

Komplette Wertungen

Schülerinnen W 10, 11, 12, 13 (900 m)

Datum: 31.01.2010 Beginn: 10:30

Schülerinnen W13

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|-------------------|------|------|---------------|------|------|
| 1. | 843 | Liebel, Alisa | 1997 | GER | LG Rülzheim | 4:46 | |
| | 722 | Wenninger, Helena | 1997 | GER | LCO Edenkoben | n.a. | |
| | 721 | Müssig, Franziska | 1997 | GER | LCO Edenkoben | n.a. | |

Schülerinnen W12

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|-------------------|------|------|----------------|------|------|
| | 829 | Pickhan, Kristina | 1998 | GER | VTV Mundenheim | n.a. | |

Schülerinnen W11

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|----------------|------|------|---------------|------|------|
| 1. | 723 | Weigel, Alicja | 1999 | GER | LCO Edenkoben | 4:41 | |
| 2. | 724 | Weigel, Kira | 1999 | GER | LCO Edenkoben | 4:48 | + 6 |

Schülerinnen W10

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|-------------------|------|------|-----------------|------|--------|
| 1. | 844 | Welker, Katharina | 2000 | GER | LAZ Zweibrücken | 4:27 | |
| 2. | 725 | Lawrenz, Jana | 2000 | GER | LCO Edenkoben | 4:38 | + 11 |
| 3. | 845 | Kerl, Swantje | 2001 | GER | LAZ Zweibrücken | 5:47 | + 1:20 |
| | 726 | Weigel, Luisa | 2000 | GER | LCO Edenkoben | n.a. | |

Schüler M 10, 11, 12, 13 (900 m)

Datum: 31.01.2010 Beginn: 10:45

Schüler M13

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|---------------|------|------|-----------------|------|------|
| 1. | 872 | Wolf, Janis | 1997 | | LAZ Zweibrücken | 4:10 | |

Schüler M12

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|---------------------|------|------|-----------------|------|------|
| 1. | 862 | Klein, Jonas | 1998 | | LAZ Zweibrücken | 4:23 | |
| 2. | 818 | Heinemann, Jonas | 1998 | | TV Lemberg | 4:30 | + 6 |
| | 833 | Schleifer, Philip | 1998 | GER | VTV Mundenheim | n.a. | |
| | 831 | Arling, Cedric | 1998 | GER | VTV Mundenheim | n.a. | |
| | 834 | Werle, Christof | 1998 | GER | VTV Mundenheim | n.a. | |
| | 832 | Kretz, Philipp | 1998 | GER | VTV Mundenheim | n.a. | |
| | 733 | Konstanzer, Patrick | 1998 | GER | LCO Edenkoben | n.a. | |
| | 787 | Detzel, Lorenz | 1998 | | TV Herxheim | n.a. | |
| | 863 | Wolf, Adrian | 1998 | | LAZ Zweibrücken | n.a. | |

Schüler M11

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|-------------------|------|------|---------------|------|------|
| | 734 | Kirchmer, Samuel | 1999 | GER | LCO Edenkoben | n.a. | |
| | 735 | Müssig, Jonas | 1999 | GER | LCO Edenkoben | n.a. | |
| | 736 | Wernicke, Richard | 1999 | GER | LCO Edenkoben | n.a. | |

Schüler, Schülerinnen M/W 14/15 (1 650 m)

Datum: 31.01.2010 Beginn: 11:00

Schülerinnen W15

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|-------------------|------|------|-----------------|------|------|
| 1. | 855 | Häfner, Larissa | 1995 | GER | LAZ Zweibrücken | 6:51 | |
| 2. | 773 | Deutsch, Beatrice | 1995 | | TV Herxheim | 7:42 | + 51 |

Schüler M15

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|-----------------------|------|------|------------------|------|------|
| 1. | 825 | Filsinger, Konstantin | 1995 | GER | ABC Ludwigshafen | 5:49 | |

Schülerinnen W14

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|---------------------|------|------|-------------------|------|------|
| 1. | 856 | Bischof, Eileen | 1996 | GER | LAZ Zweibrücken | 6:41 | |
| 2. | 841 | Grießbaum, Luisa | 1996 | GER | LG Rülzheim | 6:48 | + 7 |
| 3. | 858 | Scheerer, Lea | 1996 | GER | LAZ Zweibrücken | 7:05 | + 24 |
| 4. | 857 | Salzmann, Aline | 1996 | | LAZ Zweibrücken | 7:11 | + 30 |
| 5. | 737 | Kunitz, Sholeen | 1996 | GER | LC Hassloch | 7:20 | + 39 |
| 6. | 774 | Eichenlaub, Kerstin | 1997 | | TV Herxheim | 7:31 | + 50 |
| | 701 | Löhlau, Ronja | 1996 | GER | TV Bad Bergzabern | n.a. | |

Schüler M14

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|---------------------|------|------|-----------------|------|--------|
| 1. | 750 | Kunitz, Reuben | 1996 | GER | LC Hassloch | 5:56 | |
| 2. | 848 | Liebel, Marius | 1996 | GER | LG Rülzheim | 6:04 | + 8 |
| 3. | 730 | Baumann, Martin | 1996 | GER | LCO Edenkoben | 6:22 | + 26 |
| 4. | 731 | Eitelmann, Thomas | 1996 | GER | LCO Edenkoben | 6:23 | + 27 |
| 5. | 861 | Pfeiffer, Florian | 1996 | GER | LAZ Zweibrücken | 6:31 | + 35 |
| 6. | 732 | Pister, David | 1996 | GER | LCO Edenkoben | 6:39 | + 43 |
| 7. | 850 | Hartenstein, Julian | 1997 | GER | LG Rülzheim | 7:01 | + 1:05 |
| 8. | 853 | Krause, Paul | 1996 | GER | LAZ Zweibrücken | 7:08 | + 1:12 |
| 9. | 817 | Köhler, Christian | 1997 | | TV Lemberg | 8:28 | + 2:32 |

Schüler, Schülerinnen M/W 14/15 Mannschaftswertung (1 650 m)

Datum: 31.01.2010 Beginn: 11:00

Schülerinnen A

| Rg. | Verein | Team | Summe | Zeit | Diff |
|-----|-----------------|------|-------|-------|------|
| 1 | LAZ Zweibrücken | 1 | (8.) | 20:37 | |

Bischof, Eileen (1996) 6:41 (1.) - Häfner, Larissa (1995) 6:51 (3.) - Scheerer, Lea (1996) 7:05 (4.)

Schüler A

| Rg. | Verein | Team | Summe | Zeit | Diff |
|-----|---------------|------|-------|-------|------|
| 1 | LCO Edenkoben | 1 | (16.) | 19:24 | |

Baumann, Martin (1996) 6:22 (4.) - Eitelmann, Thomas (1996) 6:23 (5.) - Pister, David (1996) 6:39 (7.)

Männer Mittelstrecke (3 300 m)

Datum: 31.01.2010 Beginn: 11:15

Männer

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|---------------------|------|------|------------------|-------|------|
| 1. | 822 | Schoenball, Patrick | 1989 | GER | ABC Ludwigshafen | 10:18 | |

| | | | | | | | |
|----|-----|--------------------|------|-----|------------------|-------|--------|
| 2. | 776 | Trauth, Oliver | 1983 | GER | TV Herxheim | 10:21 | + 3 |
| 3. | 820 | Thomann, Matthias | 1981 | GER | ABC Ludwigshafen | 10:59 | + 41 |
| 4. | 823 | Wenz, Michael | 1990 | | ABC Ludwigshafen | 12:13 | + 1:55 |
| 5. | 821 | Bednarz, Sebastian | 1985 | GER | ABC Ludwigshafen | 12:15 | + 1:57 |
| 6. | 867 | Stolle, Jörg | 1967 | GER | VT Zweibrücken | 12:19 | + 2:01 |
| 7. | 860 | Bischoff, Andreas | 1968 | GER | LAZ Zweibrücken | 12:55 | + 2:37 |

Frauen, Seniorinnen, wJA, wJB (3 300 m)

Datum: 31.01.2010 Beginn: 11:30

Frauen

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|----------------------|------|------|---------------------|-------|--------|
| 1. | 751 | Schumacher, Kristina | 1987 | GER | TV Hatzenbühl | 11:43 | |
| 2. | 770 | Kramer, Elvira | 1989 | GER | TV Herxheim | 14:09 | + 2:26 |
| 3. | 771 | Beiner, Laura | 1990 | | TV Herxheim | 15:07 | + 3:24 |
| 4. | 791 | Velten, Sonja | 1984 | GER | 1.FC Kaiserslautern | 15:44 | + 4:01 |

Seniorinnen W35

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|------------------------|------|------|------------|-------|------|
| 1. | 806 | Bayer-Klier, Catherine | 1973 | GER | TSV Kandel | 13:56 | |

Seniorinnen W30

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|---------------|------|------|-----------------|-------|------|
| 1. | 710 | Deiß, Sonja | 1978 | GER | LC Bad Dürkheim | 14:34 | |

Weibliche Jugend A

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|------------------|------|------|---------------|-------|--------|
| 1. | 840 | Grießbaum, Tanja | 1992 | GER | LG Rülzheim | 12:49 | |
| 2. | 772 | Moser, Amrith | 1992 | GER | TV Herxheim | 13:10 | + 21 |
| 3. | 720 | Lackner, Yvonne | 1992 | GER | LCO Edenkoben | 14:40 | + 1:51 |

männl. Jugend B (3 300 m)

Datum: 31.01.2010 Beginn: 11:50

männliche Jugend B

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|---------------------|------|------|-------------------|-------|--------|
| 1. | 847 | Baumgärtner, Jonas | 1993 | GER | LG Rülzheim | 11:06 | |
| 2. | 769 | Baralt, Carlos | 1993 | | TuS Heltersberg | 11:16 | + 10 |
| 3. | 782 | Djendji, Lukas | 1993 | GER | TV Herxheim | 11:32 | + 26 |
| 4. | 729 | Textor, Tobias | 1993 | GER | LCO Edenkoben | 11:33 | + 27 |
| 5. | 783 | Kuhn, Kevin | 1993 | | TV Herxheim | 11:58 | + 52 |
| 6. | 708 | Klein, Manuel | 1994 | GER | TV Bad Bergzabern | 12:17 | + 1:11 |
| 7. | 727 | Koch, Martin | 1993 | GER | LCO Edenkoben | 12:33 | + 1:27 |
| 8. | 781 | Beiner, Johannes | 1993 | GER | TV Herxheim | 12:59 | + 1:53 |
| 9. | 871 | Schöning, Sebastian | 1994 | | VT Zweibrücken | 13:19 | + 2:13 |
| 10. | 707 | Hetzler, Florian | 1993 | | TV Bad Bergzabern | 14:14 | + 3:08 |

männl. Jugend B Mannschaftswertung (3 300 m)

Datum: 31.01.2010 Beginn: 11:50

männliche Jugend B

| Rg. | Verein | Team | Summe | Zeit | Diff |
|---|-------------|------|-------|-------|------|
| 1 | TV Herxheim | 1 | (16.) | 36:29 | |
| Djendji, Lukas (1993) 11:32 (3.) - Kuhn, Kevin (1993) 11:58 (5.) - Beiner, Johannes (1993) 12:59 (8.) | | | | | |

mJA, Senioren M 50 u.ä. (4 950 m)

Datum: 31.01.2010 Beginn: 12:05

Senioren M75

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|---------------|------|------|-----------------|-------|------|
| 1. | 711 | Mesel, Ludwig | 1935 | GER | LC Bad Dürkheim | 27:13 | |

Senioren M70

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|----------------|------|------|-------------|-------|------|
| 1. | 738 | Klein, Gerhard | 1939 | GER | LC Hassloch | 25:03 | |

Senioren M65

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|-------------------|------|------|---------------------|-------|---------|
| 1. | 793 | Meixner, Dieter | 1944 | GER | 1.FC Kaiserslautern | 20:47 | |
| 2. | 794 | Riefler, Bernhard | 1945 | GER | 1.FC Kaiserslautern | 21:15 | + 28 |
| 3. | 792 | Brenner, Karl | 1943 | GER | 1.FC Kaiserslautern | 23:48 | + 3:01 |
| 4. | 807 | Bayer, Klaus | 1941 | GER | TSV Kandel | 32:16 | + 11:29 |

Senioren M60

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|---------------|------|------|-----------------|-------|------|
| 1. | 712 | Hauer, Rainer | 1950 | GER | LC Bad Dürkheim | 21:17 | |

Senioren M55

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|----------------------|------|------|---------------------|-------|--------|
| 1. | 709 | Graf, Dieter | 1955 | GER | LC Donnersberg | 17:29 | |
| 2. | 752 | Urschel, Willi | 1955 | GER | TV Hatzenbühl | 19:05 | + 1:36 |
| 3. | 796 | Bold, Alexander | 1955 | GER | 1.FC Kaiserslautern | 19:19 | + 1:50 |
| 4. | 795 | Edwards, Dennis | 1951 | GER | 1.FC Kaiserslautern | 19:23 | + 1:54 |
| 5. | 757 | Kriegshäuser, Dieter | 1953 | GER | TuS Heltersberg | 20:41 | + 3:12 |
| 6. | 713 | Cappel, Herbert | 1951 | | LC Bad Dürkheim | 21:28 | + 3:59 |

Senioren M50

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|---------------------|------|------|-----------------|-------|--------|
| 1. | 758 | Matheis, Heinz | 1959 | | TuS Heltersberg | 16:52 | |
| 2. | 741 | Degen, Jürgen | 1960 | GER | LC Hassloch | 17:01 | + 9 |
| 3. | 740 | Stumpp, Dr. Michael | 1957 | GER | LC Hassloch | 17:04 | + 12 |
| 4. | 754 | Schwarz, Jean-Marie | 1958 | | TV Hatzenbühl | 17:27 | + 35 |
| 5. | 775 | Trauth, Hans | 1960 | GER | TV Herxheim | 18:27 | + 1:35 |
| 6. | 864 | Wolter, Heiner | 1959 | GER | VT Zweibrücken | 18:41 | + 1:49 |
| 7. | 835 | Tuma-Reuter, Rainer | 1960 | | PSV Pirmasens | 18:55 | + 2:03 |
| 8. | 753 | Bohlender, Dieter | 1957 | GER | TV Hatzenbühl | 19:28 | + 2:36 |
| 9. | 739 | Raquet, Robert | 1956 | GER | LC Hassloch | 20:16 | + 3:24 |

männliche Jugend A

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|--------------------|------|------|------------------|-------|--------|
| 1. | 811 | Wagner, Philipp | 1992 | GER | TSV Kandel | 15:56 | |
| 2. | 717 | Koch, Quirin | 1992 | GER | LC Bad Dürkheim | 16:04 | + 8 |
| 3. | 746 | Michael, Florian | 1991 | GER | LC Hassloch | 16:25 | + 29 |
| 4. | 869 | Bischof, Marc | 1992 | GER | VT Zweibrücken | 16:37 | + 41 |
| 5. | 824 | Bindewald, Steffen | 1991 | GER | ABC Ludwigshafen | 16:50 | + 54 |
| 6. | 716 | Wild, Oliver | 1991 | | LC Bad Dürkheim | 16:59 | + 1:03 |
| 7. | 718 | Schilling, Felix | 1992 | GER | LC Bad Dürkheim | 18:17 | + 2:21 |
| 8. | 749 | Lichownik, Patrick | 1993 | GER | LC Hassloch | 18:25 | + 2:29 |
| 9. | 748 | Hasch, Patrick | 1993 | GER | LC Hassloch | 20:57 | + 5:01 |

mJA, Senioren M 50 u.ä. Mannschaftswertung (4 950 m)

Datum: 31.01.2010 Beginn: 12:05

Senioren M60 u.ä

| Rg. | Verein | Team | Summe | Zeit | Diff |
|-----|---|------|-------|---------|------|
| 1 | 1.FC Kaiserslautern | 1 | (7.) | 1:05:50 | |
| | Meixner, Dieter (1944) 20:47 (1.) - Riefler, Bernhard (1945) 21:15 (2.) - Brenner, Karl (1943) 23:48 (4.) | | | | |

Senioren M50/ M55

| Rg. | Verein | Team | Summe | Zeit | Diff |
|-----|---|------|-------|-------|--------|
| 1 | LC Hassloch | 1 | (18.) | 54:21 | |
| | Degen, Jürgen (1960) 17:01 (2.) - Stumpp, Dr. Michael (1957) 17:04 (3.) - Raquet, Robert (1956) 20:16 (13.) | | | | |
| 2 | TV Hatzenbühl | 1 | (25.) | 56:00 | + 1:39 |
| | Schwarz, Jean-Marie (1958) 17:27 (4.) - Urschel, Willi (1955) 19:05 (9.) - Bohlender, Dieter (1957) 19:28 (12.) | | | | |

männliche Jugend A

| Rg. | Verein | Team | Summe | Zeit | Diff |
|-----|--|------|-------|-------|--------|
| 1 | LC Bad Dürkheim | 1 | (15.) | 51:20 | |
| | Koch, Quirin (1992) 16:04 (2.) - Wild, Oliver (1991) 16:59 (6.) - Schilling, Felix (1992) 18:17 (7.) | | | | |
| 2 | LC Hassloch | 1 | (20.) | 55:47 | + 4:27 |
| | Michael, Florian (1991) 16:25 (3.) - Lichownik, Patrick (1993) 18:25 (8.) - Hasch, Patrick (1993) 20:57 (9.) | | | | |

Senioren M 30, 35, 40, 45 (8 200 m)

Datum: 31.01.2010 Beginn: 12:35

Senioren M45

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|---------------------|------|------|---------------------|-------|--------|
| 1. | 809 | Gantz, Gerald | 1965 | GER | TSV Kandel | 28:07 | |
| 2. | 827 | Schwaab, Bernhard | 1962 | GER | TV Maikammer | 28:35 | + 28 |
| 3. | 798 | Weymann, Marcel | 1961 | GER | 1.FC Kaiserslautern | 28:39 | + 32 |
| 4. | 836 | Stamm, Thomas | 1962 | GER | PSV Pirmasens | 29:31 | + 1:24 |
| 5. | 808 | Dambach, Dr. Thomas | 1961 | GER | TSV Kandel | 29:45 | + 1:38 |
| 6. | 760 | Kapperoth, Bernd | 1964 | | TuS Heltersberg | 30:20 | + 2:13 |
| 7. | 802 | Keßler, Stefan | 1965 | GER | 1.FC Kaiserslautern | 31:32 | + 3:25 |
| 8. | 759 | Przewosnik, Ralf | 1963 | | TuS Heltersberg | 32:21 | + 4:14 |

Senioren M40

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|---------------------|------|------|---------------------|-------|--------|
| 1. | 837 | Rauth, Andreas | 1968 | | PSV Pirmasens | 28:00 | |
| 2. | 851 | Handermann, Stefan | 1969 | GER | RC Vorwärts Speyer | 28:33 | + 33 |
| 3. | 761 | Bodenschatz, Nario | 1969 | | TuS Heltersberg | 28:41 | + 41 |
| 4. | 838 | Trapp, Tobias | 1970 | | PSV Pirmasens | 30:24 | + 2:24 |
| 5. | 810 | Gutzler, Karl-Heinz | 1968 | GER | TSV Kandel | 30:27 | + 2:27 |
| 6. | 803 | Schoner, Lothar | 1967 | | 1.FC Kaiserslautern | 32:02 | + 4:02 |

Senioren M35

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|------------------------|------|------|-----------------|-------|--------|
| 1. | 743 | Heider, Thomas | 1966 | GER | LC Hassloch | 26:33 | |
| 2. | 762 | Bracke, Martin | 1971 | | TuS Heltersberg | 26:47 | + 14 |
| 3. | 816 | Barnsteiner, Alexander | 1974 | GER | LLG Landstuhl | 27:08 | + 35 |
| 4. | 763 | Schiefner, Ronny | 1971 | | TuS Heltersberg | 28:43 | + 2:10 |
| 5. | 815 | Stinner, Heiko | 1971 | GER | LLG Landstuhl | 29:05 | + 2:32 |
| 6. | 873 | Morgenstern, Kai | 1973 | | TSV Kandel | 29:38 | + 3:05 |

Senioren M30

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|---------------|------|------|-----------------|-------|------|
| 1. | 764 | Demand, Jens | 1979 | | TuS Heltersberg | 28:52 | |

Senioren M 30, 35, 40, 45 Mannschaftswertung (8 200 m)

Datum: 31.01.2010 Beginn: 12:35

Senioren M40

| Rg. | Verein | Team | Summe | Zeit | Diff |
|-----|--|------|-------|---------|--------|
| 1 | PSV Pirmasens | 1 | (18.) | 1:27:55 | |
| | Rauth, Andreas (1968) 28:00 (1.) - Stamm, Thomas (1962) 29:31 (7.) - Trapp, Tobias (1970) 30:24 (10.) | | | | |
| 2 | TSV Kandel | 1 | (21.) | 1:28:19 | + 24 |
| | Gantz, Gerald (1965) 28:07 (2.) - Dambach, Dr. Thomas (1961) 29:45 (8.) - Gutzler, Karl-Heinz (1968) 30:27 (11.) | | | | |
| 3 | TuS Heltersberg | 1 | (29.) | 1:31:22 | + 3:27 |
| | Bodenschatz, Nario (1969) 28:41 (6.) - Kapperoth, Bernd (1964) 30:20 (9.) - Przewosnik, Ralf (1963) 32:21 (14.) | | | | |
| 4 | 1.FC Kaiserslautern | 1 | (30.) | 1:32:13 | + 4:18 |
| | Weymann, Marcel (1961) 28:39 (5.) - Keßler, Stefan (1965) 31:32 (12.) - Schoner, Lothar (1967) 32:02 (13.) | | | | |

Senioren M30/ M35

| Rg. | Verein | Team | Summe | Zeit | Diff |
|-----|--|------|-------|---------|------|
| 1 | TuS Heltersberg | 1 | (11.) | 1:24:22 | |
| | Bracke, Martin (1971) 26:47 (2.) - Schiefner, Ronny (1971) 28:43 (4.) - Demand, Jens (1979) 28:52 (5.) | | | | |

Männer Langstrecke (10 250 m)

Datum: 31.01.2010 Beginn: 13:10

Männer

| Rg. | StNr. | Name, Vorname | Jg. | Nat. | Verein | Zeit | Diff |
|-----|-------|----------------------|------|------|-----------------|-------|--------|
| 1. | 776 | Trauth, Oliver | 1983 | GER | TV Herxheim | 31:56 | |
| 2. | 846 | Zschaubitz, Andre | 1985 | GER | LG Rülzheim | 32:34 | + 38 |
| 3. | 777 | Wach, Oliver | 1984 | GER | TV Herxheim | 32:41 | + 45 |
| 4. | 755 | Wiesemann, Tobias | 1971 | GER | TV Hatzenbühl | 32:50 | + 54 |
| 5. | 766 | Becker, Marko | 1987 | | TuS Heltersberg | 32:55 | + 59 |
| 6. | 767 | Pukalla, Benjamin | 1987 | | TuS Heltersberg | 33:09 | + 1:13 |
| 7. | 768 | Lehmann, Jonas | 1989 | GER | TuS Heltersberg | 34:19 | + 2:23 |
| 8. | 778 | Burckschat, Benjamin | 1988 | GER | TV Herxheim | 34:29 | + 2:33 |
| 9. | 765 | Nagel, Volker | 1986 | GER | TuS Heltersberg | 35:58 | + 4:02 |
| 10. | 742 | Hasch, Frank | 1964 | GER | LC Hassloch | 37:06 | + 5:10 |
| 11. | 744 | Renner, Frank | 1974 | GER | LC Hassloch | 38:07 | + 6:11 |
| 12. | 827 | Schwaab, Bernhard | 1962 | GER | TV Maikammer | 40:05 | + 8:09 |

Männer Langstrecke Mannschaftswertung (10 250 m)

Datum: 31.01.2010 Beginn: 13:10

Männer

| Rg. | Verein | Team | Summe | Zeit | Diff |
|-----|--|------|-------|---------|--------|
| 1 | TV Herxheim | 1 | (12.) | 1:39:06 | |
| | Trauth, Oliver (1983) 31:56 (1.) - Wach, Oliver (1984) 32:41 (3.) - Burckschat, Benjamin (1988) 34:29 (8.) | | | | |
| 2 | TuS Heltersberg | 1 | (18.) | 1:40:23 | + 1:17 |
| | Becker, Marko (1987) 32:55 (5.) - Pukalla, Benjamin (1987) 33:09 (6.) - Lehmann, Jonas (1989) 34:19 (7.) | | | | |