

Kilometer

27.07.1996 Landwasserlauf, Davos

Wetzstein, Wolfgang	0.0	02:33:50
Becker, Monika	0.0	02:46:16

1,5 Kilometer

14.06.1996 Abendsportfest, Wetter

Wodniok, Adrian	2.	00:04:18
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3 Kilometer

27.01.1996 Fsv Waldlaufserie, Frankfurt

Wodniok, Adrian	3.	00:09:01
Junker, Angela	1.	00:12:23

10.03.1996 Crosslauf, Märzhausen

Junker, Angela	1.	00:13:17
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15.05.1996 Crosslauf, Pfungstadt

Junker, Angela	0.	00:12:07
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28.08.1996 Crosslauf, Pfungstadt

Junker, Angela	0.	00:12:04
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02.10.1996 6. Spiridon Langlaufabend, Frankfurt

Wodniok, Adrian	0.0	00:09:16
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01.12.1996 Crosslauf, Pfungstadt

Junker, Angela	0.	00:12:44
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3,55 Kilometer

16.11.1996 Crosslauf, Trebur

Junker, Angela	0.	00:14:02
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4 Kilometer

18.02.1996 Darmstadt Cross, Darmstadt

Wodniok, Adrian	0.0	00:13:19
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4,35 Kilometer

24.11.1996 Int. St. Martins Crosslauf, Bingen

Wodniok, Adrian	0.0	00:14:09
Junker, Angela	1.	00:19:16

5 Kilometer

14.09.1996 Lauf gegen die Zeit, Frankfurt

Wodniok, Adrian	0.0	00:16:00
Graf, Reiner	0.0	00:16:09

5 Kilometer

Trott, Michael	0.0	00:16:27
Rautenberg, Thomas	0.0	00:18:04
Peters, Jürgen	1.	00:18:31
Shuttleworth, Michael	0.0	00:18:33
Knobling, Günther	0.0	00:18:55
Küster, Till	2.	00:19:05
Lehnhardt, Klaus	2.	00:19:12
Meier-Tanski, Helmut	0.0	00:19:19
Scherzberg, Thomas	0.0	00:19:30
Schönit, Frank	0.0	00:19:39
Rill, Peter	0.0	00:19:48
Pförtner, Ralf	0.0	00:19:56
Tanski, Corinna	2.	00:20:16
Birk, Monika	2.	00:20:35
Meyer, klaus	0.0	00:21:41
Sedlmeyer, Ivo	3.	00:28:35
Marinello, Mirko	0.0	00:28:47
Winterweber, Eva	0.0	00:28:59
Winterweber, Klaus	0.0	00:33:14
Gleim, Cornelia	0.0	00:33:58
Richter, Detlef	0.0	00:35:53

28.09.1996 Nat. Herbstsportfest, Wetzlar

Weber, Thomas	0.	00:14:57
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13.10.1996 4. Offenbacher Hoechst-Mainuferlauf, Offenbach

Giesen, Winfried	0.	00:22:37
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5,9 Kilometer

17.03.1996 Hess. Crossmeisterschaft, Fulda

Junker, Angela	3.	00:26:26
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8,3 Kilometer

26.10.1996 14. Holzerbach Crosslauf, Werdorf

Wodniok, Adrian	0.0	00:29:50
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8,7 Kilometer

24.11.1996 Int. St. Martins Crosslauf, Bingen

Lorenz, Dieter	0.0	00:42:26
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9 Kilometer

24.07.1996 13. Hülfiger Stadtlaf, Hülfigen

Schroeder, Gerhard	0.0	00:39:58
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30.11.1996 Deutsche Crosslaufmeisterschaft, Hamburg

Wodniok, Adrian	0.0	00:29:09
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10 Kilometer

06.01.1996 16. Winterlaufserie, Jügesheim

Aderhold, Lutz	2.	00:35:28
Henne, Hermann Dr.	0.0	00:37:04
Holstiege, Bernd Dr.	0.	00:44:40
Olschewski, Peter	0.0	00:45:16

20.01.1996 Volkslauf, Hattersheim

Tuerlings, Eric	0.0	00:41:19
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03.02.1996 16. Winterlaufserie, Jügesheim

Aderhold, Lutz	2.	00:34:33
Lorenz, Roman	1.	00:36:22
Vahle, Bernd	0.0	00:42:52
Berkhoff, Claus	0.	00:43:02
Olschewski, Peter	0.0	00:44:17
Schmidt, Christiane	0.0	00:45:37
Lorenz, Hilde	0.0	00:46:34
Lorenz, Dieter	0.0	00:48:29

10.03.1996 Crosslauf, Usingen

Wodniok, Adrian	1.	00:35:08
Henne, Hermann Dr.	1.	00:36:53

17.03.1996 7. Seppel Kiefer Gedächtnislauf, Bad Kreuznach

Pradel, Jürgen	0.0	00:49:42
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06.04.1996 Straßenlauf, Jügesheim

Häckel, Andreas Dr.	0.0	00:33:56
Aderhold, Lutz	0.	00:35:13
Praetorius, Michael	0.0	00:35:43

23.04.1996 Hess. Meisterschaft, Darmstadt

Trott, Michael	0.0	00:33:18
Aderhold, Lutz	0.	00:35:25

27.04.1996 15. Küstenwaldlauf, Warnemünde

Fischer, Heide	3.	01:01:25
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03.05.1996 2. Elter Dorflauf, Rheine-Elte

Schroeder, Gerhard	0.0	00:46:21
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05.05.1996 14. Frühjahrs-Volkslauf, Langenhain

Otterbach, Andreas	0.	00:53:50
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19.05.1996 8. Frankfurter Volkslauf, Frankfurt

Henne, Hermann Dr.	1.	00:34:44
Praetorius, Michael	2.	00:35:43
Trott, Michael	0.0	00:38:20
Meyer, klaus	0.0	00:38:20
Haberbeck, Manfred	0.0	00:38:29
Jessen, Lars	0.0	00:39:37
Elges, Cai	3.	00:40:43
Scheiblich, Jens	0.	00:41:37
Reiss, Jörg	0.0	00:41:41

10 Kilometer

Friedrich, Helmut	0.0	00:42:08
Olschewski, Peter	0.0	00:42:50
Behning, Bettina Dr.	1.	00:43:14
Berkhoff, Claus	0.	00:43:20
Nitsch, Michael	0.0	00:43:27
Ehrhart, Michael	0.	00:43:34
Junker, Angela	2.	00:44:25
Oertel, Arno	0.0	00:46:53
Priester, Jochen	0.0	00:47:26
Giesen, Winfried	0.	00:48:18
Scholl, Helga	3.	00:48:54
Bachmann, Gerhard	0.0	00:50:29
Appel, Sylvia	3.	00:50:52
Kevlin, Charles	0.0	00:54:49

19.05.1996 Steinberger Volkslauf, Dietzenbach

Birkel, Margitta	3.	00:45:34
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24.05.1996 Straßenlauf, Wolfskehlen

Haberbeck, Manfred	0.0	00:38:22
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27.05.1996 Hornauer Volkslauf, Hornau

Aderhold, Lutz	1.	00:36:28
Pradel, Jürgen	0.0	00:50:29

21.06.1996 Volkslauf, Niederrodenbach

Praetorius, Michael	3.	00:35:02
Haberbeck, Manfred	2.	00:38:30
Lehnhardt, Klaus	0.0	00:39:17
Wetzstein, Wolfgang	0.0	00:40:26
Galster, Jürgen	0.0	00:42:01
Knobloch, Holger	0.0	00:42:58
Müller, Hannelore	2.	00:44:08
Schroeder, Gerhard	0.0	00:44:10
Becker, Monika	1.	00:45:27
Lorenz, Dieter	0.0	00:45:30
Lorenz, Hilde	3.	00:45:46
Braun, Sarah	0.0	00:52:40
Odenweller, Claudia	0.0	00:55:07
Haberbeck, Gertrud	2.	00:58:57

07.07.1996 2. Berkersheimer Dorflauf, Frankfurt-Berkersheim

Fischer, Heide	0.0	01:02:57
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13.07.1996 Süddt. Meisterschaft, Frankfurt

Weber, Thomas	0.	00:31:30
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14.07.1996 100 Jahre Turnerschaft, Kiedrich

Hauwasser, Renate	3.	00:55:00
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07.09.1996 8. Griesheimer Citylauf, Griesheim

Hauwasser, Renate	3.	00:50:52
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08.09.1996 Straßenlauf, Usingen

Haberbeck, Manfred	0.0	00:38:07
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10 Kilometer

Kudo, Elke 2. 00:51:43

15.09.1996 Hugenottenlauf, Neu-Isenburg

Engelhard, Jörg 0.0 00:37:52
 Junker, Angela 1. 00:44:37
 Bremer, Jürgen 0.0 00:44:38
 Engelhardt, Peter 0.0 00:48:45
 Polaschek, Hubert 0.0 00:48:53
 Oertel, Arno 0.0 00:49:36
 Heinrich, Hanna 0.0 00:56:49
 Czabaun, Dagmar 0.0 00:57:03
 Emrich, Barbara 0.0 00:57:07
 Hartinger, Norbert 0.0 00:57:20
 Holzschuh, Ursula 0.0 00:58:37
 Brings, Renate 0.0 00:58:55
 Schuch, Gisela 0.0 00:59:15
 Osang, Hannelore 0.0 01:02:16

29.09.1996 13. Nibelungenlauf, Biebesheim

Hauwasser, Renate 1. 00:49:48

02.10.1996 6. Spiridon Langlaufabend, Frankfurt

Karaschkewitz, Wolfgang 0.0 00:38:08
 Peters, Jürgen 0.0 00:38:19

06.10.1996 Hess. Straßenlaufmeisterschaft, Aarbergen

Weber, Thomas 0. 00:31:28
 Graf, Reiner 0.0 00:33:13
 Trott, Michael 0.0 00:33:34
 Meier-Tanski, Helmut 0.0 00:40:59
 Herdt, Andreas 0.0 00:41:45
 Tanski, Corinna 3. 00:42:14
 Junker, Angela 0. 00:43:42
 Müller, Hannelore 0. 00:43:49
 Lorenz, Hilde 0.0 00:46:20
 Erhazar, Marlies 0.0 00:47:18
 Beer, Simone 0.0 00:50:38

13.10.1996 4. Offenbacher Hoechst-Mainuferlauf, Offenbach

Knobling, Günther 1. 00:37:34

19.10.1996 Straßenlauf, Walldorf

Haberbeck, Manfred 0.0 00:38:03

02.11.1996 17. Winterlaufserie, Jügesheim

Wodniok, Adrian 3. 00:32:24
 Häckel, Andreas Dr. 0.0 00:34:05
 Aderhold, Lutz 2. 00:34:26
 Schuh, Peter 0.0 00:36:43
 Vahle, Bernd 0.0 00:40:21
 Semrau, Victoria 0.0 00:40:22
 Lehnhardt, Klaus 0.0 00:40:29
 Bremer, Jürgen 0.0 00:40:46
 Behning, Bettina Dr. 3. 00:42:57
 Junker, Angela 0. 00:44:12

10 Kilometer

Seel, Wolfgang 0.0 00:44:24
 Wetzstein, Wolfgang 0.0 00:45:12
 Becker, Monika 3. 00:45:17
 Murmann, Günther 0.0 00:45:49
 Schmidt, Christiane 0.0 00:46:06
 Deigert, Hubert 0. 00:58:08

10.11.1996 26. Int. Straßenlauf, Griesheim

Winterweber, Klaus 0.0 00:43:14
 Herdt, Andreas 0.0 00:44:17
 Pradel, Jürgen 0.0 00:45:30
 Winterweber, Eva 0.0 00:53:13

07.12.1996 17. Winterlaufserie, Jügesheim

Wodniok, Adrian 1. 00:32:12
 Aderhold, Lutz 1. 00:33:53
 Häckel, Andreas Dr. 0.0 00:34:08
 Schuh, Peter 0.0 00:36:21
 Erhart, Nick 0.0 00:36:48
 Knobling, Günther 0.0 00:38:32
 Kleinschmidt, Hellmut 0.0 00:38:41
 Reiss, Jörg 0.0 00:39:46
 Bassin, Frank 0.0 00:40:03
 Küster, Till 3. 00:40:07
 Wetzstein, Wolfgang 0.0 00:42:08
 Müller, Ernst Dr. 0. 00:42:34
 Gaines, Jeremy 0.0 00:42:54
 Behning, Bettina Dr. 0. 00:43:20
 Schraidt, Rudolf 0.0 00:44:01
 Erhart, Michael 0.0 00:44:22
 Junker, Angela 0. 00:44:43
 Berkhoff, Claus 0. 00:44:53
 Becker, Monika 2. 00:45:47
 Pradel, Jürgen 0.0 00:46:09
 Schmidt, Christiane 0.0 00:46:50
 Busskamp, Hermann 0.0 00:48:15

10,1 Kilometer

27.01.1996 Fsv Waldlaufserie, Frankfurt

Bremer, Jürgen 3. 00:41:41

20 Kilometer

28.07.1996 20. Hausener Volkslauf, Obertshausen

Birkel, Margitta 3. 01:34:03

Kilometer

11.02.1996 19. Winterlaufserie, Mörfelden

Birkel, Margitta 1. 01:41:01

17.03.1996 7. Seppel Kiefer Gedächtnislauf, Bad Kreuznach

Knobloch, Holger 1. 01:34:07

Kilometer

Motz, Werner	0.0	01:44:11
Wetzstein, Wolfgang	0.0	01:44:14
Becker, Monika	1.	01:47:41

23.03.1996 Deister Marathon, Springe

Praetorius, Michael	0.0	01:21:55
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24.03.1996 Hess. Straßenlaufmeisterschaft, Giessen

Weber, Thomas	0.	01:09:53
Wodniok, Adrian	0.0	01:11:24
Trott, Michael	2.	01:14:00
Junker, Angela	0.	01:44:08

27.04.1996 8. Dt. Ärzte und Apothekermeisterschaft, Arnstadt

Aderhold, Lutz	0.	01:17:33
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18.05.1996 Rennsteiglauf, Schmiedefeld

Reichardt, Hans-Peter	0.	01:53:42
Schulz, Wolfhard	0.0	01:55:22
Erhazar, Marlies	0.0	02:04:07
Kudo, Elke	0.0	02:13:40

25.05.1996 Pfingstlauf, Seligenstadt

Birkel, Margitta	1.	01:41:41
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14.07.1996 12. Int. Stierstädter Kerbelauf, Stierstadt

Meyer, klaus	0.0	01:25:27
Praetorius, Michael	1.	01:25:28
Galster, Jürgen	0.0	01:35:13
Müller, Ernst Dr.	1.	01:38:40
Praetorius, Hermann	0.0	01:41:26
Schraidt, Rudolf	0.0	01:41:58
Meier-Tanski, Helmut	0.0	01:42:06
Tanski, Corinna	3.	01:42:18
Braun, Sarah	0.0	02:08:24

25.08.1996 18. Koberstädter Waldmarathon, Egelsbach

Reichardt, Hans-Peter	0.	01:23:49
Shuttleworth, Michael	0.0	01:32:03
Berkhoff, Claus	0.	01:48:54
Schroeder, Gerhard	0.0	01:51:30
Müller, Hannelore	0.	01:51:30
Erhazar, Marlies	0.0	01:57:01
Kudo, Elke	0.0	01:57:08
Hauwasser, Renate	0.0	02:01:14

01.09.1996 11. Int. Halbmarathon, Kelkheim

Aderhold, Lutz	0.	01:17:52
Nitsch, Michael	0.0	01:38:03
Pradel, Jürgen	0.0	01:43:12
Priester, Jochen	0.0	01:51:23

01.09.1996 24. Int. Volkslauf, Mühlheim/Main

Reichardt, Hans-Peter	0.	01:22:18
Lorenz, Hilde	0.0	01:45:09

Kilometer

Lorenz, Dieter	0.0	01:46:40
Glaessgen, Thomas	0.0	02:00:56

08.09.1996 Dwars door leper, leper

Scholl, Arnold	0.0	01:37:56
Scholl, Helga	0.	01:45:51

14.09.1996 7. Dreiländerlauf, Basel

Binder, Uwe	0.0	01:27:44
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15.09.1996 Hugenottenlauf, Neu-Isenburg

Siohl, Ulrich Dr.	0.0	01:23:41
Haberbeck, Manfred	3.	01:26:04
Hallmann, Klaus	0.0	01:29:18
Müller, Ernst Dr.	1.	01:33:22
Marinello, Mirko	0.0	01:34:04
Langer, Frank	0.0	01:34:07
Böhmer, Thomas	0.	01:35:55
Schmitz, Fritz	0.0	01:36:00
Kminek, Burckhard	0.0	01:38:01
Birkel, Margitta	0.0	01:40:00
Kleinschmidt, Hellmut	0.0	01:42:05
Ehrhart, Michael	0.	01:42:53
Brenner, Gerhard	0.0	01:44:13
Scholl, Bettina	1.	01:44:14
Zuleeg, Manfred	0.0	01:44:48
Reiss, Jörg	0.0	01:47:53
Beer, Simone	0.0	01:50:41
Schroeder, Gerhard	0.0	01:50:42
Schubert, Wolfgang	0.0	01:52:27
Hübner, Johannes	0.0	01:54:14
Bachmann, Gerhard	0.0	01:56:05
Glaessgen, Thomas	0.0	01:58:52
Haberbeck, Gertrud	0.	02:15:09
Meyer, Wilhelm	0.	02:19:09

22.09.1996 23. Int. Halbmarathon, Niederrodenbach

Aderhold, Lutz	0.	01:17:17
Peters, Jürgen	0.0	01:26:50
Schneider, Uwe	0.0	01:30:41
Jörgens, Winfried	0.	01:38:29
Behning, Bettina Dr.	1.	01:38:29
Pradel, Jürgen	3.	01:39:56
Cromm, Inge	0.0	02:15:01

06.10.1996 Mainufer Halbmarathon, Aschaffenburg

Cromm, Inge	0.0	02:13:23
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13.10.1996 4. Offenbacher Hoechst-Mainuferlauf, Offenbach

Weber, Thomas	0.	01:13:06
Häckel, Andreas Dr.	2.	01:16:25
Trede, Karl-Joachim Dr.	0.0	01:31:49
Behning, Bettina Dr.	1.	01:36:48
Jörgens, Winfried	0.	01:36:51
Junker, Angela	1.	01:38:12
Wesp, Dieter	0.0	01:38:57

Kilometer

Schmitz, Fritz	0.0	01:39:17
Tuerlings, Eric	0.0	01:39:55
Schroeder, Gerhard	0.0	01:40:27
Lorenz, Dieter	0.0	01:40:27
Lorenz, Hilde	3.	01:40:55
Malle, Bernd	0.0	01:43:37
Stahl, Joachim	0.0	01:46:20
Koch, Monika	2.	01:49:03
Krawietz, Ute	0.0	01:51:17
Glaessgen, Thomas	0.0	02:03:15
Cromm, Inge	0.0	02:21:08

10.11.1996 26. Int. Straßenlauf, Griesheim

Trott, Michael	0.0	01:16:19
Knobling, Günther	0.0	01:22:20
Kleinschmidt, Hellmut	0.0	01:28:44
Reiss, Jörg	0.0	01:29:53
Wesp, Dieter	0.0	01:35:56
Schroeder, Gerhard	3.	01:38:49
Lamp, Thomas	0.0	01:38:58
Weigelt, Joachim	0.0	01:42:32

01.12.1996 Lanzarote Halbmarathon, Lanzarote

Haberbeck, Gertrud	3.	02:29:39
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23,8 Kilometer

13.10.1996 Nürburgringlauf, Nürburgring

Kudo, Elke	0.0	02:24:05
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25 Kilometer

06.04.1996 25km Lauf, Jügesheim

Tuerlings, Eric	0.0	01:58:39
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Kilometer

03.03.1996 L.A. Marathon, Los Angeles

Koch, Dieter	0.0	03:50:24
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03.03.1996 Marathon, Ferrara (Italien)

Junker, Angela	0.	03:34:13
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10.03.1996 Süddt. Meisterschaft, Kandel

Aderhold, Lutz	0.	02:33:20
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14.04.1996 Hannover Marathon, Hannover

Haberbeck, Manfred	0.0	02:59:59
Elges, Cai	0.0	03:25:48

15.04.1996 Boston Marathon, Boston

Kotthoff, Manfred	0.0	03:42:01
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Kilometer

20.04.1996 17. Rhein-Marathon, Maximiliansau

Galster, Jürgen	0.0	04:30:58
Braun, Sarah	0.0	04:30:58

21.04.1996 Shell-Hanse-Marathon, Hamburg

Shuttleworth, Michael	0.0	02:56:05
Pfeiffer, Axel	0.0	03:19:16
Huth, Ulrich	0.0	03:20:19
Vahle, Bernd	0.0	03:34:59
Schäfer, Werner	0.0	03:41:26
Knobloch, Holger	0.0	03:43:09
Tuerlings, Eric	0.0	03:43:41
Wetzstein, Wolfgang	0.0	03:44:00
Schmitz, Fritz	0.0	03:45:15
Krahnast, Karl-Heinz	0.0	03:51:25
Birkel, Margitta	0.0	03:52:48
Schubert, Wolfgang	0.0	03:53:39
Motz, Werner	0.0	03:54:01
Scherzberg, Thomas	0.0	03:57:35
Schmidt, Christiane	0.0	04:02:06
Sandforth, Hermann Josef	0.0	04:02:21
Schroeder, Gerhard	0.0	04:05:36
Trede, Karl-Joachim Dr.	0.0	04:14:19
Becker, Monika	0.0	04:21:55
Beer, Simone	0.0	04:25:52
Müller, Gerhard	0.0	04:26:57
Pinder, Götz	0.0	04:33:39
Weißpfennig, Günter	0.0	04:47:44
Descombes, Michel	0.	05:24:41

19.05.1996 Marathon du Vignoble, Elsaß

Winkler, Hans-Jürgen	0.0	03:20:38
Holtzner, Karl	0.0	03:22:37
Shuttleworth, Michael	0.0	03:50:14
Bicker, Thomas Dr.	0.0	03:50:15
Vahle, Bernd	0.0	03:59:49

18.08.1996 17. Langlaufstag, Ostrohe

Hübner, Johannes	0.0	04:35:21
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22.09.1996 14. Int. Rot-Kreuz Marathon, Karlsruhe

Winterweber, Klaus	0.0	03:51:33
Kniehase, Martin	0.0	03:58:19
Otterbach, Andreas	0.	04:01:46

22.09.1996 6. Stadtmarathon, Regensburg

Engelhard, Jörg	0.0	02:55:41
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13.10.1996 Schwarzwaldmarathon, Bräunlingen

Becker, Monika	3.	03:45:14
Wetzstein, Wolfgang	0.0	03:45:15

27.10.1996 Marathon, Essen

Shuttleworth, Michael	0.0	02:52:38
Bicker, Thomas Dr.	0.0	03:26:10

Kilometer

03.11.1996 New York City Marathon, New York (USA)

Kniehase, Martin	0. 0	04:06:19
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01.12.1996 Marathon, Lanzarote

Haberbeck, Manfred	1.	03:16:48
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66,5 Kilometer

18.05.1996 Rennsteiglauf, Schmiedefeld

Aderhold, Lutz	1.	04:44:16
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67 Kilometer

27.07.1996 Swissalpine, Davos

Reichardt, Hans-Peter	0.	10:56:57
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Reuter, Joachim	0. 0	11:19:44
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82 Kilometer

07.06.1996 12. Int. Brüder Grimm Lauf, Hanau

Hanel, Walter		07:08:30
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Scholl, Arnold		07:34:42
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Scholl, Helga		07:34:44
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Wieß, Maren	0. 0	08:04:11
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100 Kilometer

30.03.1996 16. Int. 100km Lauf von Grünheide, Berlin

Aderhold, Lutz	0.	06:47:42
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04.05.1996 100km Weltmeisterschaft, Moskau (Russland)

Aderhold, Lutz	0.	07:23:53
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07.06.1996 100km Lauf, Biel

Elges, Cai	0. 0	09:24:59
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Pfeiffer, Axel	0. 0	09:24:59
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Reichardt, Hans-Peter	0.	12:25:15
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25.08.1996 Europameisterschaft, Cleder (Frankreich)

Aderhold, Lutz	0.	07:13:24
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19.10.1996 Dt. und Hess. Meisterschaft, Rodenbach

Elges, Cai	1.	08:51:33
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10 Kilometer

13.07.1996 17. Lauf Rund um die Fränk.Krone, Coburg/ Franken

Wieß, Maren		00:58:23
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10 Kilometer

29.12.1996 18. Frankfurter Silvesterlauf, Frankfurter Waldstadion

Weber, Thomas	2.	00:31:41
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Weber, Thomas	2.	00:31:41
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Wodniok, Adrian	0. 0	00:33:20
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Wodniok, Adrian	0. 0	00:33:20
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Aderhold, Lutz	3.	00:34:39
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Aderhold, Lutz	3.	00:34:39
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Weingärtner, Jens	0. 0	00:35:29
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Lorenz, Roman	0. 0	00:36:13
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Tsouli, Mustafa	0. 0	00:36:48
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Tsouli, Mustafa	0. 0	00:36:48
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Weigelt, Joachim	0. 0	00:40:03
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Weigelt, Joachim	0. 0	00:40:03
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Bremer, Jürgen	0. 0	00:41:06
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Bremer, Jürgen	0. 0	00:41:06
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Iovine, Raffaele	0. 0	00:41:11
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Iovine, Raffaele	0. 0	00:41:11
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Pfeiffer, Axel	0. 0	00:41:36
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Pfeiffer, Axel	0. 0	00:41:36
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Praetorius, Hermann	0. 0	00:42:23
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Praetorius, Hermann	0. 0	00:42:23
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Böhmer, Thomas	0.	00:42:34
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Böhmer, Thomas	0.	00:42:34
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Schmitz, Fritz	0. 0	00:42:46
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Schmitz, Fritz	0. 0	00:42:46
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Müller, Ernst Dr.	3.	00:43:06
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Müller, Ernst Dr.	3.	00:43:06
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Pförtner, Ralf	0. 0	00:43:10
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Pförtner, Ralf	0. 0	00:43:10
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Rill, Peter	0. 0	00:43:23
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Rill, Peter	0. 0	00:43:23
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Behning, Bettina Dr.	0.	00:43:26
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Behning, Bettina Dr.	0.	00:43:26
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Meier-Tanski, Helmut	0. 0	00:43:54
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Tanski, Corinna	0. 0	00:43:54
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Tanski, Corinna	0. 0	00:43:54
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Schober, Bernd	0. 0	00:44:11
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Knecht, Klaus	0. 0	00:44:32
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Schneider, Uwe	0. 0	00:44:36
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Schneider, Uwe	0. 0	00:44:36
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Nitsch, Michael	0. 0	00:44:41
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Dietrich, Sven	0. 0	00:44:48
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Herdt, Andreas	0. 0	00:44:50
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Herdt, Andreas	0. 0	00:44:50
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Heimann, Walter	0. 0	00:45:09
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Heimann, Walter	0. 0	00:45:09
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Kniehase, Martin	0. 0	00:45:13
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Kniehase, Martin	0. 0	00:45:13
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Motz, Werner	0. 0	00:45:23
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Weber, Andreas	0. 0	00:45:26
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Pradel, Jürgen	0. 0	00:45:32
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Pradel, Jürgen	0. 0	00:45:32
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Hamann, Johannes	0. 0	00:45:41
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Krawietz, Ute	0. 0	00:46:28
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Krawietz, Ute	0. 0	00:46:28
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Lorenz, Dieter	0. 0	00:47:28
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10 Kilometer

Blaum, Maria	0.	00:47:28
Lorenz, Dieter	0.0	00:47:28
Blaum, Maria	0.	00:47:28
Krust, Gisela	0.	00:49:05
Krust, Gisela	0.	00:49:05
Priester, Jochen	0.0	00:49:22
Seim, Joachim	0.0	00:51:55
Hammann, Elke	0.0	00:51:57
Odenweller, Claudia	0.0	00:52:36
Kruggel, Petra	0.0	00:52:42
Kruggel, Petra	0.0	00:52:42
Heinrich, Hanna	0.0	00:53:22
Kudo, Elke	0.0	00:53:31
Kudo, Elke	0.0	00:53:31
Stricker, Christine	0.0	00:53:34
Pinder, Götz		00:53:41
Braun, Sarah	0.0	00:53:50
Braun, Sarah	0.0	00:53:50
Sedlmeyer, Ivo	0.0	00:53:54
Wieß, Maren		00:54:29
Schubert, Wolfgang	0.0	00:54:54
Bauer, Hildegard	0.0	00:55:31
Busse-Schmelz, Gisela	0.0	00:55:57
Hübner, Johannes	0.0	00:57:00
Holzschuh, Ursula	0.0	00:57:47
Kircher, Günter	0.0	00:58:51
Varnhagen, Elmar	0.0	00:58:57
Schuch, Gisela	0.0	00:58:59
Schuch, Gisela	0.0	00:58:59
Sprenger, Ulrich	0.0	00:59:00
Osang, Hannelore	0.0	00:59:04
Schäfer, Helmut	0.0	00:59:11
Winterweber, Eva	0.0	01:02:37
Beier, Ralph	0.0	01:03:06
Beier, Ralph	0.0	01:03:06
Sutor, Angelika	0.0	01:03:57
Winterweber, Klaus	0.0	01:04:45
Brings, Renate	0.0	01:04:46
Blaum, Wolfgang	0.0	01:04:57
Felsenhorst, Gudrun	0.0	01:06:00
Braun, Norbert	0.0	01:07:23

20 Kilometer

11.05.1996 10. NeuAnspacher Volkslauf, Neu Anspach /Ts.

Galster, Jürgen	0.0	01:26:00
Müller, Ernst Dr.	1.	01:28:43
Reiss, Jörg	0.0	01:29:28
Braun, Sarah	0.0	01:56:29
Wieß, Maren		01:57:56

Kilometer

11.02.1996 Halbmarathon, Mörfelden

Pinder, Götz		02:06:00
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Kilometer

01.03.1996 Frankfurter Halbmarathon, Ffm - Waldstadion

Wieß, Maren		01:56:08
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03.03.1996 Halbmarathon, Frankfurt

Pinder, Götz		02:03:41
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10.03.1996 16. China Coast Marathon, Hong Kong

Wieß, Maren		02:04:12
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Kilometer

21.04.1996 Flora-Marathon, London

Wieß, Maren		04:47:37
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25.08.1996 Marathon, Egelsbach

Weber, Thomas	0.	02:44:48
Haberbeck, Manfred	0.0	03:24:41
Müller, Ernst Dr.	2.	03:30:51
Knieshase, Martin	0.0	03:53:21
Winterweber, Klaus	0.0	04:21:34
Glaessgen, Thomas	0.0	04:37:07
Westphal, Klaus Prof. Dr.		04:55:40

01.09.1996 3. Fulda-Marathon, Fulda

Descombes, Michel	0.	03:28:49
Lösche, Helmut		03:54:00

07.09.1996 Marathon, Jungfrau-Marathon

Elges, Cai	0.0	04:35:52
Wetzstein, Wolfgang	0.0	04:51:30
Tuerlings, Eric	0.0	04:57:37
Westphal, Klaus Prof. Dr.		06:10:04

29.09.1996 , Berlin

Aderhold, Lutz	0.	02:40:15
Siohl, Ulrich Dr.	0.0	02:48:07
Haberbeck, Manfred	0.0	03:05:30
Reichardt, Hans-Peter	0.	03:15:00
Kilburg, Karl	0.0	03:23:56
Huth, Ulrich	0.0	03:32:09
Busskamp, Hermann	0.0	03:55:00
Weißpfennig, Günter	0.0	04:10:39
Sprenger, Frank	0.0	04:12:08
Pinder, Götz		04:16:14
Braun, Sarah	0.0	04:21:19
Descombes, Michel	0.	04:32:53
Curran, Adrian	0.0	04:45:44

20.10.1996 14. Athen-Marathon, Athen

Wieß, Maren		04:26:13
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27.10.1996 15. Eta-Marathon Ffm, Frankfurt am Main

Weber, Thomas	0.	02:43:35
Engelhard, Jörg	0.0	02:50:55

Kilometer

Trott, Michael	0.0	02:56:13
Karaschkewitz, Wolfgang	0.0	02:58:54
Knobling, Günther	0.0	02:59:04
Henne, Hermann Dr.	0.0	03:03:27
Jamin, Andreas	0.0	03:15:06
Windau, Frank	0.0	03:16:10
Lehner, Robert	0.0	03:16:10
Schneider, Uwe	0.0	03:18:43
Binder, Uwe	0.0	03:21:44
Huth, Ulrich	0.0	03:22:54
Bremer, Jürgen	0.0	03:27:41
Böhmer, Thomas	0.	03:27:50
Kleinschmidt, Hellmut	0.0	03:28:02
Müller, Hannelore	0.	03:28:23
Krahnast, Karl-Heinz	0.0	03:29:19
Spieß, Thomas	0.0	03:30:33
Lähn, Peter	0.0	03:31:11
Kminek, Burckhard	0.0	03:31:27
Kminek, Burckhard		03:31:27
Schmitz, Fritz	0.0	03:32:55
Wesp, Dieter	0.0	03:34:39
Birkel, Margitta	0.0	03:36:25
Motz, Werner	0.0	03:37:26
Höhle, Gert	0.	03:38:42
Jung, Dr. Dr. Herbert	0.0	03:39:06
Deigert, Hubert	0.	03:39:09
Müller, Ernst Dr.	0.	03:40:47
Schraidt, Rudolf	0.0	03:41:07
Reiss, Jörg	0.0	03:41:49
Krawietz, Ute	0.0	03:42:00
Kotthoff, Manfred	0.0	03:42:28
Meier-Tanski, Helmut	0.0	03:42:29
Aderhold, Lutz	0.	03:45:15
Pradel, Jürgen	0.0	03:45:17
Lorenz, Dieter	0.0	03:46:21
Alvarez del Valle, Hector	0.0	03:47:12
Erhart, Nick	0.0	03:47:25
Gaines, Jeremy	0.0	03:47:25
Erhart, Michael	0.0	03:47:25
Iovine, Raffaele	0.0	03:48:56
Schubert, Wolfgang	0.0	03:49:21
Sandforth, Hermann Josef	0.0	03:50:20
Eisert, Hans G. Dr.	0.0	03:51:03
Praetorius, Hermann	0.0	03:51:11
Hanel, Walter	0.0	03:54:29
Scholl, Helga	0.	03:55:06
Scholl, Arnold	0.0	03:55:07
Oertel, Arno	0.0	03:55:26
Scherzberg, Thomas	0.0	03:56:25
Baum, Renata	0.0	03:57:42
Schink, Werner	0.0	03:58:11
Schroeder, Gerhard	0.0	03:58:18
Weißpfennig, Günter	0.0	03:59:51
Minzenmay, Eberhard	0.	03:59:58
Winterweber, Klaus	0.0	04:00:07
Koch, Monika	0.	04:00:10
Stahl, Joachim	0.0	04:00:18

Kilometer

Rysch, Ewa	0.0	04:02:09
Mildenberger, Jürgen	0.0	04:02:10
Lachky, Hans-Jürgen	0.0	04:03:29
Tuerlings, Eric	0.0	04:04:00
Malle, Bernd	0.0	04:04:17
Westphal, Klaus Prof. Dr.		04:07:15
Erhazar, Marlies	0.0	04:10:56
Köhler, Brigitte	0.0	04:11:47
Engelhardt, Peter	0.0	04:14:27
Schwertfeger, Kirsten	0.0	04:16:41
Bachmann, Gerhard	0.0	04:17:19
Hübner, Johannes	0.0	04:19:48
Otterbach, Andreas	0.	04:21:30
Lösche, Helmut		04:22:00
Ekoos, Terence	0.0	04:28:19
Glaessgen, Thomas	0.0	04:29:42
Beer, Simone	0.0	04:31:22
Becker, Günter	0.0	04:42:53
Knorz, Peter	0.0	04:51:44
Priester, Jochen	0.0	04:54:11
Carey, Doris	0.0	05:01:01
Wieß, Maren		4:27:56

17.11.1996 Havanna Marathon, Havana (Kuba)

Elges, Cai	0. M50	03:54:07
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24.11.1996 Marathon, Bangkok

Westphal, Klaus Prof. Dr.		04:49:33
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01.12.1996 Marathon, Macau

Westphal, Klaus Prof. Dr.		04:57:11
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08.12.1996 Marathon, Honolulu, USA

Kudo, Elke	0.0	04:20:58
Westphal, Klaus Prof. Dr.		04:35:33