

Ewige Bestenliste des Citylaufs in Aschaffenburg

Top 30 - FRAUEN (Komplett)

| | | | | |
|----|-------|----------------------------|-------------------------------|-------------|
| 1 | 24:24 | Caroline KWAMBAL | KEN | 2001 |
| 2 | 24:48 | Fate TOLA | ETH | 2012 |
| 3 | 25:03 | Beata RAKONCZAI | HUN | 2001 |
| 4 | 25:03 | Caroline CHEPKWONY | KEN | 2010 |
| 5 | 25:04 | Petra DRAJAJTLOVA | CZE | 2001 |
| 6 | 25:08 | Marianne Wangari WANJIRU | KEN | 2012 |
| 7 | 25:13 | Hawa HUSSEIN | TAN | 2001 |
| 8 | 25:16 | Gladys KIPSOI | KEN | 2010 |
| 9 | 25:25 | Alice Kemunto MOGIRE | KEN | 2007 |
| 10 | 25:26 | Judy KIPLIMO | KEN | 1999 |
| 11 | 25:28 | Joan Jepkorir AIYABEI | KEN | 2010 |
| 12 | 25:29 | Monica JEPKOECH | KEN | 2011 |
| 13 | 25:29 | Petra WASSILUK | ASC Darmstadt | 2000 |
| 14 | 25:30 | Simret RESTLE-APEL | PSV Grün-Weiß Kassel | 2015 |
| 15 | 25:30 | Margret MURINGI | KEN | 2015 |
| 16 | 25:32 | Katharina STEINRUCK | LG Eintracht Frankfurt | 2019 |
| 17 | 25:33 | Charity KIPROP | KEN | 2015 |
| 18 | 25:38 | Cynthia KOSGEI | KEN | 2013 |
| 19 | 25:40 | Dorcas Nzembi KITHOME | KEN | 2016 |
| 20 | 25:41 | Catherine CHIKWAKWA | MAW | 2003 |
| 21 | 25:41 | Milka JEROTICH | KEN | 2006 |
| 22 | 25:41 | Emmah Muthoni KIRUKI | KEN | 2007 |
| 23 | 25:44 | Vera RAGULINA | UKR | 2000 |
| 24 | 25:46 | Chelangat SANG | KEN | 2012 |
| 25 | 25:49 | Eunice CHEBICHI | KEN | 2011 |
| 26 | 25:52 | Aleksandra DULIBA | BLR | 2012 |
| 27 | 25:54 | Prisca KIPRONO | KEN / FILA Team | 2006 |
| 28 | 25:54 | Brendah KEBEYA | KEN | 2019 |
| 29 | 25:56 | Ether C. TUWEI | KEN | 2005 |
| 30 | 25:56 | Ann WAMBUI | KEN | 2003 |
| 31 | 25:56 | Philes ONGORI | KEN | 2019 |

Top 30 - MÄNNER (Komplett)

| | | | | |
|----|-------|-------------------------------|--------------|-------------|
| 1 | 21:47 | Abraham KIPYATICH | KEN | 2015 |
| 2 | 21:48 | Patrick ERENG | KEN | 2014 |
| 3 | 21:48 | Elisha ROTICH | KEN | 2014 |
| 4 | 21:49 | Jacob KENDAGOR | KEN | 2012 |
| 5 | 21:50 | Hillary MAIYO | KEN | 2014 |
| 6 | 21:51 | Frederick NGENY | KEN | 2015 |
| 7 | 21:53 | Isaac MWANGI | KEN | 2013 |
| 8 | 21:53 | Gilbert KIPKOSGEI | KEN | 2014 |
| 9 | 21:55 | Richard MUTAI | KEN | 2001 |
| 10 | 21:55 | Daniel Andrea SIPE | TAN | 2001 |
| 11 | 22:02 | Patrick KIMELI | KEN | 2006 |
| 12 | 22:02 | Nicholas KOECH | KEN | 2006 |
| 13 | 22:04 | Hosea TUEI | KEN | 2013 |
| 14 | 22:04 | Collins KIBET | KEN | 2006 |
| 15 | 22:04 | Paul KIPKORIR | KEN | 2010 |
| 16 | 22:05 | Daniel CHEBII | KEN | 2010 |
| 17 | 22:05 | Johnstone CHEKWONY | KEN | 2006 |
| 18 | 22:07 | Charles Wachira MAINA | KEN | 2010 |
| 19 | 22:09 | Thomas OMWENGA | KEN | 2000 |
| 20 | 22:10 | Elijah KEITANY | KEN | 2006 |
| 21 | 22:10 | Geoffrey Githuku CHEGE | KEN | 2019 |
| 22 | 22:11 | Mitku SEBOKA | KEN | 2019 |
| 23 | 22:12 | Wilson KIPGOGEI | KEN | 2010 |
| 24 | 22:13 | Witaly SHAFAR | UKR | 2010 |
| 25 | 22:14 | Stanley K. SALIL | KEN | 2005 |
| 26 | 22:16 | Abraham YANO | KEN | 2013 |
| 27 | 22:17 | Emmanuel KIPRONO | KEN | 2018 |
| 28 | 22:18 | George KIMOTHO | KEN | 2019 |
| 29 | 22:19 | Solomon MERNE ESHETE | TV Wasserlos | 2015 |
| 30 | 22:20 | Said AZOUZI | MAR | 2006 |
| 31 | 22:20 | Abraham TANDOI | KEN | 2003 |

Top 20 - FRAUEN (Deutschland)

| | | | | |
|----|-------|----------------------------|---------------------------------|-------------|
| 1 | 25:03 | Fate TOLA | LG Braunschweig | 2015 |
| 2 | 25:29 | Petra WASSILUK | ASC Darmstadt | 2000 |
| 3 | 25:30 | Simret RESTLE-APEL | PSV Grün-Weiß Kassel | 2015 |
| 4 | 25:32 | Katharina STEINRUCK | LG Eintracht Frankfurt | 2019 |
| 5 | 26:32 | Veronika ULRICH | LG Telis Finanz Regensburg | 2008 |
| 6 | 26:31 | Addisalem MEKONNEN | LAC Quelle Fürth | 2016 |
| 7 | 26:36 | Anna HAHNER | PSV Grün-Weiß Kassel | 2010 |
| 8 | 26:43 | Jenny SCHULZ | Skills 04 Frankfurt | 2010 |
| 9 | 26:45 | Nicole LEDER | ASC Darmstadt | 2000 |
| 10 | 27:00 | Anna STAROSTZIK | Spiridon Frankfurt | 2019 |
| 11 | 27:20 | Claudia HILLE | TSG Kleinostheim | 2000 |
| 12 | 27:26 | Tinka UPHOFF | Spiridon Frankfurt | 2014 |
| 13 | 27:38 | Elspeth LINFORD | TS 1861 Herzogenaurach | 2001 |
| 14 | 27:43 | Andrea HOLZSCHUH | LAC Quelle Fürth/München | 1999 |
| 15 | 27:50 | Lisa HAHNER | PSV Grün-Weiß Kassel | 2010 |
| 16 | 27:52 | Kerstin STRAUB-BERTSCH | SSC Hanau-Rodenbach | 2014 |
| 17 | 27:53 | Katrin DÖRRE-HEINIG | LAC Veltnis-Hochsauerland | 2003 |
| 18 | 28:03 | Laura ZIMMERMANN | SV Würzburg 05 Lauftreff | 2019 |
| 19 | 28:26 | Sabine HOCK | TV Haibach | 2001 |
| 20 | 28:30 | Martina MAUL | Offenbacher LC | 2003 |

Top 20 - MÄNNER (Deutschland)

| | | | | |
|----|-------|----------------------|--------------------------------|-------------|
| 1 | 22:11 | Mitku SEBOKA | LAC Quelle Fürth | 2019 |
| 2 | 22:19 | Solomon MERNE ESHETE | TV Wasserlos | 2015 |
| 3 | 22:29 | Alexander MIKITENKO | TV Gelnhausen | 2000 |
| 4 | 22:34 | Terefe DESALENG | LG Eintracht Frankfurt | 2001 |
| 5 | 22:41 | Oliver MINTZLAFF | LG Bonn/Troisdorf/Nieder-kasse | 2002 |
| 6 | 22:43 | Oliver DIETZ | LG Braunschweig | 2002 |
| 7 | 22:53 | Manuel STÖCKERT | TSV Ostheim/Rhön | 2013 |
| 8 | 23:22 | Joseph KATIB | TSG Roth 06 | 2015 |
| 9 | 23:25 | Musa ROBA | TV Gelnhausen | 2007 |
| 10 | 23:32 | Abdelkabar ZAROUAL | LG Eintracht Frankfurt | 2015 |
| 11 | 23:33 | Habib BOUKECHAB | LAC Quelle Fürth/München | 2002 |
| 12 | 23:34 | Gutu ABDETA | LG Eintracht Frankfurt | 2016 |
| 13 | 23:39 | Dominik BURKHARDT | LG Eintracht Frankfurt | 2002 |
| 14 | 23:44 | Axel GÜRNTKE | TuS Wallmerod | 1999 |
| 15 | 23:44 | Patrick KARL | TV Ochsenfurt | 2019 |
| 16 | 23:47 | Tilahun BABSA | Spiridon Frankfurt | 2016 |
| 17 | 23:57 | John BEIKONG | LLC Marathon Regensburg | 2005 |
| 18 | 24:04 | Markus GEIGER | TSV Brendlorenzen | 2008 |
| 19 | 24:09 | Lothar LEDER | ASC Darmstadt | 2000 |
| 20 | 24:10 | Thomas SEIBERT | SSC Hanau-Rodenbach | 2010 |

Top 20 - FRAUEN (Unterfranken)

| | | | | |
|----|-------|-------------------------|---------------------------------|-------------|
| 1 | 27:20 | Claudia HILLE | TSG Kleinostheim | 2000 |
| 2 | 28:03 | Laura ZIMMERMANN | SV Würzburg 05 Lauftreff | 2019 |
| 3 | 28:26 | Sabine HOCK | TV Haibach | 2001 |
| 4 | 28:34 | Carmen FÖRSTER | SV Würzburg 05 Lauftreff | 2015 |
| 5 | 28:43 | Nadja HEININGER | TSG Kleinostheim | 2019 |
| 6 | 28:45 | Nina VABIC | TSG Kleinostheim | 2015 |
| 7 | 29:15 | Agnes WAHLER | LG Karlstadt | 2002 |
| 8 | 29:15 | Sandra LUKASCHEK | LAZ Oberruberg/Miltenberg | 2005 |
| 9 | 29:20 | Susanne PATALONG | SG Stadt Aschaffenburg | 2006 |
| 10 | 29:29 | Ida OTT | TriTeam SSK Aschaffenburg | 2011 |
| 11 | 29:35 | Kristin LESSEL | LG Karlstadt | 2002 |
| 12 | 29:37 | Lisa HEINRICHS | HSV Birnfeld | 2019 |
| 13 | 29:43 | Anne-Katrin HELM | TSV Ostheim/Rhön | 2002 |
| 14 | 29:46 | Ines WUNDERLICH | LuT Aschaffenburg | 2009 |
| 15 | 29:48 | Franziska KRULL | LG Karlstadt-Gambach-Lohr | 2016 |
| 16 | 29:52 | Christine KARL | TV Ochsenfurt | 1999 |
| 17 | 29:55 | Maja BETZ | TSV Ostheim/Rhön | 2013 |
| 18 | 29:57 | Katharina LURZ | ESV Gemünden | 2008 |
| 19 | 30:00 | Monika HOFMANN | TV Haibach | 2001 |
| 20 | 30:02 | Julia ROTH | TV Schweinheim | 2015 |

Top 20 - MÄNNER (Unterfranken)

| | | | | |
|----|-------|----------------------------|------------------------------------|-------------|
| 1 | 22:19 | Solomon MERNE ESHETE | TV Wasserlos | 2015 |
| 2 | 22:53 | Manuel STÖCKERT | TSV Ostheim/Rhön | 2013 |
| 3 | 23:44 | Patrick KARL | TV Ochsenfurt | 2019 |
| 4 | 24:04 | Markus GEIGER | TSV Brendlorenzen | 2008 |
| 5 | 24:11 | Andreas HEILMANN | TSG Kleinostheim | 2007 |
| 6 | 24:18 | Julius HELM | TSV Ostheim/Rhön | 2006 |
| 7 | 24:19 | Jan KRAUSPE | TSV Gerbrunn | 2002 |
| 8 | 24:23 | Matthias RAAB | LG Würzburg | 1999 |
| 9 | 24:26 | Michael PUGH | SALT Mobile Systems Würzburg | 2004 |
| 10 | 24:31 | Richard PRZYBYLA | LAZ Oberruberg-Miltenberg | 1999 |
| 11 | 24:44 | René STÖCKERT | TSV Ostheim/Rhön | 2009 |
| 12 | 24:52 | Jörg TEICHE | LG Würzburg | 2000 |
| 13 | 24:52 | Sascha WINGENFELD | TSV Ostheim/Rhön | 2009 |
| 14 | 24:52 | Dominik KARL | TV Ochsenfurt | 2013 |
| 15 | 24:55 | Sven PERLETH | TSV Ostheim/Rhön | 2013 |
| 16 | 24:56 | Carsten SCHMIDT | LG Haßberge | 1999 |
| 17 | 24:59 | Anthony HILDENBRAND | TSG Kleinostheim / SPANNRIT | 2019 |
| 18 | 25:00 | Wolfgang PULZER | LG Haßberge | 1999 |
| 19 | 25:03 | Tobias HEGMANN | TSG Kleinostheim | 2010 |
| 20 | 25:06 | Klaus WERTHMANN | Main-Echo Aschaffenburg | 1999 |

Top 20 - W30

| | | | | |
|----|-------|----------------------------|-------------------------------|-------------|
| 1 | 25:30 | Simret RESTLE-APEL | PSV Grün-Weiß Kassel | 2015 |
| 2 | 25:32 | Katharina STEINRUCK | LG Eintracht Frankfurt | 2019 |
| 3 | 25:43 | Fate TOLA | Hannover Athletics | 2018 |
| 4 | 27:00 | Tabitha TSATSA | ZIM | 2002 |
| 5 | 27:00 | Anna STAROSTZIK | Spiridon Frankfurt | 2019 |
| 6 | 27:05 | Petra KAMINKOVA | CZE | 2007 |
| 7 | 27:16 | Jenny SCHULZ | Skills 04 Frankfurt | 2013 |
| 8 | 27:26 | Tinka UPHOFF | Spiridon Frankfurt | 2014 |
| 9 | 27:38 | Iva MILESOVA | CZE | 2007 |
| 10 | 28:31 | Julia STOKAR | SUI / Zürich | 2002 |
| 11 | 28:43 | Carmen KLENK | LG Karlstadt | 2007 |
| 12 | 28:43 | Nadja HEININGER | TSG Kleinostheim | 2019 |

Top 20 - M30

| | | | | |
|----|-------|--------------------------|------------------------------|-------------|
| 1 | 22:19 | Solomon MERNE ESHETE | TV Wasserlos | 2015 |
| 2 | 22:27 | Abraham TANDOI | KEN | 2007 |
| 3 | 22:39 | Walter CHERUTICH | KEN | 2006 |
| 4 | 23:14 | Mario WERNSDÖRFER | LG Bamberg | 2019 |
| 5 | 23:22 | Joseph KATIB | TSG Roth 06 | 2015 |
| 6 | 23:32 | Elijah KITUR | KEN | 2003 |
| 7 | 23:52 | Mykola RUDYK | UKR | 2005 |
| 8 | 24:10 | Bartosz MAZERSKI | POL | 2007 |
| 9 | 24:10 | Thomas SEIBERT | SSC Hanau-Rodenbach | 2010 |
| 10 | 24:26 | Michael PUGH | SALT Mobile Systems Würzburg | 2004 |
| 11 | 24:44 | Tomasz WILCZYNSKI | POL | 2006 |
| 12 | 24:47 | Christian DIRSCHERL | LG Erlangen | 2011 |

| | | | | |
|----|-------|------------------|-------------------------------|------|
| 13 | 28:45 | Nina VABIC | TSG Kleinostheim | 2015 |
| 14 | 28:57 | Carmen HEESE | TV Waldstraße Wiesbaden | 2002 |
| 15 | 28:59 | Kerstin BERTSCH | ASICS Frontrunner / SSC Hanau | 2018 |
| 16 | 29:15 | Sandra LUKASCHEK | LAZ Obernburg-Miltenberg | 2005 |
| 17 | 29:48 | Tanja SCHMIDT | LC Saucony Saar | 2002 |
| 18 | 29:52 | Susanne PATALONG | SG Stadt Aschaffenburg | 2004 |
| 19 | 30:23 | Julia ROTH | TV Schweinheim | 2016 |
| 20 | 30:39 | Marie SCHWÖPPE | TSG Kleinostheim | 2014 |

| | | | | |
|----|-------|--------------------|----------------------|------|
| 13 | 24:52 | Sascha WINGENFELD | TSV Ostheim/Rhön | 2009 |
| 14 | 24:53 | Timo GRUB | TV Hergershausen | 2009 |
| 15 | 24:58 | Klaus BRANTSCH | PSV Grün-Weiß Kassel | 2003 |
| 16 | 25:03 | Tobias HEGMANN | TSG Kleinostheim | 2010 |
| 17 | 25:03 | Sven PERLETH | SC Ostheim/Rhön | 2019 |
| 18 | 25:10 | Sven SCHARDIN | LBV Phönix Lübeck | 2010 |
| 19 | 25:10 | Christian ECKHARDT | TSG Kleinostheim | 2019 |
| 20 | 25:12 | Björn KUTTICH | TuS Griesheim | 2019 |

Top 20 - W35

| | | | | |
|----|-------|----------------------------|----------------------------|------|
| 1 | 26:06 | Angelika AWERKOWA | UKR | 2007 |
| 2 | 26:17 | Ilona BARVANOWA | UKR | 2010 |
| 3 | 26:24 | Petra KAMINKOVA | CZE | 2010 |
| 4 | 26:39 | Dorota USTIANOWSKA | POL | 2006 |
| 5 | 26:50 | Oksana MELZAYEWA | UKR | 2011 |
| 6 | 26:52 | Alena MOCARIOVA | SVK | 2002 |
| 7 | 26:57 | Veronika ULRICH | LG Telis Finanz Regensburg | 2004 |
| 8 | 26:59 | Marzena HELBIG | ??? | 2000 |
| 9 | 26:59 | Jana BRAUKMANNOVA | ??? | 2001 |
| 10 | 27:04 | Jenny SCHULZ | Skills 04 Frankfurt | 2019 |
| 11 | 27:10 | Corinne DEBAETS | BEL | 2000 |
| 12 | 27:20 | Claudia HILLE | TSG Kleinostheim | 2000 |
| 13 | 27:35 | Antonin SCHLOUINE | ??? | 2001 |
| 14 | 27:37 | Jana KLIMESOVA | CZE | 2007 |
| 15 | 27:38 | Elsbeth LINFORD | TS 1861 Herzogenaurach | 2001 |
| 16 | 27:43 | Andrea HOLZSCHUH | LAC Quelle Fürth/München | 1999 |
| 17 | 27:51 | Elisabeth ONYAMBU-SCHRÖDER | KEN | 2005 |
| 18 | 27:53 | Olga NEVKAPSA | UKR | 2010 |
| 19 | 28:10 | Jitka BICIANOVA | CZE | 2001 |
| 20 | 28:26 | Sabine HOCK | TV Haibach | 2001 |

Top 20 - M35

| | | | | |
|----|-------|----------------------|----------------------------|------|
| 1 | 22:11 | Mitku SEBOKA | LAC Quelle Fürth | 2019 |
| 2 | 23:12 | Paul KIPTANUI | KEN | 2004 |
| 3 | 23:15 | Joseph KATIB | LG Braunschweig | 2019 |
| 4 | 23:22 | Solomon MERNE ESHETE | SSC Hanau-Rodenbach | 2019 |
| 5 | 24:29 | Marek DRYJA | POL | 2007 |
| 6 | 25:00 | Noureddine MANSOURI | TuS Köln rh. | 2018 |
| 7 | 25:04 | Klaus BRANTSCH | PSV Grün-Weiß Kassel | 2007 |
| 8 | 25:06 | Wolfgang PULZER | LG Haßberge | 2003 |
| 9 | 25:06 | Rudolf von GROTH | Skills 04 Frankfurt | 2013 |
| 10 | 25:06 | Lienhard HERSEL | Main-Ausdauerhop Niedernbe | 2015 |
| 11 | 25:07 | Manuel FÖSSEL | TV Ochsenfurt | 2019 |
| 12 | 25:11 | Timo GRUB | TV Hergershausen | 2013 |
| 13 | 25:14 | Tobias HEGMANN | TSG Kleinostheim | 2011 |
| 14 | 25:18 | Marco SCHNEIDER | LuT Aschaffenburg | 2006 |
| 15 | 25:32 | Michael SCHRAUDER | TV Wasserlos | 2015 |
| 16 | 25:45 | Abdel GRAINE | TV Hergershausen | 2002 |
| 17 | 25:53 | Björn DOLLMANN | USC Mainz | 2015 |
| 18 | 26:00 | Uwe REINKE | Polizei Aschaffenburg | 2002 |
| 19 | 26:00 | Jürgen ZEHNDER | TSV Pfungstadt | 2010 |
| 20 | 26:16 | Marco SCHRECK | Kuthal/RMD Mainaschaff | 2006 |

Top 20 - W40

| | | | | |
|----|-------|---------------------|----------------------------|------|
| 1 | 26:32 | Veronika ULRICH | LG Telis Finanz Regensburg | 2008 |
| 2 | 27:53 | Katrin DÖRRE-HEINIG | LAC Veltins-Hochsauerland | 2003 |
| 3 | 28:31 | Margret RUPPERT | LC Saucony Saar | 2001 |
| 4 | 28:34 | Carmen FÖRSTER | SV Würzburg 05 Lauftreff | 2015 |
| 5 | 28:46 | Claudia HILLE | TSG Kleinostheim | 2008 |
| 6 | 28:53 | Nicole LEDER | DSW Darmstadt | 2012 |
| 7 | 29:01 | Sabine HOCK | TV Haibach | 2009 |
| 8 | 29:45 | Alena MOCARIOVA | Slowakei | 2005 |
| 9 | 29:55 | Angelika HOFMANN | ETSV Lauda | 1999 |
| 10 | 30:00 | Monika HOFMANN | TV Haibach | 2001 |
| 11 | 30:16 | Sigrid LATZKO | LuT Aschaffenburg | 2001 |
| 12 | 30:44 | Regina BLATZ | TV Salmünster | 2004 |
| 13 | 31:08 | Alexandra WASSE | LAZ Obernburg-Miltenberg | 2016 |
| 14 | 31:24 | Astrid UHL | Landratsamt Aschaffenburg | 2011 |
| 15 | 31:25 | Ines WESSING | Obernburg | 2012 |
| 16 | 31:43 | Birgit KRAUS | TV Haibach | 2008 |
| 17 | 31:48 | Petra HARTMANN | TV Hergershausen | 2010 |
| 18 | 31:54 | Gaby SCHWAN | LSG Karlsruhe | 2000 |
| 19 | 32:06 | Ute STEFFEK | TV Schweinheim | 2014 |
| 20 | 32:13 | Annette STRAUB | SSC Hanau-Rodenbach | 2001 |

Top 20 - M40

| | | | | |
|----|-------|---------------------|--------------------------|------|
| 1 | 23:30 | Abdelilah EL MANAIA | ESP | 2010 |
| 2 | 23:39 | Petr KLIMEC | CZE | 2001 |
| 3 | 23:40 | Pavel KLIMEC | CZE | 2001 |
| 4 | 24:24 | Uwe HARTMANN | LC Saucony Saar | 2001 |
| 5 | 24:31 | Richard PRZYBYLA | LAZ Obernburg-Miltenberg | 1999 |
| 6 | 24:38 | Jan BICIAN | SVK | 2000 |
| 7 | 24:44 | Wojciech WIECKOWSKI | POL | 2002 |
| 8 | 24:59 | Jerzy JANOWICZ | POL | 1999 |
| 9 | 25:14 | Jürgen ZEHNDER | TSV Pfungstadt | 2014 |
| 10 | 25:24 | Andrzej SWIEFEK | ??? | 1999 |
| 11 | 25:25 | Gerhard PUTZ | SV Blau-Gelb Darmstadt | 1999 |
| 12 | 25:27 | Walter DRECHSLER | TV Bad Brückenau | 2001 |
| 13 | 25:27 | Marco SCHNEIDER | LuT Aschaffenburg | 2012 |
| 14 | 25:34 | Torsten ZERVAS | LG Seligenstadt | 2001 |
| 15 | 25:34 | Markus RIEFER | SSC Hanau-Rodenbach | 2006 |
| 16 | 25:38 | Markus UNSLEBER | TV/DJK Hammelburg | 2015 |
| 17 | 25:40 | Hans SCHWEITZER | LG Odenwald | 1999 |
| 18 | 25:40 | Thorsten BEHNKE | Spiridon Frankfurt | 2013 |
| 19 | 25:48 | Josef FREUDENBERGER | TSV Höchststadt/Aisch | 2001 |
| 20 | 25:52 | Roland HEIM | LC Michelstadt | 2008 |

Top 20 - W45

| | | | | |
|----|-------|-----------------------|-----------------------------|------|
| 1 | 28:31 | Veronika ULRICH | LG Neu-Isenburg/Heusenstamm | 2014 |
| 2 | 29:24 | Claudia HILLE | TSG Kleinostheim | 2010 |
| 3 | 29:30 | Sabine HOCK | TV Haibach | 2015 |
| 4 | 29:43 | Petra WASSILUK | Team Frankfurt Marathon | 2015 |
| 5 | 30:05 | Lidia ZENTNER | Gazelle Pforzheim | 2000 |
| 6 | 30:11 | Sigrid LATZKO | LuT Aschaffenburg | 2002 |
| 7 | 30:14 | Regina BLATZ | TV Salmünster | 2006 |
| 8 | 30:41 | Ruth WOLF | TSG Kleinostheim | 2013 |
| 9 | 31:00 | Gerlinde WAHL | TSV Neuhaus/Aisch | 2001 |
| 10 | 31:09 | Theresia GEHLERT | LuT Aschaffenburg | 2010 |
| 11 | 31:33 | Sonja LENZ | SC Gütersbach | 2019 |
| 12 | 31:49 | Claudia FIEBIG-KELLER | TV Hergershausen | 2011 |
| 13 | 32:09 | Annette STRAUB | SSC Hanau-Rodenbach | 2008 |
| 14 | 32:09 | Edith BEIERLEIN | BSG AOK Aschaffenburg | 1999 |
| 15 | 32:20 | Petra SEIBERT | Spiridon Frankfurt | 2007 |
| 16 | 32:28 | Petra HARTMANN | TV Hergershausen | 2011 |
| 17 | 32:51 | Barbara RIES | LuT Aschaffenburg | 2010 |
| 18 | 32:59 | Birgit KRAUS | TG Stockstadt | 2010 |
| 19 | 33:11 | Andrea METTERNICH | LuT Aschaffenburg | 2014 |
| 20 | 33:18 | Moni WURM | TSG Mainaschaff | 2018 |

Top 20 - M45

| | | | | |
|----|-------|-------------------|------------------------------|------|
| 1 | 25:16 | Wolfgang MÜNZEL | TV Geiselhöring | 1999 |
| 2 | 25:28 | Ivan UVIZL | CZE | 2000 |
| 3 | 25:31 | Hans PFISTERER | HSV Hockenheim | 2000 |
| 4 | 25:40 | Hans SCHWEITZER | LG Odenwald | 2001 |
| 5 | 25:44 | Karl-Heinz HANDEL | TV 1884 Bad Brückenau | 2001 |
| 6 | 25:50 | Bernd BÄCHLE | LT Freigericht | 2001 |
| 7 | 26:00 | Richard PRZYBYLA | LAZ Obernburg-Miltenberg | 2004 |
| 8 | 26:16 | Marco SCHNEIDER | LuT Aschaffenburg | 2015 |
| 9 | 26:22 | Bernhard ZANG | Team Fuchs & Schmitt Aschaff | 2010 |
| 10 | 26:26 | Carsten SCHMIDT | LG Haßberge | 2015 |
| 11 | 26:36 | Roland KREFTER | LuT Aschaffenburg | 2008 |
| 12 | 26:44 | Jerzy JANOWICZ | POL | 2005 |
| 13 | 26:53 | Markus RIEFER | SSC Hanau-Rodenbach | 2015 |
| 14 | 26:56 | Franz LATZKO | LuT Aschaffenburg | 2004 |
| 15 | 26:57 | Stefan HANDWERK | Zabelstein Runners Knetzgau | 2019 |
| 16 | 26:58 | Rudolf VON GROTH | Skills 04 Frankfurt | 2019 |
| 17 | 27:02 | Arnold WIESMANN | TV Marktheidenfeld | 2006 |
| 18 | 27:02 | Helmut SÜß | TSV Höchststadt/Aisch | 2001 |
| 19 | 27:04 | Rolf CIESIELSKI | Teutonia Hausen | 2015 |
| 20 | 27:06 | Sascha REIN | TV Goldbach | 2016 |

Top 20 - W50

| | | | | |
|----|-------|-----------------------|-------------------------|------|
| 1 | 30:08 | Sabine HOCK | TV Haibach | 2019 |
| 2 | 30:49 | Theresia GEHLERT | LuT Aschaffenburg | 2014 |
| 3 | 31:49 | Sigrid LATZKO | LuT Aschaffenburg | 2008 |
| 4 | 31:49 | Petra SEIBERT | Spiridon Frankfurt | 2011 |
| 5 | 31:55 | Regina BLATZ | TV Salmünster | 2011 |
| 6 | 31:55 | Ruth WOLF | TSG Kleinostheim | 2018 |
| 7 | 31:58 | Karin RISCH | ASC Darmstadt | 1999 |
| 8 | 33:16 | Marisa GOMEZ-RUHLAND | SC Steinberg | 2015 |
| 9 | 33:23 | Claudia FIEBIG-KELLER | TV Hergershausen | 2015 |
| 10 | 33:43 | Gerlinde SCHMITTNER | TV Ochsenfurt | 1999 |
| 11 | 33:48 | Elke HASENSTAB | LuT Aschaffenburg | 2000 |
| 12 | 34:02 | Ursula STOLL | Offenbacher LC | 2003 |
| 13 | 34:06 | Dorothee WIRTH | RLT Rodgau/LG Jügesheim | 2006 |
| 14 | 34:14 | Annette STRAUB | SSC Hanau-Rodenbach | 2010 |
| 15 | 34:22 | Marion IHRIG | TSV Höchst/Odenwald | 2012 |
| 16 | 34:22 | Barbara DIETZ | Haibach | 2016 |

Top 20 - M50

| | | | | |
|----|-------|----------------------|----------------------------|------|
| 1 | 26:04 | Herbert MOOS | SSC Hanau-Rodenbach | 2000 |
| 2 | 26:19 | Bernd BÄCHLE | LT Freigericht | 2004 |
| 3 | 26:22 | Bernhard ZANG | Fuchs&Schmitt Running Team | 2014 |
| 4 | 26:29 | Wolfgang MÜNZEL | TV Geiselhöring | 2004 |
| 5 | 26:29 | Manfred RAMING | LG Bodensee | 2008 |
| 6 | 26:51 | Richard PRZYBYLA | LAZ Obernburg-Miltenberg | 2008 |
| 7 | 27:06 | Reinhart VOGLER | TV Bad Brückenau | 2001 |
| 8 | 27:08 | Jerzy JANOWICZ | POL | 2007 |
| 9 | 27:12 | Manfred DORMANN | TV Bad Brückenau | 2004 |
| 10 | 27:13 | Dieter KLEIN | TV/DJK Hammelburg | 2000 |
| 11 | 27:14 | Kostiantyn LEBEDIYEV | UKR | 2010 |
| 12 | 27:23 | Markus RIEFER | SSC Hanau-Rodenbach | 2016 |
| 13 | 27:30 | Roland KREFTER | LuT Aschaffenburg | 2010 |
| 14 | 27:35 | Sebastiano ILARDI | RV Viktoria Wombach | 2008 |
| 15 | 27:39 | Manfred HARTUNG | LC Michelstadt | 1999 |
| 16 | 27:51 | Elmar ZÖLLER | ELT Großheubach | 2014 |

| | | | | |
|----|-------|-----------------|--------------------------|------|
| 17 | 34:44 | Karin LENK | TV Haibach | 2010 |
| 18 | 34:54 | Barbara RIES | INRO-Laufteam Stockstadt | 2014 |
| 19 | 35:10 | Gisela LAMMERS | TV Hergershausen | 2007 |
| 20 | 35:14 | Elisabeth HOFER | TV Goldbach | 2001 |

Top 20 - W55

| | | | | |
|----|-------|-----------------------|-----------------------------|------|
| 1 | 32:43 | Marisa GOMEZ-RUHLAND | Spiridon Frankfurt | 2014 |
| 2 | 33:17 | Karin RISCH | ASC Darmstadt | 2001 |
| 3 | 33:19 | Claudia FIEBIG-KELLER | TV Hergershausen | 2019 |
| 4 | 33:53 | Andrea NIEMEYER | SC Güttersbach | 2014 |
| 5 | 34:03 | Gerlinde SCHMITTNER | TV Ochsenfurt | 2000 |
| 6 | 34:08 | Traudel OTT | LG Seligenstadt | 2014 |
| 7 | 34:18 | Regina BLATZ | TuS Griesheim | 2016 |
| 8 | 34:21 | Rosmarie ESER | TuS 1863 Aschaffenburg-Damm | 2009 |
| 9 | 34:30 | Gisela LAMMERS | TV Hergershausen | 2010 |
| 10 | 34:33 | Nadine HÖß | SC Steinberg | 1999 |
| 11 | 34:50 | Elke HASENSTAB | LuT Aschaffenburg | 2004 |
| 12 | 35:14 | Dorothee WIRTH | RLT Rodgau/LG Jügesheim | 2008 |
| 13 | 35:25 | Ingrid HÖFER | TSG Kleinostheim | 2015 |
| 14 | 35:26 | Karin LENK | TV Haibach | 2016 |
| 15 | 36:05 | Barbara RIES | INRO-Laufteam Stockstadt | 2019 |
| 16 | 36:06 | Susanne ANDERS | TV Goldbach | 2019 |
| 17 | 36:08 | Ingrid PERKAMPUS | LuT Aschaffenburg | 1999 |
| 18 | 36:31 | Edeltraud ACKERMANN | TV 1860 Aschaffenburg | 2010 |
| 19 | 36:36 | Hildegard OEHRLEIN | ESV Gemünden | 2006 |
| 20 | 36:56 | Doris JOHN | TSG Kleinostheim | 2015 |

Top 20 - W60

| | | | | |
|----|-------|---------------------|------------------------|------|
| 1 | 34:30 | Traudel OTT | LG Seligenstadt | 2015 |
| 2 | 35:30 | Nadine HÖß | SC Steinberg | 2003 |
| 3 | 35:32 | Ingrid PERKAMPUS | LuT Aschaffenburg | 2001 |
| 4 | 35:32 | Rosmarie ESER | TuS Aschaffenburg-Damm | 2011 |
| 5 | 35:45 | Gisela LAMMERS | TV Hergershausen | 2014 |
| 6 | 36:11 | Karin LENK | TV Haibach | 2019 |
| 7 | 36:54 | Erika FREUND | LuT Aschaffenburg | 2002 |
| 8 | 37:03 | Ingrid HÖFER | TSG Kleinostheim | 2019 |
| 9 | 37:33 | Elke KNOERR | TSV 08 Grävenwiesbach | 2010 |
| 10 | 37:41 | Elke HASENSTAB | TV Goldbach | 2011 |
| 11 | 37:49 | Elisabeth HOFER | TV Goldbach | 2009 |
| 12 | 37:57 | Dorothee WIRTH | RLT Rodgau | 2013 |
| 13 | 38:13 | Edeltraud ACKERMANN | TV 1860 Aschaffenburg | 2013 |
| 14 | 38:46 | Irene WILKE | TG Obertshausen | 2006 |
| 15 | 38:55 | Therese HÖFLING | ESV Gemünden | 1999 |
| 16 | 39:30 | Hedi VOIGT | LG EVO Seligenstadt | 2009 |
| 17 | 39:31 | Manuela JOST | TSG Kleinostheim | 2016 |
| 18 | 40:06 | Ruth WEIMER | TSG Wiesloch | 2015 |
| 19 | 40:34 | Hildegard OEHRLEIN | ESV Gemünden - Oldies | 2012 |
| 20 | 40:54 | Petra GERSTL | TV Goldbach | 2019 |

Tops - W65

| | | | | |
|----|-------|---------------------|----------------------------|------|
| 1 | 36:33 | Elke HASENSTAB | TV Goldbach | 2013 |
| 2 | 36:56 | Ingrid PERKAMPUS | LuT Aschaffenburg | 2006 |
| 3 | 37:22 | Rosmarie ESER | TuS Aschaffenburg-Damm | 2016 |
| 4 | 38:53 | Erika FREUND | LuT Aschaffenburg | 2005 |
| 5 | 40:10 | Elisabeth HOFER | TV Goldbach | 2014 |
| 6 | 40:34 | Hedi VOIGT | LG Seligenstadt | 2015 |
| 7 | 40:58 | Ruth WEIMER | TSG Wiesloch | 2019 |
| 8 | 41:17 | Irene WILKE | TG Obertshausen | 2010 |
| 9 | 41:33 | Edeltraud ACKERMANN | TV 1860 Aschaffenburg | 2019 |
| 10 | 42:44 | Hanna SCHINK | TG Obertshausen | 2009 |
| 11 | 42:45 | Brigitte KARL | LuT Aschaffenburg | 2015 |
| 12 | 43:31 | Christine RIEDRICH | FSV Schlierbach | 2006 |
| 13 | 45:15 | Irmtraud AULBACH | TV Glattbach | 2018 |
| 14 | 47:09 | Bozena JAKOBY | Rodgau | 2015 |
| 15 | 47:53 | Erika KEMPNY | Laufteam WEBER GmbH Nilkhe | 2009 |
| 16 | 47:54 | Elisabeth HUGO | Hösbach | 2014 |
| 17 | 48:20 | Anni MÜNCH | Glattbach | 2013 |
| 18 | 48:29 | Ulrike SCHWIND | TV Haibach | 2019 |
| 19 | 49:22 | Rosmarie KISSENBERG | Ski-Club Erlenbach | 2010 |
| 20 | 49:51 | Ingrid LAUBENDER | TV Sulzbach | 2004 |

Tops - W70

| | | | | |
|----|-------|--------------------|----------------------------|------|
| 1 | 40:44 | Rosel HILPERT | Laufftreff Höchst | 2015 |
| 2 | 40:57 | Ingrid PERKAMPUS | LuT Aschaffenburg | 2011 |
| 3 | 41:24 | Erika FREUND | LuT Aschaffenburg | 2010 |
| 4 | 42:20 | Hanna SCHINK | TG Obertshausen | 2010 |
| 5 | 42:49 | Irene WILKE | TG Obertshausen | 2013 |
| 6 | 45:31 | Christine RIEDRICH | FSV Schlierbach | 2008 |
| 7 | 51:38 | Elisabeth HUGO | Hösbach | 2016 |
| 8 | 52:47 | Ingrid LAUBENDER | TV Sulzbach | 2009 |
| 9 | 53:15 | Erika KEMPNY | Laufteam WEBER GmbH Nilkhe | 2012 |
| 10 | 55:54 | Gudrun KURTZ | IGL Reutlingen | 2018 |

| | | | | |
|----|-------|-----------------|--------------------|------|
| 17 | 27:58 | Gerd SCHEIBE | TV Hergershausen | 2006 |
| 18 | 27:58 | André DWEHUS | TV Goldbach | 2019 |
| 19 | 28:07 | Arnold WIESMANN | TV Marktheidenfeld | 2010 |
| 20 | 28:08 | Manfred GÖBEL | LT Freigericht | 2001 |

Top 20 - M55

| | | | | |
|----|-------|--------------------|----------------------------------|------|
| 1 | 27:00 | Bernd BÄCHLE | LT Freigericht | 2008 |
| 2 | 27:04 | Manfred DORMANN | TV Bad Brückenau | 2009 |
| 3 | 27:28 | Uwe BERND | LG Rüsselsheim | 2015 |
| 4 | 27:33 | Erich FRIESKE | SV Blau-Gelb Darmstadt | 1999 |
| 5 | 27:57 | Reinhart VOGLER | TV Bad Brückenau | 2006 |
| 6 | 28:04 | Richard PRZYBYLA | LAZ Obernburg-Miltenberg | 2016 |
| 7 | 28:18 | Gerhard TIMMERMANN | TSV Berkersheim 1910 e.V. | 2001 |
| 8 | 28:31 | Wolfgang MÜNZEL | TV Geiselhöring | 2007 |
| 9 | 28:35 | Sebastiano ILARDI | RV Viktoria Wombach | 2012 |
| 10 | 28:37 | Ewald REITWIESNER | LG Haßberge | 2001 |
| 11 | 28:45 | Michael AMANN | LG Lohr | 2019 |
| 12 | 28:56 | Edgar MORSCHHÄUSER | Linde Running Team Aschaffenburg | 2015 |
| 13 | 29:02 | Elmar ZÖLLER | ELT Großheubach | 2019 |
| 14 | 29:07 | Hans STOLL | TSV Pfungstadt | 1999 |
| 15 | 29:07 | Karl-Heinz HANDEL | TV Bad Brückenau | 2014 |
| 16 | 29:18 | Wolfgang HÖFER | TSG Kleinostheim | 2013 |
| 17 | 29:25 | Manfred GÖBEL | LT Freigericht | 2007 |
| 18 | 29:29 | Karl-Heinz WENZEL | TV Haibach | 2000 |
| 19 | 29:35 | Manfred HARTUNG | LC Michelstadt | 2004 |
| 20 | 29:35 | Karl-Josef BRAND | LAZ Obernburg-Miltenberg | 2008 |

Top 20 - M60

| | | | | |
|----|-------|--------------------|---------------------------|------|
| 1 | 27:03 | Manfred DORMANN | TV Bad Brückenau | 2010 |
| 2 | 29:07 | Reinhart VOGLER | TV Bad Brückenau | 2010 |
| 3 | 29:09 | Bernd BÄCHLE | LT Freigericht | 2014 |
| 4 | 29:17 | Karl MEIERLING | SSC Hanau-Rodenbach | 1999 |
| 5 | 29:36 | Alfred REICHEL | LG Nürnberg | 2001 |
| 6 | 29:37 | Manfred HARTUNG | LC Michelstadt | 2007 |
| 7 | 30:16 | Gerhard TIMMERMANN | TSV Berkersheim 1910 e.V. | 2006 |
| 8 | 30:18 | Karl-Josef BRAND | TV Eisenfeld | 2014 |
| 9 | 30:21 | Friedhelm KUCHE | LT Ginheim | 1999 |
| 10 | 30:57 | Gerhard TRIBUTH | TV Marktheidenfeld | 2011 |
| 11 | 31:03 | Karl-Heinz WENZEL | TV Haibach | 2005 |
| 12 | 31:08 | Norbert GÜNDLING | LLT Wallernhausen | 2002 |
| 13 | 31:12 | Helmut WANZEK | VfB Coburg | 2001 |
| 14 | 31:22 | Gerhard ROTH | TV Haibach | 2007 |
| 15 | 31:22 | Ulrich AMBORN | ELT Großheubach | 2018 |
| 16 | 31:30 | Wolfgang MÜNZEL | LAZ Obernburg-Miltenberg | 2012 |
| 17 | 31:41 | Klaus PANNEK | LG EVO Seligenstadt | 2005 |
| 18 | 31:41 | Hans STOLL | TSV Pfungstadt | 2006 |
| 19 | 31:46 | Helmut ENZ | TG Kitzingen | 2009 |
| 20 | 31:51 | Hilbert MÜLLER | LAZ Obernburg-Miltenberg | 1999 |

Top 20 - M65

| | | | | |
|----|-------|--------------------|-----------------------------|------|
| 1 | 29:08 | Manfred DORMANN | TV Bad Brückenau | 2015 |
| 2 | 30:01 | Reinhart VOGLER | TV Bad Brückenau | 2015 |
| 3 | 30:13 | Karl MEIERLING | SSC Hanau-Rodenbach | 2001 |
| 4 | 30:44 | Bernd BÄCHLE | LT Freigericht | 2019 |
| 5 | 31:15 | Martin AMTMANN | BRK Bad Kissingen | 2019 |
| 6 | 31:31 | Ernst BINDER | LG Nürnberg | 2001 |
| 7 | 31:34 | Klaus PANNEK | LG EVO Seligenstadt | 2009 |
| 8 | 31:44 | Manfred HARTUNG | LC Michelstadt | 2013 |
| 9 | 32:05 | Gerd WILHELM | TG Stockstadt | 2006 |
| 10 | 32:36 | Hilbert MÜLLER | LAZ Obernburg-Miltenberg | 2000 |
| 11 | 32:39 | Eckhard VOGEL | LG Offenbach | 2007 |
| 12 | 32:47 | Hans STOLL | TSV Pfungstadt | 2007 |
| 13 | 32:47 | Karl-Josef BRAND | TV Eisenfeld | 2018 |
| 14 | 33:00 | Edwin HOCK | Dreißer Bau Blue Runners AB | 2014 |
| 15 | 33:15 | Peter HÜMPFNER | LuT Aschaffenburg | 2011 |
| 16 | 33:24 | Gerhard TIMMERMANN | TSV Berkersheim | 2010 |
| 17 | 33:39 | Siegfried FISCHER | TV Großostheim | 2019 |
| 18 | 33:45 | Günther KÄRCHER | TV Hofheim | 1999 |
| 19 | 33:47 | Gerhard ROTH | TV Haibach | 2014 |
| 20 | 33:49 | Manfred FATH | SV Königshofen | 2013 |

Top 20 - M70

| | | | | |
|----|-------|--------------------|----------------------------------|------|
| 1 | 34:06 | Edmund SCHEPP | TuS Wiesbaden-Rambach | 2005 |
| 2 | 35:14 | Norbert GÜNDLING | LLT Wallernhausen | 2010 |
| 3 | 35:41 | Walter SAUERWEIN | LAZ Obernburg-Miltenberg | 1999 |
| 4 | 35:48 | Peter HÜMPFNER | LuT Aschaffenburg | 2015 |
| 5 | 35:53 | Gerhard ROTH | TV Haibach | 2016 |
| 6 | 36:04 | Hilbert MÜLLER | LAZ Obernburg-Miltenberg | 2006 |
| 7 | 36:15 | Hans STOLL | TSV Pfungstadt | 2013 |
| 8 | 36:16 | Arnold SCHROTH | Eintracht Lambsheim | 2008 |
| 9 | 36:22 | Otto SCHULTES | TuS Montabaur | 2005 |
| 10 | 36:33 | Klaus PANNEK | LG Seligenstadt | 2014 |
| 11 | 36:43 | Manfred FATH | SV Königshofen | 2018 |
| 12 | 36:58 | Gerd WILHELM | TG Stockstadt | 2014 |
| 13 | 37:06 | Wilfried ACKERMANN | TV 1860 Aschaffenburg | 2019 |
| 14 | 37:07 | Hubert WINKLER | TSG Mainaschaff | 2019 |
| 15 | 37:56 | Walter HORZ | LG Rosbach-Rodheim | 2019 |
| 16 | 38:09 | Otto SCHNEIDER | LG Würzburg | 2001 |
| 17 | 38:31 | Wolfgang LEX | TV Goldbach | 2013 |
| 18 | 39:04 | Werner SCHOTT | Kronberg-Gymnasium Aschaffenburg | 2010 |
| 19 | 39:05 | Walter RIPPL | LG Mörfelden-Walldorf | 2011 |
| 20 | 39:35 | Wolf KALLENBACH | SC Rückersbach | 2006 |

Tops - W75

| | | | | |
|---|---------|------------------|----------------------------|------|
| 1 | 47:07 | Ingrid PERKAMPUS | LuT Aschaffenburg | 2016 |
| 2 | 48:23 | Erika FREUND | LuT Aschaffenburg | 2015 |
| 3 | 50:40 | Irene WILKE | TG Obertshausen | 2017 |
| 4 | 54:26 | Erika KEMPNY | Laufteam WEBER GmbH Nilkhe | 2019 |
| 5 | 55:59 | Hanna SCHINK | TG Obertshausen | 2015 |
| 6 | 1:03:39 | Ingrid LAUBENDER | TV Sulzbach | 2014 |

Tops - W80

| | | | | |
|---|---------|-------------|------------|------|
| 1 | 1:11:32 | Lore BERGER | TV Laufach | 2014 |
|---|---------|-------------|------------|------|

Top 20 - WU20 (WJA)

| | | | | |
|----|-------|---------------------|-------------------------------|------|
| 1 | 28:30 | Martina MAUL | Offenbacher LC | 2003 |
| 2 | 28:50 | Kerstin STRAUB | SSC Hanau-Rodenbach | 2007 |
| 3 | 29:43 | Anne-Katrin HELM | TSV Ostheim | 2002 |
| 4 | 29:57 | Katharina LURZ | ESV Gemünden | 2008 |
| 5 | 30:07 | Bettina SCHWAB | SV Pülfingen | 2010 |
| 6 | 30:59 | Mandana HOFFMANN | LG Fulda | 2016 |
| 7 | 31:47 | Margrit ELFERS | LC Michelstadt | 2011 |
| 8 | 31:58 | Karin STRAUB | SSC Hanau-Rodenbach | 2005 |
| 9 | 32:17 | Christina KOPP | SSC Hanau-Rodenbach | 2003 |
| 10 | 32:17 | Maja BETZ | TSV Ostheim/Rhön | 2016 |
| 11 | 33:12 | Julia HOFF | LG Landkreis Aschaffenburg | 2018 |
| 12 | 33:22 | Franziska KOLB | TuS Aschaffenburg-Leider | 2016 |
| 13 | 33:36 | Juliana METZ | TVA 1860 Aschaffenburg | 2003 |
| 14 | 33:46 | Christine ACKERMANN | TVA 1860 Aschaffenburg | 2010 |
| 15 | 33:52 | Miriam GOMOLKA | Kelsterbach | 2010 |
| 16 | 34:18 | Felicitas WOLF | Leidersbach | 2008 |
| 17 | 34:19 | Melanie BALLE | SSC Hanau-Rodenbach | 1999 |
| 18 | 34:21 | Anne ZELLER | LG Karlstadt - Gambach - Lohr | 2010 |
| 19 | 34:22 | Svenja BETZ | SC Ostheim/Rhön | 2014 |
| 20 | 34:30 | Selina ZANG | TSG Kleinostheim | 2010 |

Top 20 - WU18 (WJB)

| | | | | |
|----|-------|------------------|--------------------------|------|
| 1 | 28:56 | Kerstin STRAUB | SSC Hanau-Rodenbach | 2003 |
| 2 | 29:05 | Martina MAUL | Offenbacher LC | 2002 |
| 3 | 29:38 | Karin STRAUB | SSC Hanau-Rodenbach | 2004 |
| 4 | 29:55 | Maja BETZ | TSV Ostheim/Rhön | 2013 |
| 5 | 30:07 | Katharina LURZ | ESV Gemünden | 2005 |
| 6 | 31:33 | Alina CAPS | SSC Hanau-Rodenbach | 2000 |
| 7 | 31:48 | Nicole LESCHERT | SV Creaton Großengottern | 2002 |
| 8 | 31:57 | Mandana HOFFMANN | LG Fulda | 2013 |
| 9 | 32:21 | Virginia PUGLISI | SSC Hanau-Rodenbach | 2006 |
| 10 | 32:29 | Franziska KOLB | TuS Aschaffenburg-Leider | 2015 |
| 11 | 32:33 | Mirjam GEIGER | TSV Brendlorenzen | 2006 |
| 12 | 32:38 | Leonie SIMON | TV Wasserlos | 2016 |
| 13 | 33:31 | Lea BRAND | ESV Gemünden | 2019 |
| 14 | 33:44 | Juliana METZ | TVA 1860 Aschaffenburg | 2002 |
| 15 | 33:45 | Lisa JOA | ESV Gemünden | 2005 |
| 16 | 33:53 | Julia HOFF | TV Goldbach | 2015 |
| 17 | 34:04 | Anne ZELLER | LA-Team Alzenau | 2009 |
| 18 | 34:06 | Carolin KOLB | FDG-Team Aschaffenburg | 2011 |
| 19 | 34:14 | Ana ILKIC | LG EVO Seligenstadt | 2000 |
| 20 | 34:28 | Carolin KÖSSLER | SSC Hanau-Rodenbach | 2006 |

Tops - M75

| | | | | |
|----|-------|----------------------|-----------------------------|------|
| 1 | 33:35 | Edmund SCHEPP | TuS Wiesbaden-Rambach | 2006 |
| 2 | 38:13 | Gerd WILHELM | TG Stockstadt | 2019 |
| 3 | 39:00 | Günter SCHULZ | Bad Soden am Taunus | 2007 |
| 4 | 39:44 | Norbert GÜNDLING | TV Goldbach | 2015 |
| 5 | 40:40 | Hilbert MÜLLER | LAZ Obernburg-Miltenberg | 2010 |
| 6 | 40:42 | Arnold SCHROTH | Eintracht Lambsheim | 2013 |
| 7 | 41:38 | Walter SAUERWEIN | LAZ Obernburg-Miltenberg | 2002 |
| 8 | 42:40 | Dr. Heinz OSTHEIMER | TV Miltenberg | 2015 |
| 9 | 42:46 | Dietmar EHNI | ELT Großheubach | 2015 |
| 10 | 43:15 | Otto SCHULTES | TuS Montabaur | 2010 |
| 11 | 43:47 | Werner SCHOTT | Kronberg-Gymnasium Aschaffe | 2015 |
| 12 | 44:35 | Erwin SCHMITT | Alzenau-Hörstein | 2014 |
| 13 | 44:50 | Horst STEIGERWALD | TV Sailauf | 2016 |
| 14 | 44:52 | Jürgen SCHARDT | TC Schwarz-Weiss Montabaur | 2019 |
| 15 | 45:05 | Willi PATZELT | Ski-Club Erlenbach | 2007 |
| 16 | 46:31 | Günter SCHLEDT | Dreßler Bau Blue Runners | 2015 |
| 17 | 47:02 | Josef Michael ETTNER | Altenbuch | 2009 |
| 18 | 47:20 | Philipp VON HAHN | KSC Gemünden | 2006 |
| 19 | 48:47 | Rolf-Gerhard KLOS | LLT Wallernhausen | 2007 |
| 20 | 50:28 | Erich WEIHER | TV Goldbach | 2015 |

Tops - M80

| | | | | |
|----|---------|-------------------|--------------------------|------|
| 1 | 39:25 | Edmund SCHEPP | TuS Wiesbaden-Rambach | 2011 |
| 2 | 44:09 | Günter SCHULZ | Bad Soden am Taunus | 2010 |
| 3 | 45:32 | Walter SAUERWEIN | LAZ Obernburg-Miltenberg | 2007 |
| 4 | 47:11 | Dietmar EHNI | ELT Großheubach | 2019 |
| 5 | 47:44 | Erwin SCHMITT | Alzenau-Hörstein | 2015 |
| 6 | 48:02 | Hilbert MÜLLER | LAZ Obernburg-Miltenberg | 2015 |
| 7 | 50:47 | Hans METZELDER | SG Neuhäusel | 2019 |
| 8 | 53:43 | Josef SYNDIKUS | TV Schweinheim | 2004 |
| 9 | 55:42 | Alfred GIEGERICH | TV Mömlingen | 2019 |
| 10 | 57:08 | Rolf-Gerhard KLOS | LLT Wallernhausen | 2010 |
| 11 | 1:01:31 | Erich WEIHER | TV Goldbach | 2018 |
| 12 | 1:04:23 | Otto SCHULTES | TuS Montabaur | 2016 |

Tops - M85

| | | | | |
|---|---------|----------------|----------------|------|
| 1 | 1:01:26 | Josef SYNDIKUS | TV Schweinheim | 2009 |
|---|---------|----------------|----------------|------|

Tops - M90

| | | | | |
|---|---------|----------------|----------------|------|
| 1 | 1:22:31 | Josef SYNDIKUS | TV Schweinheim | 2014 |
|---|---------|----------------|----------------|------|

Top 20 - MU20 (MJA)

| | | | | |
|----|-------|---------------------------|-----------------------------|------|
| 1 | 23:25 | Musa ROBA | TV Gelnhausen | 2007 |
| 2 | 24:17 | Ilyas IMANN | LG Fulda | 2015 |
| 3 | 24:20 | Aaron BIENENFELD | LG Offenbach | 2016 |
| 4 | 24:22 | Markus GEIGER | TSV Brendlorenzen | 2007 |
| 5 | 24:25 | Manuel STÖCKERT | TSV Ostheim/Rhön | 2006 |
| 6 | 24:44 | René STÖCKERT | TSV Ostheim/Rhön | 2009 |
| 7 | 24:55 | Mayoorathan THILLAINATHAN | LC Hanau | 2004 |
| 8 | 24:59 | Anthony HILDENBRAND | TSG Kleinostheim / SPANNRIT | 2019 |
| 9 | 25:09 | Silas SCHMITT | TSG Kleinostheim / SPANNRIT | 2019 |
| 10 | 25:36 | Patrick FIEDERLING | FC Dörlesberg | 2011 |
| 11 | 25:43 | Jan WEILAND | FC Dörlesberg | 2010 |
| 12 | 25:47 | Andreas HEILMANN | TSG Kleinostheim | 2002 |
| 13 | 25:49 | Marko ARTHOFER | Laufteam brass-gruppe.de | 2009 |
| 14 | 25:53 | Hassan SABA | LC Sportconcept Hanau | 2005 |
| 15 | 25:53 | Felix BAUER | TV Ochsenfurt | 2015 |
| 16 | 26:07 | Patrick HEINZ | ESV Gemünden | 2007 |
| 17 | 26:30 | Felix ALFEN | LG Landkreis Aschaffenburg | 2009 |
| 18 | 26:55 | Mark SCHEURING | TSG Kleinostheim | 2014 |
| 19 | 27:03 | Lienhard HERSEL | SSC Hanau-Rodenbach | 1999 |
| 20 | 27:06 | Jan HERZOG | TSG Mainaschaff | 2019 |

Top 20 - MU18 (MJB)

| | | | | |
|----|-------|---------------------------|-----------------------------|------|
| 1 | 23:28 | Musa ROBA | TV Gelnhausen | 2006 |
| 2 | 25:03 | Fouad EL GAHIOCHI | TSV Pfungstadt | 2003 |
| 3 | 25:20 | René STÖCKERT | TSV Ostheim/Rhön | 2007 |
| 4 | 25:53 | Paul WEIGAND | ESV Gemünden | 2019 |
| 5 | 26:01 | Mayoorathan THILLAINATHAN | LC Hanau | 2003 |
| 6 | 26:09 | Lorenz RAU | LG Fulda | 2015 |
| 7 | 26:16 | Jan WEILAND | FC Dörlesberg | 2009 |
| 8 | 26:19 | Tobias BYSTRICKY | FC Dörlesberg | 1999 |
| 9 | 26:56 | Patrick HEINZ | ESV Gemünden | 2005 |
| 10 | 27:01 | Fabian STRAULINO | ASC Darmstadt | 1999 |
| 11 | 27:06 | Julian ROSCHER | LG Karlstadt-Gambach-Lohr | 2014 |
| 12 | 27:12 | Tobias BÜDEL | Team Wagon Automotive Wald | 2006 |
| 13 | 27:16 | Marius DECKERT | LAC Quelle Fürth/München/Wi | 2004 |
| 14 | 27:23 | Jochen LANG | TV Kahl | 2005 |
| 15 | 27:26 | Christian ECKHARDT | TSG Kleinostheim | 2005 |
| 16 | 27:31 | Robin SCHEURING | TSG Kleinostheim / SPANNRIT | 2019 |
| 17 | 27:34 | Martin DOSCH | FC Dörlesberg | 1999 |
| 18 | 27:41 | Anthony HILDENBRAND | FC Dörlesberg | 2016 |
| 19 | 27:42 | Felix ALFEN | LG Landkreis Aschaffenburg | 2006 |
| 20 | 27:44 | Benjamin HARTMANN | SV Gelnhausen / Triathlon | 2002 |