

Einlaufliste wbl. / mnl. 4. Zeitlauf 5.000m (unter 19:00 Min)

| Plg. | Name | Vorname | Verein / Ort | AK | Runde 1 | Runde 2 | Runde 3 | Runde 4 | Runde 5 | Runde 6 | Runde 7 | Runde 8 | Runde 9 | Runde 10 | Runde 11 | Runde 12 | Zielzeit | Jg | Stnr. |
|------|--------------|-----------|------------------------------|-----|---------|---------|---------|---------|---------|---------|---------|---------|---------|----------|----------|----------|----------------|------|-------|
| 1. | Böhm | Nicole | Team Dologiet | W30 | 0:00:41 | 0:02:08 | 0:03:35 | 0:05:04 | 0:06:32 | 0:08:01 | 0:09:31 | 0:11:00 | 0:12:27 | 0:13:55 | 0:15:23 | 0:16:48 | 0:18:07 | 1980 | 852 |
| 2. | Martens | Vera | Spiridon Frankfurt | W40 | 0:00:41 | 0:02:08 | 0:03:35 | 0:05:04 | 0:06:31 | 0:08:00 | 0:09:29 | 0:10:57 | 0:12:26 | 0:13:56 | 0:15:23 | 0:16:48 | 0:18:09 | 1969 | 860 |
| 1. | Bock | Christian | Lg Maifeld-Pellenz | mJA | 0:00:38 | 0:01:57 | 0:03:17 | 0:04:38 | 0:06:00 | 0:07:23 | 0:08:42 | 0:10:03 | 0:11:23 | 0:12:45 | 0:14:07 | 0:15:24 | 0:16:33 | 1992 | 900 |
| 2. | Mannebach | Niklas | TUS Ahrweiler | mJB | 0:00:39 | 0:01:58 | 0:03:18 | 0:04:38 | 0:06:00 | 0:07:23 | 0:08:47 | 0:10:13 | 0:11:40 | 0:13:07 | 0:14:36 | 0:16:04 | 0:17:22 | 1994 | 859 |
| 3. | Potratz | Frank | TSK-Oranien | M45 | 0:00:40 | 0:02:05 | 0:03:32 | 0:04:56 | 0:06:22 | 0:07:47 | 0:09:13 | 0:10:38 | 0:12:03 | 0:13:28 | 0:14:52 | 0:16:15 | 0:17:29 | 1963 | 902 |
| 4. | Ferenschild | Valentin | LG Rhein-Wied | mJA | 0:00:39 | 0:02:01 | 0:03:25 | 0:04:51 | 0:06:18 | 0:07:46 | 0:09:13 | 0:10:40 | 0:12:03 | 0:13:28 | 0:14:53 | 0:16:18 | 0:17:39 | 1992 | 855 |
| 5. | Neuburger | Matthias | LG Bambule WW | M35 | 0:00:38 | 0:02:00 | 0:03:25 | 0:04:51 | 0:06:19 | 0:07:46 | 0:09:12 | 0:10:39 | 0:12:05 | 0:13:31 | 0:14:58 | 0:16:24 | 0:17:43 | 1974 | 861 |
| 6. | Gödert | Alexander | La Tus Mayen | mJB | 0:00:40 | 0:02:01 | 0:03:25 | 0:04:50 | 0:06:18 | 0:07:45 | 0:09:13 | 0:10:39 | 0:12:05 | 0:13:31 | 0:14:58 | 0:16:26 | 0:17:47 | 1994 | 856 |
| 6. | Christiansen | Hannes | 1. FC Kaiserslautern | M20 | 0:00:42 | 0:02:09 | 0:03:34 | 0:05:00 | 0:06:26 | 0:07:54 | 0:09:21 | 0:10:47 | 0:12:14 | 0:13:42 | 0:15:09 | 0:16:33 | 0:17:47 | 1989 | 853 |
| 8. | Dolate | Jürgen | LG Rhein-Wied | M45 | 0:00:42 | 0:02:10 | 0:03:36 | 0:05:03 | 0:06:29 | 0:07:57 | 0:09:25 | 0:10:52 | 0:12:20 | 0:13:48 | 0:15:12 | 0:16:38 | 0:17:49 | 1964 | 867 |
| 9. | Becker | Manuel | LG Rhein-Wied | mJA | 0:00:40 | 0:02:06 | 0:03:32 | 0:04:58 | 0:06:24 | 0:07:51 | 0:09:20 | 0:10:48 | 0:12:16 | 0:13:44 | 0:15:10 | 0:16:36 | 0:17:53 | 1991 | 851 |
| 10. | Krzywik | Raimund | L. F. Naheland Bad Kreuznach | M45 | 0:00:41 | 0:02:07 | 0:03:32 | 0:04:57 | 0:06:23 | 0:07:51 | 0:09:19 | 0:10:48 | 0:12:17 | 0:13:46 | 0:15:15 | 0:16:43 | 0:17:59 | 1964 | 866 |
| 11. | Ricks | Andre | SIG Labor Koblenz | M35 | 0:00:41 | 0:02:06 | 0:03:32 | 0:04:57 | 0:06:23 | 0:07:51 | 0:09:20 | 0:10:47 | 0:12:17 | 0:13:46 | 0:15:16 | 0:16:44 | 0:18:03 | 1971 | 863 |
| 12. | Kilanowski | Ralf | TV Jahn Eitelborn | M45 | 0:00:42 | 0:02:08 | 0:03:36 | 0:05:05 | 0:06:32 | 0:08:01 | 0:09:31 | 0:11:01 | 0:12:28 | 0:13:58 | 0:15:27 | 0:16:58 | 0:18:26 | 1963 | 857 |
| 13. | Schmidt | Heribert | Anne-Frank-Realschule-Mtbr. | M55 | 0:00:42 | 0:02:09 | 0:03:36 | 0:05:04 | 0:06:30 | 0:07:59 | 0:09:29 | 0:11:00 | 0:12:31 | 0:14:05 | 0:15:40 | 0:17:12 | 0:18:43 | 1953 | 868 |
| 14. | Reckter | Johannes | TUS Immendorf | mJB | 0:00:39 | 0:02:01 | 0:03:26 | 0:04:51 | 0:06:19 | 0:07:47 | 0:09:14 | 0:10:48 | 0:12:19 | 0:13:56 | 0:15:36 | 0:17:14 | 0:18:44 | 1994 | 862 |
| | Cocker | Kenton | LG Kreis Ahrweiler | mJA | 0:00:38 | 0:01:57 | 0:03:17 | 0:04:38 | 0:06:00 | 0:07:23 | | | | | | | | 1992 | 901 |
| | Thewes | Carsten | Triathlon TUS Ahrweiler | M40 | 0:00:42 | 0:02:09 | 0:03:36 | 0:05:05 | 0:06:32 | 0:08:02 | | | | | | | | 1968 | 864 |