

Ergebnisliste Männer

28. Mainzer Drei-Brücken-Lauf 2018

24.06.2018

| Platz | St-Nr. | Nachname | Vorname | Verein | AK | Laufzeit | AKPlatz |
|-------|--------|--------------|-------------|-------------------------|-----|----------|---------|
| 1 | 622 | Diaz | Andres | DLV Trainerschule | M2 | 00:26:50 | 1 |
| 2 | 561 | Billing | Nikolai | LG Eintracht Frankfurt | M2 | 00:26:58 | 2 |
| 3 | 575 | Bonkougou | Emile | HopHopHop | M2 | 00:27:11 | 3 |
| 4 | 532 | Bonn | Rainer | TuS Deuz | M40 | 00:27:41 | 1 |
| 5 | 442 | Dahl | Sebastian | | M2 | 00:28:17 | 4 |
| 6 | 596 | Müller | Michael | | M35 | 00:28:21 | 1 |
| 7 | 585 | Schnitzink | Marc | TCEC Mainz | M2 | 00:28:37 | 5 |
| 8 | 314 | Bergmann | Nils | TV Waldstraße Wiesbaden | M2 | 00:28:41 | 6 |
| 9 | 328 | Bernhard | Uli | SG WiP Göttingen 06 | M35 | 00:28:47 | 2 |
| 10 | 593 | Kleinschmitt | Jonas | FSV Saulheim | M2 | 00:29:10 | 7 |
| 11 | 422 | Reiss | Heiko | Arminia Bielefeld | M35 | 00:30:06 | 3 |
| 12 | 572 | Vogler | Paul | | M2 | 00:30:21 | 8 |
| 13 | 407 | Pretsch | Michael | Passtschon98 | M35 | 00:30:31 | 4 |
| 14 | 589 | Hilgert | Johannes | | M35 | 00:30:34 | 5 |
| 15 | 551 | Messer | Frank | Pharma International | M2 | 00:30:37 | 9 |
| 16 | 469 | Dachs | Marcel | | M2 | 00:30:44 | 10 |
| 17 | 146 | Alt | Jürgen | | M40 | 00:30:49 | 2 |
| 18 | 128 | Schmitt | Ralph | TuS Rosenberg | M45 | 00:30:52 | 1 |
| 19 | 380 | Musial | Lukasz | TSC Freispeed Bodenheim | M2 | 00:30:54 | 11 |
| 20 | 234 | Schlägel | Alexander | | M30 | 00:31:00 | 1 |
| 21 | 142 | Scheidung | Heiner | | M18 | 00:31:05 | 1 |
| 22 | 175 | Hoff | Thilo | TV Bitburg | M2 | 00:31:07 | 12 |
| 23 | 250 | Weidner | Tobias | Hells Maicels | M19 | 00:31:17 | 1 |
| 24 | 184 | Mensch | Anton | berater e. V. | M2 | 00:31:19 | 13 |
| 25 | 608 | Kretschmar | Jan | | M18 | 00:31:27 | 2 |
| 26 | 21 | Smushkin | Mikhail | | M45 | 00:31:34 | 2 |
| 27 | 342 | Walker | Simon | TSG Laufbären | M2 | 00:31:39 | 14 |
| 28 | 374 | Sillo | David | | M2 | 00:31:48 | 15 |
| 29 | 381 | Linden | Michael | Slowmotion Nackenheim | M50 | 00:32:09 | 1 |
| 30 | 521 | Zielinski | Jan | | M35 | 00:32:21 | 6 |
| 31 | 482 | Rampe | Till | | M2 | 00:32:39 | 16 |
| 32 | 470 | Hohl | Christopher | | M30 | 00:32:40 | 2 |

| Platz | St-Nr. | Nachname | Vorname | Verein | AK | Laufzeit | AKPlatz |
|-------|--------|------------|---------------|--------------------------------|-----|----------|---------|
| 33 | 580 | Lehmann | Paul | | M40 | 00:33:01 | 3 |
| 34 | 520 | Guinoiseau | Damien | | M2 | 00:33:08 | 17 |
| 35 | 98 | Andress | Christian | TV Hechtsheim 1882 e.V. | M45 | 00:33:13 | 3 |
| 36 | 447 | Friedrich | Nils | | M2 | 00:33:17 | 18 |
| 37 | 240 | Leuow | Michael | | M60 | 00:33:27 | 1 |
| 38 | 502 | Dankelmann | Nils | TG Kastel | M2 | 00:33:42 | 19 |
| 39 | 485 | Bayer | Oliver | | M40 | 00:33:45 | 4 |
| 40 | 565 | Maniel | Patrik | | M50 | 00:33:47 | 2 |
| 41 | 268 | Kraus | Fabian | | M16 | 00:33:50 | 1 |
| 42 | 86 | Blug | NIKO | Team 100% Genuss | M40 | 00:33:54 | 5 |
| 43 | 451 | Vogel | Yan | | M35 | 00:33:56 | 7 |
| 44 | 211 | Küster | Dr. Sven Rod | Gastropraxis Mainz | M45 | 00:33:58 | 4 |
| 45 | 160 | Bahrke | Kai | | M2 | 00:34:01 | 20 |
| 46 | 18 | Veith | Erik | SV Kostheim 1912 | M40 | 00:34:04 | 6 |
| 47 | 192 | Rampe | Henrik | | M2 | 00:34:24 | 21 |
| 48 | 512 | Schiebeler | Sven | TG Kastel | M30 | 00:34:49 | 3 |
| 49 | 529 | Trumm | Stephan | red rock runners bad kreuznach | M45 | 00:34:51 | 5 |
| 50 | 139 | Krolla | Matthias | DJK Bingen-Büdesheim | M45 | 00:34:57 | 6 |
| 51 | 110 | Dupke | Benjamin | | M19 | 00:35:01 | 2 |
| 52 | 621 | Willigalla | Christoph | | M45 | 00:35:04 | 7 |
| 53 | 144 | Dietrich | Christian | | M40 | 00:35:08 | 7 |
| 54 | 553 | Schumann | André | TV Laubenheim | M2 | 00:35:09 | 22 |
| 55 | 34 | König | Daniel | | M2 | 00:35:17 | 23 |
| 56 | 607 | Meinhardt | Tobias | St's Laufgruppe | M30 | 00:35:21 | 4 |
| 57 | 424 | Bier | Alexander Ge | TSV Bleidenstadt | M2 | 00:35:35 | 24 |
| 58 | 143 | Thiesen | André | | M35 | 00:35:37 | 8 |
| 59 | 579 | Foltys | Daniel | Wildwchsel | M40 | 00:35:46 | 8 |
| 60 | 415 | Schappert | Sebastian | | M30 | 00:35:50 | 5 |
| 61 | 456 | Metzler | Peter | HopHopHop | M45 | 00:35:51 | 8 |
| 62 | 591 | Krille | Ullrich | | M55 | 00:35:54 | 1 |
| 63 | 45 | Winkler | Ronny | | M40 | 00:35:56 | 9 |
| 64 | 177 | Bauer | Sebastian | | M35 | 00:35:57 | 9 |
| 65 | 47 | Worf | Kai Christian | Mainzelmänner | M45 | 00:35:57 | 9 |
| 66 | 421 | Wang | Zhiyuan | | M45 | 00:35:59 | 10 |
| 67 | 263 | Schwarz | Michael | nachtschwärmerfilm | M35 | 00:36:09 | 10 |
| 68 | 249 | Willfahrt | Lukas | | M2 | 00:36:12 | 25 |

| Platz | St-Nr. | Nachname | Vorname | Verein | AK | Laufzeit | AKPlatz |
|--------------|---------------|-----------------|----------------|----------------------------------|-----------|-----------------|----------------|
| 69 | 531 | Hettwer | Lars | | M5 | 00:36:14 | 1 |
| 70 | 170 | Nauth | Johannes | TG Wallertheim | M2 | 00:36:15 | 26 |
| 71 | 264 | Classen | Julien | | M30 | 00:36:18 | 6 |
| 72 | 141 | Scheidung | Oliver | | M55 | 00:36:20 | 2 |
| 73 | 509 | Krechel | Timo | TG Kastel | M2 | 00:36:22 | 27 |
| 74 | 444 | Ball | André | | M30 | 00:36:25 | 7 |
| 75 | 81 | Rein | Jürgen | | M55 | 00:36:28 | 3 |
| 76 | 287 | von Bonin | Stefan | | M50 | 00:36:31 | 3 |
| 77 | 455 | Honik | Klaus | Lauftreff Dienheim | M50 | 00:36:32 | 4 |
| 78 | 355 | Seidler | Frederik | | M2 | 00:36:37 | 28 |
| 79 | 414 | Hemmelmann | Maximilian | | M2 | 00:36:41 | 29 |
| 80 | 612 | Fischer | Frank | Gutenberg Mainz | M45 | 00:36:47 | 11 |
| 81 | 115 | Kreer | Philipp | | M30 | 00:36:52 | 8 |
| 82 | 471 | Lauterbach | Jakob | | M2 | 00:36:55 | 30 |
| 83 | 341 | Spindler | Timo | | M40 | 00:37:00 | 10 |
| 84 | 359 | Maas | Lukas | | M2 | 00:37:01 | 31 |
| 85 | 501 | Büscher | Piotr | TG Kastel | M2 | 00:37:06 | 32 |
| 86 | 443 | Mengistu | yared | KKM | M50 | 00:37:09 | 5 |
| 87 | 406 | Köhler | Thomas | Bio Runner Rhein-Main | M60 | 00:37:11 | 2 |
| 88 | 245 | Kertmann | Dominik | | M2 | 00:37:12 | 33 |
| 89 | 280 | Zenner | Andreas | | M2 | 00:37:15 | 34 |
| 90 | 38 | Hölzel | Andreas | Team Erdinger Alkoholfrei | M50 | 00:37:18 | 6 |
| 91 | 393 | Splitt | Florian | | M2 | 00:37:19 | 35 |
| 92 | 497 | Wicke | Tobias | | M2 | 00:37:21 | 36 |
| 93 | 386 | Wiemann | Luca | berater e.V. | M2 | 00:37:24 | 37 |
| 94 | 140 | Mairose | Stefan | | M50 | 00:37:25 | 7 |
| 95 | 294 | Binzel | Erich | LT Rheinhessen-Pfalz/Gutenberg-M | M60 | 00:37:27 | 3 |
| 96 | 78 | Marx | Michael | | M45 | 00:37:29 | 12 |
| 97 | 59 | Cordes | Moritz-Pascal | | M2 | 00:37:30 | 38 |
| 98 | 496 | Scherer | Jörg | | M40 | 00:37:32 | 11 |
| 99 | 216 | Welsch | Fabian | | M2 | 00:37:33 | 39 |
| 100 | 620 | Racocha | Joachim | | M55 | 00:37:34 | 4 |
| 101 | 505 | Hohmann | Fabian | TG Kastel | M30 | 00:37:35 | 9 |
| 102 | 544 | Vlatten | Ingo | Wildwechsel Mainz | M55 | 00:37:37 | 5 |
| 103 | 559 | Mecklenburg | Karsten | Opel Grandland | M50 | 00:37:40 | 8 |
| 104 | 619 | Kessel | Lothar | TV Bodenheim | M60 | 00:37:41 | 4 |

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|--------------|---------------|-----------------|----------------|------------------------------|-----------|-----------------|----------------|
| 105 | 511 | Panzer | Christian | TG Kastel | M2 | 00:37:44 | 41 |
| 106 | 506 | Jungblut | Joachim | TG Kastel | M2 | 00:37:44 | 40 |
| 107 | 137 | Ewertz | Oliver | | M50 | 00:38:05 | 9 |
| 108 | 130 | Sans | Alexander | | M2 | 00:38:07 | 42 |
| 109 | 370 | Ricciardi | Dario | | M14 | 00:38:08 | 1 |
| 110 | 262 | Großmann | Frank | | M2 | 00:38:09 | 43 |
| 111 | 94 | Hesse | Guido | | M55 | 00:38:10 | 6 |
| 112 | 8 | Weinheimer | Robin | | M2 | 00:38:14 | 44 |
| 113 | 603 | Steppke | Lutz | | M50 | 00:38:19 | 10 |
| 114 | 503 | Fischer | Sebastian | TG Kastel | M2 | 00:38:27 | 45 |
| 115 | 195 | Mischke | Luca | | M14 | 00:38:30 | 2 |
| 116 | 558 | Balzer | Stefan | | M30 | 00:38:33 | 10 |
| 117 | 537 | Lieder | Stefan | Exil-Berliner Lorsch | M45 | 00:38:34 | 13 |
| 118 | 274 | Volksheimer | Daniel | | M40 | 00:38:41 | 12 |
| 119 | 174 | Klepper | Johannes | | M2 | 00:38:43 | 46 |
| 120 | 138 | hölzl | volker | TSG mainz Bretzenheim | M55 | 00:38:53 | 7 |
| 121 | 126 | Ernst | Frank | | M50 | 00:38:55 | 11 |
| 122 | 483 | Haude | Christian | | M2 | 00:38:56 | 47 |
| 123 | 334 | Cronauer | Steffen | | M30 | 00:38:57 | 11 |
| 124 | 235 | Jaekel | Martin | | M45 | 00:39:00 | 14 |
| 125 | 609 | Waldorf | Bastian | | | 00:39:01 | 3 |
| 126 | 333 | Mayette | Guillaume | | M2 | 00:39:02 | 48 |
| 127 | 182 | Scheurich | Andreas | Lufthansa Sportverein e.V. | M55 | 00:39:04 | 8 |
| 128 | 588 | Voigt-Grams | Mike | Wildwechsel | M50 | 00:39:05 | 12 |
| 129 | 397 | Schäfer | Tobias | | M35 | 00:39:09 | 11 |
| 130 | 487 | Bendlin | Timo | ESWE Verkehr Die Mobilmacher | M30 | 00:39:10 | 12 |
| 131 | 305 | Dörflinger | Sascha | WPS Kledrich | M40 | 00:39:12 | 13 |
| 132 | 423 | Michel | Willy | | M40 | 00:39:14 | 14 |
| 133 | 105 | de Cruppe | Maurice | | M16 | 00:39:15 | 2 |
| 134 | 30 | Grognet | Pierre | | M30 | 00:39:26 | 13 |
| 135 | 623 | Theisen | Georg | TV Mainz-Laubenheim | M55 | 00:39:30 | 9 |
| 136 | 440 | Teichgräber | Frank | | M35 | 00:39:31 | 12 |
| 137 | 428 | Esau | Johann | wertzeug e.V. | M30 | 00:39:32 | 14 |
| 138 | 277 | Beul | Christian | | M30 | 00:39:37 | 15 |
| 139 | 468 | Blumenstein | Martin | PSV Mainz | M35 | 00:39:48 | 13 |
| 140 | 282 | Heeren | Tibor | | M30 | 00:39:49 | 16 |

| Platz | St-Nr. | Nachname | Vorname | Verein | AK | Laufzeit | AKPlatz |
|--------------|---------------|-----------------|----------------|------------------------------|-----------|-----------------|----------------|
| 141 | 583 | Hoffmann | Dietmar | Gutenberg Marathon Club | M55 | 00:39:51 | 10 |
| 142 | 568 | Duis | Jakob | | M2 | 00:39:54 | 49 |
| 143 | 266 | Pfannkuchen | Nils | | M2 | 00:39:56 | 50 |
| 144 | 307 | Landvogt | Dennis | Dela | M35 | 00:39:58 | 14 |
| 145 | 72 | Kauth | Jochen | Die Mainraketen | M45 | 00:40:00 | 15 |
| 146 | 463 | Breit | Thomas | Eintracht Frankfurt FuFa | M50 | 00:40:08 | 13 |
| 147 | 510 | Munck | Cornelius | TG Kastel | M2 | 00:40:10 | 51 |
| 148 | 504 | Fischer | Tobias | TG Kastel | M2 | 00:40:18 | 52 |
| 149 | 488 | Ehrhardt | Björn | ESWE Verkehr Die Mobilmacher | M2 | 00:40:25 | 53 |
| 150 | 218 | Vollrath | Oliver | Lauffreu(n)de Guntersblum | M45 | 00:40:28 | 16 |
| 151 | 628 | Reiss | Ingo | TV Nieder-Olm | M65 | 00:40:31 | 1 |
| 152 | 516 | Beretha | Dominik | | M30 | 00:40:32 | 17 |
| 153 | 340 | Ankenbrand | Kai | | M30 | 00:40:34 | 18 |
| 154 | 350 | Hentschel | Bruce | | M35 | 00:40:36 | 15 |
| 155 | 432 | Strathmann | Timo | berater e.V. | M2 | 00:40:38 | 54 |
| 156 | 419 | Radfang | Christof | Laufgruppe Essity | M40 | 00:40:39 | 15 |
| 157 | 313 | Kaufmann | Dominik | | M35 | 00:40:40 | 16 |
| 158 | 242 | Leiske | Thorsten | | M40 | 00:40:42 | 16 |
| 159 | 248 | Wenzel | Manuel | | M2 | 00:40:50 | 55 |
| 160 | 627 | Conrad | Alexander | 1991 | M2 | 00:40:52 | 56 |
| 161 | 152 | Glang | Michael | | M35 | 00:40:53 | 17 |
| 162 | 343 | Stockamp | Tim | Arminia Bielefeld | M40 | 00:40:54 | 17 |
| 163 | 395 | Buchholz | Marcel | | M2 | 00:40:54 | 57 |
| 164 | 93 | Mouatassim | Boujema | | M50 | 00:40:56 | 14 |
| 165 | 413 | Hieber | Richard | | M2 | 00:40:58 | 58 |
| 166 | 548 | Weller | Björn | | M40 | 00:40:59 | 18 |
| 167 | 465 | Lenz | Friedhelm | Team ERDINGER Alkoholfrei | M55 | 00:41:00 | 11 |
| 168 | 320 | Wilczek | Paul | USC Mainz | M13 | 00:41:02 | 1 |
| 169 | 507 | Klein | Lukas | TG Kastel | M2 | 00:41:03 | 59 |
| 170 | 329 | Backe | Christian | | M30 | 00:41:15 | 19 |
| 171 | 594 | Nemeth | Dominik | | M2 | 00:41:16 | 60 |
| 172 | 162 | Maier | Heiko | | M30 | 00:41:20 | 20 |
| 173 | 244 | Witek | Alexander | | M40 | 00:41:21 | 19 |
| 174 | 102 | Ruff | Benedict | SC Astheim | M2 | 00:41:23 | 61 |
| 175 | 405 | Hebler | Sebastian | WerTzeug e.V. | M2 | 00:41:35 | 62 |
| 176 | 409 | Lohse | Dominik | | M30 | 00:42:00 | 21 |

| Platz | St-Nr. | Nachname | Vorname | Verein | AK | Laufzeit | AKPlatz |
|--------------|---------------|-----------------|----------------|------------------------------|-----------|-----------------|----------------|
| 177 | 311 | Hogrefe | Jendrik | | M2 | 00:42:02 | 63 |
| 178 | 56 | Köpke | daniel | | M2 | 00:42:04 | 64 |
| 179 | 167 | Feller | Stefan | | M45 | 00:42:06 | 17 |
| 180 | 215 | Hiemenz | Henry | | M19 | 00:42:17 | 3 |
| 181 | 581 | Kober | Stefan | Eintracht Frankfurt Trathlon | M50 | 00:42:19 | 15 |
| 182 | 221 | Hedert | David | | M2 | 00:42:23 | 65 |
| 183 | 550 | Blumenstein | Heinrich | LT Weiterstadt | M65 | 00:42:24 | 2 |
| 184 | 392 | Schulze | Maximilian | berater e.V. Mainz | M2 | 00:42:28 | 66 |
| 185 | 385 | Föhl | Manuel | | M30 | 00:42:32 | 22 |
| 186 | 204 | Valentin | Luis | Rheinallee 7 | M17 | 00:42:35 | 1 |
| 187 | 67 | Heeren | Tjado | | M35 | 00:42:37 | 18 |
| 188 | 563 | Popp | Jürgen | | M45 | 00:42:38 | 18 |
| 189 | 205 | Valentin | Oliver | Rheinallee 7 | M50 | 00:42:41 | 16 |
| 190 | 631 | Wiesenack | Christoph | | M30 | 00:42:43 | 23 |
| 191 | 303 | Goering | Johannes | | M30 | 00:42:46 | 24 |
| 192 | 388 | Khaneft | Dmitry | | M30 | 00:42:47 | 25 |
| 193 | 275 | Hartmann | Markus | Spvgg Ingelheim | M45 | 00:42:47 | 19 |
| 194 | 517 | Lammel | Gerhard | | M55 | 00:43:01 | 12 |
| 195 | 418 | Sengezer | Noah | Laufgruppe Essity | M8 | 00:43:07 | 1 |
| 196 | 13 | Lehmann | Jürgen | | M40 | 00:43:11 | 20 |
| 197 | 417 | Sengezer | Ali | Laufgruppe Essity | M45 | 00:43:12 | 20 |
| 198 | 555 | Pfeiffer | Steven | | M2 | 00:43:25 | 67 |
| 199 | 448 | Noll | Benedikt | | M30 | 00:43:30 | 26 |
| 200 | 436 | Cezane | Franz | Laufgruppe Essity | M55 | 00:43:34 | 13 |
| 201 | 449 | Bartolucci | Davide Luigi | | M30 | 00:43:35 | 27 |
| 202 | 103 | Schepers | Marco | | M30 | 00:43:41 | 28 |
| 203 | 534 | Möller | Hans-Georg | | M45 | 00:43:46 | 21 |
| 204 | 51 | Sollner | Kai | | M35 | 00:43:58 | 19 |
| 205 | 349 | Bielmeier | Niklas | berater e.V. | M2 | 00:44:01 | 68 |
| 206 | 330 | Meyenburg | Walter | TV Hechtsheim | M60 | 00:44:06 | 5 |
| 207 | 601 | Barniske | Stephan | | M40 | 00:44:07 | 21 |
| 208 | 279 | Plotka | Rüdiger | | M50 | 00:44:12 | 17 |
| 209 | 131 | Drescher | Stefan | TV Laubenheim 1883 e.V. | M30 | 00:44:20 | 29 |
| 210 | 111 | Erbar | Ralph | Finther Flitzer | M55 | 00:44:24 | 14 |
| 211 | 123 | Gürgener | Ergin | | M2 | 00:44:25 | 69 |
| 212 | 498 | Kompenhans | Moritz | | M30 | 00:44:26 | 30 |

| Platz | St-Nr. | Nachname | Vorname | Verein | AK | Laufzeit | AKPlatz |
|--------------|---------------|-----------------|----------------|-------------------------|-----------|-----------------|----------------|
| 213 | 590 | Wolfe | Ralf | | M55 | 00:44:27 | 15 |
| 214 | 546 | Schadt | Michael | TUS Ingelheim | M50 | 00:44:31 | 18 |
| 215 | 547 | Siekiera | Gerhard | TUS Ingelheim | M50 | 00:44:33 | 19 |
| 216 | 191 | Dierker | Christian | | M35 | 00:44:48 | 20 |
| 217 | 66 | Niermann | Christian | | M2 | 00:45:26 | 70 |
| 218 | 88 | Erbas | Yunus | | M2 | 00:45:29 | 71 |
| 219 | 227 | Wahlmann | Ulrich | UKR | M65 | 00:45:31 | 3 |
| 220 | 243 | Walther | Jochen | | M45 | 00:45:33 | 22 |
| 221 | 319 | Wilczek | Peter | 30kilo leichter | M45 | 00:45:39 | 23 |
| 222 | 369 | Marrek | Steffen | | M30 | 00:45:50 | 31 |
| 223 | 85 | Thoma | Christian | | M35 | 00:45:53 | 21 |
| 225 | 135 | Schneider | Raiko | | M45 | 00:45:56 | 24 |
| 226 | 390 | Köhler | Reiner | | M55 | 00:46:07 | 16 |
| 227 | 83 | Bormann | Christian | | M2 | 00:46:13 | 72 |
| 228 | 124 | Holzderber | Patrick | | M2 | 00:46:17 | 73 |
| 229 | 100 | Bernhardt | Oliver | | M50 | 00:46:20 | 20 |
| 230 | 172 | Fröder | Karl | TV Laubenheim | M65 | 00:46:23 | 4 |
| 231 | 460 | Lutterbüse | Klaus | | M50 | 00:46:25 | 21 |
| 232 | 382 | Wenzel | David | HopHopHop | M17 | 00:46:27 | 2 |
| 233 | 383 | Rapp | Frank | HopHopHop | M50 | 00:46:28 | 22 |
| 234 | 32 | Pasternak | Mark | | M2 | 00:46:31 | 74 |
| 235 | 554 | Händel | Andreas | | M40 | 00:46:34 | 22 |
| 236 | 290 | Faust | Justus | | M50 | 00:46:36 | 23 |
| 237 | 614 | Döbler | Klaus-Martin | | M55 | 00:47:04 | 17 |
| 238 | 571 | Khademolreza | Mohammed | | M65 | 00:47:14 | 5 |
| 239 | 602 | Christ | Rainer | | M65 | 00:47:16 | 6 |
| 240 | 533 | Martens | Uwe | | M30 | 00:47:19 | 32 |
| 241 | 62 | Hust | Gerhard | TV Laubenheim 1883 e.V. | M65 | 00:47:24 | 7 |
| 242 | 613 | Zimmer | Thomas | DOK-Bingen-Büdesheim | M55 | 00:47:26 | 18 |
| 243 | 378 | Goldschmitt | Christian | | M35 | 00:47:29 | 22 |
| 244 | 401 | fohrmann | Klaus | | M55 | 00:47:30 | 19 |
| 245 | 3 | Knab | Paul | | M16 | 00:47:31 | 3 |
| 246 | 625 | Franzmann | Jochen | | M45 | 00:47:32 | 25 |
| 247 | 309 | Wiese | Ulrich | | M60 | 00:47:34 | 6 |
| 248 | 600 | Kling | Julian | | M2 | 00:47:40 | 75 |
| 249 | 479 | Salewski | Jürgen | | M50 | 00:47:50 | 24 |

| Platz | St-Nr. | Nachname | Vorname | Verein | AK | Laufzeit | AKPlatz |
|--------------|---------------|-----------------|----------------|-------------------------|-----------|-----------------|----------------|
| 250 | 539 | Schardt | Florian | | M35 | 00:47:51 | 23 |
| 251 | 617 | Hippenstiel | Jan | | M50 | 00:47:52 | 25 |
| 252 | 181 | Glinka | Dominik | | M30 | 00:48:03 | 33 |
| 253 | 494 | Becker | Marcel | | M2 | 00:48:07 | 76 |
| 254 | 269 | Kraus | Willibald | | M55 | 00:48:09 | 20 |
| 255 | 325 | Dehler | Johannes | | M35 | 00:48:24 | 24 |
| 256 | 236 | Schreiber | Peter | Fortuna Düsseldorf | M45 | 00:48:27 | 26 |
| 257 | 453 | Forster | Matthias | | M50 | 00:48:29 | 26 |
| 258 | 549 | kress | michael | | M50 | 00:48:31 | 27 |
| 260 | 261 | Horbach | Steffen | | M35 | 00:48:40 | 25 |
| 261 | 508 | Krause | Eric | TG Kastel | M2 | 00:48:41 | 77 |
| 262 | 525 | Kühn | Benjamin | | M30 | 00:48:47 | 34 |
| 263 | 616 | Richter | Hans Georg | TUS Nackenheim | M65 | 00:49:02 | 8 |
| 264 | 39 | Hoffmann | Alexander | | M30 | 00:49:25 | 35 |
| 265 | 540 | Menges | Lars | LG Rheinfront | M40 | 00:49:26 | 23 |
| 266 | 222 | Geiss | Uwe | | M55 | 00:49:34 | 21 |
| 267 | 238 | Hierold | Roland | | M60 | 00:49:37 | 7 |
| 268 | 353 | Weikel | Wolfgang | | M60 | 00:49:39 | 8 |
| 269 | 354 | Weikel | Maxmilian | | M2 | 00:49:42 | 78 |
| 270 | 420 | Chwalak - The | Edward | | M45 | 00:50:13 | 27 |
| 271 | 252 | Küber | David | | M35 | 00:50:47 | 26 |
| 272 | 253 | Hoedtke | Ronny | | M35 | 00:50:49 | 27 |
| 273 | 477 | vanegas rodrig | angelo | | M40 | 00:51:20 | 24 |
| 274 | 595 | Nemeth | Zsolt | | M45 | 00:51:23 | 28 |
| 275 | 217 | Mayer | Alexander | | M2 | 00:51:33 | 79 |
| 276 | 113 | Shababi | Behzad | Gear Down | M45 | 00:51:37 | 29 |
| 277 | 99 | Pontius | Steffen | | M35 | 00:51:46 | 28 |
| 278 | 26 | Stell-Müller | Ralf | | M45 | 00:52:17 | 30 |
| 279 | 106 | de Cruppe | Burkhard | | M50 | 00:52:18 | 28 |
| 280 | 300 | Wingender | Frank | TV Laubenheim 1883 e.V. | M40 | 00:52:26 | 25 |
| 281 | 44 | Gitzel | Marcus | FT-Läufer | M40 | 00:52:44 | 26 |
| 282 | 190 | Brückner | Daniel | | M45 | 00:52:47 | 31 |
| 283 | 15 | Klee | Ralf | | M50 | 00:52:51 | 29 |
| 284 | 345 | peterhanwar | ralf | Rathaus Mainz | M50 | 00:54:01 | 30 |
| 285 | 524 | Gräber | Volker | TS Geisenheim | M55 | 00:54:11 | 22 |
| 286 | 12 | Zintler | Alexander | | M2 | 00:54:34 | 80 |

| Platz | St-Nr. | Nachname | Vorname | Verein | AK | Laufzeit | AKPlatz |
|--------------|---------------|-----------------|----------------|--|-----------|-----------------|----------------|
| 287 | 403 | Frondorf | Lucas | | M2 | 00:55:21 | 81 |
| 288 | 74 | Maurer | Johannes | | M30 | 00:55:24 | 36 |
| 289 | 79 | Ulrich | Alexandra | | M45 | 00:55:29 | 32 |
| 290 | 121 | Schüler | Wolfgang | Deutsches Lauftherapiezentrum, Bad M60 | M60 | 00:55:54 | 9 |
| 291 | 283 | Pommeränicke | Lars | | M45 | 00:56:20 | 33 |
| 292 | 186 | Geiberger | Volker | | M50 | 00:56:45 | 31 |
| 293 | 587 | Geisel | Orlando | TSG Heidesheim | M11 | 00:57:26 | 1 |
| 294 | 586 | Geisel | Rüdiger | | M45 | 00:57:28 | 34 |
| 295 | 84 | Hielscher | Matthias | Evangelische Jugend Mainz | M45 | 00:57:32 | 35 |
| 296 | 358 | L`habitant | Thomas | | M55 | 00:58:10 | 23 |
| 297 | 125 | Kadler | Karlheinz | | M45 | 00:58:23 | 36 |
| 298 | 454 | Eck | Andreas | Bitte nicht füttern | M50 | 00:59:00 | 32 |
| 299 | 299 | Metternich | Metternich | | M40 | 01:00:06 | 27 |
| 300 | 164 | Bauer | Patrick | | M35 | 01:01:33 | 29 |
| 301 | 42 | Goldbach | Joachim | | M60 | 01:03:55 | 10 |