

	2007			2008			2009			2010			2011		
6km-Lauf	Weth, Werner	SV Vasbühl	21:28,8	Wagner, Christoph	TV Bad Brückenau	21:09,8	Kneuer, Jürgen	TSV Ettleben	21:04,6	Weth, Werner	SV Vasbühl	22:13,0	Kneuer, Jürgen	TSV Ettleben	20:53,0
	Roider, Sieglinde	TV DJK Hammelburg	28:17,2	Zufrass, Sybille	TSV Waigolshausen	29:57,2	Rudolph, Gerda	ZF Sachs Running Team	29:38,7	Pfeuffer, Lisa	DJK Gänheim	26:46,0	Strobel, Clara	JFG Werntalkicker	30:05,0
12km-Lauf	Harwardt, Valentin	TG 48 SW	42:38,0	Harwardt, Valentin	Stadtmarathon Würzburg	41:05,9	Zeißner, Jürgen	TG 48 Schweinfurt	44:23,4	Zeißner, Jürgen	TG 48 Schweinfurt	44:41,0	Seufert, Konstantin	Speed-Max-Team	42:50,0
	Pfeuffer, Lisa	DJK Gänheim	48:45,1	Pototzky, Heide	RV Viktoria Wombach	59:23,7	Fleck, Susanne	TSV Gernach	54:19,0	Pototzky, Heide	Viktoria Wombach	1:03:26,0	Fleck, Susanne	TSV Gernach	50:54,0
Walking	Rheude, Alexander	TSV Waigolshausen	45:29,0	Rheude, Alexander	TSV Waigolshausen	44:07,3	Lohr, Jürgen	FC Geldersheim	43:46,0	Katzenberger, Erich	ZF Sachs Schweinfurt	43:52,0	Katzenberger, Erich	ZF Sachs Schweinfurt	43:46,0
	Fenn, Rosi	TSV Waigolshausen	46:09,2	Rheude, Margit	TSV Waigolshausen	44:06,7	Fenn, Rosi	TSV Waigolshausen	44:30,0	Rheude, Margit	TSV Waigolshausen	46:23,0	Fenn, Rosi	TSV Waigolshausen	46:42,0
Teen-Run	Werner, David	TSV Waigolshausen	03:42,8	Katzenberger, Nico	TSC Zeuzleben	05:38,3	Vollmuth, Jan	TSC Zeuzleben	06:13,7	Müller, Luca	Speed-Max-Team	06:22,0	Kündiger, Leon	SG Schleiereth	05:58,0
	Strobel, Clara	TSV Waigolshausen	03:48,0	Strobel, Clara	TSV Waigolshausen	06:15,0	Barthelmes, Eva	TSC Zeuzleben	06:51,4	Barthelmes, Eva	TSC Zeuzleben	06:51,0	Heuler, Luisa	Speed-Max-Team	06:41,0
Kids-Run				Vollmuth, Jan	TSC Zeuzleben	02:52,2	Landeck, Julius	TSV Ettleben	03:18,4	Fischer, Jan		02:04,0	Zorn, Justin	TSV Waigolshausen	02:13,0
				Rebhan, Janina	Bergrheinfeld	03:20,0	Scholl, Tamara	TSV Röhlein	03:39,4	Scholl, Tamara	TSV Röhlein	02:05,0	Wiesler, Alina	SV Schraudenbach	02:27,0

	2012			2013			2014			2015		
6km-Lauf	Weth, Werner	SV Vasbühl	21:20,6	Appel, Hans	DJK Schweinfurt	19:52,8	Appel, Hans	DJK Schweinfurt	20:21,3	Appel, Hans	DJK Schweinfurt	20:22,3
	Vollert, Jana	TG48 Schweinfurt	24:58,9	Vollert, Jana	TG48 Schweinfurt	24:07,7	Vollert, Jana	TG48 Schweinfurt	24:11,0	Vollert, Elke	TG48 Schweinfurt	24:16,6
12km-Lauf	Unsleber, Markus	Laufstil Würzburg	41:30,2	Unsleber, Markus	TV/DJK Hammelburg	40:42,9	Stöckert, Manuel	SC Ostheim	36:16,8	Wetteskind, Michael	DJK Schweinfurt	42:06,3
	Erlach, Anja	SV Würzburg 05	49:39,2	Fleck, Susanne	TSV Gernach	48:45,8	Fleck, Susanne	TSV Gernach	49:17,4	Baunach, Eva	DJK Schweinfurt	49:05,8
Walking	Lohr, Jürgen	FC Geldersheim	45:52,3	Müller, Harald	DJK Abersfeld	41:26,0	Katzenberger, Erich	ZF Running Team	40:26,5	Katzenberger, Erich	ZF Running Team	40:38,2
	Blattner, Christine	TSV Schwebheim	48:27,0	Sell, Carina	Burkardus Wohnpark	43:44,3	Zürn, Gabriele		46:18,5	Kern, Karin	TSV Gochsheim	46:13,9
Teen-Run	Schimmel, David	Werntal Kickers	03:54,8	Pfeifer, Stefan	Speed-Max-Team	03:46,1	Herrmann, David	TSV Werneck	03:37,8	Herrmann, David	TSV Werneck	03:33,5
	Vollert, Jana	TG48 Schweinfurt	03:44,2	Vollert, Jana	TG48 Schweinfurt	03:27,7	Klein, Lara	Obbach	03:47,4	Filipovski, Stefanija	DJK Schweinfurt	03:52,8
Kids-Run	Schmitt, Noah		02:11,8	Deppisch, Erik	TSV Waigolshausen	02:04,4	Pfister, Tim	TSV Berggrheinfeld	01:56,5	Klein, Fabian	TSV Waigolshausen	01:50,7
	Hauke, Emma	TV Enzberg	01:59,4	Baunach, Johanna	DJK Schweinfurt	02:10,5	Fischer, Lea	DJK Schwebenried	02:05,8	Baunach, Sara	DJK Schweinfurt	02:11,9