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Platz	PlatzAK	StartNr	Name	Team / Verein / Firma	Nat.	JG	AK	5km	10km	15km	Zeit
1	1	465	Inge Behringer	LSG Edelsfeld		1973	W40	00:19:59	00:40:32	01:01:27	01:22:06
2	1	485	Lena Gottwald	TSV Zirndorf		1996	WU30	00:20:01	00:40:43	01:01:45	01:22:59
3	2	90	Susanne Hoffmeister	SV Bayreuth		1989	WU30	00:20:36	00:42:11	01:04:30	01:27:13
4	1	43	Rena Eberlein	Post SV Nürnberg		1965	W50	00:22:22	00:44:27	01:06:40	01:28:47
5	2	17	Silke Bittel	LAC Qulle Fürth		1975	W40	00:22:45	00:45:40	01:09:03	01:32:47
6	3	504	Lisa-Maria Leipersberger	LG Erlangen		1991	WU30	00:23:01	00:46:31	01:09:55	01:33:17
7	1	12	Christine Beck	Laufen gegen Leiden e.V		1980	W35	00:23:07	00:46:30	01:09:56	01:33:23
8	2	520	Renate Röger	Laufteam Fürth 2010		1965	W50	00:23:02	00:46:29	01:10:12	01:34:13
9	4	208	Cathrina Schmalfuß	Team Klinikum Nürnberg		1989	WU30	00:23:28	00:47:44	01:12:21	01:36:24
10	5	129	Stefanie Lenk			1990	WU30	00:23:29	00:47:44	01:12:00	01:36:36
11	2	286	Christina Baier	DAV Röthenbach		1979	W35	00:23:10	00:47:21	01:11:55	01:37:05
12	1	461	Toni Asser			1983	W30	00:22:48	00:46:55	01:11:56	01:37:19
13	1	35	Birgit Diez			1968	W45	00:23:20	00:47:38	01:13:00	01:38:48
14	6	6	Clara-Maria Bader	Post SV Nürnberg		1995	WU30	00:25:24	00:50:23	01:15:04	01:39:23
15	7	491	Franzisca Helmreich	Post SV Triathlon Nbg		1990	WU30	00:25:12	00:50:14	01:15:04	01:39:23
16	8	16	Lisa Beyer			1990	WU30	00:25:22	00:50:15	01:15:39	01:40:40
17	9	77	Henrike Heiser			1993	WU30	00:25:22	00:50:14	01:15:44	01:41:07
18	3	238	Nicole Van der Werh	RUNTERRA		1974	W40	00:25:51	00:50:38	01:15:43	01:41:32
19	3	38	Christa Ditterich	PowerBärs Rednitzhembach		1964	W50	00:25:23	00:51:01	01:17:05	01:43:39
20	2	144	Kathrin Maul	MTP Hersbruck		1982	W30	00:26:09	00:52:31	01:19:17	01:46:02
21	2	97	Kariana Huzek			1968	W45	00:25:48	00:51:54	01:19:10	01:46:37
22	1	552	Gerdi Sieger			1957	W55	00:26:35	00:53:57	01:21:16	01:48:18
23	10	150	Mona Merz	SV Bayreuth		1987	WU30	00:26:50	00:54:32	01:22:07	01:49:06
24	11	473	Sahrah Debler			1988	WU30	00:27:27	00:54:28	01:22:00	01:49:42
25	12	478	Martina Fladerer			1989	WU30	00:27:27	00:54:28	01:22:01	01:49:43
26	3	408	Nadja Schneider			1986	W30	00:28:17	00:56:02	01:23:43	01:50:40
27	3	547	Sabine Winterberg	Team Klinikum Nürnberg		1980	W35	00:27:46	00:55:49	01:23:38	01:51:19
28	4	199	Jessica Rupprecht	Team Klinikum Nürnberg		1976	W40	00:27:46	00:55:49	01:23:43	01:51:32
29	4	255	Gabriele Zips			1980	W35	00:27:25	00:54:58	01:23:34	01:52:50
30	2	111	Hildegard Kaufmann-Bader			1958	W55	00:28:20	00:56:06	01:24:26	01:53:40
31	4	104	Elisabeth Käb			1982	W30	00:29:01	00:58:26	01:28:21	01:57:49
32	13	389	Sifei Quinn			1987	WU30	00:30:51	01:03:20	01:38:09	02:14:37
33	14	196	Tabea Leißner			1994	WU30	00:30:33	01:04:25	01:41:36	02:22:58
1	1	314	Firaaol Eebbisaa			1989	MU30	00:16:18	00:33:13	00:50:04	01:06:56
2	1	557	Marcel Staudacher	Team Klinikum Nürnberg		1980	M35	00:18:14	00:37:07	00:55:48	01:14:02
3	1	188	Roland Rigotti	TSV 1862 Neuburg a.D.		1976	M40	00:18:57	00:37:37	00:55:48	01:14:05
4	2	86	Tim Hermann			1974	M40	00:18:15	00:37:08	00:55:57	01:14:45
5	2	89	Torben Hoffmeister	SV Bayreuth Triathlon		1988	MU30	00:18:47	00:37:49	00:56:42	01:15:49

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Platz	PlatzAK	StartNr	Name	Team / Verein / Firma	Nat.	JG	AK	5km	10km	15km	Zeit
6	1	152	Jan Möllers	TV48 Erlangen		1986	M30	00:19:27	00:39:07	00:58:44	01:17:43
7	2	121	Michael Kratzer	SLDRNG		1985	M30	00:19:08	00:38:25	00:58:07	01:18:06
8	1	554	Thmas Federsel	Speed Runners Neumarkt		1963	M50	00:19:39	00:38:49	00:58:26	01:18:27
9	2	537	Manfred Url			1980	M35	00:19:36	00:39:43	00:59:59	01:19:56
10	3	237	Christian Url	DAV Deggendorf		1983	M30	00:19:36	00:39:44	01:00:00	01:20:12
11	1	140	Roman Mally			1971	M45	00:19:28	00:39:45	01:00:06	01:20:48
12	3	570	Simon Sudler	laufen gegen Leiden		1979	M35	00:19:28	00:39:32	01:00:08	01:21:03
13	3	531	Wolfgang Schweigert	LAC Quelle Fürh		1973	M40	00:19:53	00:40:08	01:00:44	01:21:14
14	4	468	Stefan Bleier			1985	M30	00:19:51	00:40:03	01:00:42	01:21:20
15	2	569	Jan Runau	La Carrera TriTeam Rothsee		1966	M50	00:20:15	00:40:45	01:01:29	01:22:05
16	4	534	Eugen Starschich			1980	M35	00:20:29	00:41:00	01:01:37	01:22:36
17	5	231	Peter Stengel			1983	M30	00:19:48	00:40:35	01:01:38	01:22:51
18	3	19	Peter Blandl	Team Goku		1987	MU30	00:20:02	00:40:45	01:01:45	01:22:57
19	4	184	Michael Riechel	La Carrera TriTeam Rothsee		1972	M40	00:20:33	00:41:20	01:02:16	01:23:10
20	2	495	Thomas Huber	TSG 08 Roth		1967	M45	00:20:55	00:41:47	01:02:39	01:23:27
21	4	218	Cristian Schrödel	Post SV Nürnberg		1988	MU30	00:21:20	00:42:47	01:04:15	01:24:36
22	5	74	Jens Hanel			1979	M35	00:20:23	00:41:21	01:02:40	01:24:52
23	1	549	Andreas Wolf-Heimann	TSV Burghaslach		1959	M55	00:20:27	00:41:45	01:03:40	01:24:56
24	3	367	Andreas Lindenberg			1963	M50	00:20:29	00:41:33	01:03:13	01:25:14
25	5	145	Thomas Maurer	TV 1848 Schwabach		1975	M40	00:21:33	00:43:15	01:04:42	01:25:24
26	3	494	Michael Horn	Triathlon Potsdam e.V.		1969	M45	00:21:48	00:44:09	01:05:24	01:26:14
27	2	502	Michael Kuputat			1960	M55	00:21:25	00:43:12	01:05:06	01:27:02
28	4	254	Frank Zimmermann	La Carrera TriTeam Rothsee		1969	M45	00:21:37	00:43:39	01:06:01	01:28:16
29	6	514	Christian Parpart	Team Klinikum Nürnberg		1983	M30	00:21:42	00:44:02	01:06:24	01:28:25
30	5	117	Lutz König			1970	M45	00:21:43	00:44:02	01:06:25	01:28:28
31	6	116	Manfred Knobloch	TSV Gerorgensgmünd		1968	M45	00:21:37	00:43:39	01:06:01	01:28:43
32	6	496	Jörg Ixmeier			1979	M35	00:21:12	00:43:20	01:05:54	01:28:52
33	5	501	Daniel Kühne			1990	MU30	00:22:35	00:44:55	01:07:07	01:29:08
34	4	471	Dirk Bräunlein			1964	M50	00:21:22	00:43:40	01:06:24	01:29:18
35	7	211	Helmut Schmidt	Post SV Nürnberg		1969	M45	00:22:20	00:44:28	01:06:54	01:29:46
36	8	459	Harald Goldfuß			1971	M45	00:22:34	00:45:12	01:07:50	01:30:11
37	6	392	Johannes Rapsch			1994	MU30	00:23:19	00:46:11	01:09:03	01:30:57
38	7	483	Oliver Gold			1979	M35	00:22:10	00:44:31	01:07:41	01:31:07
39	7	122	Marcel Krebs	Team Klinikum Nürnberg		1989	MU30	00:22:04	00:44:58	01:08:06	01:31:12
40	6	277	Sascha Dowidat	Noris Road Runners		1976	M40	00:22:51	00:45:38	01:08:36	01:31:18
41	7	213	Michael Schmidt	Öl-Hasen-Verein		1974	M40	00:21:50	00:44:32	01:07:48	01:31:28
42	8	356	Schorschi Konnerth			1977	M35	00:22:40	00:45:34	01:08:35	01:32:05
43	8	252	Steffen Witt	Nürnberger		1989	MU30	00:22:58	00:45:57	01:09:02	01:32:20

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44	9	559	Jochen Moser			1980	M35	00:22:16	00:45:16	01:10:09	01:32:43
45	10	317	Jürgen Gamenik	SB Bayern 07 Nürnberg		1980	M35	00:22:24	00:45:18	01:08:53	01:32:50
46	8	256	Stephan Zörner			1975	M40	00:23:31	00:46:52	01:10:27	01:34:07
47	11	26	Viktor Bortnikow			1981	M35	00:23:20	00:46:58	01:10:56	01:34:26
48	3	7	Heinz-Werner Bader	Post-SV Nürnberg		1959	M55	00:22:31	00:45:52	01:10:07	01:34:31
49	9	450	Dirk Junius			1973	M40	00:23:10	00:47:02	01:10:55	01:34:52
50	1	533	John Stackmann	LG Erlangen		1953	M60	00:23:06	00:46:34	01:11:10	01:35:57
51	7	489	Franz Hauer			1984	M30	00:22:19	00:45:43	01:10:16	01:36:10
52	12	81	Mathias Helms	Laufen gegen Leiden e.V		1977	M35	00:23:43	00:47:48	01:12:22	01:36:26
53	10	521	Niki Röhrer			1974	M40	00:24:34	00:48:51	01:13:02	01:37:01
54	9	566	Andreas Baumgartl	Baumi Sportico		1987	MU30	00:24:34	00:48:52	01:13:03	01:37:07
55	9	543	Christian Wendel	Laufteam Fürth 2010		1969	M45	00:24:28	00:48:53	01:13:08	01:37:22
56	10	137	Volker Maag	Skiclub Roßtal		1968	M45	00:25:33	00:49:45	01:13:46	01:37:31
57	8	163	David Parys			1984	M30	00:24:35	00:48:54	01:13:09	01:37:51
58	13	153	Andreas Moßburger	Laufen gegen Leiden e.V		1980	M35	00:23:07	00:47:21	01:12:56	01:37:52
59	5	146	Reinhard Mäusbacher	Team Erdinger Alkohlfrei		1963	M50	00:23:21	00:50:02	01:13:47	01:38:18
60	6	363	Dirk Peters	Laufteam Fürth 2010e.V.		1966	M50	00:25:20	00:49:44	01:13:48	01:38:31
61	9	529	Gerd Schuster			1983	M30	00:24:44	00:49:44	01:14:57	01:39:26
62	10	568	Frankesco Pantsni			1990	MU30	00:25:07	00:49:36	01:14:58	01:40:16
63	10	100	Sebastian Janeck			1982	M30	00:23:29	00:48:06	01:13:35	01:40:25
64	11	235	Korbinian Taubeneder			1988	MU30	00:25:44	00:51:06	01:16:21	01:41:11
65	7	545	Andreas Wieser	Laufhelden		1965	M50	00:24:47	00:49:27	01:15:06	01:41:23
66	14	429	Christian Teimel			1979	M35	00:25:04	00:50:10	01:15:05	01:43:06
67	11	375	Georg Metzger			1984	M30	00:24:48	00:49:17	01:18:25	01:43:43
68	12	425	Sebastian Streicher			1989	MU30	00:27:27	00:54:23	01:19:52	01:43:53
69	12	285	Ingo Natzins			1982	M30	00:27:45	00:55:06	01:20:19	01:43:56
70	11	423	Stefan Stadelmann	VFC Plauen		1971	M45	00:23:47	00:49:26	01:16:47	01:44:56
71	13	278	Leon jäger	Noris Road Runners		1996	MU30	00:24:26	00:51:51	01:19:40	01:45:28
72	11	251	Karsten Wiesner	FF Haimendorf		1975	M40	00:25:51	00:51:59	01:18:58	01:45:47
73	4	29	Alexander Bübel	Team Klinikum Nürnberg		1958	M55	00:25:20	00:52:00	01:19:09	01:45:57
74	12	556	Rainer Mutzke	MTP Hersbruck		1974	M40	00:26:08	00:52:31	01:19:17	01:46:03
75	8	219	Walter Schrödel	Post SV Nürnberg		1963	M50	00:25:25	00:51:30	01:18:20	01:46:11
76	14	30	Andreas Bundil	Tri-Team Frankenalb		1991	MU30	00:29:02	00:56:39	01:22:16	01:46:59
77	13	226	Mike-Andre Seifert	MTP Hersbruck		1984	M30	00:25:47	00:51:58	01:19:13	01:47:19
78	15	550	Daniel Zacher			1989	MU30	00:27:22	00:54:27	01:21:54	01:48:56
79	9	36	Johanes Diez			1965	M50	00:27:47	00:54:49	01:22:13	01:50:12
80	1	242	Friedrich Wagenpfeil			1947	M65	00:28:37	00:56:08	01:23:40	01:50:37
81	14	572	Benjamin Lee			1986	M30	00:25:54	00:52:40	01:21:31	01:51:25

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82	5	482	Thomas Gieseke	NVG Würzburg		1961	M55	00:28:18	00:55:58	01:23:42	01:51:42
83	10	155	Thomas Münnich			1965	M50	00:29:05	00:56:35	01:23:56	01:51:48
84		418	Bagher Feiz-Marzoughi	SG Siemens			M	00:27:24	00:55:05	01:23:07	01:52:14
85	15	51	Dirk Franke			1977	M35	00:28:11	00:55:59	01:24:23	01:52:44
86	13	230	Christian Stadler	TSV Greding		1975	M40	00:27:04	00:54:24	01:22:22	01:52:45
87	16	80	Udo Hellmanns			1977	M35	00:27:24	00:54:58	01:23:34	01:52:51
88	11	49	Andreas Fielitz			1966	M50	00:25:53	00:51:52	01:23:51	01:53:58
89	2	165	Karl-Hermann Petersen	Team Klinikum Nürnberg		1956	M60	00:27:46	00:55:50	01:23:37	01:54:25
90	14	67	Alexander Götz	RUNTERRA		1974	M40	00:28:43	00:56:34	01:25:10	01:55:00
91	1	416	Christopher Wichert	Team Arndt e.V.		1997	MJU20	00:28:29	00:57:31	01:26:40	01:55:36
92	17	110	Michael Kattoll	Untrainierbar e.V		1980	M35	00:27:45	00:55:51	01:25:46	01:55:56
93	16	161	Yin Pang			1987	MU30	00:28:53	00:56:43	01:25:59	01:56:04
94	15	396	Henry Richter	FP Runtastic Laufgruppe		1975	M40	00:28:56	00:58:07	01:27:37	01:56:30
95	6	530	Werner Schweidler	Laufclub 21		1959	M55	00:29:15	00:58:10	01:28:01	01:57:14
96	12	141	Rolf Malter			1965	M50	00:30:56	01:02:32	01:33:20	02:02:47
97	16	68	Andreas Götz			1974	M40	00:30:36	01:02:03	01:33:00	02:03:43
98	17	279	Sebastian Waldmann	Noris Road Runners		1987	MU30	00:29:04	01:00:10	01:31:55	02:03:44
99	17	409	Tihlo Schöllhorn			1976	M40	00:38:22	01:09:19	01:35:12	02:03:44
100	18	212	Cristian Schmidt			1981	M35	00:29:04	01:00:10	01:31:55	02:03:46
101	19	95	Alexander Hopfe			1979	M35	00:30:33	01:04:25	01:41:36	02:22:58

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