

| Platz | Nachname - Vorname | Nation | StNr. | Jg. | Platz AK | Platz M/W | Zeit | Verein |
|-------|------------------------|--------|-------|-----|----------|-----------|-------------|---|
| 1 | RING Alexander | GER | 231 | 68 | 1 M45M | 1 M | 00:15:31.83 | SSG TRIAS BENSHEIM |
| 2 | ERNST Benedikt | GER | 243 | 73 | 1 M40M | 2 M | 00:15:39.80 | keine Angabe |
| 3 | LÖW Torsten | GER | 145 | 77 | 1 M35M | 3 M | 00:16:03.32 | EKHN |
| 4 | WEHowsky Markus | GER | 215 | 70 | 2 M40M | 4 M | 00:17:54.30 | Laufend Gutes tun |
| 5 | OHrNDORF Thilo | GER | 159 | 78 | 2 M35M | 5 M | 00:18:38.43 | Heilig Geist läuft mit |
| 6 | STICKSEL Frank | GER | 208 | 63 | 1 M50M | 6 M | 00:18:39.29 | Heilig Geist läuft mit |
| 7 | KUTSCHER Birgit | GER | 131 | 62 | 1 W50F | 1 F | 00:19:04.72 | DW Bergstraße |
| 8 | JÄGER Tobias | GER | 114 | 78 | 3 M35M | 7 M | 00:19:05.08 | keine Angabe |
| 9 | ROTHERMEL Axel | GER | 175 | 69 | 2 M45M | 8 M | 00:19:06.73 | keine Angabe |
| 10 | BEYER Daniel | GER | 061 | 73 | 3 M40M | 9 M | 00:19:12.77 | Lauffreff Eberstadt |
| 11 | DEPPE Markus | GER | 075 | 69 | 3 M45M | 10 M | 00:19:16.41 | Ringgarten Runners |
| 12 | SEIP Helmut | GER | 196 | 61 | 2 M50M | 11 M | 00:19:21.53 | Heilig Geist läuft mit |
| 13 | KOVAR Andreas | GER | 127 | 65 | 4 M45M | 12 M | 00:19:21.55 | Stadt Zwingenberg |
| 14 | SCHAIDER Silke | GER | 181 | 72 | 1 W40F | 2 F | 00:19:39.73 | Bensheimer Lauffreff |
| 15 | RIESENKÖNIG Max | GER | 171 | 62 | 3 M50M | 13 M | 00:19:39.80 | keine Angabe |
| 16 | MEID Andreas | GER | 151 | 83 | 1 M30M | 14 M | 00:19:40.06 | keine Angabe |
| 17 | KORTNER Mischa | GER | 248 | 71 | 4 M40M | 15 M | 00:19:44.16 | keine Angabe |
| 18 | BORNERT Sven | GER | 063 | 92 | 1 HKMM | 16 M | 00:19:47.22 | TV Bensheim |
| 19 | JUNG Lukas | GER | 112 | 88 | 2 HKMM | 17 M | 00:20:11.02 | Schlosserei Jung Bensheim-Gronau |
| 20 | JUNG Friedrich | GER | 111 | 58 | 1 M55M | 18 M | 00:20:11.18 | Schlosserei Jung Bensheim-Gronau |
| 21 | JUNG Albert | GER | 110 | 58 | 2 M55M | 19 M | 00:20:16.47 | Sanner |
| 22 | MAREK Dirk | GER | 147 | 00 | 1 kAKM | 20 M | 00:20:21.72 | HMS |
| 23 | BARTELEN Tim | GER | 047 | 98 | 1 U18M | 21 M | 00:20:24.08 | Tipto eBusiness |
| 24 | LÖW Franziska | GER | 144 | 81 | 1 W30F | 3 F | 00:20:27.68 | EKHN |
| 25 | KUTSCHER Caroline | GER | 132 | 95 | 1 U20F | 4 F | 00:20:35.06 | keine Angabe |
| 26 | SCHEFFER Felix | GER | 227 | 86 | 3 HKMM | 22 M | 00:20:44.54 | DW Bergstraße |
| 27 | FUNDA Thomas | GER | 090 | 61 | 4 M50M | 23 M | 00:20:50.73 | keine Angabe |
| 28 | ARIKAN Özkan | GER | 046 | 79 | 4 M35M | 24 M | 00:20:53.74 | ProxiVision |
| 29 | KEIL Bodo | GER | 118 | 68 | 5 M45M | 25 M | 00:20:54.60 | Stadt Zwingenberg |
| 30 | RAUEN Anke | GER | 166 | 66 | 1 W45F | 5 F | 00:20:57.47 | keine Angabe |
| 31 | EHRET Bruno | GER | 084 | 57 | 3 M55M | 26 M | 00:21:10.49 | Ev. Dekanat Bergstraße |
| 32 | HABICH Holger | GER | 101 | 75 | 5 M35M | 27 M | 00:21:12.58 | Stadt Zwingenberg |
| 33 | OPITEK Áneas | GER | 160 | 77 | 6 M35M | 28 M | 00:21:12.60 | keine Angabe |
| 34 | JUNG Volker | GER | 113 | 60 | 5 M50M | 29 M | 00:21:14.70 | EKHN |
| 35 | RAHN Volker | GER | 165 | 67 | 6 M45M | 30 M | 00:21:15.85 | EKHN - Kirchenverwaltung |
| 36 | SPRENG Manuela | GER | 206 | 77 | 1 W35F | 6 F | 00:21:23.39 | TV Lampertheim Triathlon |
| 37 | JÖST Martina | GER | 115 | 78 | 2 W35F | 7 F | 00:21:30.53 | keine Angabe |
| 38 | TULKA Michael | GER | 246 | 62 | 6 M50M | 31 M | 00:21:35.69 | keine Angabe |
| 39 | LEPPERT Matthias | GER | 141 | 76 | 7 M35M | 32 M | 00:21:48.11 | SKV Mörfelden - Team MöWathlon und BiRi |
| 40 | GLENSK Jürgen | GER | 098 | 73 | 5 M40M | 33 M | 00:21:48.12 | keine Angabe |
| 41 | SCHÜTZ Sandra | GER | 194 | 77 | 3 W35F | 8 F | 00:21:57.68 | DW Rimbach |
| 42 | STENGEL Bernhard | GER | 207 | 62 | 7 M50M | 34 M | 00:22:00.76 | Diakonisches Werk Frankfurt |
| 43 | BURGIS Thomas | GER | 068 | 64 | 8 M50M | 35 M | 00:22:20.20 | keine Angabe |
| 44 | MEYER Christoph | GER | 153 | 73 | 6 M40M | 36 M | 00:22:35.67 | keine Angabe |
| 45 | EMIG Alexander | GER | 085 | 79 | 8 M35M | 37 M | 00:22:39.22 | ProxiVision |
| 46 | SIEGEL Thilo | GER | 202 | 60 | 9 M50M | 38 M | 00:22:45.02 | Dekanat Bergstraße |
| 47 | SCHNEBERGER Dieter | GER | 184 | 58 | 4 M55M | 39 M | 00:22:47.94 | Medienhaus |
| 48 | TSEGAY Rahwa | GER | 211 | 95 | 2 U20F | 9 F | 00:23:10.86 | HMS |
| 49 | HELDMANN-SCHUSTER Gabi | GER | 104 | 62 | 2 W50F | 10 F | 00:23:22.38 | keine Angabe |
| 50 | MENZEL Claudia | GER | 152 | 70 | 2 W40F | 11 F | 00:23:23.78 | Heilig Geist läuft mit |
| 51 | LEIPOLD Rainer | GER | 245 | 46 | 1 M65M | 40 M | 00:23:30.25 | keine Angabe |
| 52 | SPANGENBERG Nadine | GER | 205 | 78 | 4 W35F | 12 F | 00:23:35.33 | keine Angabe |
| 53 | MÜßENER Karl | GER | 157 | 59 | 5 M55M | 41 M | 00:23:37.10 | DW Dillenburg-Herborn |
| 54 | MÜßENER Hannah | GER | 156 | 92 | 1 HKWF | 13 F | 00:23:37.19 | DW Dillenburg-Herborn |
| 55 | DREIZLER Eva | GER | 226 | 67 | 2 W45F | 14 F | 00:23:43.44 | keine Angabe |
| 56 | KNAPP Karl | GER | 122 | 53 | 1 M60M | 42 M | 00:23:49.75 | just do it |
| 57 | ZIEGENFUß Ina | GER | 221 | 68 | 3 W45F | 15 F | 00:23:50.00 | keine Angabe |
| 58 | HARTUNG Silke | GER | 103 | 70 | 3 W40F | 16 F | 00:23:56.34 | Diakonie Hessen - LGS |
| 59 | BURGIS Heike | GER | 067 | 67 | 4 W45F | 17 F | 00:24:19.57 | keine Angabe |
| 60 | LEPPERT Kerstin | GER | 140 | 72 | 4 W40F | 18 F | 00:24:22.48 | BiRi |
| 61 | LITTERS Ulrike | GER | 142 | 68 | 5 W45F | 19 F | 00:24:24.34 | keine Angabe |
| 62 | JOHN Martin | GER | 109 | 90 | 4 HKMM | 43 M | 00:24:27.86 | Stadt Zwingenberg |
| 63 | BARTHEL Ralf | GER | 049 | 67 | 7 M45M | 44 M | 00:24:28.41 | Stadt Zwingenberg |
| 64 | BRÄUTIGAM Annelie | GER | 064 | 53 | 1 W60F | 20 F | 00:24:32.80 | IGL Viernheim |
| 65 | SIEGEL Annette | GER | 200 | 61 | 3 W50F | 21 F | 00:24:40.00 | Ev. Dekanat Bergstrasse |
| 66 | GERHARDT Julian | GER | 095 | 98 | 2 U18M | 45 M | 00:24:44.23 | keine Angabe |
| 67 | ROTERRUND Wolfgang | GER | 174 | 50 | 2 M60M | 46 M | 00:24:52.47 | DWMT / Schulsozialarbeit BWS Hofheim |
| 68 | SCHIWIEZ Benjamin | GER | 183 | 80 | 2 M30M | 47 M | 00:25:08.64 | Kirchengemeinde Altstadt |
| 69 | DOSSOW Diane | GER | 229 | 73 | 5 W40F | 22 F | 00:25:15.06 | keine Angabe |
| 70 | BAUM Torsten | GER | 053 | 62 | 10 M50M | 48 M | 00:25:16.45 | Die Brücke Rödermark DW |
| 71 | FÖRSTER Heidi | GER | 091 | 61 | 4 W50F | 23 F | 00:25:27.30 | Ev. Dekanat Groß-Gerau |
| 72 | WÖRNER Anne | GER | 218 | 57 | 1 W55F | 24 F | 00:25:42.74 | Ev. Dekanat Bergstraße |
| 73 | ROTHERMEL Sigrid | GER | 176 | 66 | 6 W45F | 25 F | 00:25:43.51 | keine Angabe |
| 74 | LANG Udo-Jörg | GER | 134 | 44 | 1 M70M | 49 M | 00:25:46.87 | Mittwochssportler |
| 75 | KEHR Wilfried | GER | 117 | 63 | 11 M50M | 50 M | 00:26:02.65 | DW Westerwald |
| 76 | WAGNER Jutta | GER | 213 | 73 | 6 W40F | 26 F | 00:26:09.12 | GGEW AG |

| Platz | Nachname - Vorname | Nation | StNr. | Jg. | Platz AK | Platz M/W | Zeit | Verein |
|-------|------------------------|--------|-------|-----|----------|-----------|-------------|--|
| 77 | FOLK Katja | GER | 089 | 73 | 7 W40F | 27 F | 00:26:10.24 | Heilig Geist läuft mit |
| 78 | SEIPEL Volker | GER | 228 | 57 | 6 M55M | 51 M | 00:26:17.11 | keine Angabe |
| 79 | SEITZ Stefanie | GER | 197 | 74 | 8 W40F | 28 F | 00:26:32.64 | ProxiVision |
| 80 | SAUER Uwe | GER | 180 | 61 | 12 M50M | 52 M | 00:26:36.09 | DW |
| 81 | DITTER Elke | GER | 079 | 54 | 2 W60F | 29 F | 00:26:36.31 | Förderverein Hilfen für Wohnungslose |
| 82 | STOY Guido | GER | 209 | 70 | 7 M40M | 53 M | 00:26:38.95 | ProxiVision |
| 83 | DR. LANG Maria | GER | 080 | 56 | 2 W55F | 30 F | 00:27:08.04 | Mittwochssportler |
| 84 | SEPPMANN Georg | GER | 198 | 66 | 8 M45M | 54 M | 00:27:08.86 | keine Angabe |
| 85 | SCHUMACHER-RIES Beate | GER | 188 | 62 | 5 W50F | 31 F | 00:27:35.48 | Ev.Dekanat Bergstraße |
| 86 | RIES Martin | GER | 169 | 66 | 9 M45M | 55 M | 00:27:45.71 | Ev.Dekanat Bergstraße |
| 87 | BECKER Stefanie | GER | 055 | 56 | 3 W55F | 32 F | 00:28:05.48 | Dekanat Bergstraße |
| 88 | MATERN-RIIHELÄ Melanie | GER | 149 | 75 | 5 W35F | 33 F | 00:28:12.32 | Die Schwestern |
| 89 | KNAPP Wilfried | GER | 124 | 55 | 7 M55M | 56 M | 00:28:24.41 | Diakonie Hessen - LGS |
| 90 | LEHNER Richard | GER | 139 | 46 | 2 M65M | 57 M | 00:28:35.61 | BiRi |
| 91 | KELBEL Birgit | GER | 119 | 55 | 4 W55F | 34 F | 00:28:36.09 | BiRi |
| 92 | KREH Bernd | GER | 130 | 55 | 8 M55M | 58 M | 00:29:12.88 | Diakonie Hessen - LGS |
| 93 | BARTELTEN Tom | GER | 048 | 65 | 10 M45M | 59 M | 00:29:23.83 | Diakonisches Werk Bergstraße |
| 94 | BORGER Imke | GER | 062 | 96 | 3 U20F | 35 F | 00:29:24.04 | HMS |
| 95 | MATERN Sabine | GER | 148 | 77 | 6 W35F | 36 F | 00:29:45.97 | Die Schwestern |
| 96 | DAUM Andrea | GER | 074 | 66 | 7 W45F | 37 F | 00:29:48.06 | Ev. Gemeindebüro Seeheim-Malchen |
| 97 | WEHOWSKY Françoise | GER | 214 | 70 | 9 W40F | 38 F | 00:29:55.28 | Laufend Gutes tun |
| 98 | PARUCHA Ute | GER | 161 | 63 | 6 W50F | 39 F | 00:30:18.72 | Kita Riedberg |
| 99 | MOTZEK Waltraud | GER | 154 | 55 | 5 W55F | 40 F | 00:30:19.62 | Sanner |
| 100 | KNOF-FUCHS Christa | GER | 126 | 55 | 6 W55F | 41 F | 00:30:19.99 | Sanner |
| 101 | ALEXANDER Eva | GER | 045 | 64 | 7 W50F | 42 F | 00:30:33.66 | KITA Martin Niemöller |
| 102 | RIESENKÖNIG Andrea | GER | 170 | 62 | 8 W50F | 43 F | 00:30:48.05 | keine Angabe |
| 103 | BAUM Sigrun | GER | 052 | 55 | 7 W55F | 44 F | 00:30:50.69 | Ev. Kirchengem. Alsbach, Gemeindegemein. |
| 104 | MÜLLER Susanne | GER | 155 | 67 | 8 W45F | 45 F | 00:31:43.34 | ProxiVision |
| 105 | KNOBEL Claudia | GER | 125 | 83 | 2 W30F | 46 F | 00:32:15.39 | keine Angabe |
| 106 | PFEIFER Laura | GER | 164 | 98 | 1 U18F | 47 F | 00:32:16.94 | Ev. Kirchengemeinde Bensheim-Auerbach |
| 107 | SCHÄFER Valentin | GER | 191 | 99 | 1 U16M | 60 M | 00:32:17.41 | Ev. Kirchengemeinde Bensheim-Auerbach |
| 108 | FEUCHT Rosalie | GER | 088 | 98 | 2 U18F | 48 F | 00:32:17.63 | Ev. Kirchengemeinde Bensheim-Auerbach |
| 109 | DR. WÖRNER Michael | GER | 081 | 54 | 3 M60M | 61 M | 00:32:17.77 | Ev. Dekanat Bergstraße |
| 110 | FERTIG Franziska | GER | 087 | 97 | 3 U18F | 49 F | 00:32:17.91 | Ev. Kirchengemeinde Bensheim-Gronau/Zell |
| 111 | KREH Arno | GER | 129 | 58 | 9 M55M | 62 M | 00:32:18.00 | Ev. Dekanat Bergstraße |
| 112 | ESSINGER Bettina | GER | 086 | 67 | 9 W45F | 50 F | 00:32:26.18 | keine Angabe |
| 113 | KOKKEMOOR Martin | GER | 247 | 63 | 13 M50M | 63 M | 00:32:30.33 | keine Angabe |
| 114 | LASZCZIK Patrizia | GER | 135 | 79 | 7 W35F | 51 F | 00:32:54.35 | Sanner |
| 115 | KAYNAR Sezgin | GER | 116 | 97 | 3 U18M | 64 M | 00:33:02.41 | HMS |
| 116 | CZYPULL Fabian | GER | 073 | 79 | 9 M35M | 65 M | 00:33:05.63 | Ev. Kirchengemeinde Bensheim-Auerbach |
| 117 | GÖTZ Katharina | GER | 099 | 54 | 3 W60F | 52 F | 00:34:21.24 | EKHN |
| 118 | GEIL Karl-Hans | GER | 092 | 56 | 10 M55M | 66 M | 00:34:22.19 | EKHN |
| 119 | ECKHARDT Hannah | GER | 083 | 94 | 2 HKWF | 53 F | 00:34:23.00 | Ev. Kirchengemeinde Bensheim-Gronau/Zell |
| 120 | DINGELDEIN Tina | GER | 077 | 94 | 3 HKWF | 54 F | 00:34:23.03 | Ev. Kirchengemeinde Bensheim-Gronau/Zell |
| 121 | SINGER Kira | GER | 203 | 96 | 4 U20F | 55 F | 00:34:24.14 | Ev. Kirchengemeinde Bensheim-Gronau/Zell |
| 122 | SCHRADER-LUEDER Ingrid | GER | 187 | 68 | 10 W45F | 56 F | 00:34:48.16 | EKHN |
| 123 | THIEMANN Klaus-Dieter | GER | 210 | 56 | 11 M55M | 67 M | 00:34:54.39 | ProxiVision |
| 124 | REIMANN Marlis | GER | 168 | 54 | 4 W60F | 57 F | 00:34:57.88 | Krabbelstube Rebecca |
| 125 | GÜNTNER Jennifer | GER | 100 | 84 | 3 W30F | 58 F | 00:35:34.30 | Villa Zwergenreich |
| 126 | PETERSEN Gertrud | GER | 163 | 53 | 5 W60F | 59 F | 00:35:36.73 | keine Angabe |
| 127 | LOHNES Sibylle | GER | 143 | 58 | 8 W55F | 60 F | 00:35:36.74 | Sehbehinderten-und Blindenseelsorge EKHN |
| 128 | BERBERICH Rita | GER | 058 | 59 | 9 W55F | 61 F | 00:35:37.72 | EKHN |
| 129 | SHEPARD Silke | GER | 199 | 74 | 10 W40F | 62 F | 00:35:37.85 | Villa Zwergenreich |
| 130 | CLAAR-KREH Annette | GER | 072 | 59 | 10 W55F | 63 F | 00:35:42.41 | Dekanat Vorderer Odenwald |
| 131 | SCHWAHN Ulrike | GER | 189 | 75 | 8 W35F | 64 F | 00:36:10.28 | Ev. Dekanat Bergstraße |
| 132 | ZICKLER Helende | GER | 220 | 98 | 4 U18F | 65 F | 00:36:12.13 | Ev. Kirchengemeinde Bensheim-Auerbach |
| 133 | DILLMANN Katharina | GER | 076 | 86 | 4 HKWF | 66 F | 00:37:31.37 | Ev. Michaelsgemeinde, Darmstadt Kita |
| 134 | MATT-DILLMANN Petra | GER | 150 | 60 | 9 W50F | 67 F | 00:37:31.46 | Ev. Philippusgemeinde, Darmstadt Büro |
| 135 | HÜHN Pia | GER | 108 | 68 | 11 W45F | 68 F | 00:37:38.03 | ProxiVision |
| 136 | BÜDINGER Silvia | GER | 069 | 77 | 9 W35F | 69 F | 00:37:38.78 | ProxiVision |
| 137 | LE NESTOUR Chantal | GER | 137 | 52 | 6 W60F | 70 F | 00:42:53.99 | keine Angabe |
| 138 | CHRIST Gerhard | GER | 071 | 57 | 12 M55M | 68 M | 00:42:54.31 | Sehbehinderten-und Blindenseelsorge EKHN |
| DSQ | SEIF Patrick | GER | 195 | 90 | DSQ HKMM | DSQ M | 00:00:00.00 | Team Reiner HfW |
| DSQ | LALK Jens-Uwe | GER | 133 | 65 | DSQ M45M | DSQ M | 00:00:00.00 | keine Angabe |
| DSQ | RAUEN Hartmut | GER | 167 | 66 | DSQ M45M | DSQ M | 00:00:00.00 | keine Angabe |
| DSQ | KRAPF-GERN Gudrun | GER | 128 | 58 | DSQ W55F | DSQ F | 00:00:00.00 | Diakonie Hessen - LGS |
| DSQ | GERN Dr. Wolfgang | GER | 096 | 51 | DSQ W60F | DSQ F | 00:00:00.00 | Diakonie Hessen - LGS |
| DSQ | LAZIC Danijel | GER | 136 | 79 | DSQ M35M | DSQ M | 00:00:00.00 | ProxiVision |
| DSQ | HOFFMANN Yvo | GER | 106 | 68 | DSQ M45M | DSQ M | 00:00:00.00 | ProxiVision |
| DNF | MAGENHEIMER BARBARA | GER | 146 | 55 | DNF W55F | DNF F | 00:00:00.00 | keine Angabe |
| DNF | PIETZ Karin | GER | 230 | 44 | DNF W70F | DNF F | 00:00:00.00 | keine Angabe |
| DNF | SCHÜTZ Marvin | GER | 193 | 98 | DNF U18M | DNF M | 00:00:00.00 | Ev. Kirchengemeinde Bensheim-Auerbach |
| DNF | WOLFRUM Janine | GER | 217 | 85 | DNF HKWF | DNF F | 00:00:00.00 | keine Angabe |