

**Jedermann (0,5 km / 22 km / 5,0 km)
Stadtmeisterschaft**

1.	1:05:12	Heilmann Manuel, 94	SSV Forchheim	1. MAK1 (06:45, 39:21, 19:06)
2.	1:05:17	Loos Florian, 79	SSV Forchheim	1. MAK4 (n.a., 46:13, 19:04)
3.	1:06:18	Müller Frank, 82	Team Erdinger Alkoholfrei	1. MAK3 (n.a., 47:39, 18:39)
4.	1:07:48	Kalb Andreas, 77	SSV Forchheim	2. MAK4 (n.a., 47:41, 20:07)
5.	1:16:29	Wassermann Ira, 81	IRON Endurance Team	1. WAK3 (08:44, 46:37, 21:08)
6.	1:16:54	Bindl Christian, 70	SSV Forchheim	1. M45 (09:09, 45:27, 22:18)
7.	1:17:53	Trzewik Thomas, 71	LG Forchheim	1. M40 (13:01, 44:09, 20:43)
8.	1:17:56	Popp Friedrich, 60	-	1. M55 (09:28, 45:03, 23:25)
9.	1:18:37	Rabenstein Volker, 66	SSV Forchheim	2. M45 (08:05, 48:44, 21:48)
10.	1:19:08	Exner Horst, 61	1. Shotokan Karate Zentrum Forchhei	1. M50 (09:47, 47:58, 21:23)
11.	1:22:50	Huberth Simon, 88	Fwe	1. MAK2 (10:10, 48:21, 24:19)
12.	1:26:07	Wiemann Beate-Monika, 71	PowerBärs Rednitzhembach	1. W40 (n.a., 58:11, 27:56)
13.	1:28:24	Grasser Herbert, 63	DJK- Gaustadt Triathlon	2. M50 (14:23, 49:59, 24:02)
14.	1:28:27	Kaiser Mandy, 85	-	2. WAK3 (10:13, 52:51, 25:23)
15.	1:30:21	Albert Valentin, 97	SSV Forchheim	1. MJN (08:29, 50:44, 31:08)
16.	1:30:26	Kaiser Markus, 84	-	2. MAK3 (12:36, 51:56, 25:54)
17.	1:32:13	Ditter Alexander, 81	-	3. MAK3 (12:11, 53:18, 26:44)
18.	1:32:23	Elsner Andreas, 64	SSV Forchheim	3. M50 (10:27, 55:06, 26:50)
19.	1:33:18	Kratzer Christina, 86	-	1. WAK2 (12:20, 55:19, 25:39)
20.	1:34:20	Grampp Heike, 64	SSV Forchheim	1. W50 (11:34, 56:08, 26:38)
21.	1:42:33	Elsner Inge, 63	SSV Forchheim	2. W50 (12:58, 1:00:41, 28:54)