

5km Einsteigerlauf

Männer

| Platz | Name | Vorname | Verein | AK-Platz | AK | Zeit |
|-------|-------------|----------|---------------------------|----------|------|---------|
| 1 | Baumstark | Sven | Sportvg Feuerbach | 1 | MHK | 0:18:32 |
| 2 | Werder | Patrick | TSG Backnang Ski | 2 | MHK | 0:19:06 |
| 3 | Reutter | Jannis | LG Weissacher Tal | 1 | MU20 | 0:19:56 |
| 4 | Barkho | Louis | LG Weissacher Tal | 2 | MU20 | 0:20:22 |
| 5 | Ahmad | Khaled | LG Weissacher Tal | 3 | MHK | 0:20:54 |
| 6 | Gronbach | Daniel | LT Auenwald | 4 | MHK | 0:21:04 |
| 7 | Benenson | Maksim | Max-Eyth-Realschule | 1 | MU18 | 0:21:08 |
| 8 | Pfauser | Marco | SG Weissach i.T. Handball | 5 | MHK | 0:22:24 |
| 9 | Mäder | Oliver | Backnang | 1 | M35 | 0:23:24 |
| 10 | Warth | Frank | Allmersbach im Tal | 1 | M45 | 0:25:58 |
| 11 | Weller | Niklas | TV Allmersbach | 1 | MU16 | 0:26:03 |
| 12 | Makselon | Jacek | Backnang | 2 | M35 | 0:26:25 |
| 13 | Kiesl | Benedikt | EJW Backnang | 6 | MHK | 0:26:29 |
| 14 | Driesel | Jan | Weissach im Tal | 7 | MHK | 0:26:30 |
| 15 | Memeti | Nexhat | SK Fichtenberg | 1 | M50 | 0:26:36 |
| 16 | Dr. Steinat | Jens | Weissach im Tal | 1 | M40 | 0:27:08 |
| 17 | munz | wolfgang | Team-Farbstark-Unterrot | 1 | M65 | 0:28:12 |
| 18 | Heckmann | Luis | Murrhardt | 2 | MU16 | 0:28:18 |
| 19 | Müller | Hans | Weissach im Tal | 2 | M65 | 0:32:50 |
| 20 | Emrich | Heiko | Roadrunners Wilhelmsheim | 2 | M40 | 0:33:41 |
| 21 | Pesler | Kai | Roadrunners Wilhelmsheim | 3 | M35 | 0:36:29 |
| 22 | Reinecke | Swen | Team Erdinger alkoholfrei | 2 | M45 | 0:42:47 |

Frauen

| Platz | Name | Vorname | Verein | AK-Platz | AK | Zeit |
|-------|-------------|-----------|-----------------------------------|----------|------|---------|
| 1 | Pfizenmaier | Julia | Sportvg Feuerbach | 1 | WHK | 0:20:57 |
| 2 | Josua | Sina | LG Weissacher Tal | 2 | WHK | 0:23:11 |
| 3 | Lüders | Tabea | SV Winnenden Fußball | 1 | WU20 | 0:23:27 |
| 4 | Köster | Nadine | Roadrunners Wilhelmsheim | 1 | W35 | 0:24:18 |
| 5 | Kientsch | Simone | LT Winnenden | 1 | W45 | 0:24:27 |
| 6 | Stettner | Jenny | LT Auenwald | 2 | W35 | 0:24:53 |
| 7 | Coelle | Dagmar | Weissach im Tal | 1 | WU18 | 0:25:44 |
| 8 | Haberl | Maren | Weissach im Tal | 1 | WU16 | 0:26:02 |
| 9 | Ohl | Katharina | TSV Lippoldswailer Wettkampfsport | 2 | WU16 | 0:26:02 |
| 10 | Throm | Ina | Team Racesolution | 1 | W30 | 0:26:13 |
| 11 | Wörner | Mara | Auenwald | 2 | WU20 | 0:26:32 |
| 12 | Mäder | Andrea | Backnang | 2 | W30 | 0:26:50 |
| 13 | Bock | Lisann | Weissach im Tal | 2 | WU18 | 0:26:53 |
| 14 | Heckmann | Monika | Murrhardt | 1 | W50 | 0:30:01 |
| 15 | Felten | Kerstin | Stuttgart | 1 | W55 | 0:30:58 |
| 16 | Schrempf | Deborah | EJW Backnang | 3 | WHK | 0:31:32 |
| 17 | Reutter | Claudia | Unterweissach Tennis | 2 | W45 | 0:31:35 |
| 18 | Schützle | Sandra | LT Auenwald | 1 | W40 | 0:31:39 |
| 19 | Rommel | Anja | Weissach im Tal | 2 | W40 | 0:31:44 |
| 20 | Fritz | Caroline | Auenwald | 4 | WHK | 0:32:21 |
| 21 | Heinrich | Heike | Lauftreff Lockerer Haufen | 3 | W45 | 0:34:29 |

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| 22 | Rettenmaier | Dorit | EJW Backnang | 2 | W55 | 0:34:58 |
| 23 | Stangl | Anja | EJW Backnang | 2 | W50 | 0:35:01 |
| 24 | Fritscher | Felicitas | EJW Backnang | 5 | WHK | 0:35:29 |
| 25 | Häuser | Petra | LT Auenwald | 3 | W50 | 0:36:21 |
| 26 | Kaiser | Sabrina | EJW Backnang | 6 | WHK | 0:36:31 |
| 27 | Württemberg | Heike | TSV Willsbach | 3 | W40 | 0:43:33 |