

| Hauptlauf 5.000m am 25.09.2010 | | | | | |
|---------------------------------------|-----|--------------------|---------------------|----|---------|
| Ergebnisliste | | | | | |
| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Endzeit |
| 1 | 353 | Erhardt, Martin | TSV-Hüttlingen | 91 | 17:35 |
| 2 | 350 | Härtweg, Marco | TSV-Braunsbach | 92 | 17:45 |
| 3 | 355 | Schmiech, Benjamin | TSV-Neuenstadt | 85 | 17:49 |
| 4 | 354 | Englert, Fabian | TSV-Neuenstadt | 88 | 18:07 |
| 5 | 359 | Plähn, Jan | TSG-Schwäbisch Hall | 91 | 18:18 |
| 6 | 351 | Härtweg, Jens | TSV-Braunsbach | 93 | 18:43 |
| 7 | 352 | Pfeiffer, Janik | Tura Untermünkheim | 98 | 21:25 |
| 8 | 358 | Hapke, Jörg | | 80 | 23:05 |
| 9 | 363 | Hajek, Andrea | SV-Großaltdorf | 95 | 23:39 |
| 10 | 362 | Hajek, Silvia | SV-Großaltdorf | 63 | 26:19 |
| 11 | 356 | Kastner, Christian | TSV-Ilshofen | 74 | 27:39 |
| 12 | 360 | Stahn, Bernhard | TSV-Ilshofen | 49 | 28:21 |
| 13 | 357 | Neuffer, Martin | TSV-Ilshofen | 65 | 30:10 |
| 14 | 361 | Spang, Martin | TSV-Ilshofen | 66 | 31:39 |
| 15 | 301 | Schneider, Leoni | TSV-Braunsbach | 97 | 32:54 |

| Hauptlauf 5.000m am 25.09.2010 | | | | | |
|---------------------------------------|-----|--------------------|---------------------|----|---------|
| Ergebnisliste - Männer | | | | | |
| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Endzeit |
| 1 | 353 | Erhardt, Martin | TSV-Hüttlingen | 91 | 17:35 |
| 2 | 350 | Härtweg, Marco | TSV-Braunsbach | 92 | 17:45 |
| 3 | 355 | Schmiech, Benjamin | TSV-Neuenstadt | 85 | 17:49 |
| 4 | 354 | Englert, Fabian | TSV-Neuenstadt | 88 | 18:07 |
| 5 | 359 | Plähn, Jan | TSG-Schwäbisch Hall | 91 | 18:18 |
| 6 | 351 | Härtweg, Jens | TSV-Braunsbach | 93 | 18:43 |
| 7 | 352 | Pfeiffer, Janik | Tura Untermünkheim | 98 | 21:25 |
| 8 | 358 | Hapke, Jörg | | 80 | 23:05 |
| 9 | 356 | Kastner, Christian | TSV-Ilshofen | 74 | 27:39 |
| 10 | 360 | Stahn, Bernhard | TSV-Ilshofen | 49 | 28:21 |
| 11 | 357 | Neuffer, Martin | TSV-Ilshofen | 65 | 30:10 |
| 12 | 361 | Spang, Martin | TSV-Ilshofen | 66 | 31:39 |

| Hauptlauf 5.000m am 25.09.2010 | | | | | |
|---------------------------------------|-----|------------------|----------------|----|---------|
| Ergebnisliste - Frauen | | | | | |
| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Endzeit |
| 1 | 363 | Hajek, Andrea | SV-Großaltdorf | 95 | 23:39 |
| 2 | 362 | Hajek, Silvia | SV-Großaltdorf | 63 | 26:19 |
| 3 | 301 | Schneider, Leoni | TSV-Braunsbach | 97 | 32:54 |

Hauptlauf 10.000m am 25.09.2010

Ergebnisliste

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Klasse | 1.Runde | Endzeit | Endzeit |
|-----|-----|-----------------------|-----------------------|----|--------|---------|---------|---------|
| 1 | 44 | Weingärtner, Johannes | TSG-Schwäbisch Hall | 84 | M20 | 1 | - | 32:46 |
| 2 | 15 | Klie, Roland | TSV-Crailsheim | 68 | M40 | 1 | - | 35:46 |
| 3 | 36 | Mariathanan, Vincent | LAZ Puma Siegburg | 84 | M20 | 2 | - | 36:13 |
| 4 | 34 | Fröschke, Werner | Gottwollshausen | 60 | M50 | 1 | - | 37:27 |
| 5 | 45 | Mager, Jonas | Grün und Mager GmbH | 89 | M20 | 3 | - | 37:30 |
| 6 | 40 | Fischer, Karl-Heinz | LT-Oberampfrach | 63 | M45 | 1 | - | 37:32 |
| 7 | 24 | Schmidt, Ralf | TSV-Braunsbach | 69 | M40 | 2 | - | 39:01 |
| 8 | 52 | Tezlaw, Paul | | 86 | M20 | 4 | - | 39:16 |
| 9 | 19 | Bauer, Hans | TSV-Ilshofen | 68 | M40 | 3 | - | 39:40 |
| 10 | 28 | Philipzik, Fabian | | 85 | M20 | 5 | - | 40:18 |
| 11 | 8 | van Uden, Gerrit | TSG-Schwäbisch Hall | 59 | M50 | 2 | - | 40:38 |
| 12 | 58 | Sobek, Claus | LT-Wettingen | 69 | M40 | 4 | - | 40:43 |
| 13 | 18 | Leutwein, Karlheinz | Optima Group | 51 | M55 | 1 | - | 42:31 |
| 14 | 32 | Stier, Klaus | TSV-Ilshofen | 62 | M45 | 2 | - | 42:35 |
| 15 | 31 | Weber, Peter | | 74 | M35 | 1 | - | 42:45 |
| 16 | 57 | Groß, Klaus | Spfr. Zeukershausen | 62 | M45 | 3 | - | 43:04 |
| 17 | 39 | Walter, Günther | LTW-Niedernhall | 56 | M50 | 3 | - | 43:06 |
| 18 | 22 | Strecker, Jannis | TSV-Ilshofen | 94 | M-J | 1 | - | 43:09 |
| 19 | 1 | Wenger, Martin | Crailsheim | 61 | M45 | 4 | - | 43:23 |
| 20 | 33 | Bass, Roland | ASV-Scheppach | 54 | M55 | 2 | - | 43:29 |
| 21 | 25 | Engelhardt, Thomas | RC-Tannhausen | 64 | M45 | 5 | - | 43:36 |
| 22 | 54 | Rakowitsch, Ferdinand | Crailsheim | 52 | M55 | 3 | - | 43:48 |
| 23 | 51 | Heppner, Andre | SV-Rengershausen | 70 | M40 | 5 | - | 43:50 |
| 24 | 9 | Strecker, Karl | MGV Geddelsbach | 56 | M50 | 4 | - | 43:51 |
| 25 | 49 | Lorenzen, Uwe | TSV-Ilshofen | 66 | M40 | 6 | - | 43:55 |
| 26 | 6 | Fernandez, Antonio | TSV-Braunsbach | 66 | M40 | 7 | - | 44:00 |
| 27 | 11 | Schirmer, Gabi | P. und G. Running | 59 | W50 | 1 | - | 44:09 |
| 28 | 42 | Bomke, Uli | TSV-Crailsheim | 47 | M60 | 1 | - | 44:11 |
| 29 | 35 | Flor, Rellim | | 67 | M40 | 8 | - | 44:45 |
| 30 | 50 | Rehberger, Armin | TSV-Ilshofen | 68 | M40 | 9 | - | 45:01 |
| 31 | 2 | Wolf, Klaus | TSV-Braunsbach | 42 | M65 | 1 | - | 45:02 |
| 32 | 37 | Späth, Rudi | LT-Fichtenau | 48 | M60 | 2 | - | 45:08 |
| 33 | 27 | Weber, Martin | TSV-Ilshofen | 68 | M40 | 10 | - | 45:09 |
| 34 | 7 | Werner, Markus | Westheim | 69 | M40 | 11 | - | 46:23 |
| 35 | 30 | König, Thorsten | TSV-Ilshofen | 65 | M45 | 6 | - | 46:47 |
| 36 | 10 | Gramm, Sigrid | Optima Group | 67 | W40 | 1 | - | 46:59 |
| 37 | 43 | Westerweck, Werner | TSV-Gerabronn | 56 | M50 | 5 | - | 47:02 |
| 38 | 13 | Scholten, Günther | SV-Ebnat | 46 | M60 | 3 | - | 47:04 |
| 39 | 55 | Boczian, Siegmund | DJK-Ellwangen | 65 | M45 | 7 | - | 47:50 |
| 40 | 23 | Seitz, Joachim | TSG-Schwäbisch Hall | 46 | M60 | 4 | - | 48:19 |
| 41 | 41 | Heiden, Helga | BSG-Bausparkasse Hall | 55 | W55 | 1 | - | 48:20 |
| 42 | 26 | Sauselen, Heinz | R. Stahl Team | 47 | M60 | 5 | - | 50:15 |
| 43 | 53 | Hülsmann, Martin | TSG-Wolpertshausen | 58 | M50 | 6 | - | 51:09 |
| 44 | 29 | König, Doris | TSV-Ilshofen | 68 | W40 | 2 | - | 51:56 |
| 45 | 48 | Scheerer, Wolfgang | | 59 | M50 | 7 | - | 52:02 |
| 46 | 14 | Müller, Roland | WGL-Schwäbisch Hall | 48 | M60 | 6 | - | 52:13 |
| 47 | 20 | Hannemann, Werner | TSV-Obersontheim | 55 | M55 | 4 | - | 52:19 |
| 48 | 4 | Weidner, Werner | TSV-Braunsbach | 47 | M60 | 7 | - | 52:45 |
| 49 | 46 | Weller, Gerhard | TSV-Obersontheim | 40 | M70 | 1 | - | 53:10 |
| 50 | 17 | Ehrmann, Helmut | Dörrenzimmern | 68 | M40 | 12 | - | 54:02 |
| 51 | 3 | Hummel, Elke | TSV-Ilshofen | 62 | W45 | 1 | - | 54:39 |
| 52 | 12 | Sakellariou, Nik | Schwäbisch Hall | 62 | M45 | 8 | - | 54:49 |
| 53 | 5 | Weidner, Kathrin | TSV-Braunsbach | 74 | W35 | 1 | - | 57:28 |
| 54 | 56 | Schwarz, Holger | | 65 | M45 | 9 | - | 59:11 |
| 55 | 38 | Richter, Manfred | SG-Reubach | 44 | M65 | 2 | - | 59:43 |

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|---------------------------------|-----|-----------------------|---------------------|----|--------|---------|---------|---------|
| Ergebnisliste - Männer | | | | | | | | |
| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Klasse | 1.Runde | Endzeit | Endzeit |
| 1 | 44 | Weingärtner, Johannes | TSG-Schwäbisch Hall | 84 | M20 1 | - - | 32:46 | - 32:46 |
| 2 | 15 | Klie, Roland | TSV-Crailsheim | 68 | M40 1 | - - | 35:46 | - 35:46 |
| 3 | 36 | Mariathanan, Vincent | LAZ Puma Siegburg | 84 | M20 2 | - - | 36:13 | - 36:13 |
| 4 | 34 | Frösche, Werner | Gottwollshausen | 60 | M50 1 | - - | 37:27 | - 37:27 |
| 5 | 45 | Mager, Jonas | Grün und Mager GmbH | 89 | M20 3 | - - | 37:30 | - 37:30 |
| 6 | 40 | Fischer, Karl-Heinz | LT-Oberampfrach | 63 | M45 1 | - - | 37:32 | - 37:32 |
| 7 | 24 | Schmidt, Ralf | TSV-Braunsbach | 69 | M40 2 | - - | 39:01 | - 39:01 |
| 8 | 52 | Tezlaw, Paul | | 86 | M20 4 | - - | 39:16 | - 39:16 |
| 9 | 19 | Bauer, Hans | TSV-Ilshofen | 68 | M40 3 | - - | 39:40 | - 39:40 |
| 10 | 28 | Philipzik, Fabian | | 85 | M20 5 | - - | 40:18 | - 40:18 |
| 11 | 8 | van Uden, Gerrit | TSG-Schwäbisch Hall | 59 | M50 2 | - - | 40:38 | - 40:38 |
| 12 | 58 | Sobek, Claus | LT-Wettingen | 69 | M40 4 | - - | 40:43 | - 40:43 |
| 13 | 18 | Leutwein, Karlheinz | Optima Group | 51 | M55 1 | - - | 42:31 | - 42:31 |
| 14 | 32 | Stier, Klaus | TSV-Ilshofen | 62 | M45 2 | - - | 42:35 | - 42:35 |
| 15 | 31 | Weber, Peter | | 74 | M35 1 | - - | 42:45 | - 42:45 |
| 16 | 57 | Groß, Klaus | Spfr. Zeukershausen | 62 | M45 3 | - - | 43:04 | - 43:04 |
| 17 | 39 | Walter, Günther | LTW-Niedernhall | 56 | M50 3 | - - | 43:06 | - 43:06 |
| 18 | 22 | Strecker, Jannis | TSV-Ilshofen | 94 | M-J 1 | - - | 43:09 | - 43:09 |
| 19 | 1 | Wenger, Martin | Crailsheim | 61 | M45 4 | - - | 43:23 | - 43:23 |
| 20 | 33 | Bass, Roland | ASV-Scheppach | 54 | M55 2 | - - | 43:29 | - 43:29 |
| 21 | 25 | Engelhardt, Thomas | RC-Tannhausen | 64 | M45 5 | - - | 43:36 | - 43:36 |
| 22 | 54 | Rakowitsch, Ferdinand | Crailsheim | 52 | M55 3 | - - | 43:48 | - 43:48 |
| 23 | 51 | Heppner, Andre | SV-Rengershausen | 70 | M40 5 | - - | 43:50 | - 43:50 |
| 24 | 9 | Strecker, Karl | MGV Geddelsbach | 56 | M50 4 | - - | 43:51 | - 43:51 |
| 25 | 49 | Lorenzen, Uwe | TSV-Ilshofen | 66 | M40 6 | - - | 43:55 | - 43:55 |
| 26 | 6 | Fernandez, Antonio | TSV-Braunsbach | 66 | M40 7 | - - | 44:00 | - 44:00 |
| 27 | 42 | Bomke, Uli | TSV-Crailsheim | 47 | M60 1 | - - | 44:11 | - 44:11 |
| 28 | 35 | Flor, Rellim | | 67 | M40 8 | - - | 44:45 | - 44:45 |
| 29 | 50 | Rehberger, Armin | TSV-Ilshofen | 68 | M40 9 | - - | 45:01 | - 45:01 |
| 30 | 2 | Wolf, Klaus | TSV-Braunsbach | 42 | M65 1 | - - | 45:02 | - 45:02 |
| 31 | 37 | Späth, Rudi | LT-Fichtenau | 48 | M60 2 | - - | 45:08 | - 45:08 |
| 32 | 27 | Weber, Martin | TSV-Ilshofen | 68 | M40 10 | - - | 45:09 | - 45:09 |
| 33 | 7 | Werner, Markus | Westheim | 69 | M40 11 | - - | 46:23 | - 46:23 |
| 34 | 30 | König, Thorsten | TSV-Ilshofen | 65 | M45 6 | - - | 46:47 | - 46:47 |
| 35 | 43 | Westerweck, Werner | TSV-Gerabronn | 56 | M50 5 | - - | 47:02 | - 47:02 |
| 36 | 13 | Scholten, Günther | SV-Ebnat | 46 | M60 3 | - - | 47:04 | - 47:04 |
| 37 | 55 | Boczian, Siegmund | DJK-Ellwangen | 65 | M45 7 | - - | 47:50 | - 47:50 |
| 38 | 23 | Seitz, Joachim | TSG-Schwäbisch Hall | 46 | M60 4 | - - | 48:19 | - 48:19 |
| 39 | 26 | Sauselen, Heinz | R. Stahl Team | 47 | M60 5 | - - | 50:15 | - 50:15 |
| 40 | 53 | Hülsmann, Martin | TSG-Wolpertshausen | 58 | M50 6 | - - | 51:09 | - 51:09 |
| 41 | 48 | Scheerer, Wolfgang | | 59 | M50 7 | - - | 52:02 | - 52:02 |
| 42 | 14 | Müller, Roland | WGL-Schwäbisch Hall | 48 | M60 6 | - - | 52:13 | - 52:13 |
| 43 | 20 | Hannemann, Werner | TSV-Obersontheim | 55 | M55 4 | - - | 52:19 | - 52:19 |
| 44 | 4 | Weidner, Werner | TSV-Braunsbach | 47 | M60 7 | - - | 52:45 | - 52:45 |
| 45 | 46 | Weller, Gerhard | TSV-Obersontheim | 40 | M70 1 | - - | 53:10 | - 53:10 |
| 46 | 17 | Ehrmann, Helmut | Dörenzimmern | 68 | M40 12 | - - | 54:02 | - 54:02 |
| 47 | 12 | Sakellariou, Nik | Schwäbisch Hall | 62 | M45 8 | - - | 54:49 | - 54:49 |
| 48 | 56 | Schwarz, Holger | | 65 | M45 9 | - - | 59:11 | - 59:11 |
| 49 | 38 | Richter, Manfred | SG-Reubach | 44 | M65 2 | - - | 59:43 | - 59:43 |

| Hauptlauf 10.000m am 25.09.2010 | | | | | | | | |
|---------------------------------|-----|----------------|-----------------------|----|--------|---------|---------|---------|
| Ergebnisliste - Frauen | | | | | | | | |
| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Klasse | 1.Runde | Endzeit | Endzeit |
| 1 | 11 | Schirmer, Gabi | P. und G. Running | 59 | W50 1 | - - | 44:09 | - 44:09 |
| 2 | 10 | Gramm, Sigrid | Optima Group | 67 | W40 1 | - - | 46:59 | - 46:59 |
| 3 | 41 | Heiden, Helga | BSG-Bausparkasse Hall | 55 | W55 1 | - - | 48:20 | - 48:20 |
| 4 | 29 | König, Doris | TSV-Ilshofen | 68 | W40 2 | - - | 51:56 | - 51:56 |
| 5 | 3 | Hummel, Elke | TSV-Ilshofen | 62 | W45 1 | - - | 54:39 | - 54:39 |

Hauptlauf 10.000m am 25.09.2010**Ergebnisliste - Frauen**

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Klasse | 1.Runde | Endzeit | Endzeit | |
|-----|-----|------------------|----------------|----|--------|---------|---------|---------|-------|
| 6 | 5 | Weidner, Kathrin | TSV-Braunsbach | 74 | W35 | 1 | - - | 57:28 - | 57:28 |