

Schüler (0,3 km / 10 km / 2,5 km)

1.	30:45	Schönberger Paul, 01	Gealan Tri Team IfL Hof	1. MJB	(04:19, 19:15, 07:11)
2.	32:08	Kalocsai Kristof, 01	TV 1848 Coburg	2. MJB	(04:30, 20:00, 07:38)
3.	32:21	Bammes Andreas, 98	TV 48 Erlangen	1. MJN	(05:01, 18:54, 08:26)
4.	33:50	Maar Fabian, 97	Ohm Gymnasium Erlangen	2. MJN	(05:04, 20:29, 08:17)
5.	34:36	Kalocsai Miklos, 04	TV 1848 Coburg	1. MSA	(04:55, 20:59, 08:42)
6.	35:04	Pfretzschnher Anna, 99	TV 48 Erlangen	1. WJA	(04:48, 21:13, 09:03)
7.	35:09	Rudolph Nele, 01	TV 48 Erlangen	1. WJB	(04:39, 21:19, 09:11)
8.	35:27	Schindler Benjamin, 04	DJK Weiden	2. MSA	(04:56, 22:00, 08:31)
9.	35:27	Pluta Elena, 01	SSV Forchheim	2. WJB	(05:25, 21:18, 08:44)
10.	36:34	Pluta Jan, 04	SSV Forchheim	3. MSA	(05:29, 22:53, 08:12)
11.	36:37	Korf Justus, 04	RSC Marktredwitz	4. MSA	(06:45, 21:42, 08:10)
12.	37:01	Spengler Franka, 03	TSV Zirndorf	1. WSA	(05:19, 22:21, 09:21)
13.	37:23	Just Yves, 01	Ohm Gymnasium Erlangen	3. MJB	(06:18, 21:46, 09:19)
14.	37:27	Gömmel Lena, 04	TSV Zirndorf	2. WSA	(05:54, 21:43, 09:50)
15.	37:34	Saffer Jonas, 99	Laufteam FFW	1. MJA	(05:35, 21:37, 10:22)
16.	37:42	Meyer ter Vehn Martin, 00	SSV Forchheim	2. MJA	(05:17, 23:24, 09:01)
17.	38:26	Rudolph Lara, 04	TV 48 Erlangen	3. WSA	(05:11, 23:22, 09:53)
18.	38:54	Büttner Joline, 02	TSG 08 Roth Triathlon	3. WJB	(06:00, 22:23, 10:31)
19.	39:29	Dippold Willi, 00	ATS Kulmbach	3. MJA	(05:49, 22:26, 11:14)
20.	40:27	Schweens Caspar, 03	ATS Kulmbach	5. MSA	(06:28, 23:12, 10:47)
21.	40:34	Noderer Selina, 02	TSG08Roth Triathlon	4. WJB	(06:05, 22:49, 11:40)
22.	40:34	Hack Antonia, 02	DAV Bamberg	5. WJB	(04:49, 24:20, 11:25)
23.	41:03	Spannring Henrik, 01	Ohm Gymnasium Erlangen	4. MJB	(06:17, 23:55, 10:51)
24.	42:08	Staudigel Sina, 02	Ohm Gymnasium Erlangen	6. WJB	(05:26, 25:30, 11:12)
25.	43:41	Schramm Fabian, 03	-	6. MSA	(08:09, 24:18, 11:14)
26.	43:44	Lökkös Hanna, 02	TV 48 Erlangen	7. WJB	(06:14, 26:14, 11:16)
27.	43:57	Kösters Clara, 01	Ohm Gymnasium Erlangen	8. WJB	(06:21, 26:16, 11:20)
28.	44:04	Bogatz Clemens, 00	SSV Forchheim	4. MJA	(07:19, 27:06, 09:39)
29.	46:02	Kunze Jule, 04	GELAN Tri Team IfL Hof	4. WSA	(07:08, 26:02, 12:52)
30.	46:26	Meile Laura, 02	ASV Triathlon Kulmbach	9. WJB	(07:11, 25:23, 13:52)
31.	46:48	Stübinger Ida, 04	ATS Kulmbach	5. WSA	(07:16, 29:03, 10:29)
32.	49:06	Stübinger Eva, 01	ASV Triathlon Kulmbach	10. WJB	(07:06, 27:52, 14:08)

Fitness (0,3 km/10 km/2,5 km)

1.	36:53	Reinhart Manfred, 64	TV48Erlangen	1. M	(05:52, 21:24, 09:37)
2.	40:06	Rudolph Nils, 72	-	2. M	(05:11, 24:04, 10:51)
3.	40:33	Weichert Marco, 91	Feuerwehr Hausen	3. M	(05:48, 24:45, 10:00)
4.	40:38	Bleisteiner Sebastian, 83	Team Memmert	4. M	(06:47, 23:34, 10:17)
5.	40:38	Fuchs Jennifer, 92	-	1. W	(06:48, 23:33, 10:17)
6.	42:26	Zapf Aljoscha, 90	-	5. M	(06:58, 25:01, 10:27)
7.	42:59	Bauer Sascha, 90	-	6. M	(07:26, 25:07, 10:26)
8.	45:11	Gillner Britta, 95	SSV Forchheim	2. W	(05:06, 26:34, 13:31)
9.	45:21	Hof Kerstin, 72	Kersbach	3. W	(06:49, 26:41, 11:51)
10.	45:37	Lang Volker, 72	-	7. M	(08:23, 24:44, 12:30)
11.	45:37	Friedrich Stefanie, 90	-	4. W	(07:28, 26:49, 11:20)
12.	46:42	Schörner Sabine, 67	Gealan Tri Team Ifl Hof	5. W	(07:29, 28:31, 10:42)
13.	47:37	Haagen Daniel, 86	TSV Gosberg	8. M	(08:28, 28:04, 11:05)
14.	48:07	Rödel Simone, 76	Gealan Tri Team Ifl Hof	6. W	(08:32, 27:40, 11:55)
15.	48:46	Mäker Kirstin, 79	-	7. W	(08:34, 27:35, 12:37)
16.	51:14	Martius Sebastian, 78	-	9. M	(10:04, 28:03, 13:07)
17.	51:28	Hildenbrand Jana, 82	-	8. W	(09:54, 28:46, 12:48)
18.	55:10	Schneider Christina, 88	-	9. W	(09:23, 32:49, 12:58)
19.	55:48	Hofmann Tanja, 80	-	10. W	(09:58, 30:34, 15:16)

155 Röder Julia, TDM Bamberg

disqualifiziert 1 Radrunde zu wenig gefahren

Staffel (0,5 km / 19 km / 5.0 km)

1.	53:05	Proleit Ag Kergassner Andreas, Schwab Thimo, Day Bjorn	(06:35, 32:21, 14:09)
2.	58:44	Lg Veitenstein Göller Verena, Prath Oliver, Göller Martin	(10:27, 32:53, 15:24)
3.	1:02:03	Iq-Move 2 Schwarz Laura, Denis Julien, Accardi Lisa	(08:13, 37:48, 16:02)
4.	1:02:43	Herrmann Baut Ideen Aus I Pipp Franziska, Herrmann Carmen, Heinlein Pascal	(07:58, 37:30, 17:15)
5.	1:03:03	Torpedo Forchheim v. Hintzenstern Ulrich, Wehner Wolfram, Roßmeißl Günter	(09:02, 37:55, 16:06)
6.	1:04:27	Fit Schnell & Schön Hartmann Helmut, Bartelmuss Helmut, Christel Simon	(16:00, 33:23, 15:04)
7.	1:05:52	Couchpotatoes Kraus Stefan, Kraus Manuel, Kraus Marco	(08:56, 39:02, 17:54)
8.	1:08:11	Infiana Runners Forchheim Team 1 Mirschberger Jürgen, Grimm Felix, Pischel Oliver	(08:44, 40:57, 18:30)
9.	1:08:29	Team Checker Saffer Christian, Saffer Benedikt, Klaus Michael	(09:29, 38:35, 20:25)
10.	1:08:32	1. Shotokan Karate Zentrum Forchhe Schnabel Silvia, Kupfer Benno, Rosemann Hans	(11:47, 35:04, 21:41)
11.	1:08:38	Kiprahi 1 Schmid Elmar, Bettendorf Ulrich, Weber Luitgard	(10:56, 35:46, 21:56)
12.	1:09:54	3 Probiern´s Hertzschuch Daniel, Lenk Jürgen, Raffel Uwe	(12:37, 39:32, 17:45)
13.	1:10:47	Ars - Medica Richter Henry, Schüler Jens, Petto Dimi	(10:12, 41:57, 18:38)
14.	1:11:11	Tri Cousinen Bauhofer Isabelle, Häfner Julia, Häfner Julia	(11:27, 39:22, 20:22)
15.	1:11:26	Iq-Move 1 Kast Stephanie, Richter Philipp, Kraft Simone	(08:13, 45:48, 16:25)
16.	1:11:39	Kiprahi 3 Nierla Michelle, Zimmermann Thomas, Zimmermann Thomas	(14:46, 35:51, 21:02)
17.	1:12:02	Das Erwachen Der Krafts Kraft Petra, Kraft Harald, Kraft Klaus	(13:42, 36:15, 22:05)
18.	1:12:03	Infiana Runners Forchheim Team 4 Schüpferling Vroni, Fürst Michael, Dratz Jannis	(13:51, 36:40, 21:32)
19.	1:12:12	...Mmmhhh..Ich Mach Da Nicht Mit!! Kraus Ralf, Ort Christian, Ursprung Markus	(15:53, 36:24, 18:55)
20.	1:13:40	Infiana Runners Forchheim Team 2 Kalb Stefan, Rosenkranz Frank, Friedrich Ralf	(16:14, 40:50, 16:36)
21.	1:15:08	TSV Amboss 02 der Malone, der Gynner, die Mela	(11:39, 43:18, 20:11)
22.	1:15:25	Ssj Triathlon Trio Schütz Johannes, di Maggio Silvio, Hufnagel Stefan	(10:33, 44:30, 20:22)
23.	1:15:38	Herrmann Baut Ideen Aus II Passemann Lutz, Keitel Angela, Maier Ute	(12:40, 42:53, 20:05)
24.	1:15:47	Die Heilmanns Heilmann Manuel, Heilmann Silvia, Heilmann Julia	(07:03, 44:11, 24:33)
25.	1:16:29	Team Pcer.De Wiley Christine, Wiley Frank, Wiley Christine	(14:36, 34:48, 27:05)
26.	1:16:47	Kiprahi 4 Hammon Michaela, Hammon Heike, Hammon Monika	(09:28, 40:59, 21:20)
27.	1:20:04	Weil's G'sund Macht Terrassa Frank, Krammel Heike, Kraus Alexandra	(07:53, 44:45, 27:26)
28.	1:21:15	Infiana Runners Forchheim Team 3 Lodes-Bernt Gabi, Wölfel Tanja, Hohenberger Paul	(13:52, 47:46, 19:37)
29.	1:24:49	Kiprahi 2 Stark Carina, Hammon Gerhard, Kunz Lisa	(18:58, 39:20, 26:31)

201 KiPraHi 4

215 Iq-Move 1

225 Mmmmmhhh Ich Mach da ...

5min Zeitstrafe wg. Laufen mit I-Pod

1min Zeitstrafe wg. Windschattenfahren

1min Zeitstrafe wg. Windschattenfahren

Jedermann (0,5 km / 19 km / 5,0 km)

1.	51:40	Stadter Philipp, 92	iQ-Move	1. MAK1 (06:54, 30:41, 14:05)
2.	52:17	Helmreich Mirco, 89	IfA Nonstop Bamberg	1. MAK2 (07:49, 29:54, 14:34)
3.	53:10	Sahm Marco, 73	IfA Nonstop Bamberg	1. M40 (07:54, 31:11, 14:05)
4.	53:34	Poßer Tobias, 99	IfA Nonstop Bamberg	1. MJA (07:51, 31:14, 14:29)
5.	53:36	Voit Thomas, 88	Team Icehouse e.V.	2. MAK2 (07:17, 31:51, 14:28)
6.	54:11	Senzel Christian, 87	IfA Nonstop Bamberg	3. MAK2 (07:42, 31:28, 15:01)
7.	54:36	Pleyer Moritz, 88	IfA Nonstop Bamberg	4. MAK2 (08:16, 31:23, 14:57)
8.	55:11	Kreckel Jonas, 00	SV Würzburg 05 Triathlon	2. MJA (06:55, 33:25, 14:51)
9.	56:42	Dr. Fraunberger Leonard, 68	iQ-Move	1. M45 (08:36, 31:58, 16:08)
10.	57:28	Gräf Jonas, 83	WSV Schwarzenbach am Wald	1. MAK3 (08:35, 32:34, 16:19)
11.	57:52	Gottwald Lena, 96	TSV Zirndorf	1. WAK1 (07:24, 33:44, 16:44)
12.	58:03	Pecher Basti, 83	Tri-Team Frankenalb	2. MAK3 (09:41, 33:48, 14:34)
13.	58:15	Krauß Hanna, 93	SSV Forchheim	2. WAK1 (06:57, 35:31, 15:47)
14.	58:23	Pluta Janusz, 71	DJK Eggolsheim	2. M45 (09:04, 33:42, 15:37)
15.	58:24	Meyrer Jonas, 98	IfA Nonstop Bamberg	1. MJN (07:17, 34:22, 16:45)
16.	58:39	Eckert Frank, 69	Tristar-Regensburg	3. M45 (08:34, 34:27, 15:38)
17.	59:37	Deeg Lukas, 87	-	5. MAK2 (08:59, 33:48, 16:50)
18.	59:40	Weigand Peter, 91	-	6. MAK2 (08:28, 34:20, 16:52)
19.	59:45	Mehn Michael, 93	TT HSU	2. MAK1 (07:56, 33:51, 17:58)
20.	59:47	Depner Manfred, 77	Radsporthaus Bamberg	1. MAK4 (09:02, 34:26, 16:19)
21.	59:57	Argauer Matthias, 91	DJK Pressath	7. MAK2 (08:28, 35:08, 16:21)
22.	1:00:16	Walter Bernd, 67	Team Icehouse	4. M45 (09:05, 33:56, 17:15)
23.	1:00:30	Kolb Markus, 79	-	2. MAK4 (09:48, 33:57, 16:45)
24.	1:00:32	Bundil Andreas, 91	TriTeamFrankenalb	8. MAK2 (08:30, 34:53, 17:09)
25.	1:00:36	Ehrlich Steffen, 77	SV Schottenstein	3. MAK4 (09:14, 34:00, 17:22)
26.	1:00:45	Sauer Michael, 65	TV 1848 Coburg	1. M50 (09:00, 35:21, 16:24)
27.	1:00:58	Scholz Thomas, 80	TriRockets	4. MAK4 (10:43, 33:46, 16:29)
28.	1:01:01	Günther Sean Felix, 00	ATS Kulmbach	3. MJA (08:30, 34:41, 17:50)
29.	1:01:05	Derrfuss Christian, 75	-	2. M40 (10:32, 33:21, 17:12)
30.	1:01:10	Dornheim Martin, 69	Franken Pedalos	5. M45 (10:24, 33:13, 17:33)
31.	1:01:16	Sperber Wolfgang, 80	Schaeffler Team	5. MAK4 (10:19, 34:44, 16:13)
32.	1:01:26	Becher Florian, 82	-	3. MAK3 (09:03, 35:28, 16:55)
33.	1:01:41	Semineth Marco, 78	ASV Eyershausen Triathlon	6. MAK4 (09:23, 34:22, 17:56)
34.	1:01:50	Melzer Georg, 91	SG Mittelfranken	9. MAK2 (07:40, 36:07, 18:03)
35.	1:01:51	Walz Martin, 82	Walzi	4. MAK3 (09:24, 35:13, 17:14)
36.	1:01:56	Ziemainz Heiko, 69	TV 48 Erlangen	6. M45 (09:11, 34:16, 18:29)
37.	1:02:04	Mauthofer Michael, 65	TV Strullendorf	2. M50 (10:04, 34:56, 17:04)
38.	1:02:18	Thoß Alexander, 00	Gealan Tri Team IfL Hof	4. MJA (07:58, 36:38, 16:42)
39.	1:02:19	Röckelein Christian, 78	DJK Teutonia Gaustadt	7. MAK4 (07:51, 36:32, 17:56)
40.	1:02:24	Bauernschmitt Daniel, 87	Landgasthof Bauernschmitt	10. MAK2 (09:25, 36:41, 16:18)
41.	1:02:36	Dauer Alfred, 68	TV STRullendorf	7. M45 (09:28, 36:11, 16:57)
42.	1:02:39	Marschall Stefan, 86	Laufftreff Reutles	5. MAK3 (09:51, 34:45, 18:03)
43.	1:02:41	Flommersfeld Constantin, 00	SSV Forchheim	5. MJA (07:25, 36:31, 18:45)
44.	1:02:51	Schwarz Sebastian, 77	DAV Röthenbach	8. MAK4 (10:40, 35:58, 16:13)
45.	1:02:56	Schnupp Lauri, 93	Privat	3. MAK1 (10:10, 36:21, 16:25)
46.	1:03:35	Bindl Christian, 70	SSV Forchheim	8. M45 (08:56, 35:50, 18:49)
47.	1:03:45	Helmreich Franzisca, 90	Post SV Nürnberg	1. WAK2 (10:11, 35:13, 18:21)
48.	1:03:52	Luber Moritz, 96	Tri-Team Frankenalb	4. MAK1 (10:16, 37:25, 16:11)
49.	1:03:59	Laubmann Hannes, 58	GEALAN Tri Team IfL Hof	1. M55 (09:40, 36:30, 17:49)
50.	1:04:04	Härer Lucia, 96	TV48 Erlangen	3. WAK1 (08:27, 38:08, 17:29)
51.	1:04:07	Schmidt Matthias, 74	Laufteam Fürth 2010	3. M40 (10:30, 35:35, 18:02)
52.	1:04:13	Kalocsai László, 76	TV 1848 Coburg	4. M40 (11:02, 35:36, 17:35)
53.	1:04:16	Rupprecht Sarah, 97	Ifa Nonstop Bamberg	1. WJN (07:01, 37:49, 19:26)
54.	1:04:17	Hettmer Michael, 75	DJK Teutonia Gaustadt	5. M40 (10:30, 34:20, 19:27)
55.	1:04:34	Frank Hans-Wolfgang, 64	Running SUN	3. M50 (12:15, 35:30, 16:49)
56.	1:04:35	Heberlein Mario, 63	Rennradgruppe BOSCH Bamberg	4. M50 (10:40, 37:10, 16:45)
57.	1:04:50	Heidenreich Jonas, 93	Brucklyn Zander	5. MAK1 (08:42, 38:26, 17:42)
58.	1:05:04	Pluta Barbara, 68	DJK Eggolsheim	1. W45 (08:51, 36:49, 19:24)
59.	1:05:06	Braun Christian, 74	Sparkasse Bamberg	6. M40 (12:05, 35:54, 17:07)
60.	1:05:08	Drebert Benjamin, 82	Post SV Triathlon Nürnberg	6. MAK3 (11:18, 36:52, 16:58)
61.	1:05:21	Penert Christian, 74	Kraichgau Triathlon e.V.	7. M40 (11:10, 37:04, 17:07)
62.	1:05:27	Kreckel Jürgen, 67	TSV Langenprozelten	9. M45 (09:40, 37:16, 18:31)
63.	1:05:28	Meile Roland, 59	ASV Triathlon Kulmbach	2. M55 (08:36, 37:33, 19:19)
64.	1:05:29	Molzberger Klaus, 71	SV Langensendelbach	10. M45 (11:53, 36:09, 17:27)
65.	1:05:31	Kasperl Fabian, 00	Ohm-Gymnasium Erlangen	6. MJA (10:59, 36:55, 17:37)

66.	1:05:36	Laubmann Joana, 94	GEALAN Tri Team IfL Hof	4. WAK1 (08:26, 37:42, 19:28)
67.	1:05:38	Sizmann Emanuel, 95	:)	6. MAK1 (11:05, 36:27, 18:06)
68.	1:05:45	Elitzer Daniel, 91	-	11. MAK2 (09:15, 35:17, 21:13)
69.	1:06:05	Motel Thomas, 82	-	7. MAK3 (10:47, 37:31, 17:47)
70.	1:06:07	Schuster Hartmut, 71	trail on Radsport Forchheim	11. M45 (09:13, 36:37, 20:17)
71.	1:06:23	Heinze Tobias, 77	ASC Kronach-Frankenwald	9. MAK4 (10:30, 37:20, 18:33)
72.	1:06:26	Papusoi Stefan, 87	DJK Teutonia Gaustadt	12. MAK2 (09:25, 37:08, 18:53)
73.	1:06:52	Siezio-Räthel Michael, 62	GEALAN Tri Team IfL Hof	5. M50 (13:26, 36:41, 16:45)
74.	1:06:55	Michel Christian, 86	Brehm Titan Runners	8. MAK3 (08:48, 38:47, 19:20)
75.	1:07:00	Biethmann Stefan, 71	Lauf für Kinderherzen	12. M45 (10:26, 37:19, 19:15)
76.	1:07:05	Ditter Alexander, 81	ASV Triathlon Kulmbach	10. MAK4 (11:27, 38:24, 17:14)
77.	1:07:12	Kollmer Peter, 88	BrucklynZander	13. MAK2 (09:52, 39:17, 18:03)
78.	1:07:14	von Neuenkirchen Oliver, 70	-	13. M45 (08:23, 40:13, 18:38)
79.	1:07:19	Hartl Benjamin, 84	TDM Bamberg	9. MAK3 (12:40, 38:40, 15:59)
80.	1:07:40	Böhmer Annika, 86	Tri-Team Frankenalb	1. WAK3 (09:37, 38:09, 19:54)
81.	1:07:40	Bammes Fabian, 00	TV 48 Erlangen	7. MJA (10:09, 36:59, 20:32)
82.	1:07:42	Ludwig Frank, 55	TV 1848 Erlangen	1. M60 (10:37, 37:52, 19:13)
83.	1:07:48	Wesp Daniela, 89	Post SV Nürnberg	2. WAK2 (09:12, 40:18, 18:18)
84.	1:07:48	Distler Ralph, 71	SSV Forchheim	14. M45 (09:04, 37:49, 20:55)
85.	1:07:50	Krämer Georg, 53	TS Herzogenaurach	2. M60 (09:45, 39:40, 18:25)
86.	1:07:58	Färber Uwe, 59	FSV Schnabelwaid	3. M55 (10:35, 38:16, 19:07)
87.	1:07:59	Ehnis Hanna, 98	TV48 Erlangen	2. WJN (09:32, 39:17, 19:10)
88.	1:08:10	Kormann Adam, 94	TSC Neuendettelsau	7. MAK1 (08:45, 39:00, 20:25)
89.	1:08:17	Horst Klaus, 67	DJK Teutonia Gaustadt	15. M45 (10:31, 37:25, 20:21)
90.	1:08:19	Van Trill Marcel, 88	Laufteam Fürth 2010	14. MAK2 (10:00, 39:27, 18:52)
91.	1:08:29	Brüning Julia, 91	IfA Nonstop Bamberg	3. WAK2 (09:20, 38:33, 20:36)
92.	1:08:41	Väth Herbert, 59	o. V.	4. M55 (11:29, 39:06, 18:06)
93.	1:08:44	Grindu Christian, 77	Team Icehouse e.V.	11. MAK4 (11:49, 38:27, 18:28)
94.	1:08:48	Gerhardt Andreas, 68	SpVgg Neideck Muggendorf	16. M45 (11:07, 38:48, 18:53)
95.	1:08:52	Hofmann Svenja, 00	GEALAN TRI TEAM IfL Hof	1. WJA (08:26, 39:49, 20:37)
96.	1:08:53	Troeger Florian, 80	Zeugen Bierhovas	12. MAK4 (11:25, 39:48, 17:40)
97.	1:09:07	Kraft Sigrid, 65	Sf Grossgründlach	1. W50 (09:51, 39:26, 19:50)
98.	1:09:13	Krammel Peter, 80	TSV Ebermannstadt	13. MAK4 (12:43, 34:51, 21:39)
99.	1:09:28	Paulsen Dana, 74	TB Erlangen	1. W40 (10:37, 40:12, 18:39)
100.	1:09:55	Däumler Florian, 91	DJK Teutonia Gaustadt	15. MAK2 (08:57, 39:06, 21:52)
101.	1:10:04	Hein Kilian, 87	Feuerwehr Großwallstadt	16. MAK2 (11:54, 38:17, 19:53)
102.	1:10:08	Beck Christine, 80	Post SV Triathlon Nürnberg	1. WAK4 (14:58, 35:19, 19:51)
103.	1:10:18	Heckmann Kersten, 65	-	2. W50 (10:41, 40:23, 19:14)
104.	1:10:19	Steinheber Thomas, 83	-	10. MAK3 (11:11, 41:29, 17:39)
105.	1:10:27	Purcell Benjamin, 87	-	17. MAK2 (11:36, 40:42, 18:09)
106.	1:10:39	Losch Christofer, 84	XXX	11. MAK3 (11:07, 38:34, 20:58)
107.	1:10:40	Britting Harald, 75	TV 48 Erlangen	8. M40 (10:52, 39:23, 20:25)
108.	1:10:43	Prest Alessia, 93	SG Mittelfranken	5. WAK1 (07:39, 42:42, 20:22)
109.	1:10:45	Poschner Katharina, 87	vereinlos	4. WAK2 (09:58, 40:05, 20:42)
110.	1:10:52	Mende Heinz, 52	TB Erlangen	3. M60 (11:52, 39:18, 19:42)
111.	1:10:53	Lamm Steffen, 88	Team Burgersvektor	18. MAK2 (12:34, 40:07, 18:12)
112.	1:10:58	Sittl Kim, 83	Physio-Point im House of Sports Gmb	12. MAK3 (10:45, 40:39, 19:34)
113.	1:11:03	Moritz Nina, 82	ASV Triathlon Kulmbach	2. WAK3 (09:41, 39:50, 21:32)
114.	1:11:17	Kraus Franziska, 85	-	3. WAK3 (12:00, 39:07, 20:10)
115.	1:11:28	Demund Helene, 81	-	2. WAK4 (10:43, 40:05, 20:40)
116.	1:11:34	Siegel Florian, 93	-	8. MAK1 (10:02, 41:17, 20:15)
117.	1:11:34	Fischer Rene, 85	-	13. MAK3 (10:46, 41:56, 18:52)
118.	1:11:41	Sandner Andreas, 71	Firmenteam	17. M45 (12:12, 39:25, 20:04)
119.	1:11:48	Kistler Siegbert, 72	TFC Forchheim	9. M40 (11:30, 40:13, 20:05)
120.	1:11:49	Landgraf Martina, 70	LG Forchheim	2. W45 (12:57, 41:04, 17:48)
121.	1:11:57	Schmitz Christiane, 61	TB Erlangen	1. W55 (11:40, 40:05, 20:12)
122.	1:12:03	Worsch Marcus, 83	Bergwacht Erlangen	14. MAK3 (10:50, 41:18, 19:55)
123.	1:12:08	Rupprecht Katharina, 95	SG Bamberg	6. WAK1 (08:21, 42:29, 21:18)
124.	1:12:19	Meinert Lukas, 98	IfA Nonstop Bamberg	2. MJN (11:55, 37:58, 22:26)
125.	1:12:23	Rossa Gerhard, 56	DLRG Forchheim e.V.	4. M60 (11:39, 40:20, 20:24)
126.	1:12:33	Hamper Jannik, 93	-	9. MAK1 (11:08, 43:53, 17:32)
127.	1:12:35	Schweizer Peter, 88	Team Burgersvektor	19. MAK2 (11:19, 41:16, 20:00)
128.	1:12:39	Kahlert Thomas, 73	/	10. M40 (10:09, 39:28, 23:02)
129.	1:12:48	Müller Ralph, 77	Gealan Tri Team IfL Hof	14. MAK4 (10:54, 40:27, 21:27)
130.	1:12:56	Mester Carlotta, 00	IfA nonstop Bamberg	2. WJA (08:25, 41:55, 22:36)
131.	1:13:01	Bauer Laura, 97	-	3. WJN (12:00, 40:49, 20:12)
132.	1:13:12	Bardon Petra, 69	Post SV Nürnberg	3. W45 (09:54, 41:08, 22:10)

133.	1:13:13	Hofmann Thomas, 81	DTV Diespeck	15. MAK4 (13:38, 40:22, 19:13)
134.	1:13:16	Hartert Jan-Hendrik, 83	-	15. MAK3 (11:57, 40:01, 21:18)
135.	1:13:31	Wagemann Stefan, 64	-	6. M50 (11:33, 41:37, 20:21)
136.	1:13:33	Meile Cornelia, 70	ASV Triathlon Kulmbach	4. W45 (10:39, 42:40, 20:14)
137.	1:13:34	Öchsner Markus, 76	-	11. M40 (11:10, 41:04, 21:20)
138.	1:13:35	Dieterich Walburga, 63	Spielvereinigung Erlangen	3. W50 (12:38, 40:57, 20:00)
139.	1:13:37	Frank Holger, 75	-)	12. M40 (11:09, 40:18, 22:10)
140.	1:13:46	Meile Alexander, 62	ASV Triathlon Kulmbach	7. M50 (10:43, 38:38, 24:25)
141.	1:13:47	Balle Thomas, 79	TV 1848 Erlangen	16. MAK4 (12:41, 42:30, 18:36)
142.	1:14:02	Heidenreich Nicholas, 67	Post SV Nürnberg	18. M45 (12:33, 42:08, 19:21)
143.	1:14:02	Eggeler Yolita, 88	Team Burgersvektor	5. WAK2 (09:38, 42:53, 21:31)
144.	1:14:03	Fink Christian, 71	ESC Höchstadt	19. M45 (10:53, 42:11, 20:59)
145.	1:14:11	Hernandez Paul, 80	TS Herzogenaurach	17. MAK4 (10:41, 42:37, 20:53)
146.	1:14:15	Hofmann Reinhold, 62	-	8. M50 (13:20, 39:46, 21:09)
147.	1:14:32	Lindemann Gudrun, 82	Sophienclub Berlin	4. WAK3 (10:52, 44:28, 19:12)
148.	1:14:33	Schrenker Nadine, 88	Team Burgersvektor	6. WAK2 (12:06, 41:28, 20:59)
149.	1:14:39	Kroha Birgit, 67	ASC Kronach-Frankenwald	5. W45 (11:53, 43:11, 19:35)
150.	1:14:39	Nicklas Helmut, 73	1. FC Herzogenaurach	13. M40 (12:05, 43:31, 19:03)
151.	1:14:40	Hartmann Gerd, 89	-	20. MAK2 (10:42, 42:48, 21:10)
152.	1:14:58	Hoffmann Jürgen, 54	TV48 Erlangen	5. M60 (11:48, 41:39, 21:31)
153.	1:15:16	Meinicke Michael, 65	TV Goldbach	9. M50 (11:20, 41:13, 22:43)
154.	1:15:17	Chiodo Julie Ann, 78	vereinlos	3. WAK4 (12:14, 42:50, 20:13)
155.	1:15:22	Geilert Steffi, 61	Ski Club Augustusburg	2. W55 (10:52, 43:55, 20:35)
156.	1:15:43	Geilert Bernd, 57	Ski Club Augustusburg	5. M55 (13:26, 41:20, 20:57)
157.	1:15:49	Sittl Katrin, 82	-	5. WAK3 (13:30, 43:00, 19:19)
158.	1:15:54	Wimberger Verena, 81	-	4. WAK4 (12:48, 37:12, 25:54)
159.	1:16:03	Zettelmeier Sven, 72	-	14. M40 (10:00, 43:47, 22:16)
160.	1:16:05	Faber Katrin, 72	TB 1888 Erlangen	2. W40 (12:09, 42:09, 21:47)
161.	1:16:08	Walter Stefan, 72	-	15. M40 (12:16, 42:09, 21:43)
162.	1:16:09	Faber Cyndi, 95	SSV forchheim	7. WAK1 (07:53, 45:00, 23:16)
163.	1:16:11	Böhm Corinna, 86	Team Burgersvektor	6. WAK3 (11:41, 43:19, 21:11)
164.	1:16:14	Brey Armin, 89	ESC Höchstadt e.V.	21. MAK2 (07:51, 41:35, 26:48)
165.	1:16:27	Pöhner Martin, 89	-	22. MAK2 (12:04, 42:17, 22:06)
166.	1:16:34	Faber Petra, 62	SSV Forchheim	4. W50 (08:56, 45:40, 21:58)
167.	1:16:35	Prüfer Uwe, 68	MSV Rangau/Uehlfeld	20. M45 (12:20, 40:51, 23:24)
168.	1:16:37	Zink Thomas, 87	Lauf-und Saufrupp Reinersdorf	23. MAK2 (15:21, 42:15, 19:01)
169.	1:16:50	Raab Gerhard, 60	Gealan Tri Team IfL Hof	6. M55 (11:38, 45:10, 20:02)
170.	1:16:52	Hiltner Ulrike, 71	TB Erlangen	6. W45 (11:26, 43:54, 21:32)
171.	1:16:57	Zdarsky Michae, 65	Qualmende Socke	10. M50 (14:57, 40:58, 21:02)
172.	1:17:08	Keiner Thomas, 67	-	21. M45 (11:19, 42:15, 23:34)
173.	1:17:19	Böhm Von Falkenstein Roland,	71tsv oettingen	22. M45 (12:01, 42:03, 23:15)
174.	1:17:23	Deeg Guido, 64	Vereinlos	11. M50 (11:55, 42:29, 22:59)
175.	1:17:31	Distler Wolfgang, 66	-	12. M50 (12:07, 44:21, 21:03)
176.	1:17:37	Schmitt Matthias, 82	-	16. MAK3 (13:16, 42:46, 21:35)
177.	1:18:02	Hitzler Alexander, 79	AC Bavaria Forchheim	18. MAK4 (14:16, 42:20, 21:26)
178.	1:18:06	Held Christian, 78	-	19. MAK4 (12:05, 43:49, 22:12)
179.	1:18:20	Stahl Katrin, 93	-	8. WAK1 (10:12, 49:20, 18:48)
180.	1:18:57	Ness Samantha, 87	-	7. WAK2 (09:45, 44:55, 24:17)
181.	1:19:58	Lauber Jasmine, 86	-	7. WAK3 (11:56, 45:15, 22:47)
182.	1:20:07	Bingenheimer Markus, 73	Zeugen Bierhovas	16. M40 (12:59, 45:17, 21:51)
183.	1:20:17	Sitzmann Margit, 63	SSV Forchheim	5. W50 (11:17, 42:09, 26:51)
184.	1:20:34	Gößwein Sven, 79	Zapf DAIGFUSS	20. MAK4 (15:14, 45:03, 20:17)
185.	1:20:39	Preisler Reinhard, 56	Team Erdinger alkoholfrei	6. M60 (12:54, 44:13, 23:32)
186.	1:20:44	Christoph Ralph, 65	SV Hetzles	13. M50 (13:24, 45:49, 21:31)
187.	1:21:00	Mehnert Harald, 68	Trirockets Bamberg	23. M45 (13:52, 45:42, 21:26)
188.	1:21:27	Schimmel Michael, 90	SpVgg Jahn Forchheim e.V.	24. MAK2 (11:41, 44:16, 25:30)
189.	1:21:33	Zeilinger Anna, 88	-	8. WAK2 (12:57, 44:18, 24:18)
190.	1:21:50	Wirsing Gunther, 72	Judoclub Dettelbach	17. M40 (12:02, 44:47, 25:01)
191.	1:21:54	Weberpals Sandra, 87	-	9. WAK2 (11:29, 51:37, 18:48)
192.	1:21:57	Sieme Michaela, 87	-	10. WAK2 (11:35, 47:06, 23:16)
193.	1:22:22	Brendli Christopher, 87	physio-point im House of Sports Gmb	25. MAK2 (11:40, 49:04, 21:38)
194.	1:22:23	Distler Anita, 72	-	3. W40 (15:49, 44:28, 22:06)
195.	1:22:24	Biermann Andre, 78	-	21. MAK4 (12:45, 47:17, 22:22)
196.	1:23:01	Klaufner Annette, 69	-	7. W45 (14:56, 43:35, 24:30)
197.	1:23:21	Rinck Daniel, 72	-	18. M40 (11:07, 47:16, 24:58)
198.	1:23:26	Scharl Christoph, 58	Polizei Bamberg	7. M55 (15:53, 41:19, 26:14)
199.	1:24:16	Krüger Martin, 74	Team Trelleborg Stuttgart	19. M40 (16:07, 46:00, 22:09)

200.	1:24:40	Krautwurst Sabine, 90	-	11. WAK2 (13:20, 47:54, 23:26)
201.	1:25:09	Huttner Christine, 76	-	4. W40 (12:19, 48:17, 24:33)
202.	1:25:19	Böhme Stefanie, 77	-	5. WAK4 (13:09, 46:35, 25:35)
203.	1:25:23	Schröder Andreas, 78	/	22. MAK4 (10:44, 54:23, 20:16)
204.	1:25:39	Lakatos Edit, 76	TV 1848 Coburg	5. W40 (11:11, 47:17, 27:11)
205.	1:25:57	Latus Ulrike, 82	-	8. WAK3 (14:48, 45:11, 25:58)
206.	1:26:11	Demund Anna, 80	-	6. WAK4 (14:52, 45:56, 25:23)
207.	1:26:53	Wahode Heike, 70	SG Neunkirchen am Brand	8. W45 (12:37, 47:25, 26:51)
208.	1:27:22	Schmitt Kathrin, 93	Infiana Runners Forchheim	9. WAK1 (12:40, 52:07, 22:35)
209.	1:27:26	Eger Michael, 70	Zapf DAIGFUSS	24. M45 (15:04, 48:49, 23:33)
210.	1:27:46	Schmalzl Anna-Carina, 88	-	12. WAK2 (12:31, 47:36, 27:39)
211.	1:28:23	Seewald Dieter, 55	TSV Ebensfeld	7. M60 (17:38, 45:33, 25:12)
212.	1:28:48	Schambeck Anja, 86	Post SV Nürnberg Triathlon	9. WAK3 (11:51, 49:12, 27:45)
213.	1:29:13	Bischoff Paula, 95	-	10. WAK1 (13:20, 47:13, 28:40)
214.	1:31:10	Aki Gülnaz, 81	Lucky Runners	7. WAK4 (20:37, 48:30, 22:03)
215.	1:31:47	Günther Siegfried, 55	ATS Kulmbach	8. M60 (13:50, 47:47, 30:10)
216.	1:32:21	Mühlenberg Dorothea, 66	-	6. W50 (13:35, 54:07, 24:39)
217.	1:33:07	Galal Helen, 56	Sv-Bamberg	1. W60 (13:03, 50:49, 29:15)
218.	1:33:26	Krüger Melanie, 78	Zeugen Bierhovas	8. WAK4 (12:05, 52:03, 29:18)
219.	1:36:38	Ahn Angelika, 68	-	9. W45 (15:16, 56:35, 24:47)
220.	1:50:59	Flenker Sven, 72	CPC Tri Team	20. M40 (16:00, 58:22, 36:37)

407 Thoß Alexander

1 min Zeitstrafe, offener Helm

417 Papusoi Stefan

1 min Zeitstrafe, offener Helm

484 Koehler Simon

disqualifiziert, 1 Runde zu wenig gefahren

Jedermann (0,5 km / 19 km / 5,0 km) - Stadtmeisterschaft

1.	58:15	Krauß Hanna, 93	SSV Forchheim	1. WAK1 (06:57, 35:31, 15:47)
2.	1:01:51	Walz Martin, 82	Walzi	1. MAK3 (09:24, 35:13, 17:14)
3.	1:02:41	Flommersfeld Constantin, 00	SSV Forchheim	1. MJA (07:25, 36:31, 18:45)
4.	1:03:35	Bindl Christian, 70	SSV Forchheim	1. M45 (08:56, 35:50, 18:49)
5.	1:06:07	Schuster Hartmut, 71	trail on Radsport Forchheim	2. M45 (09:13, 36:37, 20:17)
6.	1:07:05	Ditter Alexander, 81	ASV Triathlon Kulmbach	1. MAK4 (11:27, 38:24, 17:14)
7.	1:07:48	Distler Ralph, 71	SSV Forchheim	3. M45 (09:04, 37:49, 20:55)
8.	1:08:53	Troeger Florian, 80	Zeugen Bierhovas	2. MAK4 (11:25, 39:48, 17:40)
9.	1:11:41	Sandner Andreas, 71	Firmenteam	4. M45 (12:12, 39:25, 20:04)
10.	1:11:48	Kistler Siegbert, 72	TFC Forchheim	1. M40 (11:30, 40:13, 20:05)
11.	1:11:49	Landgraf Martina, 70	LG Forchheim	1. W45 (12:57, 41:04, 17:48)
12.	1:12:23	Rossa Gerhard, 56	DLRG Forchheim e.V.	1. M60 (11:39, 40:20, 20:24)
13.	1:13:16	Hartert Jan-Hendrik, 83	-	2. MAK3 (11:57, 40:01, 21:18)
14.	1:16:09	Faber Cyndi, 95	SSV forchheim	2. WAK1 (07:53, 45:00, 23:16)
15.	1:16:34	Faber Petra, 62	SSV Forchheim	1. W50 (08:56, 45:40, 21:58)
16.	1:17:08	Keiner Thomas, 67	-	5. M45 (11:19, 42:15, 23:34)
17.	1:18:02	Hitzler Alexander, 79	AC Bavaria Forchheim	3. MAK4 (14:16, 42:20, 21:26)
18.	1:20:17	Sitzmann Margit, 63	SSV Forchheim	2. W50 (11:17, 42:09, 26:51)
19.	1:21:27	Schimmel Michael, 90	SpVgg Jahn Forchheim e.V.	1. MAK2 (11:41, 44:16, 25:30)
20.	1:23:21	Rinck Daniel, 72	-	2. M40 (11:07, 47:16, 24:58)
21.	1:27:22	Schmitt Kathrin, 93	Infiana Runners Forchheim	3. WAK1 (12:40, 52:07, 22:35)
22.	1:31:10	Aki Gülnaz, 81	Lucky Runners	1. WAK4 (20:37, 48:30, 22:03)

Elitesprint Männer (0,75 km / 19 km / 5 km)

1.	57:48	Deichsel Kilian, 87	SG Tri-Team Kulmbach	1. M	(10:43, 31:26, 15:39)
2.	58:15	Friedmann Carsten, 92	SG Tri-Team Kulmbach	2. M	(11:16, 32:36, 14:23)
3.	58:16	Loos Florian, 79	SSV Forchheim	3. M	(10:19, 32:18, 15:39)
4.	58:18	Klupp Andreas, 68	SSV Forchheim	4. M	(10:20, 32:20, 15:38)
5.	58:49	Kraus Michael, 88	Tri-Team Frankenalb	5. M	(11:42, 32:10, 14:57)
6.	59:40	Müller Frank, 82	SSV Forchheim	6. M	(11:00, 33:34, 15:06)
7.	59:42	Pirhala Patrick, 93	SG Tri-Team Kulmbach	7. M	(12:01, 32:39, 15:02)
8.	59:42	Christl Philipp, 90	TWIn Neumarkt	8. M	(12:30, 31:54, 15:18)
9.	59:53	Frey Maximilian, 92	SV Würzburg 05 III	9. M	(12:20, 32:16, 15:17)
10.	59:53	Maier Andreas, 90	Tri-Team Frankenalb	10. M	(12:33, 32:38, 14:42)
11.	59:56	Kalus Michael, 82	SV Würzburg 05 III	11. M	(12:09, 32:01, 15:46)
12.	1:00:06	SteuDtner Andreas, 85	Laufteam Fürth 2010	12. M	(12:05, 31:48, 16:13)
13.	1:00:29	Nickl Julian, 90	ATSV Kallmünz	13. M	(12:22, 31:29, 16:38)
14.	1:00:30	Höfer Florian, 89	SV Würzburg 05 III	14. M	(12:12, 31:43, 15:35)
15.	1:01:08	Gesell Andreas, 88	SG Tri-Team Kulmbach	15. M	(12:12, 31:12, 17:44)
16.	1:01:11	Gößwein Wolfgang, 67	SSV Forchheim	16. M	(12:24, 33:40, 15:07)
17.	1:01:24	Treiber Stefan, 82	TV 06 Thalmässing	17. M	(12:56, 33:41, 14:47)
18.	1:01:50	Nickl Christian, 84	ATSV Kallmünz	18. M	(12:19, 33:03, 16:28)
19.	1:01:56	Schöberl Josef, 70	Tri-Team Frankenalb	19. M	(12:34, 33:37, 15:45)
20.	1:02:10	Gildner Frank, 93	Weltenburger Alkoholfrei Team CIS A	20. M	(12:38, 33:35, 15:57)
21.	1:02:45	Knoll Georg, 68	TV 06 Thalmässing	21. M	(13:34, 33:31, 15:40)
22.	1:02:57	Druska Frank, 70	TV 06 Thalmässing	22. M	(13:43, 34:01, 15:13)
23.	1:03:09	Engelhardt Dominik, 89	SV Würzburg 05 III	23. M	(12:55, 33:38, 16:36)
24.	1:03:52	Best Nicolai, 91	Post SV Nürnberg	24. M	(13:44, 33:44, 16:24)
25.	1:03:54	Kaiser Mario, 81	Post SV Nürnberg	25. M	(14:06, 33:46, 16:02)
26.	1:04:16	Hegel Julian, 96	Tri-Team Frankenalb	26. M	(12:33, 34:40, 17:03)
27.	1:04:21	Hauser Christopher, 84	TSV Altenfurt II	27. M	(13:34, 34:11, 16:36)
28.	1:04:27	Dorner Florian, 81	TV 06 Thalmässing	28. M	(14:58, 34:28, 15:01)
29.	1:04:27	Ziegler Fabian, 99	TSV Zirndorf	29. M	(12:58, 34:43, 16:46)
30.	1:04:37	Bergler Stephan, 89	Weltenburger Alkoholfrei Team CIS A	30. M	(12:35, 34:37, 17:25)
31.	1:04:38	Oppenländer Jörg, 83	Laufteam Fürth 2010	31. M	(11:33, 34:37, 18:28)
32.	1:04:39	Nägel Christian, 81	Post SV Nürnberg	32. M	(14:08, 33:41, 16:50)
33.	1:04:41	Troglauer Markus, 91	Weltenburger Alkoholfrei Team CIS A	33. M	(14:21, 33:30, 15:50)
34.	1:04:45	Reichardt Thilo, 77	Laufteam Fürth 2010	34. M	(12:04, 34:19, 18:22)
35.	1:04:53	Enders Patrick, 78	ATSV Kallmünz	35. M	(14:26, 34:21, 16:06)
36.	1:05:04	Elflein Thomas, 87	SV Würzburg 05 III	36. M	(12:14, 32:24, 20:26)
37.	1:05:33	Potzler Norbert, 80	Post SV Nürnberg	37. M	(12:21, 36:30, 16:42)
38.	1:05:57	Liebrich Andreas, 70	TSV Altenfurt II	38. M	(13:58, 35:01, 16:58)
39.	1:06:02	Andreas Kolja, 85	TSV Altenfurt II	39. M	(13:30, 35:27, 17:05)
40.	1:06:38	Grosch Manfred, 65	TSV Zirndorf	40. M	(13:02, 35:05, 18:31)
41.	1:06:42	Wechsler Christian, 76	TV 06 Thalmässing	41. M	(16:33, 34:31, 15:38)
42.	1:06:47	Wiedemann Matthias, 84	Post SV Nürnberg	42. M	(15:33, 34:11, 17:03)
43.	1:07:02	Schröder Michael, 73	Laufteam Fürth 2010	43. M	(11:33, 36:50, 18:39)
44.	1:08:35	Egger Markus, 83	Laufteam Fürth 2010	44. M	(12:05, 36:49, 19:41)
45.	1:09:28	Knauer Uli, 66	TSV Altenfurt II	45. M	(14:18, 36:03, 19:07)
46.	1:09:31	Weiß Jürgen, 62	TWIn Neumarkt	46. M	(14:34, 37:02, 17:55)
47.	1:09:53	Grötzner Volker, 69	TWIn Neumarkt	47. M	(14:44, 37:40, 17:29)
48.	1:10:04	Jantschek Jan, 68	TSV Zirndorf	48. M	(15:02, 34:59, 20:03)
49.	1:13:27	Schminke Markus, 81	ATSV Kallmünz	49. M	(17:38, 36:54, 18:55)

553	Troglauer Markus	1 min Zeitstrafe offener Helm
531	Kievernagel Oliver	disq. 1 Runde zu wenig gefahren
527	Höfer Florian,	1 min Zeitstrafe Laufen ohne Startnummer

Landesliga Mannschaftswertung

1. 2:55:45 SG Tri-Team Kulmbach
Deichsel Kilian (87) 57:48, Friedmann Carsten (92) 58:15, Pirhala Patrick (93) 59:42
2. 2:56:14 SSV Forchheim
Loos Florian (79) 58:16, Klupp Andreas (68) 58:18, Müller Frank (82) 59:40
3. 2:59:19 SV Würzburg 05 III
Höfer Florian (89) 59:30, Frey Maximilian (92) 59:53, Kalus Michael (82) 59:56
4. 3:00:38 Tri-Team Frankenalb
Kraus Michael (88) 58:49, Maier Andreas (90) 59:53, Schöberl Josef (70) 1:01:56
5. 3:07:06 TV 06 Thalmässing
Treiber Stefan (82) 1:01:24, Knoll Georg (68) 1:02:45, Druska Frank (70) 1:02:57
6. 3:07:12 ATSV Kallmünz
Nickl Julian (90) 1:00:29, Nickl Christian (84) 1:01:50, Enders Patrick (78) 1:04:53
7. 3:09:29 Laufteam Fürth 2010
Steuftner Andreas (85) 1:00:06, Oppenländer Jörg (83) 1:04:38, Reichardt Thilo (77) 1:04:45
8. 3:10:28 Weltenburger Alkoholfrei Team CIS
Gildner Frank (93) 1:02:10, Troglauer Markus (91) 1:03:41, Bergler Stephan (89) 1:04:37
9. 3:12:25 Post SV Nürnberg
Best Nicolai (91) 1:03:52, Kaiser Mario (81) 1:03:54, Nägel Christian (81) 1:04:39
10. 3:16:20 TSV Altenfurt II
Hauser Christopher (84) 1:04:21, Liebrich Andreas (70) 1:05:57, Andreas Kolja (85) 1:06:02
11. 3:19:06 TWin Neumarkt
Christl Philipp (90) 59:42, Weiß Jürgen (62) 1:09:31, Grötzner Volker (69) 1:09:53
12. 3:21:09 TSV Zirndorf
Ziegler Fabian (99) 1:04:27, Grosch Manfred (65) 1:06:38, Jantschek Jan (68) 1:10:04