

4. Deutsche 10 km Straßenlauf-Meisterschaften

Bad Liebenzell, 19. September 2004

gedruckt 19.09.2004 14:04:49

Männer + Junioren

| Pos | St-Nr. | Name | JG | LV | Verein*/Ort | AK | AK-P | Endzeit | 1.Rd. | 2. Rd. | 3.Rd. | 4.Rd. | M/km |
|-----|--------|------------------------|------|----|--------------------------------|--------|------|---------|-------|--------|-------|-------|------|
| 1 | 361 | Eich, Carsten | 1970 | NI | LG Braunschweig | Männer | 1 | 28:55 | 06:52 | 07:06 | 07:10 | 07:13 | 2,54 |
| 2 | 433 | Lubina, Alexander | 1979 | WE | TV Wattenscheid 01 | Männer | 2 | 29:04 | 07:00 | 07:14 | 07:14 | 07:08 | 2,54 |
| 3 | 360 | Dietz, Oliver | 1977 | NI | LG Braunschweig | Männer | 3 | 29:06 | 07:02 | 07:11 | 07:15 | 07:08 | 2,55 |
| 4 | 324 | Hedrit, Embaye | 1976 | BY | LAC Quelle Fù/Mù/Wù | Männer | 4 | 29:14 | 06:59 | 07:13 | 07:16 | 07:08 | 2,55 |
| 5 | 343 | Gabius, Arne | 1981 | HH | LAV Hamburg-Nord | Männer | 5 | 29:30 | 07:01 | 07:23 | 07:13 | 07:20 | 2,57 |
| 6 | 432 | Koch, Stefan | 1984 | WE | TV Wattenscheid 01 | MJu | 1 | 29:31 | 07:00 | 07:24 | 07:25 | 07:09 | 2,57 |
| 7 | 430 | Güssow, Christian | 1976 | WE | TV Wattenscheid 01 | Männer | 6 | 29:42 | 07:21 | 07:20 | 07:14 | 07:13 | 2,58 |
| 8 | 363 | Austin-Kerl, Jürgen | 1970 | NI | LG Göttingen | Männer | 7 | 29:46 | 07:02 | 07:21 | 07:25 | 07:24 | 2,59 |
| 9 | 341 | Förster, Jan | 1982 | BE | SCC Berlin | MJu | 2 | 29:48 | 07:11 | 07:23 | 07:24 | 07:21 | 2,59 |
| 10 | 400 | Pollmächer, André | 1983 | SN | LAC Erdgas Chemnitz | MJu | 3 | 29:50 | 07:00 | 07:24 | 07:25 | 07:26 | 2,59 |
| 11 | 412 | Cierpinski, Falk | 1978 | ST | SV Halle | Männer | 8 | 29:50 | 07:02 | 07:23 | 07:34 | 07:18 | 2,59 |
| 12 | 319 | Freudenberger, Holger | 1977 | BA | SG Walldorf-Astoria 02 | Männer | 9 | 30:03 | 07:09 | 07:24 | 07:28 | 07:30 | 3,00 |
| 13 | 359 | Burger, Mario | 1967 | NI | LG Braunschweig | Männer | 10 | 30:13 | 07:12 | 07:22 | 07:30 | 07:33 | 3,01 |
| 14 | 401 | Borrmann, Jens | 1974 | SN | SC DHfK Leipzig | Männer | 11 | 30:13 | 07:15 | 07:20 | 07:29 | 07:38 | 3,01 |
| 15 | 434 | Meyer, Manuel | 1981 | WE | TV Wattenscheid 01 | Männer | 12 | 30:14 | 07:21 | 07:20 | 07:28 | 07:32 | 3,01 |
| 16 | 353 | Baier, Heiko | 1984 | HE | LG Fulda | MJu | 4 | 30:23 | 07:02 | 07:31 | 07:36 | 07:36 | 3,02 |
| 17 | 368 | Paetzke, Christoph | 1983 | NI | DSC Oldenburg | MJu | 5 | 30:30 | 07:24 | 07:36 | 07:28 | 07:30 | 3,03 |
| 18 | 365 | Müller, Ingo | 1978 | NI | LG Göttingen | Männer | 13 | 30:34 | 07:25 | 07:35 | 07:35 | 07:24 | 3,03 |
| 19 | 447 | Post, Jonathan | 1976 | WÜ | TSG 1845 Heilbronn | Männer | 14 | 30:35 | 07:15 | 07:36 | 07:39 | 07:33 | 3,04 |
| 20 | 350 | Lotz, Tammo | 1977 | HE | TSV Cappel | Männer | 15 | 30:36 | 07:24 | 07:31 | 07:32 | 07:34 | 3,04 |
| 21 | 332 | Krauspe, Jan Christian | 1982 | BY | LG Domspitzmilch Regensburg | MJu | 6 | 30:39 | 07:16 | 07:20 | 07:45 | 07:42 | 3,04 |
| 22 | 347 | Kessler, Markus | 1979 | HE | LG Baunatal/Fuldabrück | Männer | 16 | 30:39 | 07:12 | 07:30 | 07:42 | 07:44 | 3,04 |
| 23 | 451 | Werner, Markus | 1982 | WÜ | TSG 1845 Heilbronn | MJu | 7 | 30:40 | 07:24 | 07:36 | 07:37 | 07:29 | 3,04 |
| 24 | 409 | Nürnberg, Dirk | 1970 | SN | SC DHfK Leipzig | Männer | 17 | 30:42 | 07:25 | 07:35 | 07:35 | 07:31 | 3,04 |
| 25 | 373 | Mariathanas, Mike | 1982 | NO | LG Bonn/Troisdorf/Niederkassel | MJu | 8 | 30:45 | 07:26 | 07:34 | 07:36 | 07:34 | 3,05 |
| 26 | 468 | Banzhaf, Thorsten | 1978 | WÜ | LG Badenova Nordschwarzwald | Männer | 18 | 30:50 | 07:15 | 07:41 | 07:44 | 07:35 | 3,05 |
| 27 | 330 | Meißgeier, Markus | 1982 | BY | LG Hof | MJu | 9 | 30:52 | 07:30 | 07:31 | 07:36 | 07:41 | 3,05 |
| 28 | 450 | Stegerer, Thomas | 1975 | WÜ | TSG 1845 Heilbronn | Männer | 19 | 30:57 | 07:23 | 07:36 | 07:39 | 07:47 | 3,06 |
| 29 | 396 | Schu, Stephan | 1977 | SL | SV Saar 05 Saarbrücken | Männer | 20 | 30:58 | 07:31 | 07:44 | 07:40 | 07:30 | 3,06 |
| 30 | 500 | Lenz, Daniel | 1975 | WÜ | LG Weinstadt | Männer | 21 | 30:59 | 07:38 | 07:38 | 07:39 | 07:30 | 3,06 |
| 31 | 502 | Schaff, Tom | 1985 | MV | Schweriner Sportclub | MJu | 10 | 31:02 | 07:24 | 07:37 | 07:46 | 07:38 | 3,06 |
| 32 | 414 | Matthes, Torsten | 1974 | ST | SV Halle | Männer | 22 | 31:03 | 07:30 | 07:36 | 07:41 | 07:42 | 3,06 |
| 33 | 405 | Fritzs, Volker | 1979 | SN | SC DHfK Leipzig | Männer | 23 | 31:04 | 07:13 | 07:47 | 07:48 | 07:40 | 3,06 |
| 34 | 407 | Körner, Dr. Matthias | 1968 | SN | SC DHfK Leipzig | Männer | 24 | 31:04 | 07:43 | 07:36 | 07:36 | 07:34 | 3,06 |
| 35 | 478 | Reining, Hendrik | 1985 | WÜ | TG Nürtingen | MJu | 11 | 31:08 | 07:31 | 07:35 | 07:41 | 07:43 | 3,07 |
| 36 | 438 | Allgeyer, Martin | 1977 | WÜ | VfL Sindelfingen | Männer | 25 | 31:13 | 07:17 | 07:43 | 07:39 | 07:56 | 3,07 |
| 37 | 417 | Uliczka, Steffen | 1984 | SH | SG TSV Kronsh./Kieler TB | MJu | 12 | 31:19 | 07:31 | 07:44 | 07:46 | 07:42 | 3,08 |
| 38 | 457 | Pfeiffer, Michael | 1982 | WÜ | LAZ Salamander Kornw./Ludwi | MJu | 13 | 31:20 | 07:35 | 07:43 | 07:38 | 07:50 | 3,08 |
| 39 | 384 | Wilhelm, Patric | 1983 | NO | LAV Bayer Uerdingen/Dormage | MJu | 14 | 31:23 | 07:31 | 07:46 | 07:48 | 07:44 | 3,08 |
| 40 | 402 | Dobrowald, Bastian | 1984 | SN | SC DHfK Leipzig | MJu | 15 | 31:24 | 07:31 | 07:47 | 07:48 | 07:46 | 3,08 |
| 41 | 345 | Jahn, Markus | 1985 | HE | LG Baunatal/Fuldabrück | MJu | 16 | 31:26 | 07:32 | 07:47 | 07:45 | 07:49 | 3,09 |
| 42 | 459 | Stanger, Christian | 1986 | WÜ | LG Leinfelden-Echterdingen | MJu | 17 | 31:28 | 07:34 | 07:43 | 07:46 | 07:49 | 3,09 |
| 43 | 419 | Galler, Jan | 1982 | SH | LG Wedel/Pinneberg | MJu | 18 | 31:31 | 07:31 | 07:47 | 07:47 | 07:51 | 3,09 |
| 44 | 437 | Sperling, Christian | 1984 | WE | TV Wattenscheid 01 | MJu | 19 | 31:33 | 07:48 | 07:50 | 07:48 | 07:30 | 3,09 |
| 45 | 399 | Lindner, Benjamin | 1984 | SN | LAC Erdgas Chemnitz | MJu | 20 | 31:34 | 07:41 | 07:47 | 07:47 | 07:45 | 3,09 |
| 46 | 435 | Müller, Michael | 1981 | WE | TV Wattenscheid 01 | Männer | 26 | 31:35 | 07:50 | 07:49 | 07:48 | 07:32 | 3,10 |
| 47 | 355 | Harland, Jörn | 1981 | HE | PSV Grün-Weiß Kassel | Männer | 27 | 31:35 | 07:38 | 07:48 | 07:50 | 07:44 | 3,10 |
| 48 | 329 | Steininger, Oliver | 1969 | BY | TV Geiselhöring | Männer | 28 | 31:36 | 07:36 | 07:51 | 07:50 | 07:44 | 3,10 |
| 48 | 337 | Salzberger, Rudolf | 1969 | BY | LG Domspitzmilch Regensburg | Männer | 28 | 31:36 | 07:41 | 07:48 | 07:47 | 07:46 | 3,10 |
| 50 | 499 | Illg, Jürgen | 1969 | WÜ | LG Weinstadt | Männer | 30 | 31:36 | 07:37 | 07:47 | 07:52 | 07:44 | 3,10 |
| 51 | 351 | van Ghemen, Tobias | 1972 | HE | ASC Darmstadt | Männer | 31 | 31:37 | 07:37 | 07:47 | 07:50 | 07:47 | 3,10 |
| 52 | 372 | Gatzweiler, Johannes | 1984 | NO | LG Bonn/Troisdorf/Niederkassel | MJu | 21 | 31:39 | 07:40 | 07:48 | 07:47 | 07:47 | 3,10 |
| 53 | 394 | Hahn, Frank | 1966 | SL | SV Saar 05 Saarbrücken | Männer | 32 | 31:40 | 07:46 | 07:45 | 07:43 | 07:51 | 3,10 |
| 54 | 418 | Albrecht, Konstantin | 1983 | SH | LG Wedel/Pinneberg | MJu | 22 | 31:42 | 07:25 | 07:35 | 07:40 | 08:14 | 3,10 |
| 55 | 423 | Freudenau, Jens | 1969 | WE | LC Rapid Dortmund | Männer | 33 | 31:44 | 07:33 | 07:43 | 07:46 | 08:03 | 3,10 |
| 56 | 441 | Weiß-Latzko, Markus | 1984 | WÜ | LSG Aalen | MJu | 23 | 31:45 | 07:38 | 07:49 | 07:50 | 07:53 | 3,11 |
| 57 | 364 | Dessi, Sascha | 1973 | NI | LG Göttingen | Männer | 34 | 31:45 | 07:45 | 07:42 | 07:48 | 07:54 | 3,11 |
| 58 | 366 | Reichert, Florian | 1982 | NI | TSV Kirchdorf | MJu | 24 | 31:46 | 07:38 | 07:49 | 07:49 | 07:54 | 3,11 |
| 59 | 413 | Jeschke, Josef | 1977 | ST | SV Halle | Männer | 35 | 31:46 | 07:34 | 07:47 | 08:00 | 07:50 | 3,11 |
| 60 | 333 | Manthee, René | 1982 | BY | LG Domspitzmilch Regensburg | MJu | 25 | 31:47 | 07:40 | 07:50 | 07:49 | 07:53 | 3,11 |
| 61 | 429 | Bollmann, Hendrik | 1982 | WE | TV Wattenscheid 01 | MJu | 26 | 31:49 | 07:49 | 07:49 | 07:48 | 07:47 | 3,11 |
| 62 | 375 | Oehler, Tim | 1985 | NO | LG Bonn/Troisdorf/Niederkassel | MJu | 27 | 31:52 | 07:35 | 07:52 | 07:53 | 07:57 | 3,11 |
| 63 | 331 | Heilmann, Andreas | 1984 | BY | TSG Kleinstheim | MJu | 28 | 32:00 | 07:43 | 07:48 | 07:48 | 08:02 | 3,12 |
| 64 | 486 | Walker, Matthias | 1983 | WÜ | LAC Pliezhausen | MJu | 29 | 32:01 | 07:44 | 07:58 | 07:56 | 07:49 | 3,12 |
| 65 | 411 | Heinrich, Steffen | 1980 | SN | SV Vorwärts Zwickau | Männer | 36 | 32:02 | 07:40 | 07:48 | 07:53 | 08:05 | 3,12 |
| 66 | 349 | Wennmacher, Johannes | 1983 | HE | LG Baunatal/Fuldabrück | MJu | 30 | 32:03 | 07:34 | 07:57 | 08:03 | 07:58 | 3,12 |
| 67 | 377 | Bauer, Janis | 1986 | NO | SFD 75 Düsseldorf-Süd | MJu | 31 | 32:14 | 07:41 | 07:48 | 08:02 | 08:04 | 3,13 |
| 68 | 371 | Utermöhle, Johannes | 1984 | NI | LG Solling | MJu | 32 | 32:16 | 07:43 | 07:46 | 08:00 | 08:13 | 3,14 |
| 69 | 416 | Korth, Oliver | 1978 | SH | THW Kiel | Männer | 37 | 32:17 | 07:45 | 07:57 | 07:56 | 08:02 | 3,14 |
| 70 | 346 | Jahn, Matthias | 1983 | HE | LG Baunatal/Fuldabrück | MJu | 33 | 32:24 | 07:43 | 07:56 | 08:01 | 08:08 | 3,14 |
| 71 | 398 | Heisch, Philipp | 1984 | SN | LAC Erdgas Chemnitz | MJu | 34 | 32:24 | 07:41 | 07:51 | 08:06 | 08:14 | 3,14 |
| 72 | 309 | Utz, Marco | 1975 | BA | LG Brandenkopf | Männer | 38 | 32:28 | 07:46 | 07:55 | 08:04 | 08:05 | 3,15 |
| 73 | 344 | Flügel, Julian | 1986 | HE | LG Baunatal/Fuldabrück | MJu | 35 | 32:29 | 07:43 | 07:57 | 08:05 | 08:08 | 3,15 |

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Bad Liebenzell, 19. September 2004

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Männer + Junioren

| Pos | St-Nr. | Name | JG | LV | Verein*Ort | AK | AK-P | Endzeit | 1.Rd. | 2. Rd. | 3.Rd. | 4.Rd. | M/km |
|-----|--------|-------------------------|------|----|-----------------------------|--------|------|---------|-------|--------|-------|-------|------|
| 74 | 426 | Kinitz, Tim | 1986 | WE | LG Hamm | MJu | 36 | 32:30 | 08:08 | 08:09 | 08:00 | 07:38 | 3,15 |
| 75 | 420 | Kellermann, Jannis | 1982 | SH | LG Wedel/Pinneberg | MJu | 37 | 32:38 | 07:30 | 07:53 | 08:18 | 08:17 | 3,16 |
| 76 | 488 | Petri, Karlo | 1974 | WÜ | VfL Sindelfingen | Männer | 39 | 32:39 | 07:49 | 08:03 | 08:09 | 08:03 | 3,16 |
| 77 | 311 | Richter, Björn | 1976 | BA | USC Freiburg | Männer | 40 | 32:40 | 07:49 | 08:02 | 08:09 | 08:04 | 3,16 |
| 78 | 474 | Giering, Tobias | 1982 | WÜ | LG Badenova Nordschwarzwald | MJu | 38 | 32:41 | 07:47 | 08:04 | 08:10 | 08:04 | 3,16 |
| 79 | 436 | Schultz, Tobias | 1984 | WE | TV Wattenscheid 01 | MJu | 39 | 32:43 | 08:01 | 08:05 | 08:05 | 07:57 | 3,16 |
| 80 | 389 | Krause, Carsten | 1980 | RL | Post-Sport Telekom Trier | Männer | 41 | 32:43 | 08:00 | 08:06 | 07:59 | 08:02 | 3,16 |
| 81 | 369 | Pupkes, Eike Carsten | 1984 | NI | DSC Oldenburg | MJu | 40 | 32:50 | 08:08 | 08:10 | 07:58 | 07:59 | 3,17 |
| 82 | 357 | Reiser, Jürgen | 1974 | HE | LG Odenwald | Männer | 42 | 32:52 | 07:43 | 08:00 | 08:13 | 08:18 | 3,17 |
| 83 | 381 | Czarnietzki, Martin | 1980 | NO | LAV Bayer Uerdingen/Dormage | Männer | 43 | 32:56 | 07:42 | 08:06 | 08:17 | 08:12 | 3,18 |
| 84 | 427 | Hille, Pascal | 1983 | WE | ESV Münster | MJu | 41 | 32:56 | 07:57 | 08:11 | 08:08 | 08:04 | 3,18 |
| 85 | 316 | Butz, Dirk | 1967 | BA | TV 1893 Rheinau | Männer | 44 | 32:59 | 08:06 | 08:09 | 08:05 | 08:03 | 3,18 |
| 86 | 397 | Trampert, Uwe | 1972 | SL | LSG Saarbrücken-Sulzbachtal | Männer | 45 | 33:00 | 07:44 | 08:03 | 08:17 | 08:23 | 3,18 |
| 87 | 367 | Hackl, Daniel | 1982 | NI | DSC Oldenburg | MJu | 42 | 33:05 | 07:53 | 08:12 | 08:11 | 08:13 | 3,19 |
| 88 | 408 | Melchien, Lars | 1983 | SN | SC DHfK Leipzig | MJu | 43 | 33:08 | 07:54 | 08:17 | 08:14 | 08:07 | 3,19 |
| 89 | 315 | Arnold, Raphael | 1980 | BA | SV Liggersdorf | Männer | 46 | 33:10 | 07:32 | 08:16 | 08:27 | 08:24 | 3,19 |
| 90 | 348 | Lappöhn, David | 1984 | HE | LG Baunatal/Fuldabrück | MJu | 44 | 33:13 | 07:36 | 08:12 | 08:26 | 08:25 | 3,19 |
| 91 | 327 | Stürmer, Christian | 1984 | BY | LAC Quelle Fù/Mü/Wü | MJu | 45 | 33:17 | 08:02 | 08:13 | 08:16 | 08:07 | 3,20 |
| 92 | 489 | Schwab, Andreas | 1985 | WÜ | VfL Sindelfingen | MJu | 46 | 33:22 | 07:51 | 08:14 | 08:21 | 08:18 | 3,20 |
| 93 | 456 | Melcher, Christoph | 1974 | WÜ | LAZ Salamander Kornw./Ludwi | Männer | 47 | 33:24 | 07:50 | 08:17 | 08:15 | 08:22 | 3,20 |
| 94 | 483 | Neu, Florian | 1982 | WÜ | LAC Pliezhausen | MJu | 47 | 33:29 | 07:47 | 08:19 | 08:24 | 08:22 | 3,21 |
| 95 | 380 | Voigt-Krämer, Dirk | 1968 | NO | Ohligser TV | Männer | 48 | 33:32 | 07:49 | 08:07 | 08:23 | 08:34 | 3,21 |
| 96 | 449 | Reischle, Matthias | 1979 | WÜ | TSG 1845 Heilbronn | Männer | 49 | 33:34 | 07:53 | 08:19 | 08:26 | 08:20 | 3,21 |
| 97 | 386 | Lutz, Christoph | 1975 | RL | BBC Koblenz-Horchheim | Männer | 50 | 33:36 | 07:59 | 08:18 | 08:28 | 08:14 | 3,22 |
| 98 | 390 | Krause, Thorsten | 1980 | RL | Post-Sport Telekom Trier | Männer | 51 | 33:37 | 08:09 | 08:20 | 08:20 | 08:13 | 3,22 |
| 99 | 312 | Flum, Hardy | 1965 | BA | LG Hohenfels | Männer | 52 | 33:37 | 07:59 | 08:19 | 08:26 | 08:19 | 3,22 |
| 100 | 440 | Schlipf, Matthias | 1979 | WÜ | LSG Aalen | Männer | 53 | 33:38 | 07:58 | 08:19 | 08:26 | 08:21 | 3,22 |
| 101 | 406 | Keller, Marcus | 1984 | SN | SC DHfK Leipzig | MJu | 48 | 33:39 | 07:59 | 08:11 | 08:28 | 08:23 | 3,22 |
| 102 | 322 | Brantsch, Klaus | 1971 | BY | LuT Aschaffenburg | Männer | 54 | 33:40 | 07:57 | 08:36 | 08:30 | 08:03 | 3,22 |
| 103 | 328 | Przybilla, Harald | 1966 | BY | TV Geiselhöring | Männer | 55 | 33:42 | 07:54 | 08:18 | 08:23 | 08:26 | 3,22 |
| 104 | 321 | Egerer, Stefan | 1983 | BY | LG Kreis Ansbach | MJu | 49 | 33:46 | 07:46 | 08:10 | 08:32 | 08:37 | 3,23 |
| 105 | 325 | Hummer, Frank | 1978 | BY | LAC Quelle Fù/Mü/Wü | Männer | 56 | 33:52 | 08:02 | 08:16 | 08:36 | 08:24 | 3,23 |
| 106 | 454 | Kustermann, Werner | 1978 | WÜ | LAZ Salamander Kornw./Ludwi | Männer | 57 | 33:56 | 08:00 | 08:37 | 08:28 | 08:20 | 3,24 |
| 107 | 458 | Gredinger, Andreas | 1983 | WÜ | LG Leinfelden-Echterdingen | MJu | 50 | 33:59 | 07:55 | 08:25 | 08:33 | 08:30 | 3,24 |
| 108 | 442 | Hoffmann, Sascha | 1985 | WÜ | LG Calw | MJu | 51 | 34:00 | 07:53 | 08:20 | 08:29 | 08:41 | 3,24 |
| 109 | 370 | Schmidt, Jörn | 1984 | NI | DSC Oldenburg | MJu | 52 | 34:07 | 08:10 | 08:25 | 08:30 | 08:26 | 3,25 |
| 110 | 452 | Baumstark, Michael | 1969 | WÜ | LAZ Salamander Kornw./Ludwi | Männer | 58 | 34:13 | 08:20 | 08:32 | 08:29 | 08:16 | 3,25 |
| 111 | 308 | Günzel, Andreas | 1985 | BA | LV Biet | MJu | 53 | 34:15 | 08:21 | 08:35 | 08:33 | 08:17 | 3,26 |
| 112 | 383 | Sundaralingam, Sarangan | 1983 | NO | LAV Bayer Uerdingen/Dormage | MJu | 54 | 34:19 | 08:31 | 08:30 | 08:32 | 08:13 | 3,26 |
| 113 | 382 | Rück, Matthias | 1982 | NO | LAV Bayer Uerdingen/Dormage | MJu | 55 | 34:20 | 08:15 | 08:27 | 08:29 | 08:36 | 3,26 |
| 114 | 387 | Bolten, Dominik | 1975 | RL | Post-Sport Telekom Trier | Männer | 59 | 34:22 | 08:16 | 08:32 | 08:30 | 08:27 | 3,26 |
| 115 | 448 | Reischle, Patrick | 1984 | WÜ | TSG 1845 Heilbronn | MJu | 56 | 34:25 | 08:10 | 08:27 | 08:37 | 08:35 | 3,27 |
| 116 | 446 | Bauer, Magnus | 1983 | WÜ | TSG 1845 Heilbronn | MJu | 57 | 34:27 | 08:11 | 08:30 | 08:47 | 08:23 | 3,27 |
| 117 | 395 | Hohwieler, Che | 1971 | SL | SV Saar 05 Saarbrücken | Männer | 60 | 34:33 | 08:09 | 08:24 | 08:38 | 08:44 | 3,27 |
| 118 | 301 | Sprich, Rainer | 1972 | BA | LG Baar | Männer | 61 | 34:35 | 08:05 | 08:30 | 08:44 | 08:41 | 3,28 |
| 119 | 461 | Reichert, Holger | 1975 | WÜ | Skiclub Lossburg | Männer | 62 | 34:37 | 08:23 | 08:33 | 08:33 | 08:28 | 3,28 |
| 120 | 410 | Rudolf, Christian | 1986 | SN | SC DHfK Leipzig | MJu | 58 | 34:38 | 07:59 | 08:29 | 08:47 | 08:45 | 3,28 |
| 121 | 466 | Heubach, Axel | 1966 | WÜ | LG Neckar-Enz | Männer | 63 | 34:41 | 08:15 | 08:28 | 08:39 | 08:41 | 3,28 |
| 122 | 493 | Kopp, Harald | 1977 | WÜ | LT Sulz am Eck | Männer | 64 | 34:51 | 08:16 | 08:24 | 08:44 | 08:46 | 3,29 |
| 123 | 310 | Keller, Philipp | 1983 | BA | PTSV Jahn Freiburg | MJu | 59 | 35:00 | 08:07 | 08:28 | 08:46 | 08:57 | 3,30 |
| 124 | 388 | Heinen, Lukas | 1981 | RL | Post-Sport Telekom Trier | Männer | 65 | 35:08 | 08:15 | 08:42 | 08:49 | 08:45 | 3,31 |
| 125 | 453 | Fahrner, Andreas | 1973 | WÜ | LAZ Salamander Kornw./Ludwi | Männer | 66 | 35:12 | 08:16 | 08:41 | 08:50 | 08:46 | 3,31 |
| 126 | 444 | Sauer, Matthias | 1984 | WÜ | TSV Genkingen | MJu | 60 | 35:13 | 08:26 | 09:01 | 08:39 | 08:34 | 3,31 |
| 127 | 460 | Stegbauer, Matthias | 1983 | WÜ | LG Leinfelden-Echterdingen | MJu | 61 | 35:16 | 08:25 | 08:36 | 08:41 | 08:52 | 3,32 |
| 128 | 392 | Harig, Stefan | 1970 | SL | VfA Neunkirchen | Männer | 67 | 35:17 | 08:31 | 08:38 | 08:46 | 08:45 | 3,32 |
| 129 | 479 | Gillich, Jochen | 1971 | WÜ | VfL Ostelsheim | Männer | 68 | 35:22 | 08:24 | 08:46 | 08:47 | 08:46 | 3,32 |
| 130 | 491 | Göpfert, Thomas | 1979 | WÜ | LT Sulz am Eck | Männer | 69 | 35:30 | 08:32 | 08:48 | 08:49 | 08:42 | 3,33 |
| 131 | 358 | Özaykut, Heiko | 1972 | HE | LC Olympia Wiesbaden | Männer | 70 | 35:44 | 08:16 | 08:39 | 09:05 | 09:01 | 3,34 |
| 132 | 425 | Weindorf, Matthias | 1979 | WE | LG Halver-Schalksmühle | Männer | 71 | 36:09 | 08:50 | 08:46 | 08:42 | 09:06 | 3,37 |
| 133 | 485 | Vek, Florian | 1983 | WÜ | LAC Pliezhausen | MJu | 62 | 36:12 | 08:13 | 08:51 | 09:08 | 09:17 | 3,37 |
| 134 | 471 | Esslinger, Johannes | 1984 | WÜ | LG Badenova Nordschwarzwald | MJu | 63 | 36:16 | 08:39 | 09:01 | 09:07 | 08:45 | 3,38 |
| 135 | 494 | Wochele, Uwe | 1984 | WÜ | LT Sulz am Eck | MJu | 64 | 36:22 | 08:32 | 08:59 | 09:09 | 08:57 | 3,38 |
| 136 | 443 | Ohngemach, Ulrich | 1968 | WÜ | LG Calw | Männer | 72 | 36:23 | 08:33 | 08:55 | 09:07 | 09:09 | 3,38 |
| 137 | 314 | Großmüller, Martin | 1965 | BA | LSG Karlsruhe | Männer | 73 | 36:24 | 08:40 | 08:57 | 09:06 | 09:00 | 3,38 |
| 138 | 482 | Nowak, Ralf | 1970 | WÜ | VfL Ostelsheim | Männer | 74 | 36:28 | 08:48 | 08:59 | 09:05 | 08:56 | 3,39 |
| 139 | 498 | Faiß, Stefan | 1983 | WÜ | LG Weinstadt | MJu | 65 | 36:31 | 08:17 | 09:09 | 09:17 | 09:09 | 3,39 |
| 140 | 487 | Höschele, Jochen | 1968 | WÜ | EK Schwaikheim | Männer | 75 | 36:32 | 08:58 | 08:55 | 08:59 | 09:00 | 3,39 |
| 141 | 338 | Schäffer, Benedikt | 1986 | BY | LG Domspitzmilch Regensburg | MJu | 66 | 36:52 | 08:38 | 09:04 | 09:13 | 09:17 | 3,41 |
| 142 | 484 | Sonnleitner, Samuel | 1982 | WÜ | LAC Pliezhausen | MJu | 67 | 36:57 | 08:38 | 09:09 | 09:20 | 09:10 | 3,42 |
| 143 | 445 | Paschke, Alexander | 1970 | WÜ | TV Hechingen | Männer | 76 | 37:11 | 08:37 | 09:11 | 09:14 | 09:23 | 3,43 |
| 144 | 385 | Schütze, Marco | 1970 | RL | Gerolsteiner LGV | Männer | 77 | 37:50 | 08:54 | 09:28 | 09:31 | 09:15 | 3,47 |
| 145 | 481 | Moll, Gunther | 1972 | WÜ | VfL Ostelsheim | Männer | 78 | 38:16 | 08:59 | 09:30 | 09:33 | 09:31 | 3,50 |
| 146 | 495 | Stauß, Frank | 1970 | WÜ | TB Tailfingen | Männer | 79 | 38:26 | 08:48 | 09:39 | 09:45 | 09:37 | 3,51 |

4. Deutsche 10 km Straßenlauf-Meisterschaften

Bad Liebenzell, 19. September 2004

gedruckt 19.09.2004 14:04:49

Männer + Junioren

| Pos | St-Nr. | Name | JG | LV | Verein/*Ort | AK | AK-P | Endzeit | 1.Rd. | 2. Rd. | 3.Rd. | 4.Rd. | M/km |
|-----|--------|------------------|------|----|----------------|--------|------|---------|-------|--------|-------|-------|------|
| 147 | 307 | Dürr, Benjamin | 1986 | BA | LV Biet | MJu | 68 | 38:31 | 09:17 | 09:42 | 09:36 | 09:15 | 3,51 |
| 148 | 318 | Bayer, Franz | 1969 | BA | SV Waldkirch | Männer | 80 | 39:04 | 08:59 | 09:36 | 09:50 | 09:52 | 3,54 |
| 149 | 302 | Falk, Guido | 1975 | BA | TV Biberach | Männer | 81 | 39:27 | 08:49 | 10:01 | 09:55 | 09:58 | 3,57 |
| 150 | 492 | Kaiser, Thomas | 1974 | WÜ | LT Sulz am Eck | Männer | 82 | 40:32 | 09:32 | 10:00 | 10:10 | 10:07 | 4,03 |
| 151 | 305 | Kunkis, Damian | 1983 | BA | LV Biet | MJu | 69 | 42:09 | 09:47 | 10:28 | 10:31 | 10:37 | 4,13 |
| 152 | 464 | Reutter, Thomas | 1966 | WÜ | SG 77 Monakam | Männer | 83 | 42:21 | 10:07 | 10:31 | 10:31 | 10:24 | 4,14 |
| 153 | 463 | Kurtenbach, Dirk | 1967 | WÜ | SG 77 Monakam | Männer | 84 | 43:24 | 10:22 | 11:02 | 10:53 | 10:25 | 4,20 |
| 154 | 306 | Mensing, Julius | 1983 | BA | LV Biet | MJu | 70 | 45:18 | 10:15 | 11:00 | 11:48 | 00:00 | 4,32 |

Männer + Junioren did not finish

| Pos | St-Nr. | Name | JG | LV | Verein/*Ort | AK | AK-P | Endzeit | 1.Rd. | 2. Rd. | 3.Rd. | 4.Rd. | M/km |
|-----|--------|---------------------|------|----|---------------------|--------|------|---------|-------|--------|-------|-------|------|
| 0 | 497 | Ambacher, Stephan | 1984 | WÜ | LAV asics Tübingen | MJu | 0 | 00:00 | 07:39 | 08:25 | 00:00 | 00:00 | 0,00 |
| 0 | 323 | Hallmann, Sebastian | 1977 | BY | LAC Quelle Fù/Mù/Wù | Männer | 0 | 00:00 | 07:00 | 07:18 | 00:00 | 00:00 | 0,00 |
| 0 | 490 | Weber, Hannes | 1977 | WÜ | VfL Sindelfingen | Männer | 0 | 00:00 | 07:24 | 00:00 | 00:00 | 00:00 | 0,00 |