

40. internationaler Adelholzener Hochfellenberglauf
Deutsche Meisterschaft Berglauf 2013 Bergen/Chiemgau (GER)
Results by Class | Deutsche Senioren Meisterschaften

#	Bib	Name	YoB	NOC	Vbd.	Team / Club	INIT1	Total	Diff	Speed
Frauen W35										
1.	7	UNTERBERGER Birgit	1976	GER	BE	OSC Berlin	29:55.3 (1)	55:48.0		9,6 km/h
2.	22	ZUNNER-FERSTL Astrid	1974	GER	BY	LLC Marathon Regensburg	33:07.4 (2)	1:02:00.3	+6:12.3	8,6 km/h
3.	72	MINKE Angela	1978	GER	NO	ASC Rosellen/Neuss	34:16.5 (4)	1:03:29.2	+7:41.2	8,4 km/h
4.	32	SCHNEIDER Sabine	1977	GER	BY	Post-Telekom-SV Rosenheim	33:35.5 (3)	1:03:42.5	+7:54.5	8,4 km/h
5.	235	DECKER Sonja	1974	GER	BY	TG Viktoria Augsburg	34:49.1 (5)	1:05:01.5	+9:13.5	8,2 km/h
6.	243	HARBICH Kerstin	1974	GER	BY	TSV Oberstaufer	35:07.8 (6)	1:05:09.4	+9:21.4	8,2 km/h
7.	68	PÜTHE Dr. Tina	1977	GER	NO	ASC Rosellen/Neuss	37:47.5 (7)	1:10:06.2	+14:18.2	7,6 km/h
8.	73	JENKE Ute	1964	GER	NO	ASC Rosellen/Neuss	39:36.0 (8)	1:14:26.1	+18:38.1	7,2 km/h
Frauen W40										
1.	136	CARL Monica	1971	GER	WÜ	LG Welfen	31:50.4 (1)	59:28.2		9,0 km/h
2.	232	BERGER Waltraud	1970	GER	BY	TG Salzbachtal	32:18.3 (2)	59:46.0	+17.8	8,9 km/h
3.	35	CRUSCHWITZ Katrin	1973	GER	BY	Post-Telekom-SV Rosenheim	34:22.7 (3)	1:04:20.4	+4:52.2	8,3 km/h
4.	231	NEUMAIER Anneliese	1968	GER	BY	TG Salzbachtal	37:13.5 (4)	1:08:59.4	+9:31.2	7,7 km/h
5.	183	BREITENFELD Bettina	1972	GER	BY	SG Stadtwerke Freising	38:46.0 (5)	1:12:25.5	+12:57.3	7,4 km/h
6.	230	SCHMID Manuela	1968	GER	BY	TG Salzbachtal	40:01.9 (7)	1:15:38.5	+16:10.3	7,1 km/h
7.	178	KRATZEL Jutta	1969	GER	BY	SG Biathlon Stadtsteinach	39:38.9 (6)	1:16:26.1	+16:57.9	7,0 km/h
8.	84	REICHEL Silvia	1969	GER	NI	Delligser SC	41:59.6 (8)	1:19:48.1	+20:19.9	6,7 km/h
9.	208	SPRENGER Jeannette	1973	GER	BY	SVG Ruhstorf/Rott		15.5	-	
Frauen W45										
1.	16	STICH Barbara	1966	GER	BY	LLC Marathon Regensburg	32:43.2 (1)	1:00:34.9		8,8 km/h
2.	252	HÄRTL Anke	1966	GER	BY	TV 1848 Coburg	34:20.2 (2)	1:03:47.0	+3:12.1	8,4 km/h
3.	130	MAYER-TANCIC Ulrike	1965	GER	BY	LG TELIS FINANZ Regensburg	34:51.5 (3)	1:04:25.0	+3:50.1	8,3 km/h
4.	109	KELLER Elke	1966	GER	WÜ	LG Filstal	37:02.8 (4)	1:06:39.3	+6:04.4	8,0 km/h
5.	214	ZAPPE Monika	1965	GER	BY	SVO Leichtathletik Germaringen	38:29.9 (5)	1:09:35.6	+9:00.7	7,7 km/h
6.	49	PFEIFER-ZIMMERMANN Alexan	1968	GER	PF	TuS Heltersberg	41:19.8 (8)	1:16:46.4	+16:11.5	7,0 km/h
7.	207	PATERNOSTER Bettina	1966	GER	BY	SVG Ruhstorf/Rott	40:41.0 (6)	1:17:42.5	+17:07.6	6,9 km/h
8.	191	BERTSCHY-ABELE Hilke	1964	GER	HE	SSC Hanau-Rodenbach	41:07.1 (7)	1:19:36.0	+19:01.1	6,7 km/h
Frauen W50										
1.	206	FLEXEDER Sieglinde	1959	GER	BY	SVG Ruhstorf/Rott	34:37.1 (1)	1:04:41.7		8,3 km/h
2.	26	MANGOLD-WOLF Paula	1962	GER	BY	Post-Telekom-SV Rosenheim	35:55.1 (2)	1:07:22.5	+2:40.8	7,9 km/h
3.	92	HANNES Heike	1959	GER	BA	FC Alemannia Unterkirnach	38:33.6 (4)	1:11:12.7	+6:31.0	7,5 km/h
4.	116	TISCHLER Manuela	1961	GER	BY	LG Mettenheim	38:27.1 (3)	1:12:23.2	+7:41.5	7,4 km/h
5.	194	STRAUB Annette	1959	GER	HE	SSC Hanau-Rodenbach	40:24.3 (5)	1:15:23.9	+10:42.2	7,1 km/h
Frauen W55										
1.	261	SACHS Christine	1957	GER	BY	TV Geiselhöring	35:19.1 (1)	1:06:36.6		8,0 km/h
2.	132	BERGLER Uschi	1958	GER	WÜ	LG Welfen	37:20.8 (3)	1:08:58.2	+2:21.6	7,7 km/h
3.	133	HOFFMANN Brigitte	1957	GER	WÜ	LG Welfen	36:36.2 (2)	1:09:58.0	+3:21.4	7,6 km/h
4.	193	TSCHILTSCHKE Frauke	1957	GER	HE	SSC Hanau-Rodenbach	38:29.5 (4)	1:11:47.3	+5:10.7	7,4 km/h
5.	114	STEHR Dr. Dorit	1958	GER	NI	LG Lüneburg Stadt und Land	46:57.3 (5)	1:24:44.3	+18:07.7	6,3 km/h
Frauen W60										
1.	101	BERGMANN Herta	1951	GER	BY	LC Aichach	40:54.5 (2)	1:15:13.1		7,1 km/h
2.	135	PAUL Bärbel	1953	GER	WÜ	LG Welfen	40:53.7 (1)	1:15:51.4	+38.3	7,0 km/h
3.	91	WEISSER Christa	1951	GER	BA	FC Alemannia Unterkirnach	41:42.9 (3)	1:16:52.8	+1:39.7	6,9 km/h

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#	Bib	Name	YoB	NOC	Vbd.	Team / Club	INIT1	Total	Diff	Speed
Frauen W65										
1.	257	PLENER Lilo	1945	GER	BY	TV Erkheim	40:59.3 (1)	1:15:21.5		7,1 km/h
2.	138	OLMA Irmgard	1948	GER	WÜ	LG Welfen	43:22.8 (2)	1:20:14.7	+4:53.2	6,7 km/h
3.	103	BAUER Leni	1945	GER	BY	LC Aichach	46:46.2 (3)	1:27:27.0	+12:05.5	6,1 km/h
Männer M35										
1.	39	HECKTOR Matthias	1974	GER	PF	TuS Heltersberg	26:31.1 (1)	48:26.8		11,0 km/h
2.	139	LISTON Andrew	1978	GER	HE	LG Wettenberg	26:31.4 (2)	50:05.3	+1:38.5	10,7 km/h
3.	23	STURM Marco	1977	GER	BY	LLC Marathon Regensburg	26:56.3 (3)	51:30.0	+3:03.2	10,4 km/h
4.	34	SEUFFERTH Ander	1977	GER	BY	Sportclub Eibsee Grainau	28:05.9 (4)	51:41.3	+3:14.5	10,3 km/h
5.	129	FRÜHHOLZ Tobias	1977	GER	BY	LG Team Isartal	28:31.9 (5)	52:49.4	+4:22.6	10,1 km/h
6.	71	KREISEL Götz	1969	GER	NO	ASC Rosellen/Neuss	28:50.6 (6)	53:54.1	+5:27.3	9,9 km/h
7.	74	SEIDEL Stephan	1975	GER	NO	ASC Rosellen/Neuss	29:02.1 (8)	54:43.2	+6:16.4	9,8 km/h
8.	143	BARNSTEINER Alexander	1974	GER	PF	LLG Landstuhl	29:27.0 (9)	54:48.5	+6:21.7	9,7 km/h
9.	42	BOUR Andre	1975	GER	PF	TuS Heltersberg	28:57.2 (7)	55:14.2	+6:47.4	9,7 km/h
10.	69	MINKE Sebastian	1977	GER	NO	ASC Rosellen/Neuss	30:17.8 (10)	56:49.3	+8:22.5	9,4 km/h
11.	38	BRACKE Martin	1971	GER	PF	TuS Heltersberg	31:58.3 (12)	1:00:31.6	+12:04.8	8,8 km/h
12.	195	REINKE Ingbert	1977	GER	HE	SSC Hanau-Rodenbach	31:53.7 (11)	1:00:41.4	+12:14.6	8,8 km/h
13.	75	HANSEN Jörg	1969	GER	NO	ASC Rosellen/Neuss	33:16.0 (13)	1:02:13.5	+13:46.7	8,6 km/h
14.	273	PREUß Alexander	1974	GER	NO	VFL Engelskirchen	38:42.9 (14)	1:13:15.8	+24:49.0	7,3 km/h
15.	274	PREUSS Christopher	1978	GER	NO	VFL Engelskirchen	44:45.2 (15)	1:23:09.3	+34:42.5	6,4 km/h
Männer M40										
1.	40	HEUER Tom	1970	GER	PF	TuS Heltersberg	27:10.9 (1)	51:32.4		10,4 km/h
2.	262	LANGER Thomas	1969	GER	BY	TV Jahn Kempten	28:17.2 (2)	51:54.8	+22.4	10,3 km/h
3.	153	MIETZSCH Denis	1972	GER	BY	MTV 1881 Ingolstadt	28:45.3 (3)	54:30.8	+2:58.4	9,8 km/h
4.	56	KOCH Dominik	1973	GER	TH	GutsMuths- Rennsteiglaufverein	29:12.8 (4)	55:16.9	+3:44.5	9,7 km/h
5.	115	KIRST Boris	1971	GER	BY	LG Mettenheim	29:57.7 (5)	56:44.6	+5:12.2	9,4 km/h
6.	14	SCHRÖPF Jürgen	1972	GER	BY	LLC Marathon Regensburg	30:40.1 (6)	57:38.0	+6:05.6	9,3 km/h
7.	58	DRAUDT Lars	1972	GER	PF	LG Rülzheim	31:32.7 (11)	58:01.0	+6:28.6	9,2 km/h
8.	105	CLASSEN Simon	1973	GER	BY	LC Chiemgau-Steigenberger		58:07.9	+6:35.5	9,2 km/h
9.	186	TANNER Michael	1969	GER	BY	Skiclub Haag	31:08.8 (7)	58:41.7	+7:09.3	9,1 km/h
10.	209	SCHOLZ Christian	1969	GER	BY	SVO Leichtathletik Germaringen	31:13.9 (8)	58:50.4	+7:18.0	9,1 km/h
11.	122	KOWALIK Robert	1969	GER	BY	LG Stadtwerke München	31:27.5 (9)	59:01.3	+7:28.9	9,0 km/h
12.	187	JACOBSEN Sven	1970	GER	WÜ	Sparda-Team Rechberghausen	31:30.0 (10)	1:00:38.8	+9:06.4	8,8 km/h
13.	222	NEUMAIER Oliver	1970	GER	BY	TG Salzachtal	32:24.4 (12)	1:01:15.4	+9:43.0	8,7 km/h
14.	81	SINGER André	1970	GER	SN	Chemnitzer LV MEGWARE	33:14.9 (13)	1:02:41.2	+11:08.8	8,5 km/h
15.	233	HUBER Michael	1969	GER	BY	TG Viktoria Augsburg	34:45.0 (14)	1:05:02.4	+13:30.0	8,2 km/h
16.	83	REICHEL Mario	1970	GER	NI	Delligser SC	34:53.5 (15)	1:06:07.5	+14:35.1	8,1 km/h
17.	45	BODENSCHATZ Mario	1969	GER	PF	TuS Heltersberg	35:14.5 (16)	1:06:55.8	+15:23.4	8,0 km/h
18.	80	GASCH Ronald	1973	GER	SN	Chemnitzer LV MEGWARE	35:48.0 (17)	1:07:44.9	+16:12.5	7,9 km/h
19.	64	RUDELPHI Markus	1971	GER	PF	1.FC Kaiserslautern	36:27.8 (18)	1:08:13.8	+16:41.4	7,8 km/h
Männer M45										
1.	13	BENZ Joachim	1965	GER	BA	LG Brandenkopf	27:48.8 (1)	51:34.4		10,4 km/h
2.	189	HELL Johann	1964	GER	BY	SpVgg Wellheim-Konstein	29:02.9 (2)	55:10.0	+3:35.6	9,7 km/h
3.	19	DAUBENMERKL Elmar	1968	GER	BY	LLC Marathon Regensburg	29:07.2 (3)	55:12.7	+3:38.3	9,7 km/h
4.	216	SCHUMACHER Martin	1965	GER	BY	SVO Leichtathletik Germaringen	30:18.9 (9)	55:25.4	+3:51.0	9,6 km/h
5.	266	AHNE Peter	1967	GER	BY	TV Jahn Kempten	30:15.6 (7)	56:02.7	+4:28.3	9,5 km/h
6.	265	STECKER Harald	1965	GER	BY	TV Jahn Kempten	29:42.7 (4)	56:13.3	+4:38.9	9,5 km/h
7.	147	SEIFERT Ronny	1968	GER	BA	LT Furtwangen	29:46.0 (5)	56:25.9	+4:51.5	9,5 km/h
8.	188	FUNK Christian	1968	GER	WÜ	Sparda-Team Rechberghausen	30:00.6 (6)	56:32.5	+4:58.1	9,4 km/h
9.	192	RIEFER Markus	1966	GER	HE	SSC Hanau-Rodenbach	30:18.0 (8)	57:16.6	+5:42.2	9,3 km/h

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10.	95	FÖRNBACHER Dieter	1968	GER	BA	FC Alemannia Unterkirnach	30:36.4 (10)	57:47.3	+6:12.9	9,2 km/h
11.	12	BIRK Markus	1968	GER	BA	LG Brandenkopf	31:10.0 (11)	58:33.8	+6:59.4	9,1 km/h
12.	120	PULGER Stefan	1966	GER	RL	LG Rhein-Wied	31:32.0 (12)	59:27.2	+7:52.8	9,0 km/h
13.	20	HANEL Thomas	1968	GER	BY	LLC Marathon Regensburg	31:34.4 (13)	59:42.0	+8:07.6	8,9 km/h
14.	229	FASSBENDER Pele	1968	GER	BY	TG Salzachtal	32:40.2 (18)	1:00:29.0	+8:54.6	8,8 km/h
15.	185	HUBER Hans	1966	GER	BY	Skiclub Haag	32:38.4 (17)	1:00:56.9	+9:22.5	8,8 km/h
16.	282	SANDMEIER Dominik	1967	GER		LAZ Saarbrücken	31:38.5 (14)	1:01:12.7	+9:38.3	8,7 km/h
17.	177	BAUER Rüdiger	1964	GER	BY	SG Biathlon Stadtsteinach	31:56.5 (15)	1:01:25.5	+9:51.1	8,7 km/h
18.	176	SCHRICKER Harald	1965	GER	BY	SG Biathlon Stadtsteinach	33:39.5 (21)	1:02:03.9	+10:29.5	8,6 km/h
19.	228	SCHEUERECKER Armin	1968	GER	BY	TG Salzachtal	32:16.7 (16)	1:02:20.1	+10:45.7	8,6 km/h
20.	149	SCHU Markus	1967	GER	SL	LTF Marpingen	33:24.8 (20)	1:02:35.9	+11:01.5	8,5 km/h
21.	79	FLADE Armin	1967	GER	SN	Chemnitzer LV MEGWARE	32:56.7 (19)	1:03:31.1	+11:56.7	8,4 km/h
22.	253	HOFBAUER Christian	1965	GER	BY	TV Altötting	34:01.3 (22)	1:04:23.4	+12:49.0	8,3 km/h
23.	182	ROTHKOPF Richard	1967	GER	BY	SG Stadtwerke Freising	34:52.3 (24)	1:04:50.2	+13:15.8	8,2 km/h
24.	175	KOCH Thomas	1967	GER	BY	SG Biathlon Stadtsteinach	34:05.2 (23)	1:04:53.3	+13:18.9	8,2 km/h
25.	44	LANGE Ulf	1967	GER	PF	TuS Heltersberg	35:05.6 (25)	1:05:27.7	+13:53.3	8,2 km/h
26.	43	GLÖSER Michael	1964	GER	PF	TuS Heltersberg	36:15.1 (26)	1:09:18.5	+17:44.1	7,7 km/h
27.	65	SCHONER Lothar	1967	GER	PF	1.FC Kaiserslautern	38:05.8 (27)	1:12:09.6	+20:35.2	7,4 km/h
28.	62	KEßLER Stefan	1965	GER	PF	1.FC Kaiserslautern	38:55.4 (28)	1:12:34.5	+21:00.1	7,4 km/h
29.	60	THOMAS Christian	1964	GER	PF	1.FC Kaiserslautern	39:21.1 (29)	1:13:56.4	+22:22.0	7,2 km/h
30.	63	GILLMANN Andreas	1965	GER	PF	1.FC Kaiserslautern	41:07.2 (30)	1:16:39.4	+25:05.0	7,0 km/h

Männer M50

1.	17	HUBER Winfried	1960	GER	BY	LLC Marathon Regensburg	28:24.1 (2)	52:57.2		10,1 km/h
2.	30	HOBMAIER Reinmund	1962	GER	BY	Post-Telekom-SV Rosenheim	28:19.4 (1)	53:37.2	+40.0	10,0 km/h
3.	144	BECHT Joachim	1961	GER	BA	LT Furtwangen	29:40.7 (4)	55:18.4	+2:21.2	9,7 km/h
4.	55	BAYER Stephan	1961	GER	TH	GutsMuths- Rennsteiglaufverein	29:34.2 (3)	56:41.0	+3:43.8	9,4 km/h
5.	31	GRÖSCHL Anton	1959	GER	BY	Post-Telekom-SV Rosenheim	30:13.2 (5)	57:25.6	+4:28.4	9,3 km/h
6.	570	SCHREIBER Jörg	1963	GER		TV Jahn Kempten	32:28.5 (8)	58:43.5	+5:46.3	9,1 km/h
7.	29	WOLF Josef	1959	GER	BY	Post-Telekom-SV Rosenheim	32:36.7 (9)	59:30.0	+6:32.8	9,0 km/h
8.	248	VEHLEWALD Wolfgang	1960	GER	WE	TuS Eintracht Minden	32:23.2 (7)	59:52.0	+6:54.8	8,9 km/h
9.	264	MUNZ Bernhard	1961	GER	BY	TV Jahn Kempten	32:00.9 (6)	1:00:59.4	+8:02.2	8,8 km/h
10.	249	SCHIRRMACHER Michael	1963	GER	WE	TuS Eintracht Minden	32:58.1 (11)	1:01:51.5	+8:54.3	8,6 km/h
11.	270	DONNER Robert	1959	GER	HE	TV Waldstraße Wiesbaden	32:40.3 (10)	1:02:23.1	+9:25.9	8,6 km/h
12.	225	REHRL Franz	1962	GER	BY	TG Salzachtal	33:57.8 (12)	1:02:49.9	+9:52.7	8,5 km/h
13.	227	KAINDL Alfons	1961	GER	BY	TG Salzachtal	34:18.4 (13)	1:04:13.7	+11:16.5	8,3 km/h
14.	106	HERZINGER Peter	1959	GER	BY	LC Chiemgau-Steigenberger	35:30.7 (14)	1:04:26.1	+11:28.9	8,3 km/h
15.	174	GRÜNDLER Jochen	1962	GER	SN	SG Adelsberg	35:46.9 (15)	1:06:03.1	+13:05.9	8,1 km/h
16.	145	BISCHOF Andreas	1962	GER	BA	LT Furtwangen	35:50.7 (16)	1:06:33.7	+13:36.5	8,0 km/h
17.	121	MOHR Theo	1960	GER	RL	LG Sieg	35:54.6 (17)	1:08:10.6	+15:13.4	7,8 km/h
18.	27	PÖPPERL-MACHT Jürgen	1962	GER	BY	Post-Telekom-SV Rosenheim	36:03.4 (18)	1:08:47.0	+15:49.8	7,8 km/h
19.	263	HARTINGER Gerd-Michael	1959	GER	BY	TV Jahn Kempten	37:11.4 (21)	1:09:21.9	+16:24.7	7,7 km/h
20.	242	SCHÄFER Jürgen	1963	GER	WÜ	TSV Kusterdingen	36:57.0 (20)	1:11:18.8	+18:21.6	7,5 km/h
21.	61	WEYMANN Marcel	1961	GER	PF	1.FC Kaiserslautern	36:41.8 (19)	1:11:22.9	+18:25.7	7,5 km/h
22.	215	ZAPPE Helmut	1959	GER	BY	SVO Leichtathletik Germaringen	38:05.4 (22)	1:12:56.7	+19:59.5	7,3 km/h
23.	181	EMMERLING Peter	1959	GER	BY	SG Stadtwerke Freising	44:21.3 (24)	1:22:22.2	+29:25.0	6,5 km/h
24.	46	STAMM Thomas	1962	GER	PF	TuS Heltersberg	44:02.6 (23)	1:24:20.2	+31:23.0	6,3 km/h

Männer M55

1.	287	DENGLER Wilhelm	1958	GER		LAV Stadt Tübingen	29:05.7 (1)	54:26.7		9,8 km/h
2.	119	PRAGER Franz	1957	GER	BY	LG Passau	29:27.4 (2)	54:48.1	+21.4	9,7 km/h
3.	146	TURNER Winfried	1957	GER	BA	LT Furtwangen	29:52.6 (3)	55:59.1	+1:32.4	9,5 km/h

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4.	164	HAAS Siegfried	1956	GER	BY	RSC Neukirchen	30:43.4 (4)	57:11.4	+2:44.7	9,3 km/h
5.	36	HÖRMANN Hans	1958	GER	BY	Post-Telekom-SV Rosenheim	31:36.3 (6)	59:23.8	+4:57.1	9,0 km/h
6.	86	BAUER Dieter	1957	GER	BY	DJK Weiden	32:22.3 (7)	59:56.4	+5:29.7	8,9 km/h
7.	221	LEONHARD Wolfgang	1956	GER	BY	SVO Leichtathletik Germaringen	32:23.5 (8)	1:00:15.5	+5:48.8	8,9 km/h
8.	158	KLAEREN Klaus	1957	GER	RL	Post-Sportverein Trier	31:07.1 (5)	1:00:19.2	+5:52.5	8,9 km/h
9.	220	FISCHER Georg	1958	GER	BY	SVO Leichtathletik Germaringen	32:47.3 (9)	1:01:33.7	+7:07.0	8,7 km/h
10.	268	HÖRMANN Otto	1955	GER	BY	TV Jahn Kempten	34:58.3 (10)	1:05:30.2	+11:03.5	8,2 km/h
11.	152	GEIS Alfred	1954	GER	BY	MBB-SG Augsburg	36:26.3 (12)	1:07:42.0	+13:15.3	7,9 km/h
12.	238	WIRTH Reinhard	1956	GER	BY	TSV Ebermannstadt	36:28.5 (13)	1:08:00.0	+13:33.3	7,9 km/h
13.	162	HERTEL Klaus	1956	GER	BE	PSB 24 Berlin	36:33.9 (14)	1:09:13.0	+14:46.3	7,7 km/h
14.	184	VOGLER Josef	1956	GER	BY	SG Stadtwerke Freising	36:40.6 (15)	1:09:45.3	+15:18.6	7,7 km/h
15.	156	WEIS Herbert	1954	GER	RL	Post-Sportverein Trier	36:26.1 (11)	1:12:11.5	+17:44.8	7,4 km/h
16.	239	BALZER Frank	1958	GER	SN	TSV Einheit Grimma	40:42.9 (16)	1:20:51.8	+26:25.1	6,6 km/h
17.	104	BAYR Lorenz	1955	GER	BY	LC Aichach	44:00.5 (17)	1:20:55.2	+26:28.5	6,6 km/h

Männer M60

1.	260	FRIES Elmar	1953	GER	BY	TV Geiselhöring	30:21.7 (1)	55:19.4		9,7 km/h
2.	87	BEHA Meinrad	1952	GER	BA	FC Alemannia Unterkirnach	30:28.4 (2)	56:17.4	+58.0	9,5 km/h
3.	255	VOGLER Reinhart	1950	GER	BY	TV Bad Brückenau	31:52.9 (3)	59:36.5	+4:17.1	9,0 km/h
4.	240	PLETZER Rudolf	1949	GER	WÜ	TSV Frickenhausen	33:27.2 (4)	1:03:58.3	+8:38.9	8,3 km/h
5.	107	KLOS Karl-Heinz	1952	GER	PF	LC Donnersberg	34:13.5 (5)	1:04:08.9	+8:49.5	8,3 km/h
6.	90	BLUM Siegfried	1950	GER	BA	FC Alemannia Unterkirnach	34:31.3 (6)	1:04:21.4	+9:02.0	8,3 km/h
7.	258	GORBUNOW Anton	1949	GER	BY	TV Geiselhöring	35:33.7 (9)	1:05:49.3	+10:29.9	8,1 km/h
8.	98	BÄCHLE Bernd	1953	GER	HE	Laufftreff Freigericht	35:15.9 (7)	1:06:47.2	+11:27.8	8,0 km/h
9.	53	NEUMANN Helmut	1953	GER	BE	OSC Berlin	35:31.8 (8)	1:06:54.6	+11:35.2	8,0 km/h
10.	212	FEIX Norbert	1949	GER	BY	SVO Leichtathletik Germaringen	36:05.2 (10)	1:07:07.7	+11:48.3	8,0 km/h
11.	213	STADLER Alfred	1949	GER	BY	SVO Leichtathletik Germaringen	36:18.3 (11)	1:08:00.6	+12:41.2	7,9 km/h
12.	251	HELDER Egon	1951	GER	BY	TV 1848 Coburg	37:59.4 (13)	1:09:05.3	+13:45.9	7,7 km/h
13.	88	SCHMIEDERER Alfons	1951	GER	BA	FC Alemannia Unterkirnach	38:13.5 (14)	1:10:02.9	+14:43.5	7,6 km/h
14.	151	SPEER Peter	1949	GER	BY	MBB-SG Augsburg	37:18.7 (12)	1:10:18.2	+14:58.8	7,6 km/h
15.	89	SENG Heinz	1949	GER	BA	FC Alemannia Unterkirnach	40:25.3 (16)	1:15:31.6	+20:12.2	7,1 km/h
16.	47	KRIEGSHÄUSER Dieter	1953	GER	PF	TuS Heltersberg	38:13.8 (15)	1:15:54.1	+20:34.7	7,0 km/h

Männer M65

1.	250	SCHMIDT Winfried	1948	GER	NO	TuS Köln rrh.	32:56.8 (1)	1:01:23.6		8,7 km/h
2.	205	SPRENGER Erhard	1948	GER	BY	SVG Ruhstorf/Rott	34:54.6 (3)	1:04:32.8	+3:09.2	8,3 km/h
3.	277	NEHRING Wolfgang	1946	GER	WÜ	VfL Ostelsheim	34:40.6 (2)	1:08:26.8	+7:03.2	7,8 km/h
4.	276	KREHL Günter	1948	GER	WÜ	VfL Ostelsheim	36:31.8 (4)	1:09:02.9	+7:39.3	7,7 km/h
5.	150	MOORMANN Bernd	1948	GER	TH	LV Einheit Greiz	38:06.3 (6)	1:10:20.7	+8:57.1	7,6 km/h
6.	275	SCHLENKER Edmund	1944	GER	WÜ	VfL Ostelsheim	36:35.6 (5)	1:10:32.0	+9:08.4	7,6 km/h
7.	123	STÖGER Alois	1945	GER	BY	LG Stadtwerke München	39:41.0 (7)	1:11:15.9	+9:52.3	7,5 km/h
8.	280	GRAEBER Jürgen	1947	GER		DJK Sparta Langenhagen	41:05.6 (8)	1:17:05.2	+15:41.6	6,9 km/h

Männer M70

1.	211	GROß Georg	1938	GER	BY	SVO Leichtathletik Germaringen	37:26.6 (1)	1:10:52.8		7,5 km/h
2.	197	SEIFFERT Gerold	1940	GER	WÜ	SSV Ulm 1846	40:00.8 (2)	1:13:45.8	+2:53.0	7,2 km/h
3.	223	SCHEUERECKER Otto	1940	GER	BY	TG Salzbachtal	41:38.8 (3)	1:16:04.3	+5:11.5	7,0 km/h
4.	110	HELM L Erwin	1940	GER	BY	LG Gendorf Wacker Burghausen	41:39.5 (4)	1:16:17.7	+5:24.9	7,0 km/h
5.	180	ANNESER Manfred	1941	GER	BY	SG Stadtwerke Freising	41:51.7 (5)	1:18:01.3	+7:08.5	6,8 km/h
6.	118	FECHLER Bodo	1941	GER	BY	LG Nürnberg	41:58.7 (6)	1:18:22.1	+7:29.3	6,8 km/h
7.	244	PESAVENTO Heinz	1942	GER	WÜ	Turnverein Baiersbronn 1893	43:23.9 (8)	1:20:57.6	+10:04.8	6,6 km/h
8.	99	RUPPRECHT Rudolf	1943	GER	BY	LC Aichach	43:16.6 (7)	1:21:44.3	+10:51.5	6,5 km/h
9.	77	BENDEL Siegfried	1939	GER		Chemie Zeitz	45:39.8 (9)	1:27:48.8	+16:56.0	6,1 km/h