

21. Teningen Allmendlauf 16. 01. 2011 10km vermessen Auswertung nach AK-Sep

| Platz | Zeit | StartNr | Name | Alterskl. | Jahr | Nat. | Verein |
|-------|------------|---------|-----------------|-----------|------|------|------------------|
| 1 | 00:34:47.5 | 469 | Jose Giese | Jug A m | 1992 | GER | TNB Malterdingen |
| 2 | 00:37:36.3 | 81 | Nicolai Firus | Jug A m | 1993 | GER | |
| 3 | 00:39:01.0 | 329 | Henrik Niessner | Jug A m | 1993 | GER | TV Tiengen |
| 4 | 00:46:14.3 | 345 | Patrick Häuber | Jug A m | 1993 | GER | Bahlinger SC |
| 5 | 00:46:17.8 | 344 | Kim Oliver Pato | Jug A m | 1993 | GER | Bahlinger SC |

| Platz | Zeit | StartNr | Name | Alterskl. | Jahr | Nat. | Verein |
|-------|------------|---------|------------------|-----------|------|------|------------------------|
| 1 | 00:37:29.2 | 288 | Lukas Mechsner | Jug B m | 1994 | GER | LG Hohenfels |
| 2 | 00:38:15.5 | 46 | Henri Hansert | Jug B m | 1994 | GER | LG Offenburg |
| 3 | 00:39:14.8 | 123 | Sven Bockstatt | Jug B m | 1995 | GER | TNB Malterdingen |
| 4 | 00:41:08.0 | 50 | Moritz Vogt | Jug B m | 1994 | GER | TV Riegel |
| 5 | 00:43:08.4 | 224 | Lars Hindelang | Jug B m | 2000 | GER | FC Unterkirnach |
| 6 | 00:43:48.2 | 120 | Nils Bröckelmann | Jug B m | 1995 | GER | PTSV Jahn Freiburg |
| 7 | 00:48:22.5 | 112 | Daniel Schmutz | Jug B m | 1994 | GER | TuS Teningen |
| 8 | 00:51:03.4 | 322 | Nico Karschewski | Jug B m | 1995 | GER | Wir sind noch zu haben |
| 9 | 00:51:31.2 | 323 | Dennis Kretz | Jug B m | 1994 | GER | Wir sind noch zu haben |

| Platz | Zeit | StartNr | Name | Alterskl. | Jahr | Nat. | Verein |
|-------|------------|---------|--------------------|-----------|------|------|-----------------------------|
| 1 | 00:32:39.0 | 116 | Nils Schallner | M30 | 1980 | GER | PTSV Jahn Freiburg |
| 2 | 00:33:27.2 | 530 | Sebastian Schlott | M30 | 1980 | GER | PTSV Jahn Freiburg |
| 3 | 00:33:45.1 | 6 | Dominik Ulrich | M30 | 1981 | GER | USC Freiburg |
| 4 | 00:35:33.3 | 25 | Sascha Roming | M30 | 1977 | GER | TTC Köndringen e.V. |
| 5 | 00:35:42.6 | 339 | David Kiefer | M30 | 1979 | GER | TV Bad Säckingen |
| 6 | 00:37:39.2 | 103 | Lubos Bilek | M30 | 1979 | GER | VfL Waiblingen |
| 7 | 00:37:56.7 | 38 | Georg Spindler | M30 | 1978 | GER | LG Baar |
| 8 | 00:38:02.1 | 258 | Jürgen Hilpert | M30 | 1980 | GER | LG Hohenfels |
| 9 | 00:38:46.2 | 502 | Manuel Joss | M30 | 1981 | GER | |
| 10 | 00:38:47.2 | 534 | Sebastian Ivan | M30 | 1978 | GER | ICE Team |
| 11 | 00:38:55.0 | 567 | Thomas Klingenberg | M30 | 1979 | GER | Leistungsdiagnostik.de |
| 12 | 00:39:51.1 | 115 | Roland Krams | M30 | 1977 | GER | TNB Malterdingen |
| 13 | 00:41:05.4 | 226 | Stefan Keldermann | M30 | 1977 | GER | Team Erdinger Alkoholfrei |
| 14 | 00:42:14.0 | 129 | Stefan Indlekofer | M30 | 1980 | GER | FT 1844 Freiburg |
| 15 | 00:42:46.7 | 267 | Michael Rombach | M30 | 1977 | GER | Haselstaude Runners |
| 16 | 00:43:50.6 | 451 | Robert Riehl | M30 | 1980 | GER | |
| 17 | 00:49:10.4 | 97 | Thomas Meßmer | M30 | 1978 | GER | LG Metro Gundelfingen |
| 18 | 00:50:54.4 | 301 | Marc Leimgruber | M30 | 1980 | GER | DLRG Ortsgruppe Emmendingen |
| 19 | 00:58:47.0 | 524 | Klaus Reinhold | M30 | 1980 | GER | |
| 20 | 01:05:05.3 | 28 | Michael Nouvortne | M30 | 1981 | GER | Team Beckerklinik |

| Platz | Zeit | StartNr | Name | Alterskl. | Jahr | Nat. | Verein |
|-------|------------|---------|------------------|-----------|------|------|--------------------|
| 1 | 00:33:15.3 | 7 | Ulrich Benz | M35 | 1976 | GER | LG Brandenkopf |
| 2 | 00:36:21.4 | 564 | Erik Pleuler | M35 | 1973 | GER | TUS Teningen |
| 3 | 00:36:29.5 | 204 | Ralf White | M35 | 1973 | GER | Tri-Team Freiburg |
| 4 | 00:36:45.6 | 531 | Matthias Kastner | M35 | 1973 | GER | LC Basel |
| 5 | 00:37:37.2 | 326 | Torsten Oertel | M35 | 1975 | GER | TV Eichstetten |
| 6 | 00:37:59.6 | 23 | Oliver Christ | M35 | 1972 | GER | Piluweri Runners |
| 7 | 00:38:00.1 | 57 | Georg Aigner | M35 | 1972 | GER | TV Riegel |
| 8 | 00:38:23.3 | 200 | Matthias Maier | M35 | 1972 | GER | TNB Malterdingen |
| 9 | 00:38:24.0 | 109 | Joachim Vogt | M35 | 1972 | GER | PTSV Jahn Freiburg |
| 10 | 00:38:49.8 | 239 | Daniel Dickmann | M35 | 1972 | GER | Kein Verein |

21. Teninger Allmendlauf 16. 01. 2011 10km vermessen Auswertung nach AK-Sep

| Platz | Zeit | StartNr | Name | Alterskl. | Jahr | Nat. | Verein |
|-------|------------|---------|--------------------|-----------|------|------|---------------------------|
| 11 | 00:38:59.7 | 562 | Michael Zürn | M35 | 1975 | GER | TS Schramberg |
| 12 | 00:39:11.0 | 572 | Rolf Wagner | M35 | 1974 | GER | Tolopilos Cross-Team |
| 13 | 00:39:56.4 | 83 | Christian Wernet | M35 | 1972 | GER | LT Furtwangen |
| 14 | 00:40:48.7 | 67 | Wolfram Griesbaum | M35 | 1975 | GER | TNB Malterdingen |
| 15 | 00:40:51.0 | 232 | Michael Sturm | M35 | 1975 | GER | Fit & Fun Ehrenkirchen |
| 16 | 00:41:01.0 | 456 | Patrik Nierhaus | M35 | 1973 | GER | Biorunner |
| 17 | 00:42:00.7 | 276 | Roland Bergbach | M35 | 1972 | GER | TNB Malterdingen |
| 18 | 00:42:31.3 | 241 | Jens Nelle | M35 | 1975 | GER | Kein Verein |
| 19 | 00:42:50.7 | 499 | Aleksander Daradan | M35 | 1974 | GER | PTSV Jahn Freiburg |
| 20 | 00:43:27.1 | 256 | Karl Weißenberger | M35 | 1974 | GER | Team Erdinger Alkoholfrei |
| 21 | 00:44:04.6 | 104 | Alex Leber | M35 | 1972 | GER | Funrunners |
| 22 | 00:45:41.0 | 352 | Mathias Sonner | M35 | 1976 | GER | |
| 23 | 00:45:44.2 | 257 | Stefan Nowak | M35 | 1972 | GER | TNB Malterdingen |
| 24 | 00:45:51.2 | 71 | Martin Roser | M35 | 1974 | GER | |
| 25 | 00:46:00.5 | 543 | Stephan Hanusek | M35 | 1974 | GER | |
| 26 | 00:46:04.2 | 227 | Frank Wimmer | M35 | 1976 | GER | SV Waldkirch |
| 27 | 00:47:07.5 | 24 | Geoffrey Lugnier | M35 | 1976 | FRA | |
| 28 | 00:47:09.1 | 88 | Frank Birkenmayer | M35 | 1974 | GER | Sportprinz Freiburg |
| 29 | 00:48:19.0 | 470 | Marco Schizig | M35 | 1974 | GER | Quäl-Dich-Laufen |
| 30 | 00:48:35.3 | 457 | Markus Salb | M35 | 1975 | GER | Tri Team Freiburg |
| 31 | 00:48:40.6 | 42 | Mathias Rombach | M35 | 1972 | GER | |
| 32 | 00:49:23.9 | 496 | Tom Gerhardt | M35 | 1976 | GER | USC Freiburg |
| 33 | 00:49:27.8 | 105 | Stefan Hirzler | M35 | 1974 | GER | Funrunners |
| 34 | 00:49:56.5 | 80 | Uwe Kussek | M35 | 1974 | GER | TNB Malterdingen |
| 35 | 00:50:01.0 | 165 | Vincent Antoine | M35 | 1973 | FRA | |
| 36 | 00:50:24.0 | 39 | Ralf Eckert | M35 | 1973 | GER | Freiburger FC |
| 37 | 00:56:42.7 | 354 | Manfred Meister | M35 | 1972 | GER | |
| 38 | 01:00:24.8 | 533 | Thomas Devera | M35 | 1972 | GER | |

| Platz | Zeit | StartNr | Name | Alterskl. | Jahr | Nat. | Verein |
|-------|------------|---------|--------------------|-----------|------|------|-----------------------------|
| 1 | 00:33:47.0 | 5 | Sebastian Retzlaff | M40 | 1971 | GER | TuS Lörrach-Stetten |
| 2 | 00:33:49.7 | 9 | Michael Brucker | M40 | 1968 | GER | |
| 3 | 00:33:53.4 | 8 | Herbert Flesch | M40 | 1969 | GER | Kaiserstuhl Runners |
| 4 | 00:34:48.2 | 93 | Peter Späth | M40 | 1969 | GER | |
| 5 | 00:34:49.7 | 335 | Ralf Breyer | M40 | 1969 | GER | TV Tiengen |
| 6 | 00:34:51.0 | 552 | Christian Bauer | M40 | 1967 | GER | |
| 7 | 00:36:06.4 | 56 | Trudpert Bosch | M40 | 1968 | GER | TV Riegel |
| 8 | 00:37:32.8 | 21 | Christoph Edelmann | M40 | 1971 | GER | SV Puste |
| 9 | 00:38:03.2 | 459 | Klaus Zipse | M40 | 1969 | GER | TNB Malterdingen |
| 10 | 00:38:16.7 | 309 | Jochen Höschele | M40 | 1968 | GER | EK Schwaikheim |
| 11 | 00:38:20.1 | 271 | Michael Lauk | M40 | 1969 | GER | Tri-Team Freiburg |
| 12 | 00:38:22.4 | 60 | Bjoern Haake | M40 | 1969 | GER | |
| 13 | 00:38:26.2 | 481 | Gernot Mayer | M40 | 1967 | GER | TV Pfaffenweiler |
| 14 | 00:38:38.8 | 222 | Wolfgang Hindelang | M40 | 1967 | GER | FC Unterkirnach |
| 15 | 00:38:47.7 | 476 | Maik Gasse | M40 | 1971 | GER | PTSV Jahn Freiburg |
| 16 | 00:39:09.2 | 485 | Ralf Grunwald | M40 | 1968 | GER | ASG Tria Hockenheim |
| 17 | 00:39:25.6 | 338 | Stefan Meier | M40 | 1967 | GER | LG Offenburg |
| 18 | 00:39:35.3 | 53 | Mike Kretschmer | M40 | 1967 | GER | TV Riegel |
| 19 | 00:40:15.4 | 461 | Veit Schenk | M40 | 1970 | GER | TV Britzingen |
| 20 | 00:40:58.9 | 91 | Markus Wöhrle | M40 | 1971 | GER | |
| 21 | 00:41:10.3 | 300 | Ralf Oberle | M40 | 1968 | GER | DLRG Ortsgruppe Emmendingen |
| 22 | 00:41:13.4 | 73 | Achim Leonhardt | M40 | 1969 | GER | |

21. Teninger Allmendlauf 16. 01. 2011 10km vermessen Auswertung nach AK-Sep

| Platz | Zeit | StartNr | Name | Alterskl. | Jahr | Nat. | Verein |
|-------|------------|---------|------------------------|-----------|------|------|---------------------------|
| 23 | 00:41:19.7 | 281 | Oliver Greulich | M40 | 1969 | GER | TuS Sunnyside |
| 24 | 00:41:30.7 | 99 | Thierry Schuster | M40 | 1970 | FRA | |
| 25 | 00:42:02.2 | 454 | Claus Breisacher | M40 | 1968 | GER | TV Herbolzheim |
| 26 | 00:42:20.2 | 575 | Sebastian Drescher | M40 | 1969 | GER | Sport 2000 Drescher |
| 27 | 00:42:28.3 | 574 | Krasmqi Eshref | M40 | 1970 | GER | Die Sterne Kosova |
| 28 | 00:42:30.5 | 298 | Martin Reichert | M40 | 1971 | GER | TNB Malterdingen |
| 29 | 00:42:58.1 | 92 | Daniel Dellner | M40 | 1971 | GER | |
| 30 | 00:43:55.4 | 45 | Christian Klein | M40 | 1969 | GER | |
| 31 | 00:44:56.8 | 177 | Jürgen Weier | M40 | 1970 | GER | Lauftreff Freiburg |
| 32 | 00:44:59.7 | 522 | Christoph Drescher | M40 | 1969 | GER | Deutscher Running Outdoor |
| 33 | 00:45:19.2 | 193 | Andreas Gutknecht | M40 | 1968 | GER | Tri Team Kaiserstuhl |
| 34 | 00:45:46.1 | 118 | Stephan Danzeisen | M40 | 1970 | GER | SV Gottenheim |
| 35 | 00:46:13.7 | 217 | Heiko Weber | M40 | 1968 | GER | Die Könige vom Dreisamdam |
| 36 | 00:46:34.6 | 259 | Peter Seib | M40 | 1971 | GER | HC Maulburg |
| 37 | 00:46:58.3 | 135 | Jochen Ulrich | M40 | 1971 | GER | TuS Sunnyside |
| 38 | 00:47:04.1 | 40 | Gunar Fortwängler | M40 | 1969 | GER | Kein Verein |
| 39 | 00:47:35.0 | 134 | Roland Kopfmann | M40 | 1967 | GER | Kein Verein |
| 40 | 00:47:38.3 | 87 | Jan Ludwig | M40 | 1967 | GER | SK Littenweiler 07 |
| 41 | 00:48:14.6 | 128 | Otto Huser | M40 | 1970 | GER | |
| 42 | 00:48:16.2 | 362 | Marcel-André Friedrich | M40 | 1971 | GER | Tri-Team Freiburg |
| 43 | 00:49:37.7 | 79 | Patrick Bechtel | M40 | 1967 | GER | Kein Verein |
| 44 | 00:49:45.1 | 183 | Andreas Nönninger | M40 | 1969 | GER | TNB Malterdingen |
| 45 | 00:50:45.2 | 247 | Jochen Krefß | M40 | 1970 | GER | FC Kirnbach |
| 46 | 00:50:50.2 | 233 | Oliver Stock | M40 | 1968 | GER | Kein Verein |
| 47 | 00:50:55.6 | 343 | Nicolas Koch | M40 | 1969 | SUI | Kein Verein |
| 48 | 00:51:05.9 | 211 | Francois Kieffer | M40 | 1970 | FRA | |
| 49 | 00:52:07.5 | 216 | Jean-Michel Dietrich | M40 | 1969 | FRA | |
| 50 | 00:53:05.7 | 106 | Dietmar Senn | M40 | 1970 | GER | Funrunners |
| 51 | 00:53:46.1 | 573 | Kristof Kling | M40 | 1970 | GER | |
| 52 | 00:55:46.0 | 89 | Werner Faller | M40 | 1970 | GER | Sportprinz Freiburg |
| 53 | 00:56:53.7 | 77 | Markus Rüdiger | M40 | 1967 | GER | TV Freiburg-Munzingen |
| 54 | 00:57:43.8 | 292 | Bernd Kuebler | M40 | 1970 | GER | |
| 55 | 01:08:21.4 | 517 | Lutz Heuermann | M40 | 1970 | GER | |

| Platz | Zeit | StartNr | Name | Alterskl. | Jahr | Nat. | Verein |
|-------|------------|---------|---------------------|-----------|------|------|--------------------|
| 1 | 00:35:45.8 | 512 | Remi Schmitt | M45 | 1962 | GER | Colmar M.C. |
| 2 | 00:36:27.3 | 10 | Michael Bock | M45 | 1965 | GER | USC Freiburg |
| 3 | 00:36:36.8 | 340 | David Zipf | M45 | 1965 | GER | TNB Malterdingen |
| 4 | 00:37:10.0 | 144 | Markus Bär | M45 | 1965 | GER | TNB Malterdingen |
| 5 | 00:37:11.1 | 535 | Thomas Lochmann | M45 | 1965 | GER | LC Basel |
| 6 | 00:37:35.7 | 131 | Gilbert Burckhardt | M45 | 1964 | GER | TV Ortenberg |
| 7 | 00:37:58.7 | 494 | Markus Dirr | M45 | 1962 | GER | RSV Wyhl |
| 8 | 00:38:03.8 | 532 | Ralph Heidl | M45 | 1965 | GER | SSV Freiburg |
| 9 | 00:38:14.5 | 540 | Stephan Wirthner | M45 | 1962 | GER | LC Basel |
| 10 | 00:38:49.2 | 551 | Rolf-Peter Münch | M45 | 1965 | GER | Post SV Tübingen |
| 11 | 00:38:53.1 | 571 | Niklas Austermann | M45 | 1966 | GER | PTSV Jahn Freiburg |
| 12 | 00:38:53.3 | 511 | Manfred Langer | M45 | 1966 | GER | |
| 13 | 00:38:56.6 | 349 | Holger Kronenthaler | M45 | 1965 | GER | TV Riegel |
| 14 | 00:39:13.8 | 82 | Christian Firus | M45 | 1965 | GER | |
| 15 | 00:39:21.1 | 182 | Michael Oberst | M45 | 1966 | GER | Kein Verein |
| 16 | 00:39:57.0 | 210 | Nils Lotz | M45 | 1963 | GER | AKAVITA-Runners |
| 17 | 00:40:05.7 | 474 | Jörg Wendland | M45 | 1964 | GER | |

21. Teninger Allmendlauf 16. 01. 2011 10km vermessen Auswertung nach AK-Sep

| Platz | Zeit | StartNr | Name | Alterskl. | Jahr | Nat. | Verein |
|-------|------------|---------|-------------------------|-----------|------|------|------------------------------|
| 18 | 00:40:17.1 | 206 | Wilfried Henselmann | M45 | 1966 | GER | TNB Malterdingen |
| 19 | 00:40:19.0 | 299 | Thomas Ernst | M45 | 1966 | GER | LT Eendingen |
| 20 | 00:40:34.9 | 265 | Markus Fischer | M45 | 1966 | GER | SV Waldkirch |
| 21 | 00:40:42.2 | 220 | Andre Schwald | M45 | 1963 | GER | Lauftreff TSG Schopfheim |
| 22 | 00:40:52.6 | 169 | Volker Schmitz | M45 | 1962 | GER | |
| 23 | 00:40:59.2 | 360 | Michael Kottlors | M45 | 1964 | GER | |
| 24 | 00:41:21.2 | 542 | Christoph Hüttner | M45 | 1966 | GER | |
| 25 | 00:41:51.7 | 94 | Volker Zügel | M45 | 1964 | GER | TNB Malterdingen |
| 26 | 00:42:04.2 | 462 | Josef Singler | M45 | 1966 | GER | |
| 27 | 00:42:34.1 | 492 | Martin Hess | M45 | 1964 | GER | Simply Red |
| 28 | 00:42:38.1 | 65 | Martin Doninger-Göldner | M45 | 1965 | GER | ORSO Rock Symphony Orchestra |
| 29 | 00:42:48.1 | 554 | Martin Miersch | M45 | 1966 | GER | |
| 30 | 00:43:06.7 | 527 | Wolfgang Schyja | M45 | 1965 | GER | |
| 31 | 00:43:25.2 | 37 | Klaus Flämig | M45 | 1966 | GER | SVO Rieselfeld Freiburg |
| 32 | 00:43:32.1 | 161 | Rüdiger Wittmer | M45 | 1964 | GER | TV Wolfenweiler-Schallstadt |
| 33 | 00:43:56.9 | 569 | Armin Gleichauf | M45 | 1963 | GER | TNB Malterdingen |
| 34 | 00:44:00.2 | 270 | Wolfgang Zeiher | M45 | 1965 | GER | Team Beckerklinik |
| 35 | 00:44:01.7 | 162 | Matthias Becker | M45 | 1966 | GER | TV Biberach / Baden |
| 36 | 00:44:07.7 | 18 | Daniel Meier | M45 | 1966 | GER | |
| 37 | 00:44:08.5 | 33 | Oliver Platz | M45 | 1963 | GER | |
| 38 | 00:44:10.7 | 541 | Reinhold Meier | M45 | 1963 | GER | SV Hecklingen |
| 39 | 00:44:11.2 | 154 | Rico Degenkolb | M45 | 1963 | GER | TV Eendingen |
| 40 | 00:44:31.6 | 488 | Volker Eschle | M45 | 1963 | GER | LT Furtwangen |
| 41 | 00:44:33.0 | 475 | Peter Krauth | M45 | 1964 | GER | |
| 42 | 00:44:43.2 | 490 | Stefan Gerlach | M45 | 1963 | GER | Akavita Runner |
| 43 | 00:44:44.0 | 472 | Armin Fritz | M45 | 1965 | GER | |
| 44 | 00:45:09.6 | 26 | Roland Erat | M45 | 1963 | GER | |
| 45 | 00:45:26.5 | 328 | Norman Osterholt | M45 | 1966 | GER | |
| 46 | 00:45:41.3 | 196 | Mirco Woyciechowski | M45 | 1966 | GER | SVO Rieselfeld Freiburg |
| 47 | 00:46:07.3 | 306 | Jörg Bockstatt | M45 | 1964 | GER | TNB Malterdingen |
| 48 | 00:46:27.6 | 561 | Harmut Prisciano | M45 | 1964 | GER | |
| 49 | 00:46:38.2 | 302 | Dieter Vollhardt | M45 | 1965 | GER | |
| 50 | 00:46:53.0 | 90 | Wolfgang Schweizer | M45 | 1964 | GER | AOK Running Team |
| 51 | 00:47:13.0 | 312 | Michael Löwel | M45 | 1965 | GER | LV Ettenheim |
| 52 | 00:49:17.2 | 255 | Christian de Maat | M45 | 1965 | GER | |
| 53 | 00:50:04.8 | 248 | Michael Schlüter | M45 | 1965 | GER | Kiwanis Emmendingen |
| 54 | 00:50:17.2 | 185 | Frank O. Bayer | M45 | 1962 | GER | AOK Running Team |
| 55 | 00:50:42.6 | 163 | Roland Just, Dr. | M45 | 1962 | GER | Wölfe Freiburg |
| 56 | 00:51:07.5 | 61 | Felix Reulecke | M45 | 1963 | GER | SV Waldkirch |
| 57 | 00:51:11.0 | 172 | Leander Hohwieler | M45 | 1964 | GER | TV Ihringen |
| 58 | 00:51:17.6 | 482 | Jürgen Kury | M45 | 1965 | GER | |
| 59 | 00:51:20.5 | 148 | Dietmar Löffel | M45 | 1962 | GER | SV Mundingen AH |
| 60 | 00:51:24.8 | 192 | Michael Maier | M45 | 1966 | GER | TUS Teningen |
| 61 | 00:52:05.6 | 181 | Martin Förster | M45 | 1962 | GER | |
| 62 | 00:54:18.2 | 201 | Martin Haertwig | M45 | 1966 | GER | |
| 63 | 00:57:19.2 | 518 | Andreas Amann | M45 | 1965 | GER | LV Ettenheim |
| 64 | 01:03:17.8 | 549 | Dieter Leimenstoll | M45 | 1966 | GER | |

| Platz | Zeit | StartNr | Name | Alterskl. | Jahr | Nat. | Verein |
|-------|------------|---------|------------------|-----------|------|------|---------------|
| 1 | 00:35:29.2 | 280 | Werner Schwab | M50 | 1958 | GER | USC Freiburg |
| 2 | 00:36:18.3 | 505 | Roger Laurent | M50 | 1959 | GER | Colmar M.C. |
| 3 | 00:37:31.7 | 145 | Winfried Thurner | M50 | 1957 | GER | LT Furtwangen |

21. Teninger Allmendlauf 16. 01. 2011 10km vermessen Auswertung nach AK-Sep

| Platz | Zeit | StartNr | Name | Alterskl. | Jahr | Nat. | Verein |
|-------|------------|---------|------------------------|-----------|------|------|-----------------------------|
| 4 | 00:37:46.8 | 178 | Ludger Scheper | M50 | 1961 | GER | TuS Badenweiler |
| 5 | 00:37:47.8 | 497 | Andreas Naegele | M50 | 1960 | GER | PTSV Jahn Freiburg |
| 6 | 00:38:18.0 | 537 | Roland Raschke | M50 | 1960 | GER | Akavita Runner |
| 7 | 00:38:43.7 | 337 | Thomas Ganter | M50 | 1959 | GER | LT Furtwangen |
| 8 | 00:39:23.3 | 246 | Achim Zitzler | M50 | 1958 | GER | USC Freiburg |
| 9 | 00:39:33.3 | 506 | Alain Schmitt | M50 | 1961 | GER | Colmar M.C. |
| 10 | 00:39:50.5 | 465 | Joachim Stepan | M50 | 1959 | GER | Deutscher Running Outdoor |
| 11 | 00:41:09.3 | 477 | Nicolas Nolte | M50 | 1957 | GER | PTSV Jahn Freiburg |
| 12 | 00:41:35.5 | 325 | Thomas Scherzinger | M50 | 1960 | GER | SV Rot-Weiss Glottertal |
| 13 | 00:41:47.3 | 484 | Peter Rupp | M50 | 1959 | GER | TSV Willsbach |
| 14 | 00:42:55.1 | 208 | Rüdiger Klose | M50 | 1960 | GER | Fit & Fun Ehrenkirchen |
| 15 | 00:43:21.9 | 348 | Frank Hielscher | M50 | 1958 | GER | Freiburg |
| 16 | 00:43:24.2 | 528 | Martin Tritschler | M50 | 1958 | GER | TNB Malterdingen |
| 17 | 00:43:51.2 | 245 | Michael Spürgin | M50 | 1961 | GER | Kein Verein |
| 18 | 00:43:59.4 | 22 | Klaus Scheuber | M50 | 1961 | GER | Lokomotive Vauban |
| 19 | 00:44:03.2 | 164 | Jose Maria Iglesias | M50 | 1957 | ESP | Green Day |
| 20 | 00:44:24.5 | 101 | Siegfried Bär | M50 | 1958 | GER | TV Eichstetten |
| 21 | 00:44:43.2 | 29 | Gerhard Angst | M50 | 1961 | GER | AKAVITA-Runners |
| 22 | 00:44:59.2 | 146 | Jörg Angenendt, Dr. | M50 | 1958 | GER | |
| 23 | 00:45:48.7 | 168 | Matthias Buser | M50 | 1961 | GER | LG Geroldseck |
| 24 | 00:46:10.7 | 316 | Ralf Kohal | M50 | 1961 | GER | |
| 25 | 00:46:48.2 | 249 | Andreas Cordier | M50 | 1959 | GER | Kiwanis Emmendingen |
| 26 | 00:46:53.0 | 195 | Uli Gruler | M50 | 1957 | GER | AOK Running Team |
| 27 | 00:47:23.6 | 66 | Herbert Krankenberg | M50 | 1958 | GER | AOK Running Team |
| 28 | 00:47:29.1 | 387 | Fritz-Ulrich Hahne | M50 | 1957 | GER | TC Mündingen |
| 29 | 00:47:44.2 | 44 | Goetz Dittrich | M50 | 1957 | GER | SV Kirchzarten |
| 30 | 00:47:57.0 | 290 | Francesco Orlando | M50 | 1959 | GER | RSV Ebringen |
| 31 | 00:47:59.9 | 563 | Peter Weisser | M50 | 1957 | GER | |
| 32 | 00:48:00.5 | 455 | Thomas Kury | M50 | 1957 | GER | |
| 33 | 00:48:05.5 | 75 | Hans Schönberger | M50 | 1958 | GER | Fit & Fun Ehrenkirchen |
| 34 | 00:48:55.7 | 273 | Ingo Ehlers | M50 | 1959 | GER | |
| 35 | 00:49:34.6 | 175 | Armin Dörfler | M50 | 1958 | GER | Aktiv für Tiere Freiburg |
| 36 | 00:49:46.3 | 152 | Uwe Seiler | M50 | 1961 | GER | TV Endingen |
| 37 | 00:49:48.8 | 364 | Heinz Disch | M50 | 1958 | GER | |
| 38 | 00:49:50.8 | 48 | Rainer Brenner | M50 | 1958 | GER | |
| 39 | 00:50:27.1 | 538 | Clemens Kern | M50 | 1961 | GER | Lebenshilfe Breisgau |
| 40 | 00:50:32.2 | 119 | Lothar Schandelmeyer | M50 | 1960 | GER | |
| 41 | 00:50:34.4 | 315 | Gerald Leisinger | M50 | 1960 | GER | |
| 42 | 00:50:38.8 | 359 | Jürgen Heuchert | M50 | 1959 | GER | |
| 43 | 00:50:56.6 | 253 | Jörg Engelmann | M50 | 1960 | GER | |
| 44 | 00:52:39.5 | 187 | Wolfgang Funk | M50 | 1960 | GER | TV-Schuttertal |
| 45 | 00:53:15.5 | 513 | Helmut Glatz | M50 | 1958 | GER | Rose Peterstal |
| 46 | 00:54:39.7 | 167 | Bernd Strohbach | M50 | 1959 | GER | |
| 47 | 00:55:23.7 | 254 | Markus Deninger | M50 | 1960 | GER | |
| 48 | 00:55:45.5 | 209 | Johann Moos | M50 | 1961 | GER | Kein Verein |
| 49 | 00:56:40.1 | 303 | Erwin Brücher | M50 | 1957 | GER | AOK Running Team |
| 50 | 00:58:01.3 | 566 | Frank Rosenthal | M50 | 1961 | GER | |
| 51 | 01:04:26.1 | 297 | Dietmar Kirschberger | M50 | 1960 | GER | DLRG Ortsgruppe Emmendingen |
| 52 | 01:09:11.7 | 291 | Hans-Joachim Nouvortne | M50 | 1957 | GER | Team Beckerklinik |
| 53 | 01:13:12.2 | 27 | Uwe Karsten | M50 | 1959 | GER | Rose Peterstal |

21. Teninger Allmendlauf 16. 01. 2011 10km vermessen Auswertung nach AK-Sep

| Platz | Zeit | StartNr | Name | Alterskl. | Jahr | Nat. | Verein |
|-------|------------|---------|----------------------|-----------|------|------|------------------------------|
| 1 | 00:41:57.0 | 550 | Carl-Anton Weber | M55 | 1954 | GER | LV Ettenheim |
| 2 | 00:42:49.3 | 86 | Albert-Eugen Vetter | M55 | 1954 | GER | LG Brandenkopf |
| 3 | 00:43:18.7 | 127 | Rudolf Wagner | M55 | 1955 | GER | TV Britzingen |
| 4 | 00:44:27.0 | 570 | Wolfgang Bäumker | M55 | 1955 | GER | Seepark LT Freiburg |
| 5 | 00:44:50.3 | 526 | Louis Maldonado | M55 | 1954 | GER | LT Endingen |
| 6 | 00:44:52.8 | 122 | Carlo Winter | M55 | 1953 | GER | SV Gottenheim |
| 7 | 00:44:55.0 | 452 | Karl-Friedrich Ruth | M55 | 1954 | GER | |
| 8 | 00:45:00.3 | 308 | Ulrich Siegel | M55 | 1956 | GER | |
| 9 | 00:45:23.0 | 331 | Werner Kokert | M55 | 1953 | GER | Seepark-Lauftreff Freiburg |
| 10 | 00:45:48.0 | 467 | Reimund Formanek | M55 | 1953 | GER | TV Ortenberg |
| 11 | 00:46:07.7 | 126 | Ewald Wernet | M55 | 1954 | GER | Die Kinzigmücke |
| 12 | 00:46:10.1 | 72 | Konrad Hoch | M55 | 1956 | GER | SV Rot-Weiss Glottertal |
| 13 | 00:46:44.0 | 107 | Klaus Dräger | M55 | 1955 | GER | Funrunners |
| 14 | 00:49:21.4 | 334 | Friedhelm Zimmermann | M55 | 1955 | GER | Team Beckerklinik |
| 15 | 00:49:37.3 | 495 | Elmar Dickele | M55 | 1954 | GER | |
| 16 | 00:49:49.1 | 76 | Michael Hauser | M55 | 1956 | GER | Fit & Fun Ehrenkirchen |
| 17 | 00:50:17.8 | 221 | Rainer Braun | M55 | 1953 | GER | |
| 18 | 00:51:22.2 | 261 | Jürgen Müller | M55 | 1952 | GER | TV Ortenberg |
| 19 | 00:51:34.8 | 515 | Stefan Göhring | M55 | 1956 | GER | Team Maustiger |
| 20 | 00:53:33.1 | 468 | Gérard Laubacher | M55 | 1953 | GER | TV Ortenberg |
| 21 | 00:54:07.5 | 341 | Karl-Heinz Bühler | M55 | 1955 | GER | |
| 22 | 00:54:48.2 | 198 | Bernd Sillmann | M55 | 1956 | GER | KK-Laufschule Endingen |
| 23 | 00:54:58.6 | 190 | Klaus Jetter | M55 | 1954 | GER | Polizeidirektion Emmendingen |
| 24 | 00:55:26.3 | 180 | Herbert Hebek | M55 | 1956 | GER | TV Britzingen |
| 25 | 00:56:40.6 | 284 | Gerhard Amann | M55 | 1952 | GER | AOK Running Team |
| 26 | 01:05:53.1 | 31 | Bernd Leimgruber | M55 | 1954 | GER | DLRG Ortsgruppe Emmendingen |

| Platz | Zeit | StartNr | Name | Alterskl. | Jahr | Nat. | Verein |
|-------|------------|---------|----------------------|-----------|------|------|----------------|
| 1 | 00:45:48.6 | 547 | Jochen Schirmer | M60 | 1951 | GER | LC Bonn |
| 2 | 00:49:32.7 | 525 | Bernd Kemp | M60 | 1950 | GER | SV Bremgarten |
| 3 | 00:49:57.4 | 286 | Jürgen Prüske | M60 | 1948 | GER | SV Kirchzarten |
| 4 | 00:53:29.4 | 332 | Martin Kuhn | M60 | 1951 | GER | USC Freiburg |
| 5 | 00:53:51.0 | 319 | Rudi Zimmermann | M60 | 1947 | GER | TV Eichstetten |
| 6 | 00:53:53.3 | 199 | Franz Bonsch | M60 | 1949 | GER | |
| 7 | 00:55:47.5 | 321 | Salvatore Tomburello | M60 | 1951 | GER | SV Haslach |

| Platz | Zeit | StartNr | Name | Alterskl. | Jahr | Nat. | Verein |
|-------|------------|---------|----------------------|-----------|------|------|----------------------------|
| 1 | 00:43:19.5 | 36 | Hans-Gerd Schäfer | M65 | 1944 | GER | FT 1844 Freiburg |
| 2 | 00:46:56.3 | 330 | Klaus Weber | M65 | 1943 | GER | Seepark Lauftreff Freiburg |
| 3 | 00:47:21.7 | 310 | Hans Decoux | M65 | 1943 | GER | LV Ettenheim |
| 4 | 00:49:05.6 | 268 | Hans-Günter Siegeris | M65 | 1946 | GER | TV Pfaffenweiler |
| 5 | 00:50:26.1 | 275 | Rolf Breithaupt | M65 | 1945 | GER | : -) |
| 6 | 00:54:03.8 | 287 | Arnold Mayer | M65 | 1943 | GER | TB Emmendingen |
| 7 | 00:54:24.2 | 351 | Heinz-Jürgen Laux | M65 | 1945 | GER | RIG Freiburg |
| 8 | 00:55:08.0 | 285 | Walter Pfister | M65 | 1942 | GER | SV Malterdingen |
| 9 | 00:55:41.0 | 262 | Hans Jürgen Hilken | M65 | 1943 | GER | TV Ortenberg |
| 10 | 00:56:00.1 | 483 | Jürgen Sillmann | M65 | 1945 | GER | SV Mundingen |

| Platz | Zeit | StartNr | Name | Alterskl. | Jahr | Nat. | Verein |
|-------|------------|---------|---------------|-----------|------|------|-------------|
| 1 | 00:39:20.0 | 238 | Peter Lessing | M70 | 1941 | GER | Kein Verein |

21. Teninger Allmendlauf 16. 01. 2011 10km vermessen Auswertung nach AK-Sep

| Platz | Zeit | StartNr | Name | Alterskl. | Jahr | Nat. | Verein |
|-------|------------|---------|-------------------|-----------|------|------|-----------------------------|
| 2 | 00:45:13.0 | 510 | Walter Blessing | M70 | 1939 | GER | FC Unterkirnach |
| 3 | 00:56:12.8 | 521 | Adolf Salb | M70 | 1938 | GER | TV Wolfenweiler-Schallstadt |
| 4 | 00:57:14.5 | 305 | Gerhard Dähne | M70 | 1938 | GER | Burda Sportclub Offenburg |
| Platz | Zeit | StartNr | Name | Alterskl. | Jahr | Nat. | Verein |
| 1 | 00:56:22.8 | 277 | Norbert Göbel | M75 | 1935 | GER | Freiburger FC |
| 2 | 01:01:48.7 | 358 | Claude Weichel | M75 | 1934 | FRA | Kaysersberg A.S |
| Platz | Zeit | StartNr | Name | Alterskl. | Jahr | Nat. | Verein |
| 1 | 01:03:24.3 | 1 | Franz Cetnarski | M80 | 1928 | GER | USC Freiburg |
| 2 | 01:03:27.2 | 453 | Werner Storz | M80 | 1928 | GER | TV Mülheim |
| Platz | Zeit | StartNr | Name | Alterskl. | Jahr | Nat. | Verein |
| 1 | 00:31:59.0 | 2 | Benedikt Hoffmann | MHK | 1985 | GER | PTSV Jahn Freiburg |
| 2 | 00:32:28.1 | 4 | Maurice Clavel | MHK | 1988 | GER | Pactimo Racing Team |
| 3 | 00:32:45.1 | 3 | Andi Böcherer | MHK | 1983 | GER | Tri Team Kaiserstuhl |
| 4 | 00:34:57.0 | 58 | Florian Adami | MHK | 1987 | GER | TV Riegel |
| 5 | 00:35:28.5 | 207 | Michael Huber | MHK | 1984 | GER | TNB Malterdingen |
| 6 | 00:35:39.8 | 264 | Andreas Ciensky | MHK | 1986 | GER | PTSV Jahn Freiburg |
| 7 | 00:35:53.4 | 307 | Oliver Kuchenbuch | MHK | 1987 | GER | |
| 8 | 00:36:47.6 | 166 | Paul Börner | MHK | 1986 | GER | Tri-Team Freiburg |
| 9 | 00:36:55.2 | 64 | Kevin Götz | MHK | 1984 | GER | SV Waldkirch |
| 10 | 00:37:31.9 | 117 | Jonas Zimmermann | MHK | 1989 | GER | TNB Malterdingen |
| 11 | 00:37:35.3 | 252 | Raffael Schaffrik | MHK | 1988 | GER | SV Waldkirch |
| 12 | 00:37:51.7 | 100 | Jannik Späth | MHK | 1987 | GER | team-speedzone.de |
| 13 | 00:38:29.6 | 49 | Jan Zipperle | MHK | 1991 | GER | TV Riegel |
| 14 | 00:40:06.7 | 186 | Jonas Pavelka | MHK | 1982 | GER | |
| 15 | 00:40:50.6 | 327 | Sascha Santa-Deva | MHK | 1982 | GER | USC Freiburg |
| 16 | 00:40:52.1 | 516 | Christoph Maier | MHK | 1983 | GER | SV Mariazell |
| 17 | 00:40:53.1 | 157 | Dominik Hentschel | MHK | 1991 | GER | TV Endingen |
| 18 | 00:41:26.1 | 356 | Patrick Saar | MHK | 1983 | GER | TV Endingen |
| 19 | 00:41:28.7 | 576 | Sven Kopf | MHK | 1991 | GER | |
| 20 | 00:41:55.5 | 363 | Daniel Schäfer | MHK | 1984 | GER | |
| 21 | 00:42:38.4 | 225 | Sebastian Förster | MHK | 1991 | GER | |
| 22 | 00:43:05.1 | 559 | Jochen Höfflin | MHK | 1987 | GER | TV Eichstetten |
| 23 | 00:43:57.5 | 155 | Mathias Hentschel | MHK | 1988 | GER | TV Endingen |
| 24 | 00:45:20.6 | 35 | Sascha Fröschl | MHK | 1982 | GER | AHS Uni Freiburg |
| 25 | 00:45:58.7 | 124 | Stefan Flamm | MHK | 1987 | GER | |
| 26 | 00:47:58.4 | 560 | Hans-Peter Mößner | MHK | 1986 | GER | TV Eichstetten |
| 27 | 00:50:23.0 | 295 | Stefan Mücke | MHK | 1990 | GER | DLRG Ortsgruppe Emmendingen |
| 28 | 00:51:03.0 | 59 | Hannes Schaffrik | MHK | 1984 | GER | SV Waldkirch |
| 29 | 00:53:24.6 | 296 | Daniel Binkert | MHK | 1985 | GER | |
| 30 | 00:53:42.6 | 548 | Günter Danzeisen | MHK | 1986 | GER | |
| 31 | 00:54:34.8 | 478 | Oliver Lutz | MHK | 1988 | GER | |
| 32 | 01:00:26.6 | 17 | Tommy Künzel | MHK | 1983 | GER | Team Beckerklinik |
| 33 | 01:08:20.7 | 555 | Gerhard Bienen | MHK | 1986 | GER | |

21. Teninger Allmendlauf 16. 01. 2011 10km vermessen Auswertung nach AK-Sep

| Platz | Zeit | StartNr | Name | Alterskl. | Jahr | Nat. | Verein |
|-------|------------|---------|--------------------|-----------|------|------|------------------------|
| 1 | 00:43:09.3 | 19 | Sophia Möllinger | Jug A w | 1992 | GER | TUS Teningen |
| 2 | 00:45:16.6 | 130 | Sabrina Burckhardt | Jug A w | 1992 | GER | TV Ortenberg |
| Platz | Zeit | StartNr | Name | Alterskl. | Jahr | Nat. | Verein |
| 1 | 00:41:31.0 | 507 | Laura Fuß | Jug B w | 1994 | GER | TUS Königsfeld |
| 2 | 00:45:09.4 | 294 | Kim Erat | Jug B w | 1995 | GER | PTSV Jahn Freiburg |
| 3 | 00:45:39.1 | 223 | Lena Hindelang | Jug B w | 1997 | GER | FC Unterkirnach |
| 4 | 01:03:47.3 | 111 | Sophie Jitten | Jug B w | 1995 | GER | TuS Teningen |
| 5 | 01:04:07.1 | 110 | Antonia Stübbe | Jug B w | 1995 | GER | TuS Teningen |
| Platz | Zeit | StartNr | Name | Alterskl. | Jahr | Nat. | Verein |
| 1 | 00:39:51.8 | 491 | Nina Kallabis | W30 | 1977 | GER | LG Baar |
| 2 | 00:41:54.4 | 523 | Eva Geerlings | W30 | 1980 | GER | |
| 3 | 00:41:54.8 | 500 | Pia Zacharias | W30 | 1980 | GER | SV Waldkirch |
| 4 | 00:42:33.1 | 274 | Ulrike Adriany | W30 | 1977 | GER | LT Furtwangen |
| 5 | 00:43:32.6 | 458 | Verena Blache | W30 | 1979 | GER | TNB Malterdingen |
| 6 | 00:45:02.3 | 20 | Nadine Götzmann | W30 | 1980 | GER | PTSV Jahn Freiburg |
| 7 | 00:45:32.5 | 355 | Anya Häusermann | W30 | 1980 | GER | |
| 8 | 00:45:40.8 | 176 | Theres Heinz | W30 | 1978 | SUI | |
| 9 | 00:47:25.1 | 269 | Kathrin Buchheit | W30 | 1980 | GER | Kein Verein |
| 10 | 00:47:29.6 | 266 | Sabrina Rößler | W30 | 1981 | GER | SC Önsbach |
| 11 | 00:51:13.9 | 189 | Simone Markstahler | W30 | 1981 | GER | |
| 12 | 00:52:29.5 | 63 | Barbara Schmieder | W30 | 1977 | GER | SV Waldkirch |
| Platz | Zeit | StartNr | Name | Alterskl. | Jahr | Nat. | Verein |
| 1 | 00:38:07.1 | 504 | Bettina Steiger | W35 | 1973 | GER | LC Basel |
| 2 | 00:40:28.6 | 311 | Nicole Benning | W35 | 1972 | GER | EK Schwaikheim |
| 3 | 00:41:32.5 | 365 | Gudrun Ikker | W35 | 1974 | GER | |
| 4 | 00:42:27.2 | 149 | Cordula Tröndle | W35 | 1974 | GER | |
| 5 | 00:43:01.0 | 54 | Katharina Förster | W35 | 1974 | GER | TV Riegel |
| 6 | 00:43:31.1 | 141 | Jeannette Sigrist | W35 | 1976 | SUI | |
| 7 | 00:46:19.5 | 489 | Tatjana Höhler | W35 | 1974 | GER | Akavita Runner |
| 8 | 00:49:55.4 | 218 | Kathrin Galle | W35 | 1974 | GER | |
| 9 | 00:50:34.1 | 243 | Carmen Preuss | W35 | 1974 | GER | Kein Verein |
| 10 | 00:51:33.4 | 514 | Melanie Kindler | W35 | 1974 | GER | Akavita Runner |
| 11 | 00:52:08.1 | 372 | Michaela Schwarz | W35 | 1974 | GER | SV Würtlingen |
| 12 | 01:13:11.1 | 368 | Katja Karsten | W35 | 1972 | GER | |
| Platz | Zeit | StartNr | Name | Alterskl. | Jahr | Nat. | Verein |
| 1 | 00:43:31.4 | 509 | Anja Lienemann | W40 | 1969 | GER | TNB Malterdingen |
| 2 | 00:45:55.1 | 480 | Nele Haupt | W40 | 1968 | GER | SV Kirchzarten |
| 3 | 00:46:06.7 | 342 | Sabine Koenig | W40 | 1967 | GER | |
| 4 | 00:48:04.7 | 556 | Bettina Moschner | W40 | 1967 | GER | Fit & Fun Ehrenkirchen |
| 5 | 00:48:13.5 | 132 | Sonja Rinderle | W40 | 1969 | GER | AKAVITA-Runners |
| 6 | 00:49:14.8 | 41 | Barbara Hess | W40 | 1970 | GER | Kein Verein |
| 7 | 00:49:18.6 | 460 | Fiona Schenk | W40 | 1971 | GER | TV Britzingen |
| 8 | 00:49:34.1 | 283 | Larysa Riedmueller | W40 | 1970 | GER | LG Hohenfels |
| 9 | 00:50:02.2 | 498 | Gabi Weber | W40 | 1967 | GER | Seepark LT Freiburg |
| 10 | 00:50:40.3 | 260 | Sabine Baumann | W40 | 1969 | GER | AKAVITA-Runners |

21. Teninger Allmendlauf 16. 01. 2011 10km vermessen Auswertung nach AK-Sep

| Platz | Zeit | StartNr | Name | Alterskl. | Jahr | Nat. | Verein |
|-------|------------|---------|---------------------|-----------|------|------|-----------------------------|
| 11 | 00:52:56.2 | 487 | Muriel Albiez | W40 | 1967 | GER | SSV Kippenheim Biathlon |
| 12 | 00:53:11.3 | 519 | Dominika Schuler | W40 | 1970 | GER | |
| 13 | 00:54:13.5 | 463 | Brigitte Hohenegger | W40 | 1967 | GER | TV Endingen |
| 14 | 00:54:48.5 | 272 | Conny Schweizer | W40 | 1970 | GER | AKAVITA-Runners |
| 15 | 00:59:54.4 | 215 | Corinne Dietrich | W40 | 1969 | FRA | |
| 16 | 00:59:54.8 | 188 | Nathalie Verrier | W40 | 1970 | FRA | |
| 17 | 01:00:33.3 | 78 | Carmen Rüdiger | W40 | 1969 | GER | TV Freiburg-Munzingen |
| 18 | 01:06:09.3 | 55 | Manuela Oberle | W40 | 1970 | GER | DLRG Ortsgruppe Emmendingen |

| Platz | Zeit | StartNr | Name | Alterskl. | Jahr | Nat. | Verein |
|-------|------------|---------|-------------------|-----------|------|------|---------------------------|
| 1 | 00:43:39.1 | 263 | Ghislaine Schmidt | W45 | 1963 | GER | LG Hohenfels |
| 2 | 00:45:50.1 | 229 | Alma Glück | W45 | 1966 | GER | |
| 3 | 00:46:47.1 | 84 | Cati Seiffert | W45 | 1966 | GER | Die Könige vom Dreisamdam |
| 4 | 00:47:10.6 | 184 | Petra Nönninger | W45 | 1966 | GER | TNB Malterdingen |
| 5 | 00:47:53.7 | 170 | Almut Zeeck | W45 | 1963 | GER | |
| 6 | 00:49:55.7 | 361 | Christine Schmidt | W45 | 1964 | GER | Rückrat Emmendingen |
| 7 | 00:51:36.2 | 235 | Christina Sailer | W45 | 1965 | GER | Kein Verein |
| 8 | 00:52:09.2 | 147 | Sigrid Schwarz | W45 | 1962 | GER | Lauffreunde Neuried |
| 9 | 00:52:34.3 | 557 | Lydia Blesni | W45 | 1962 | GER | Akavita Runner |
| 10 | 00:54:31.3 | 121 | Antje Dankert | W45 | 1965 | GER | SV Titisee |
| 11 | 00:55:49.7 | 464 | Cäcilia Ehret | W45 | 1966 | GER | TV Endingen |
| 12 | 00:56:07.2 | 214 | Veronique Lamare | W45 | 1965 | FRA | |
| 13 | 00:56:40.3 | 125 | Andrea Nordmann | W45 | 1965 | GER | AOK Running Team |
| 14 | 00:58:01.7 | 324 | Ljubica Petersen | W45 | 1964 | GER | |

| Platz | Zeit | StartNr | Name | Alterskl. | Jahr | Nat. | Verein |
|-------|------------|---------|-----------------------|-----------|------|------|-----------------------------|
| 1 | 00:44:07.2 | 213 | Barbara Schmelzle | W50 | 1959 | GER | |
| 2 | 00:52:22.1 | 558 | Gabi Hauri | W50 | 1959 | GER | Akavita Runner |
| 3 | 00:52:30.2 | 493 | Sabine Hebding-Geiger | W50 | 1959 | GER | LV Ettenheim |
| 4 | 00:53:05.1 | 520 | Beate Mehofer | W50 | 1960 | GER | TV Wolfenweiler-Schallstadt |
| 5 | 00:53:31.3 | 371 | Lisa Knöpfle-Butsch | W50 | 1960 | GER | AKAVITA-Runners |
| 6 | 00:55:19.4 | 150 | Liane Ohlsen | W50 | 1958 | GER | |
| 7 | 00:55:21.8 | 85 | Johanna Schmidt | W50 | 1958 | GER | LV Ettenheim |
| 8 | 00:58:32.5 | 69 | Anastasia Gutgsell | W50 | 1959 | GER | |
| 9 | 01:01:20.8 | 370 | Dorothee Bau | W50 | 1961 | GER | |
| 10 | 01:06:09.2 | 136 | Edith Wrobel | W50 | 1960 | GER | DLRG Ortsgruppe Emmendingen |

| Platz | Zeit | StartNr | Name | Alterskl. | Jahr | Nat. | Verein |
|-------|------------|---------|--------------------------|-----------|------|------|--------------------|
| 1 | 00:46:45.3 | 251 | Marion Freider-Schaffrik | W55 | 1956 | GER | SV Waldkirch |
| 2 | 00:52:54.3 | 202 | Veronika Dukic | W55 | 1953 | GER | Skiclub Münstertal |
| 3 | 00:53:49.5 | 545 | Christa Voss | W55 | 1955 | GER | Akavita Runner |
| 4 | 00:55:21.3 | 553 | Heidi Stöhr | W55 | 1956 | GER | |
| 5 | 00:56:24.2 | 151 | Rosmarie Albrecht | W55 | 1955 | GER | TNB Malterdingen |
| 6 | 00:59:08.7 | 544 | Petra Baumann | W55 | 1954 | GER | Akavita Runner |

| Platz | Zeit | StartNr | Name | Alterskl. | Jahr | Nat. | Verein |
|-------|------------|---------|--------------|-----------|------|------|---------------|
| 1 | 00:49:13.0 | 219 | Erika Regitz | W65 | 1946 | GER | TV Denzlingen |

21. Teninger Allmendlauf 16. 01. 2011 10km vermessen Auswertung nach AK-Sep

| Platz | Zeit | StartNr | Name | Alterskl. | Jahr | Nat. | Verein |
|-------|------------|---------|---------------------------|-----------|------|------|--------------------------------|
| 1 | 00:57:09.8 | 205 | Christa Adler | W70 | 1941 | GER | LT Endingen |
| Platz | Zeit | StartNr | Name | Alterskl. | Jahr | Nat. | Verein |
| 1 | 01:25:06.0 | 473 | Anna M. Sdun | W75 | 1933 | GER | |
| Platz | Zeit | StartNr | Name | Alterskl. | Jahr | Nat. | Verein |
| 1 | 00:34:59.2 | 11 | Anja Schnabel | WHK | 1985 | GER | LAZ Salamander Kornwestheim-Lu |
| 2 | 00:38:51.6 | 12 | Manuela Molz | WHK | 1986 | GER | TSG Heilbronn |
| 3 | 00:38:52.4 | 14 | Stephanie Schmitz-Weckauf | WHK | 1988 | GER | PTSV Jahn Freiburg |
| 4 | 00:39:47.2 | 479 | Johanna Mattay | WHK | 1987 | GER | TNB Malterdingen |
| 5 | 00:40:14.7 | 212 | Susanne Gölz | WHK | 1982 | GER | Die Könige vom Dreisamdamm |
| 6 | 00:41:58.5 | 13 | Tatjana Braun | WHK | 1988 | GER | TV Riegel |
| 7 | 00:44:40.2 | 43 | Anne Ziegler | WHK | 1986 | GER | LC Rothaus |
| 8 | 00:45:08.0 | 236 | Rebecca Stader | WHK | 1988 | GER | TUS Teningen |
| 9 | 00:46:30.4 | 508 | Kerstin Dahl | WHK | 1985 | GER | SV Waldkirch |
| 10 | 00:48:18.6 | 471 | Annika Braunsdorf | WHK | 1983 | GER | Quäl-Dich-Laufen |
| 11 | 00:48:46.0 | 108 | Annika Boos | WHK | 1987 | GER | Tri-Team Freiburg |
| 12 | 00:49:40.8 | 113 | Anna Raynor | WHK | 1983 | GER | |
| 13 | 00:51:02.4 | 62 | Katharina Adamski | WHK | 1985 | GER | SV Waldkirch |
| 14 | 00:53:51.3 | 15 | Franziska Illing | WHK | 1983 | GER | |
| 15 | 00:57:16.2 | 242 | Daniela Jablonski | WHK | 1982 | GER | TNB Malterdingen |
| 16 | 01:00:00.8 | 250 | Varinia Iber | WHK | 1988 | GER | |
| 17 | 01:08:50.4 | 279 | Michelle Künzel | WHK | 1985 | GER | Team Beckerklinik |
| 18 | 01:20:56.6 | 317 | Julia Klos | WHK | 1984 | GER | |