelyn | LG Laacher See | W30 | 1 | 0:53:27 | 1988 | 394 |
| 37. | Kras | Denis | LT Mittelrhein Koblenz | M45 | 4 | 0:53:45 | 1972 | 365 |
| 38. | Jurisch | Detlef | Langenbach b. K. | M50 | 5 | 0:53:53 | 1964 | 326 |
| 39. | Becker | August | DJK Ochtendung | M65 | 5 | 0:54:00 | 1950 | 377 |
| 40. | Erfeldt | Reinhard | Großmaiseid | M60 | 3 | 0:54:20 | 1956 | 308 |
| 41. | Zell | Christoph | SV Oppenheim | M55 | 3 | 0:54:45 | 1962 | 375 |
| 42. | Schug | Gerhard | | M50 | 6 | 0:54:59 | 1964 | 402 |
| 43. | Schrömges | Heike | SRL Triathlon Koblenz | W50 | 1 | 0:55:00 | 1965 | 349 |
| 44. | Ellner | Andreas | LA TUS MAYEN | M40 | 6 | 0:55:18 | 1976 | 306 |
| 45. | Bruchof | Heike | Ski Verein Wolpertinger | W60 | 1 | 0:56:17 | 1957 | 303 |
| 46. | Mengelkoch | Marco | Koblenz | M35 | 6 | 0:56:20 | 1981 | 337 |
| 47. | Marake | Bernhard | Meddys LWT Koblenz | M70 | 1 | 0:56:25 | 1945 | 334 |
| 48. | Krumscheid | Sarah | Roadkiller | W30 | 2 | 0:56:28 | 1985 | 400 |
| 49. | Fischer | Tonia | LG Maifeld-Pellenz | W60 | 2 | 0:56:30 | 1956 | 312 |
| 50. | Stockkamp | Matthias | Osnabrück | M35 | 7 | 0:56:34 | 1982 | 352 |
| 51. | Rausch-Radke | Susanne | LG Daubach | W45 | 2 | 0:56:45 | 1969 | 344 |
| 52. | Berdux | Dieter | TSG Eppstein | M60 | 4 | 0:57:16 | 1956 | 376 |
| 53. | Litty | Lars | VfB Polch | M35 | 8 | 0:57:43 | 1982 | 380 |
| 54. | Freytmuth | Jürgen | IAC Düren | M65 | 6 | 0:58:03 | 1949 | 313 |

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|-------------|-----------------|----------------|---------------------------------------|-----------|------------|-----------------|-----------|--------------|
| 55. | Rüddel | Erwin | LG Rhein-Wied | M60 | 5 | 0:59:20 | 1955 | 345 |
| 56. | Gehrlein | Christina | Rheinzabern | W35 | 2 | 0:59:56 | 1982 | 315 |
| 57. | Waldschmidt | Heike | TV Heddesdorf | W50 | 2 | 1:00:27 | 1966 | 359 |
| 57. | Zirwes | Günter | Meddy's LWT Koblenz | M50 | 7 | 1:00:27 | 1966 | 363 |
| 57. | Espenlaub | Guido | TV Gladbach 1894 | M50 | 7 | 1:00:27 | 1965 | 309 |
| 60. | Mertgen | Bernd | TV Honnefeld | M70 | 2 | 1:00:45 | 1944 | 378 |
| 61. | Gans | Ulrich | ASG Altenkirchen | M80 | 1 | 1:00:48 | 1937 | 372 |
| 62. | Lorenz | Günter | LT MG-Volksgarten | M65 | 7 | 1:01:18 | 1950 | 332 |
| 63. | Schaffrath | Ilona | TV Kuchenheim | W40 | 2 | 1:01:44 | 1977 | 381 |
| 64. | Rau | Siegfried | TV 1911 Trimbs | M55 | 4 | 1:01:46 | 1959 | 343 |
| 65. | Schäfer | Stephanie | Engers | W35 | 3 | 1:03:04 | 1982 | 348 |
| 65. | Steffenfauseweh | Julia | Neuwied | W35 | 3 | 1:03:04 | 1981 | 351 |
| 67. | Hoffmann | Elke | LT Mittelrhein Koblenz | W60 | 3 | 1:03:55 | 1958 | 321 |
| 68. | Kurtze | Edgar | SV Hambuch | M60 | 6 | 1:04:29 | 1956 | 329 |
| 69. | Weinreich | Monika | Meddy´s Lauf-und Walkingtreff Koblenz | W35 | 5 | 1:04:31 | 1983 | 360 |
| 70. | Zumkley | Stephan | LT MG-Volksgarten | M60 | 7 | 1:05:34 | 1957 | 403 |
| 71. | Viert | Wolfgang | Schauren | M75 | 1 | 1:08:01 | 1941 | 356 |
| 72. | Berger | Gunter | LG Ponzfeld-Lünebach | M75 | 2 | 1:11:18 | 1941 | 301 |
| 73. | Jumpertz | Michael | Bendorf | M45 | 5 | 1:12:18 | 1973 | 325 |
| 74. | Ibald | Marcus | Heimbach-Weis | M50 | 9 | 1:12:31 | 1968 | 389 |
| 75. | Burs | Martin | TV Engers | M45 | 6 | 1:17:17 | 1970 | 304 |
| 76. | Stockkamp | Angelika | Osnabrück | W45 | 3 | 1:17:25 | 1973 | 353 |
| 77. | Kras | Peter | LT-Mittelrhein | M65 | 8 | 1:17:45 | 1951 | 328 |
| 78. | Wald | Thomas | SV Urmitz | M55 | 5 | 1:18:25 | 1961 | 358 |
| 79. | Lörsch | Willi | Laacher See | M65 | 9 | 1:19:11 | 1950 | 395 |
| 80. | Metzelder | Hans | Lauffreunde Montabaur | M80 | 2 | 1:21:53 | 1938 | 405 |

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| 1. | Pulvermacher | Viola | LG Laacher See | W20 | 1 | 0:42:51 | 1999 | 379 |
| 2. | Hellebrand | Diana | Meddys LWT Koblenz | W40 | 1 | 0:43:49 | 1977 | 320 |
| 3. | Czybulka | Lea | Czybulka Physiotherapie | W35 | 1 | 0:51:47 | 1982 | 305 |
| 4. | Nicklas | Aruna | Koblenz | W45 | 1 | 0:51:48 | 1970 | 339 |
| 5. | Ihlenburg | Jana | Physiotherapie | W20 | 2 | 0:52:55 | 1991 | 323 |
| 6. | Becker | Evelyn | LG Laacher See | W30 | 1 | 0:53:27 | 1988 | 394 |
| 7. | Schrömgies | Heike | SRL Triathlon Koblenz | W50 | 1 | 0:55:00 | 1965 | 349 |
| 8. | Bruchof | Heike | Ski Verein Wolpertinger | W60 | 1 | 0:56:17 | 1957 | 303 |
| 9. | Krumscheid | Sarah | Roadkiller | W30 | 2 | 0:56:28 | 1985 | 400 |
| 10. | Fischer | Tonia | LG Maifeld-Pellenz | W60 | 2 | 0:56:30 | 1956 | 312 |
| 11. | Rausch-Radke | Susanne | LG Daubach | W45 | 2 | 0:56:45 | 1969 | 344 |
| 12. | Gehrlein | Christina | Rheinzabern | W35 | 2 | 0:59:56 | 1982 | 315 |
| 13. | Waldschmidt | Heike | TV Heddesdorf | W50 | 2 | 1:00:27 | 1966 | 359 |
| 14. | Schaffrath | Ilona | TV Kuchenheim | W40 | 2 | 1:01:44 | 1977 | 381 |
| 15. | Schäfer | Stephanie | Engers | W35 | 3 | 1:03:04 | 1982 | 348 |
| 15. | Steffenfauseweh | Julia | Neuwied | W35 | 3 | 1:03:04 | 1981 | 351 |
| 17. | Hoffmann | Elke | LT Mittelrhein Koblenz | W60 | 3 | 1:03:55 | 1958 | 321 |
| 18. | Weinreich | Monika | Meddy´s Lauf-und Walkingtreff Koblenz | W35 | 5 | 1:04:31 | 1983 | 360 |
| 19. | Stockkamp | Angelika | Osnabrück | W45 | 3 | 1:17:25 | 1973 | 353 |
| 1. | Wolf | Kevin | Group-Fitness-Instructor | M40 | 1 | 0:37:23 | 1978 | 362 |
| 2. | Plag | Sören | LC Mengerskirchen | M30 | 1 | 0:38:05 | 1985 | 340 |
| 3. | Penner | Vadim | LG HSC Gamlen-RSC Untermosel | M45 | 1 | 0:40:14 | 1973 | 396 |
| 4. | Volk | Matthias | X-Sport Kastellaun | M30 | 2 | 0:40:34 | 1987 | 357 |
| 5. | Lüsebrink | Jan | Triathlon-Team Rhein-Nahe | M30 | 3 | 0:40:58 | 1986 | 333 |
| 6. | Radke | Mario | SRL Triathlon Koblenz | M50 | 1 | 0:41:43 | 1967 | 342 |
| 7. | Schorsch | Christian | TSG Eppstein | M40 | 2 | 0:42:07 | 1974 | 384 |
| 8. | Pannek | Gerald | Lahnstein | M50 | 2 | 0:43:10 | 1967 | 385 |
| 9. | Klein | Uwe | Sportfreunde Neustadt | M45 | 2 | 0:43:28 | 1972 | 391 |
| 10. | Menzel | Mathias | Urbar | M40 | 3 | 0:44:38 | 1978 | 338 |
| 11. | Schmitz | Hermann | SPVGG Nickenich | M55 | 1 | 0:44:41 | 1962 | 398 |
| 12. | Laengner | Arno | SG Neuhäusel | M60 | 1 | 0:44:52 | 1954 | 330 |
| 13. | Hägele | Daniel | Koblenz | M35 | 1 | 0:45:32 | 1981 | 319 |
| 14. | Winterscheid | Sven | Czybulka Physiotherapie | M20 | 1 | 0:45:35 | 1996 | 361 |
| 15. | Bossert | Ralf | Westerwald Bank | M65 | 1 | 0:46:11 | 1951 | 302 |
| 16. | Schrömgies | Manfred | SRL Triathlon Koblenz | M50 | 3 | 0:46:51 | 1967 | 350 |
| 17. | Schmidt | Dirk | Team Erdinger Alkoholfrei | M40 | 4 | 0:47:01 | 1974 | 392 |
| 18. | Schmitt | Manfred | LG Laacher See | M55 | 2 | 0:47:31 | 1961 | 401 |
| 19. | Lackmann | Andreas | Go! Do Sports! Dueren | M35 | 2 | 0:47:44 | 1982 | 373 |
| 20. | Grell | Mathias | LG Laacher See | M40 | 5 | 0:48:11 | 1978 | 316 |
| 21. | Albert | Frank | Kerben | M35 | 3 | 0:48:26 | 1979 | 382 |
| 22. | Friebe | Jan | Bundeswehr | M35 | 4 | 0:48:43 | 1981 | 314 |
| 23. | Exner | Tobias | Koblenz | M35 | 5 | 0:48:46 | 1983 | 310 |
| 24. | Kalbitzer | Jürgen | Feldkirchen | M65 | 2 | 0:48:49 | 1953 | 388 |
| 25. | Marx | Michael | Koblenz | M20 | 2 | 0:49:19 | 1991 | 335 |
| 26. | Schmidt | Marcus | | M45 | 3 | 0:50:48 | 1971 | 386 |
| 27. | Hampel | Fritz | LT TuS Lonngig | M65 | 3 | 0:51:43 | 1952 | 404 |
| 28. | Tautz | Peter | Bendorf | M60 | 2 | 0:52:09 | 1956 | 354 |
| 29. | Mäurer | Bernd | TV Jahn Eitelborn | M65 | 4 | 0:53:12 | 1952 | 336 |
| 30. | Thome | Niko | Meddys LWT Koblenz | M50 | 4 | 0:53:19 | 1966 | 355 |
| 31. | Kras | Denis | LT Mittelrhein Koblenz | M45 | 4 | 0:53:45 | 1972 | 365 |
| 32. | Jurisch | Detlef | Langenbach b. K. | M50 | 5 | 0:53:53 | 1964 | 326 |
| 33. | Becker | August | DJK Ochtendung | M65 | 5 | 0:54:00 | 1950 | 377 |
| 34. | Erfeldt | Reinhard | Großmaischeid | M60 | 3 | 0:54:20 | 1956 | 308 |

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| 35. | Zell | Christoph | SV Oppenheim | M55 | 3 | 0:54:45 | 1962 | 375 |
| 36. | Schug | Gerhard | | M50 | 6 | 0:54:59 | 1964 | 402 |
| 37. | Ellner | Andreas | LA TUS MAYEN | M40 | 6 | 0:55:18 | 1976 | 306 |
| 38. | Mengelkoch | Marco | Koblenz | M35 | 6 | 0:56:20 | 1981 | 337 |
| 39. | Marake | Bernhard | Meddys LWT Koblenz | M70 | 1 | 0:56:25 | 1945 | 334 |
| 40. | Stockkamp | Matthias | Osnabrück | M35 | 7 | 0:56:34 | 1982 | 352 |
| 41. | Berdux | Dieter | TSG Eppstein | M60 | 4 | 0:57:16 | 1956 | 376 |
| 42. | Litty | Lars | VfB Polch | M35 | 8 | 0:57:43 | 1982 | 380 |
| 43. | Freytmuth | Jürgen | IAC Düren | M65 | 6 | 0:58:03 | 1949 | 313 |
| 44. | Rüddel | Erwin | LG Rhein-Wied | M60 | 5 | 0:59:20 | 1955 | 345 |
| 45. | Zirwes | Günter | Meddy's LWT Koblenz | M50 | 7 | 1:00:27 | 1966 | 363 |
| 45. | Espenlaub | Guido | TV Gladbach 1894 | M50 | 7 | 1:00:27 | 1965 | 309 |
| 47. | Mertgen | Bernd | TV Honnefeld | M70 | 2 | 1:00:45 | 1944 | 378 |
| 48. | Gans | Ulrich | ASG Altenkirchen | M80 | 1 | 1:00:48 | 1937 | 372 |
| 49. | Lorenz | Günter | LT MG-Volksgarten | M65 | 7 | 1:01:18 | 1950 | 332 |
| 50. | Rau | Siegfried | TV 1911 Trimbs | M55 | 4 | 1:01:46 | 1959 | 343 |
| 51. | Kurtze | Edgar | SV Hambuch | M60 | 6 | 1:04:29 | 1956 | 329 |
| 52. | Zumkley | Stephan | LT MG-Volksgarten | M60 | 7 | 1:05:34 | 1957 | 403 |
| 53. | Viert | Wolfgang | Schauren | M75 | 1 | 1:08:01 | 1941 | 356 |
| 54. | Berger | Gunter | LG Ponzfeld-Lünebach | M75 | 2 | 1:11:18 | 1941 | 301 |
| 55. | Jumpertz | Michael | Bendorf | M45 | 5 | 1:12:18 | 1973 | 325 |
| 56. | Ibald | Marcus | Heimbach-Weis | M50 | 9 | 1:12:31 | 1968 | 389 |
| 57. | Burs | Martin | TV Engers | M45 | 6 | 1:17:17 | 1970 | 304 |
| 58. | Kras | Peter | LT-Mittelrhein | M65 | 8 | 1:17:45 | 1951 | 328 |
| 59. | Wald | Thomas | SV Urmitz | M55 | 5 | 1:18:25 | 1961 | 358 |
| 60. | Lörsch | Willi | Laacher See | M65 | 9 | 1:19:11 | 1950 | 395 |
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| 1. | Pulvermacher | Viola | LG Laacher See | W20 | 0:42:51 | 1999 | 379 |
| 2. | Ihlenburg | Jana | Physiotherapie | W20 | 0:52:55 | 1991 | 323 |
| 1. | Winterscheid | Sven | Czybulka Physiotherapie | M20 | 0:45:35 | 1996 | 361 |
| 2. | Marx | Michael | Koblenz | M20 | 0:49:19 | 1991 | 335 |
| 1. | Becker | Evelyn | LG Laacher See | W30 | 0:53:27 | 1988 | 394 |
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| 1. | Czybulka | Lea | Czybulka Physiotherapie | W35 | 0:51:47 | 1982 | 305 |
| 2. | Gehrlein | Christina | Rheinzabern | W35 | 0:59:56 | 1982 | 315 |
| 3. | Schäfer | Stephanie | Engers | W35 | 1:03:04 | 1982 | 348 |
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| 2. | Lackmann | Andreas | Go! Do Sports! Dueren | M35 | 0:47:44 | 1982 | 373 |
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| 6. | Mengelkoch | Marco | Koblenz | M35 | 0:56:20 | 1981 | 337 |
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| 1. | Hellebrand | Diana | Meddys LWT Koblenz | W40 | 0:43:49 | 1977 | 320 |
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| 1. | Nicklas | Aruna | Koblenz | W45 | 0:51:48 | 1970 | 339 |
| 2. | Rausch-Radke | Susanne | LG Daubach | W45 | 0:56:45 | 1969 | 344 |
| 3. | Stockkamp | Angelika | Osnabrück | W45 | 1:17:25 | 1973 | 353 |
| 1. | Penner | Vadim | LG HSC Gamlen-RSC Untermosel | M45 | 0:40:14 | 1973 | 396 |
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| 1. | Schrömgies | Heike | SRL Triathlon Koblenz | W50 | 0:55:00 | 1965 | 349 |
| 2. | Waldschmidt | Heike | TV Heddesdorf | W50 | 1:00:27 | 1966 | 359 |
| 1. | Radke | Mario | SRL Triathlon Koblenz | M50 | 0:41:43 | 1967 | 342 |
| 2. | Pannek | Gerald | Lahnstein | M50 | 0:43:10 | 1967 | 385 |

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| 4. | Thome | Niko | Meddys LWT Koblenz | M50 | 0:53:19 | 1966 | 355 |
| 5. | Jurisch | Detlef | Langenbach b. K. | M50 | 0:53:53 | 1964 | 326 |
| 6. | Schug | Gerhard | | M50 | 0:54:59 | 1964 | 402 |
| 7. | Zirwes | Günter | Meddy's LWT Koblenz | M50 | 1:00:27 | 1966 | 363 |
| 7. | Espenlaub | Guido | TV Gladbach 1894 | M50 | 1:00:27 | 1965 | 309 |
| 9. | Ibald | Marcus | Heimbach-Weis | M50 | 1:12:31 | 1968 | 389 |
| 1. | Schmitz | Hermann | SPVGG Nickenich | M55 | 0:44:41 | 1962 | 398 |
| 2. | Schmitt | Manfred | LG Laacher See | M55 | 0:47:31 | 1961 | 401 |
| 3. | Zell | Christoph | SV Oppenheim | M55 | 0:54:45 | 1962 | 375 |
| 4. | Rau | Siegfried | TV 1911 Trimbs | M55 | 1:01:46 | 1959 | 343 |
| 5. | Wald | Thomas | SV Urmitz | M55 | 1:18:25 | 1961 | 358 |
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| 3. | Hoffmann | Elke | LT Mittelrhein Koblenz | W60 | 1:03:55 | 1958 | 321 |
| 1. | Laengner | Arno | SG Neuhäusel | M60 | 0:44:52 | 1954 | 330 |
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| 3. | Erfeldt | Reinhard | Großmaiseid | M60 | 0:54:20 | 1956 | 308 |
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| 6. | Kurtze | Edgar | SV Hambuch | M60 | 1:04:29 | 1956 | 329 |
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| 3. | Hampel | Fritz | LT TuS Lonngig | M65 | 0:51:43 | 1952 | 404 |
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| 9. | Lörsch | Willi | Laacher See | M65 | 1:19:11 | 1950 | 395 |
| 1. | Marake | Bernhard | Meddys LWT Koblenz | M70 | 0:56:25 | 1945 | 334 |
| 2. | Mertgen | Bernd | TV Honnefeld | M70 | 1:00:45 | 1944 | 378 |
| 1. | Viert | Wolfgang | Schauren | M75 | 1:08:01 | 1941 | 356 |
| 2. | Berger | Gunter | LG Ponzfeld-Lünebach | M75 | 1:11:18 | 1941 | 301 |
| 1. | Gans | Ulrich | ASG Altenkirchen | M80 | 1:00:48 | 1937 | 372 |
| 2. | Metzelder | Hans | Lauffreunde Montabaur | M80 | 1:21:53 | 1938 | 405 |

Einlaufliste 5 km Jugend & Jedermann

| Plg. | Name | Vorname | Verein / Ort | AK | Pos | Zielzeit | Jg | Strn. |
|------|---------------|---------------|------------------------------|--------|-----|----------------|------|-------|
| 1. | Corazza | Germano | Dragon Aloted | Männer | 1 | 0:20:10 | 1972 | 194 |
| 2. | Hertle | Peter | LG Rhein-Wied | Männer | 2 | 0:21:50 | 1967 | 142 |
| 3. | Köfer | Norbert | Neuwied | Männer | 3 | 0:21:55 | 1981 | 146 |
| 4. | Hillinghäuser | Fabian | TUS Koblenz | Männer | 4 | 0:22:35 | 1986 | 371 |
| 5. | Endres | Veronica | Team Heckenschnecken | WJ U18 | 1 | 0:23:29 | 2002 | 197 |
| 6. | Unger | Michael | TV Giershofen | Männer | 5 | 0:24:28 | 1983 | 185 |
| 7. | Püttmann | Randy | Team Erdinger Alkoholfrei | Männer | 6 | 0:25:24 | 1974 | 341 |
| 8. | Höhler | Werner | | Männer | 7 | 0:26:10 | 1968 | 374 |
| 9. | Endres | Antonia | Team Heckenschnecken | WJ U18 | 2 | 0:26:53 | 2005 | 195 |
| 10. | Endres | Mario | Team Heckenschnecken | Männer | 8 | 0:26:54 | 1972 | 196 |
| 11. | Scherhag | Jörg | Engers | Männer | 9 | 0:26:58 | 1979 | 166 |
| 12. | Prangenberg | Jürgen | | Männer | 10 | 0:27:14 | 1961 | 183 |
| 13. | Mallmann | Christian | ISV Heinrich-Haus e.V. | Männer | 11 | 0:27:51 | 1976 | 152 |
| 14. | Heinzen | Christa | Uersfeld | Frauen | 1 | 0:27:53 | 1966 | 188 |
| 15. | Henn | Christian | TV Giershofen | Männer | 12 | 0:28:02 | 1986 | 184 |
| 15. | Schäfer | Holger | Engers | Männer | 12 | 0:28:02 | 1979 | 165 |
| 17. | Hachenberg | Rebecca | TuS Horhausen | Frauen | 2 | 0:28:17 | 1982 | 140 |
| 17. | Hachenberg | Christian | TuS Horhausen | Männer | 14 | 0:28:17 | 1981 | 189 |
| 19. | Marx | Katharina | TV Engers | Frauen | 3 | 0:28:36 | 1990 | 370 |
| 20. | Jumpertz | Tobias | LG Rhein-Wied | MJ U18 | 1 | 0:29:09 | 2004 | 144 |
| 21. | Mayer | Walter | Engers | Männer | 15 | 0:30:32 | 1959 | 155 |
| 22. | Jesse | Monika | TV Ransbach | Frauen | 4 | 0:30:34 | 1952 | 324 |
| 23. | Hiller | Sonja | LT MG-Volksgarten | Frauen | 5 | 0:30:49 | 1967 | 143 |
| 23. | Jonas | Norbert | Wirges | Männer | 16 | 0:30:49 | 1943 | 190 |
| 25. | Limbach | Christina | Roadkillers | Frauen | 6 | 0:31:45 | 1971 | 193 |
| 26. | Kohlenbeck | Maya | TV Engers | WJ U18 | 3 | 0:32:02 | 2004 | 147 |
| 26. | Mohebzada | Darya | TV Engers | WJ U18 | 3 | 0:32:02 | 2003 | 157 |
| 28. | Schubert | Christian | Koblenz | Männer | 17 | 0:32:42 | 1990 | 169 |
| 29. | Becker | Armin | Gondershausen | Männer | 18 | 0:32:55 | 1973 | 130 |
| 30. | Bender | Stefan | Euskirchen | Männer | 19 | 0:32:56 | 1960 | 131 |
| 31. | Limbach | Alicia | Roadkillers | WJ U18 | 5 | 0:33:13 | 2002 | 192 |
| 32. | Waldecker | Roland | TV 1911 Trimbs | Männer | 20 | 0:33:18 | 1973 | 198 |
| 33. | Simon | Marie | TV Engers | WJ U18 | 6 | 0:33:39 | 2004 | 173 |
| 33. | Simon | Jörg | TV Engers | Männer | 21 | 0:33:39 | 1974 | 174 |
| 35. | Kinzer | Anne | TV Engers | Frauen | 7 | 0:34:09 | 1988 | 145 |
| 36. | Mohrs | Lara | TV Engers | Frauen | 8 | 0:34:10 | 1990 | 159 |
| 36. | Frische | René | TV Engers | Männer | 22 | 0:34:10 | 1974 | 180 |
| 38. | Mohebzada | Dunya | TV Engers | WJ U18 | 7 | 0:34:14 | 2004 | 158 |
| 38. | Frische | Helena | TV Engers | WJ U18 | 7 | 0:34:14 | 2004 | 181 |
| 40. | Mansfield | William | Bonn | Männer | 23 | 0:34:19 | 1987 | 153 |
| 41. | Grundmann | Angela | LT MG-Volksgarten | Frauen | 9 | 0:34:26 | 1970 | 138 |
| 42. | Hohl | Rainer | LG HSC Gamlen RSC Untermosel | Männer | 24 | 0:34:38 | 1945 | 397 |
| 43. | Höhler | Alisa | | WJ U18 | 9 | 0:34:46 | 2001 | 187 |
| 44. | Nagel | Sabine | LG Laacher See | Frauen | 10 | 0:34:47 | 1966 | 160 |
| 45. | Ley | Jessica | Saffig | Frauen | 11 | 0:35:20 | 1979 | 149 |
| 46. | Simon | Anna | TV Engers | WJ U18 | 10 | 0:35:53 | 2005 | 172 |
| 47. | Rau | Janina | TV Engers | Frauen | 12 | 0:36:03 | 1992 | 163 |
| 48. | Maurer | Hannah | TV Engers | WJ U18 | 11 | 0:36:04 | 2004 | 154 |
| 49. | Habrock | Heinz | LT MG-Volksgarten | Männer | 25 | 0:36:09 | 1948 | 139 |
| 50. | Zingel | Hermann-Josef | ISV Heinrich-Haus e.V. | Männer | 26 | 0:36:13 | 1957 | 179 |
| 51. | Linke | Chantal | Engers | Frauen | 13 | 0:36:31 | 1992 | 151 |
| 52. | Weber | David | ISV Heinrich-Haus e.V. | Männer | 27 | 0:36:47 | 1983 | 177 |
| 53. | Ellis | Santana | Bonn | Frauen | 14 | 0:37:35 | 1988 | 135 |
| 54. | Taubner | Rolf | LT MG-Volksgarten | Männer | 28 | 0:37:43 | 1941 | 176 |

| Plg. | Name | Vorname | Verein / Ort | AK | Pos | Zielzeit | Jg | Stnr. |
|------|-------------|--------------|----------------|--------|-----|----------------|------|-------|
| 55. | Henn | Sandra | TV Giershofen | Frauen | 15 | 0:38:29 | 1991 | 186 |
| 56. | Stockkamp | Marcus | Harsewinkel | Männer | 29 | 0:38:35 | 1973 | 175 |
| 57. | Pörzgen | Nele | TV Engers | WJ U18 | 12 | 0:39:43 | 2003 | 162 |
| 57. | Schmidt | Lisa | TV Engers | WJ U18 | 12 | 0:39:43 | 2005 | 168 |
| 59. | Fescharaki | Marjam | TV Engers | WJ U18 | 14 | 0:39:44 | 2005 | 136 |
| 60. | Celine | Lara | TV Engers | WJ U18 | 15 | 0:39:45 | 2003 | 132 |
| 61. | Seebach | Olivia | TV Engers | WJ U18 | 16 | 0:39:48 | 2006 | 171 |
| 62. | Fiedler | Kerstin | Bonefeld | Frauen | 16 | 0:39:53 | 1969 | 137 |
| 62. | Krampen | Manuela | Vallendar | Frauen | 16 | 0:39:53 | 1971 | 148 |
| 64. | Krümpelmann | Hans-Hermann | LG Laacher See | Männer | 30 | 0:40:21 | 1940 | 191 |
| 65. | Czybulka | Mia | Meckenheim | WJ U18 | 17 | 0:55:04 | 2005 | 134 |

AK-Wertung 5 km Jugend & Jedermann

| Plg. | Name | Vorname | Verein / Ort | AK | Zielzeit | Jg | Strn. |
|------|---------------|-----------|---------------------------|--------|----------------|------|-------|
| 1. | Endres | Veronica | Team Heckenschnecken | WJ U18 | 0:23:29 | 2002 | 197 |
| 2. | Endres | Antonia | Team Heckenschnecken | WJ U18 | 0:26:53 | 2005 | 195 |
| 3. | Kohlenbeck | Maya | TV Engers | WJ U18 | 0:32:02 | 2004 | 147 |
| 3. | Mohebzada | Darya | TV Engers | WJ U18 | 0:32:02 | 2003 | 157 |
| 5. | Limbach | Alicia | Roadkillers | WJ U18 | 0:33:13 | 2002 | 192 |
| 6. | Simon | Marie | TV Engers | WJ U18 | 0:33:39 | 2004 | 173 |
| 7. | Mohebzada | Dunya | TV Engers | WJ U18 | 0:34:14 | 2004 | 158 |
| 7. | Frische | Helena | TV Engers | WJ U18 | 0:34:14 | 2004 | 181 |
| 9. | Höhler | Alisa | | WJ U18 | 0:34:46 | 2001 | 187 |
| 10. | Simon | Anna | TV Engers | WJ U18 | 0:35:53 | 2005 | 172 |
| 11. | Maurer | Hannah | TV Engers | WJ U18 | 0:36:04 | 2004 | 154 |
| 12. | Pörzgen | Nele | TV Engers | WJ U18 | 0:39:43 | 2003 | 162 |
| 12. | Schmidt | Lisa | TV Engers | WJ U18 | 0:39:43 | 2005 | 168 |
| 14. | Fescharaki | Marjam | TV Engers | WJ U18 | 0:39:44 | 2005 | 136 |
| 15. | Celine | Lara | TV Engers | WJ U18 | 0:39:45 | 2003 | 132 |
| 16. | Seebach | Olivia | TV Engers | WJ U18 | 0:39:48 | 2006 | 171 |
| 17. | Czybulka | Mia | Meckenheim | WJ U18 | 0:55:04 | 2005 | 134 |
| | | | | | | | |
| 1. | Jumpertz | Tobias | LG Rhein-Wied | MJ U18 | 0:29:09 | 2004 | 144 |
| | | | | | | | |
| 1. | Heinzen | Christa | Uersfeld | Frauen | 0:27:53 | 1966 | 188 |
| 2. | Hachenberg | Rebecca | TuS Horhausen | Frauen | 0:28:17 | 1982 | 140 |
| 3. | Marx | Katharina | TV Engers | Frauen | 0:28:36 | 1990 | 370 |
| 4. | Jesse | Monika | TV Ransbach | Frauen | 0:30:34 | 1952 | 324 |
| 5. | Hiller | Sonja | LT MG-Volksgarten | Frauen | 0:30:49 | 1967 | 143 |
| 6. | Limbach | Christina | Roadkillers | Frauen | 0:31:45 | 1971 | 193 |
| 7. | Kinzer | Anne | TV Engers | Frauen | 0:34:09 | 1988 | 145 |
| 8. | Mohrs | Lara | TV Engers | Frauen | 0:34:10 | 1990 | 159 |
| 9. | Grundmann | Angela | LT MG-Volksgarten | Frauen | 0:34:26 | 1970 | 138 |
| 10. | Nagel | Sabine | LG Laacher See | Frauen | 0:34:47 | 1966 | 160 |
| 11. | Ley | Jessica | Saffig | Frauen | 0:35:20 | 1979 | 149 |
| 12. | Rau | Janina | TV Engers | Frauen | 0:36:03 | 1992 | 163 |
| 13. | Linke | Chantal | Engers | Frauen | 0:36:31 | 1992 | 151 |
| 14. | Ellis | Santana | Bonn | Frauen | 0:37:35 | 1988 | 135 |
| 15. | Henn | Sandra | TV Giershofen | Frauen | 0:38:29 | 1991 | 186 |
| 16. | Fiedler | Kerstin | Bonfeld | Frauen | 0:39:53 | 1969 | 137 |
| 16. | Krampen | Manuela | Vallendar | Frauen | 0:39:53 | 1971 | 148 |
| | | | | | | | |
| 1. | Corazza | Germano | Dragon Aloted | Männer | 0:20:10 | 1972 | 194 |
| 2. | Hertle | Peter | LG Rhein-Wied | Männer | 0:21:50 | 1967 | 142 |
| 3. | Köfer | Norbert | Neuwied | Männer | 0:21:55 | 1981 | 146 |
| 4. | Hillinghäuser | Fabian | TUS Koblenz | Männer | 0:22:35 | 1986 | 371 |
| 5. | Unger | Michael | TV Giershofen | Männer | 0:24:28 | 1983 | 185 |
| 6. | Püttmann | Randy | Team Erdinger Alkoholfrei | Männer | 0:25:24 | 1974 | 341 |
| 7. | Höhler | Werner | | Männer | 0:26:10 | 1968 | 374 |
| 8. | Endres | Mario | Team Heckenschnecken | Männer | 0:26:54 | 1972 | 196 |
| 9. | Scherhag | Jörg | Engers | Männer | 0:26:58 | 1979 | 166 |
| 10. | Prangenberg | Jürgen | | Männer | 0:27:14 | 1961 | 183 |
| 11. | Mallmann | Christian | ISV Heinrich-Haus e.V. | Männer | 0:27:51 | 1976 | 152 |
| 12. | Henn | Christian | TV Giershofen | Männer | 0:28:02 | 1986 | 184 |
| 12. | Schäfer | Holger | Engers | Männer | 0:28:02 | 1979 | 165 |
| 14. | Hachenberg | Christian | TuS Horhausen | Männer | 0:28:17 | 1981 | 189 |
| 15. | Mayer | Walter | Engers | Männer | 0:30:32 | 1959 | 155 |
| 16. | Jonas | Norbert | Wirges | Männer | 0:30:49 | 1943 | 190 |

| Plg. | Name | Vorname | Verein / Ort | AK | Zielzeit | Jg | Stnr. |
|-------------|-------------|----------------|------------------------------|-----------|-----------------|-----------|--------------|
| 17. | Schubert | Christian | Koblenz | Männer | 0:32:42 | 1990 | 169 |
| 18. | Becker | Armin | Gondershausen | Männer | 0:32:55 | 1973 | 130 |
| 19. | Bender | Stefan | Euskirchen | Männer | 0:32:56 | 1960 | 131 |
| 20. | Waldecker | Roland | TV 1911 Trimbs | Männer | 0:33:18 | 1973 | 198 |
| 21. | Simon | Jörg | TV Engers | Männer | 0:33:39 | 1974 | 174 |
| 22. | Frische | René | TV Engers | Männer | 0:34:10 | 1974 | 180 |
| 23. | Mansfield | William | Bonn | Männer | 0:34:19 | 1987 | 153 |
| 24. | Hohl | Rainer | LG HSC Gamlen RSC Untermosel | Männer | 0:34:38 | 1945 | 397 |
| 25. | Habrock | Heinz | LT MG-Volksgarten | Männer | 0:36:09 | 1948 | 139 |
| 26. | Zingel | Hermann-Josef | ISV Heinrich-Haus e.V. | Männer | 0:36:13 | 1957 | 179 |
| 27. | Weber | David | ISV Heinrich-Haus e.V. | Männer | 0:36:47 | 1983 | 177 |
| 28. | Taubner | Rolf | LT MG-Volksgarten | Männer | 0:37:43 | 1941 | 176 |
| 29. | Stockkamp | Marcus | Harsewinkel | Männer | 0:38:35 | 1973 | 175 |
| 30. | Krümpelmann | Hans-Hermann | LG Laacher See | Männer | 0:40:21 | 1940 | 191 |

Einlaufliste wbl. / mnl. 5 km Walking / Nordic-Walking

| Plg. | Name | Vorname | Verein / Ort | AK | Pos | Zielzeit | Jg | Stnr. |
|------|-------------|-----------|-----------------------------|--------|-----|----------------|------|-------|
| 1. | Nickel | Sabine | LG Brechen | Frauen | 1 | 0:39:25 | 1962 | 369 |
| 2. | Langers | Maria | DJK Ochtendung | Frauen | 2 | 0:39:52 | 1955 | 103 |
| 3. | Hammer | Doris | DJK Gebhardshain | Frauen | 3 | 0:40:31 | 1949 | 102 |
| 4. | Hnatek | Rita | Lauftreff Heimbach-Weis | Frauen | 4 | 0:42:44 | 1944 | 106 |
| 5. | Gröning | Rosemarie | LG Boppard Bad Salzig LGBBS | Frauen | 5 | 0:43:33 | 1958 | 101 |
| 6. | Pfefferkorn | Rosemarie | VFL Oberbieber | Frauen | 6 | 0:47:18 | 1951 | 105 |
| 7. | Waldorf | Elisabeth | LG Laacher See | Frauen | 7 | 0:53:18 | 1967 | 108 |
| 1. | Gröning | Michael | LG Boppard Bad Salzig LGBBS | Männer | 1 | 0:34:22 | 1956 | 100 |
| 2. | Gerhardt | Ewald | TSV Krodorf | Männer | 2 | 0:37:09 | 1947 | 368 |
| 3. | Baumann | Jürgen | Dernau | Männer | 3 | 0:39:49 | 1944 | 366 |
| 4. | Mollberg | Manfred | LT Heimbach-Weis | Männer | 4 | 0:42:45 | 1936 | 107 |
| 5. | Schütz | Waldemar | DJK Ochtendung | Männer | 5 | 0:53:43 | 1937 | 104 |

AK-Wertung 1 km Kinder & Jugendliche

| Plg. | Name | Vorname | Verein / Ort | AK | Zielzeit | Jg | Stnr. |
|------|-------------|------------|---------------------------|-----|----------------|------|-------|
| 1. | Eichhorn | Klara | TV Honnefeld/Straßenhaus | W8 | 0:03:54 | 2011 | 059 |
| 2. | Schwarzkopf | Frieda | TV Honnefeld/Straßenhaus | W8 | 0:04:00 | 2010 | 079 |
| 3. | Hasenauer | Romy | Bendorfer Tennisverein 81 | W8 | 0:04:10 | 2011 | 066 |
| 4. | Corzilius | Gianna | TV Honnefeld/Straßenhaus | W8 | 0:04:59 | 2010 | 057 |
| 5. | Weingarten | Helene | TV Honnefeld/Straßenhaus | W8 | 0:05:12 | 2012 | 077 |
| 1. | Peifer | Theo | FV Engers | M8 | 0:03:22 | 2010 | 081 |
| 2. | Staab | Janosch | SV Windhagen | M8 | 0:03:56 | 2010 | 075 |
| 3. | Gerzen | Luca | TV Honnefeld/Straßenhaus | M8 | 0:04:06 | 2010 | 061 |
| 4. | Weingarten | Simon | TV Honnefeld/Straßenhaus | M8 | 0:04:17 | 2010 | 078 |
| 1. | Happ | Franziska | TV Honnefeld/Straßenhaus | W9 | 0:04:09 | 2009 | 063 |
| 1. | Gerzen | Jannik | TV Honnefeld/Straßenhaus | M9 | 0:03:52 | 2009 | 062 |
| 1. | Eichhorn | Lena | TV Honnefeld/Straßenhaus | W10 | 0:03:07 | 2008 | 060 |
| 2. | Peifer | Tara | Bodelschwingh-Schule | W10 | 0:03:33 | 2008 | 080 |
| 3. | Carrubba | Angelina | TV Honnefeld/Straßenhaus | W10 | 0:03:36 | 2008 | 054 |
| 1. | Bechthold | Louis-Leon | TV Honnefeld/Straßenhaus | M10 | 0:03:26 | 2008 | 051 |
| 2. | Happ | Malte | TV Honnefeld/Straßenhaus | M10 | 0:03:39 | 2008 | 064 |
| 3. | Corzilius | Keano | TV Honnefeld/Straßenhaus | M10 | 0:03:43 | 2008 | 056 |
| 4. | Peters | Noah | TV Honnefeld/Straßenhaus | M10 | 0:03:53 | 2008 | 071 |
| 1. | Reinhard | Amira | TuS Horhausen | W11 | 0:03:27 | 2007 | 072 |
| 2. | Dambmann | Elisa | TV Honnefeld/Straßenhaus | W11 | 0:04:02 | 2007 | 058 |
| 3. | Jumpertz | Katharina | Bendorf | W11 | 0:04:10 | 2007 | 068 |
| 1. | Bökle | Luciano | Grundschule Breitscheid | M11 | 0:04:06 | 2007 | 367 |
| 1. | Hasenauer | Heidi | Bendorfer Tennisverein 81 | W12 | 0:03:17 | 2006 | 065 |
| 2. | Hasenauer | Emilia | Bedorfer Tennisverein 81 | W12 | 0:03:36 | 2006 | 067 |
| 3. | Schulga | Elina | TV Honnefeld/Straßenhaus | W12 | 0:03:52 | 2006 | 073 |
| 4. | Schulga | Jana | TV Honnefeld/Straßenhaus | W12 | 0:04:03 | 2006 | 074 |
| 1. | Tiryaki | Asil | TV Honnefeld/Straßenhaus | M13 | 0:02:48 | 2005 | 076 |
| 2. | Carrubba | Fabio | TV Honnefeld/Straßenhaus | M13 | 0:03:28 | 2005 | 055 |
| 3. | Baumgart | Silas | Engers | M13 | 0:03:51 | 2005 | 050 |

Einlaufliste Schüler-Staffellauf

| Plg. | Schule | Läufer(in) 1 | Läufer(in) 2 | Läufer(in) 3 | Zielzeit | Stnr. |
|-------------|---------------------------------------|---------------------|---------------------|----------------------|-----------------|--------------|
| 1. | TV Honnefeld | Fabio Carrubba | Lena Eichhorn | Asil Tiryaki | 0:09:29 | 012 |
| 2. | Grundschule Christopherus Kärlich | Daniel Stodulka | Mathis Färber | Janberk Ünal | 0:10:15 | 011 |
| 3. | TVE E-Jugend | Mia Keuler | Lea Schwarzer | Aysima Cenim | 0:11:01 | 006 |
| 4. | FV Engers 07 | Emil Steffenauseweh | Ben Schäfer | Jerome Heck | 0:11:02 | 005 |
| 5. | TV Honnefeld | Noah Peters | Malte Happ | Louis-Leon Bechthold | 0:11:15 | 013 |
| 6. | FV Engers 07 | Arian Hofschulz | Fabio Hofschulz | Roman Matevosyan | 0:11:18 | 004 |
| 7. | FV Engers 07 | Theo Pfeifer | Tara Pfeifer | Tuna Barcag | 0:11:26 | 001 |
| 7. | ev. Kinder und Jugendhilfe Oberbieber | Weber Leonie | Weber Laura | Vanessa Ferezi | 0:11:26 | 019 |
| 9. | FV Engers 07 | Marvin Irle | Melvin Irle | Niklas Uhl | 0:11:29 | 003 |
| 10. | FV Engers 07 | Mahmoud Mamou | Aram Mamou | Musa Louati | 0:11:31 | 002 |
| 11. | Grundschule Christopherus Kärlich | Edda Wiederstein | Elias Wiederstein | Laura Beicht | 0:11:34 | 009 |
| 12. | ev. Kinder und Jugendhilfe Oberbieber | Weber David | Heiser Anthany | Heiser Justin | 0:11:46 | 020 |
| 13. | TV Honnefeld | Luca Gerzen | Elias Marquardt | Jannik Gerzen | 0:11:55 | 016 |
| 14. | TV Honnefeld | Elisa Dambmann | Jana Schulga | Elina Schulga | 0:11:58 | 014 |
| 15. | TV Honnefeld | Franziska Happ | Frieda Schwarzkopf | Angelina Carrubba | 0:12:01 | 015 |
| 16. | TVE E-Jugend | Julia Bilmann | Emilie Harder | Mona Thewalt | 0:12:29 | 008 |
| 17. | TVE E-Jugend | Rana Celik | Narin Yilmazer | Sugra Ayhan | 0:12:42 | 007 |
| 18. | TV Honnefeld | Klara Eichhorn | Gianna Corzilius | Simon Weingarten | 0:13:18 | 017 |
| 19. | Grundschule Christopherus Kärlich | Nico Alderath | Johanna Weidung | Daniel Priesters | 0:14:08 | 010 |

Mannschaftswertung Firmenstaffel

| Platz | Team | Name 1 | Zeit 1 | Name 2 | Zeit 2 | Name 3 | Zeit 3 | Gesamtzeit |
|-------|---------------------------------------|---------------------|---------|-----------------------|---------|---------------------|---------|----------------|
| 1. | Ev. Kinder und Jugendhilfe Oberbieber | Milash, Abrahale | 0:19:59 | Gaim, Samuel | 0:20:34 | Abdu Huduru, Aman | 0:23:44 | 1:04:17 |
| 2. | Grothe Gruppe | Schwarzer, Lea | 0:23:49 | Koch, Torsten | 0:23:54 | Engels, Timo | 0:25:10 | 1:12:53 |
| 3. | Grothe Gruppe II | Mejder, Andreas | 0:25:11 | Schwarzer, Carsten | 0:26:12 | Rittel, Carolin | 0:26:54 | 1:18:17 |
| 4. | Sparkasse Neuwied | Beisel, Andre | 0:22:03 | Wilhelmus, Sandra | 0:29:01 | Feuerpeil, Frank | 0:29:02 | 1:20:06 |
| 5. | Weinbudsche Engers | Seeberg, Clemens | 0:26:29 | Klimowski, Dennis | 0:26:41 | Wambach, Fabian | 0:27:14 | 1:20:24 |
| 6. | Althoff Apotheke | Strüder, Kerstin | 0:24:02 | Dreidoppel, Nils | 0:26:27 | Dreidoppel, Ute | 0:32:17 | 1:22:46 |
| 7. | Weinbudsche Engers II | Seeberg, Jonas | 0:28:41 | Brink, Lena | 0:30:42 | Brink, Michael | 0:30:42 | 1:30:05 |
| 8. | Grothe Gruppe III | Rittel, Christoph | 0:27:30 | Boehnhardt, Alexander | 0:27:30 | Sturm, Henrik | 0:36:40 | 1:31:40 |
| 9. | Sparkasse Neuwied II | Reinboth, Christian | 0:29:11 | John, Christof | 0:30:21 | Frömberg, Manuel | 0:34:18 | 1:33:50 |
| 10. | Evang. Kirchenchor | Redert, Markus | 0:25:59 | Bucher, Svenja | 0:32:07 | Reesing, Johanna | 0:36:30 | 1:34:36 |
| 11. | PW Steuerberatungsgesellschaft | Epp, William | 0:29:52 | Grüneberg, Roberto | 0:31:37 | Dinter, Melina | 0:36:12 | 1:37:41 |
| 12. | Möhnenverein Engers | Becker, Michael | 0:33:19 | Lebernegg, Uli | 0:33:19 | Weingarten, Helmut | 0:33:19 | 1:39:57 |
| 13. | PW Steuerberatungsgesellschaft II | Hermann, Antje | 0:36:43 | Lengfeld, Christian | 0:36:43 | Dany, Bettina | 0:38:14 | 1:51:40 |
| 14. | Sparkasse Neuwied III | Waßmann, Linda | 0:37:03 | Selzer, Regina | 0:38:47 | Maurer, Theresa | 0:41:30 | 1:57:20 |
| 15. | PW Steuerberatungsgesellschaft III | Schöning, Jessica | 0:39:52 | Ernst, Angela | 0:42:57 | Freund, Rebecca | 0:50:55 | 2:13:44 |
| 16. | PW Steuerberatungsgesellschaft IV | Maur, Miriam | 0:50:55 | Eschenauer, Katrin | 0:52:01 | Kirchhöfer, Corinna | 0:58:32 | 2:41:28 |

Einlaufliste wbl. / mnl. Firmenstaffel

| Plg. | Name | Vorname | Verein / Ort | AK | Zielzeit | Jg | Strn. |
|------|-------------|-----------|---------------------------------------|--------|----------------|------|-------|
| 1. | Schwarzer | Lea | Grothe Gruppe | W11 | 0:23:49 | 2007 | 646 |
| 2. | Strüder | Kerstin | Althoff Apotheke | W50 | 0:24:02 | 1968 | 644 |
| 3. | Rittel | Carolin | Grothe Gruppe | WJ U18 | 0:26:54 | 2001 | 647 |
| 4. | Wilhelmus | Sandra | Sparkasse Neuwied | W30 | 0:29:01 | 1988 | 619 |
| 5. | Brink | Lena | Weinbudsche Engers | W20 | 0:30:42 | 1995 | 634 |
| 6. | Bucher | Svenja | Evang. Kirchenchor | W30 | 0:32:07 | 1985 | 632 |
| 7. | Dreidoppel | Ute | Althoff Apotheke | W45 | 0:32:17 | 1969 | 643 |
| 8. | Lebernegg | Uli | Möhnenverein Engers | W50 | 0:33:19 | 1966 | 628 |
| 9. | Blitz | Ingrid | Althoff Apotheke | W20 | 0:34:07 | 1990 | 641 |
| 10. | Dinter | Melina | PW Steuerberatungsgesellschaft | W30 | 0:36:12 | 1988 | 607 |
| 11. | Reesing | Johanna | Evang. Kirchenchor | WJ U20 | 0:36:30 | 1999 | 633 |
| 12. | Hermann | Antje | PW Steuerberatungsgesellschaft | W50 | 0:36:43 | 1967 | 600 |
| 13. | Waßmann | Linda | Sparkasse Neuwied | W20 | 0:37:03 | 1992 | 626 |
| 14. | Dany | Bettina | PW Steuerberatungsgesellschaft | W50 | 0:38:14 | 1966 | 610 |
| 15. | Selzer | Regina | Sparkasse Neuwied | W20 | 0:38:47 | 1996 | 622 |
| 16. | Schöning | Jessica | PW Steuerberatungsgesellschaft | W20 | 0:39:52 | 1998 | 652 |
| 17. | Kessler | Yvonne | Möhnenverein Engers | W40 | 0:40:01 | 1976 | 629 |
| 18. | Falkenstein | Evelyn | Sparkasse Neuwied | W20 | 0:41:30 | 1994 | 624 |
| 18. | Maurer | Theresa | Sparkasse Neuwied | W20 | 0:41:30 | 1993 | 625 |
| 20. | Ernst | Angela | PW Steuerberatungsgesellschaft | W45 | 0:42:57 | 1973 | 609 |
| 21. | Freund | Rebecca | PW Steuerberatungsgesellschaft | W20 | 0:50:55 | 1996 | 601 |
| 21. | Maur | Miriam | PW Steuerberatungsgesellschaft | W20 | 0:50:55 | 1994 | 603 |
| 23. | Eschenauer | Katrin | PW Steuerberatungsgesellschaft | W20 | 0:52:01 | 1991 | 608 |
| 24. | Kirchhöfer | Corinna | PW Steuerberatungsgesellschaft | W30 | 0:58:32 | 1988 | 605 |
| 1. | Milash | Abrahale | Ev. Kinder und Jugendhilfe Oberbieber | MJ U18 | 0:19:59 | 2001 | 649 |
| 2. | Gaim | Samuel | Ev. Kinder und Jugendhilfe Oberbieber | MJ U18 | 0:20:34 | 2002 | 650 |
| 3. | Beisel | Andre | Sparkasse Neuwied | M40 | 0:22:03 | 1974 | 623 |
| 4. | Abdu Huduru | Aman | Ev. Kinder und Jugendhilfe Oberbieber | MJ U20 | 0:23:44 | 1999 | 651 |
| 5. | Koch | Torsten | Grothe Gruppe | M40 | 0:23:54 | 1976 | 617 |
| 6. | Engels | Timo | Grothe Gruppe | M35 | 0:25:10 | 1980 | 613 |
| 7. | Mejder | Andreas | Grothe Gruppe | M35 | 0:25:11 | 1979 | 615 |
| 8. | Redert | Markus | Evang. Kirchenchor | M50 | 0:25:59 | 1967 | 631 |
| 9. | Schwarzer | Carsten | Grothe Gruppe | M40 | 0:26:12 | 1975 | 611 |
| 10. | Dreidoppel | Nils | Althoff Apotheke | MJ U20 | 0:26:27 | 2000 | 645 |
| 11. | Seeberg | Clemens | Weinbudsche Engers | M20 | 0:26:29 | 1992 | 637 |
| 12. | Klimowski | Dennis | Weinbudsche Engers | M20 | 0:26:41 | 1991 | 640 |
| 13. | Wambach | Fabian | Weinbudsche Engers | M20 | 0:27:14 | 1992 | 636 |
| 14. | Boehnhardt | Alexander | Grothe Gruppe | M40 | 0:27:30 | 1974 | 614 |
| 14. | Rittel | Christoph | Grothe Gruppe | M40 | 0:27:30 | 1974 | 612 |
| 16. | Seeberg | Jonas | Weinbudsche Engers | M20 | 0:28:41 | 1989 | 638 |
| 17. | Feuerpeil | Frank | Sparkasse Neuwied | M20 | 0:29:02 | 1989 | 620 |
| 18. | Reinboth | Christian | Sparkasse Neuwied | M20 | 0:29:11 | 1994 | 621 |
| 19. | Epp | William | PW Steuerberatungsgesellschaft | M20 | 0:29:52 | 1997 | 602 |
| 20. | John | Christof | Sparkasse Neuwied | M45 | 0:30:21 | 1970 | 627 |
| 21. | Brink | Michael | Weinbudsche Engers | M55 | 0:30:42 | 1962 | 635 |
| 22. | Grüneberg | Roberto | PW Steuerberatungsgesellschaft | M20 | 0:31:37 | 1991 | 604 |
| 23. | Geil | Bastian | Weinbudsche Engers | M20 | 0:32:52 | 1991 | 639 |
| 24. | Becker | Michael | Möhnenverein Engers | M45 | 0:33:19 | 1973 | 630 |
| 24. | Weingarten | Helmut | Möhnenverein Engers | M65 | 0:33:19 | 1951 | 648 |
| 26. | Frömberg | Manuel | Sparkasse Neuwied | M35 | 0:34:18 | 1979 | 618 |
| 27. | Sturm | Henrik | Grothe Gruppe | M20 | 0:36:40 | 1993 | 616 |
| 28. | Lengfeld | Christian | PW Steuerberatungsgesellschaft | M20 | 0:36:43 | 1996 | 606 |