

16. Kaltenstein - Cross (Lebach) am 10.03.2024

800 Meter

| Pos. | Name | Verein/Ort | Pl./AK | Zeit |
|------|--------------------|------------------------------|--------|---------|
| 1. | Richard Zaar | LC Rehlingen | 1.M7 | 0:03:42 |
| 2. | Jonas Kronberg | LTF Theeltal | 2.M7 | 0:03:44 |
| 3. | Henry Rauber | TV Bliesen | 3.M7 | 0:03:46 |
| 4. | Ben Maxem | LG Reimsbach-Oppen | 4.M7 | 0:03:58 |
| 5. | Paula Vogt | LG Reimsbach-Oppen | 1.W7 | 0:04:04 |
| 6. | Mats Ehrich | | 5.M7 | 0:04:04 |
| 7. | Milian Zumia | | 6.M7 | 0:04:08 |
| 8. | Marie Schedler | TV Ottweiler Leichtathletik | 2.W7 | 0:04:21 |
| 9. | Mariella Adolph | TV Lebach | 3.W7 | 0:04:30 |
| 10. | Charlotte Reichard | DJK SG 1963 e.V. St. Ingbert | 4.W7 | 0:04:31 |
| 11. | Matilda Oster | LTF Theeltal | 1.W6 | 0:04:33 |
| 12. | Lionel Pätzold | DJK SG 1963 e.V. St. Ingbert | 1.M6 | 0:04:35 |
| 13. | Käthe Kreuz | TV Bliesen | 5.W7 | 0:04:40 |
| 14. | Marx Schilling | TV Lebach | 2.M6 | 0:04:47 |
| 15. | Franziska Strauß | TV Lebach | 2.W6 | 0:04:47 |
| 16. | Florian Kelter | LG Reimsbach-Oppen | 3.M6 | 0:04:50 |
| 17. | Valentin Lechner | LTF Theeltal | 7.M7 | 0:04:55 |
| 18. | Elina Bohlinger | LTF Theeltal | 3.W6 | 0:04:57 |
| 19. | Simon Normandin | Tri-Sport Saar-Hochwald | 8.M7 | 0:05:00 |
| 20. | Nora Schaefer | LTF Theeltal | 6.W7 | 0:05:17 |
| 21. | Hedda Scherer | LG Reimsbach-Oppen | 4.W6 | 0:06:06 |
| 22. | Emil Zehren | LG Reimsbach-Oppen | 1.M4 | 0:06:34 |
| 23. | Nils Strobelt | LG Reimsbach-Oppen | 1.M5 | 0:07:24 |
| 24. | Emily Dollwett | LG Reimsbach-Oppen | 1.W5 | 0:07:52 |
| 25. | Hana Normandin | Tri-Sport Saar-Hochwald | 1.W4 | 0:13:22 |

16. Kaltenstein - Cross (Lebach) am 10.03.2024

1600 Meter

| Pos. | Name | Verein/Ort | Pl./AK | Zeit |
|------|---------------------|------------------------------|--------|---------|
| 1. | Tim Kompe | LC Rehlingen | 1.M10 | 0:06:28 |
| 2. | Matthias Maurer | DJK SG 1963 e.V. St. Ingbert | 1.M11 | 0:06:49 |
| 3. | David Eigner | LC Rehlingen | 2.M10 | 0:06:53 |
| 4. | Selina Schuster | DJK SG 1963 e.V. St. Ingbert | 1.W11 | 0:07:02 |
| 5. | Kilian Krempchen | Athletic Perl | 1.M9 | 0:07:02 |
| 6. | Luisa Potstawa | LG Reimsbach-Oppen | 2.W11 | 0:07:09 |
| 7. | Jona Kreuz | TV Bliesen | 2.M9 | 0:07:13 |
| 8. | Louis Ziegler | Team Saarland | 3.M9 | 0:07:15 |
| 9. | Finn Schlett | DJK SG 1963 e.V. St. Ingbert | 2.M11 | 0:07:17 |
| 10. | Marlene Kautz | LG Berus | 1.W9 | 0:07:24 |
| 11. | Milian Pätzold | DJK SG 1963 e.V. St. Ingbert | 1.M8 | 0:07:24 |
| 12. | Leenke Schütz | | 1.W10 | 0:07:28 |
| 13. | Felix Schaefer | LTF Theeltal | 3.M11 | 0:07:31 |
| 14. | Johannes Dandl | LC Rehlingen | 4.M9 | 0:07:35 |
| 15. | Bastian Zehren | LG Reimsbach-Oppen | 3.M10 | 0:07:39 |
| 16. | Lucas Ferner | Team Saarland | 4.M10 | 0:07:39 |
| 17. | Marleen Jerzenbeck | LC Rehlingen | 3.W11 | 0:07:40 |
| 18. | Lina Vogt | LG Reimsbach-Oppen | 4.W11 | 0:07:51 |
| 19. | Lucie Schreiner | LG Reimsbach-Oppen | 2.W9 | 0:08:06 |
| 20. | Moritz Kronberg | LTF Theeltal | 5.M10 | 0:08:09 |
| 21. | Lars Strobelt | LG Reimsbach-Oppen | 5.M9 | 0:08:11 |
| 22. | Lotte Oster | LTF Theeltal | 5.W11 | 0:08:17 |
| 23. | Jakob Kreuz | TV Bliesen | 6.M10 | 0:08:19 |
| 24. | Frieda Schütz | LG Berus | 2.W10 | 0:08:21 |
| 25. | Victoria Wecker | LG Reimsbach-Oppen | 6.W11 | 0:08:27 |
| 26. | Marlon Bohlinger | LTF Theeltal | 7.M10 | 0:08:27 |
| 27. | Leni Schlett | DJK SG 1963 e.V. St. Ingbert | 3.W9 | 0:08:28 |
| 28. | Anni Frischbier | LTF Theeltal | 4.W9 | 0:08:28 |
| 29. | Benedikt Schmidt | LTF Theeltal | 6.M9 | 0:08:32 |
| 30. | Amelie Kles | TV Bliesen | 3.W10 | 0:08:36 |
| 31. | Vaneša Harder | TV Lebach | 5.W9 | 0:08:41 |
| 32. | Leano Zumia | | 4.M11 | 0:08:43 |
| 33. | Leo Müller | TV Bliesen | 2.M8 | 0:08:52 |
| 34. | Aron Okyay | LTF Theeltal | 8.M10 | 0:08:55 |
| 35. | Antonia Strauß | TV Lebach | 6.W9 | 0:08:59 |
| 36. | Finja Lauer | Tri-Sport Saar-Hochwald | 7.W9 | 0:09:07 |
| 37. | Paula Hoffmann | TV Saarwellingen | 8.W9 | 0:09:21 |
| 38. | Aline Normandin | Tri-Sport Saar-Hochwald | 9.W9 | 0:09:36 |
| 39. | Paula Steinmann | TV Bliesen | 4.W10 | 0:09:45 |
| 40. | Marie Maxem | LG Reimsbach-Oppen | 10.W9 | 0:09:49 |
| 41. | Greta Rauber | TV Bliesen | 11.W9 | 0:09:57 |
| 42. | Ilvy Stoll | TV Bliesen | 5.W10 | 0:09:58 |
| 43. | Sayra Keller | LG Reimsbach-Oppen | 1.W8 | 0:10:00 |
| 44. | Jonas Keßler | LC Rehlingen | 5.M11 | 0:10:00 |
| 45. | Charlotte Schilling | TV Lebach | 2.W8 | 0:10:05 |
| 46. | Ella Lechner | LTF Theeltal | 12.W9 | 0:10:05 |
| 47. | Rea Magin | LTF Theeltal | 3.W8 | 0:10:08 |
| 48. | Lotte Altmaier | TV Saarwellingen | 13.W9 | 0:10:12 |
| 49. | Meliša Krämer | TV Bliesen | 4.W8 | 0:10:15 |

16. Kaltenstein - Cross (Lebach) am 10.03.2024

1600 Meter

| Pos. | Name | Verein/Ort | Pl./AK | Zeit |
|-------------|--------------|-------------------|---------------|-------------|
| 50. | Marleen Feld | TV Bliesen | 7.W11 | 0:10:47 |
| 51. | Malin Franz | TV Ludweiler | 8.W11 | 0:10:48 |
| 52. | Elli Marx | TV Bliesen | 5.W8 | 0:10:53 |
| 53. | Lara Maurer | Kein Verein | 6.W10 | 0:10:57 |
| 54. | Eva Theobald | LTF Theeltal | 7.W10 | 0:10:58 |

16. Kaltenstein - Cross (Lebach) am 10.03.2024

2400 Meter

| Pos. | Name | Verein/Ort | Pl./AK | Zeit |
|------|--------------------------|-------------------------|--------|---------|
| 1. | Johannes Bach | TV Ludweiler | 1.M13 | 0:08:53 |
| 2. | Julian Hamann | SV GO! Saar 05 | 2.M13 | 0:09:34 |
| 3. | Adrian Winter | LSG Sbr.-Sulzbachtal | 1.M12 | 0:09:40 |
| 4. | Laße Natter | LSG Sbr.-Sulzbachtal | 2.M12 | 0:09:43 |
| 5. | Dominik Bentz | SV GO! Saar 05 | 3.M12 | 0:09:48 |
| 6. | Felix Jacobi | SV GO! Saar 05 | 4.M12 | 0:09:51 |
| 7. | Philipp Bach | TV Ludweiler | 5.M12 | 0:09:51 |
| 8. | Cedric Wenzelburger | LSG Sbr.-Sulzbachtal | 3.M13 | 0:09:54 |
| 9. | Elias Barra | LC Rehlingen | 6.M12 | 0:09:54 |
| 10. | Teresa Zöller | Tri-Sport/Saar-Hochwald | 1.W15 | 0:10:00 |
| 11. | Paul Rupp | LSG Sbr.-Sulzbachtal | 7.M12 | 0:10:06 |
| 12. | Anna Schmieder | LC Rehlingen | 1.W14 | 0:10:07 |
| 13. | Ella Will | LG Reimsbach-Oppen | 1.W13 | 0:10:09 |
| 14. | Jenny Kraemer | LC Rehlingen | 2.W14 | 0:10:11 |
| 15. | Emilia Strzyzewski | LC Rehlingen | 2.W13 | 0:10:12 |
| 16. | Bennet Zimdars | LSG Sbr.-Sulzbachtal | 4.M13 | 0:10:14 |
| 17. | Mara Steinbach | LSG Sbr.-Sulzbachtal | 3.W14 | 0:10:28 |
| 18. | Emilia Jerzenbeck | LC Rehlingen | 2.W15 | 0:10:35 |
| 19. | Justus Will | LG Reimsbach-Oppen | 8.M12 | 0:10:37 |
| 20. | Sofia Blum | TV Homburg | 1.W12 | 0:10:39 |
| 21. | Nele Römeling | LG Saar 70 | 3.W13 | 0:10:44 |
| 22. | Katharina Irsch | LSG Schmelz-Hüttersdorf | 2.W12 | 0:11:00 |
| 23. | Leander Spaniol | TV Lebach | 5.M13 | 0:11:21 |
| 24. | Julian Weis | LC Rehlingen | 9.M12 | 0:11:22 |
| 25. | Anna Schiffmann | LC Rehlingen | 4.W13 | 0:11:24 |
| 26. | Rebecca Schwehm | LA Team Saar | 3.W15 | 0:11:25 |
| 27. | Laurin Spaniol | TV Lebach | 6.M13 | 0:11:26 |
| 28. | Katharina Dandl | LC Rehlingen | 5.W13 | 0:11:32 |
| 29. | Amelie Klein | LC Rehlingen | 3.W12 | 0:11:32 |
| 30. | Emilia Schäfer | TV Lebach | 4.W14 | 0:11:35 |
| 31. | Maya Frischbier | LTF Theeltal | 6.W13 | 0:11:49 |
| 32. | Mina Molter | TV Homburg | 4.W12 | 0:11:50 |
| 33. | Lisa Marie Wiesen | LC Rehlingen | 7.W13 | 0:11:51 |
| 34. | Rebekka Ferger | LSG Sbr.-Sulzbachtal | 5.W12 | 0:11:52 |
| 35. | Aaron Kraemer | LC Rehlingen | 10.M12 | 0:12:04 |
| 36. | Lena Rothenbusch | LTF Theeltal | 6.W12 | 0:12:41 |
| 37. | Tora Natter | LSG Sbr.-Sulzbachtal | 7.W12 | 0:12:43 |
| 38. | Nele Maas | LSG Sbr.-Sulzbachtal | 8.W12 | 0:12:52 |
| 39. | Josephine Bartenschlager | LC Rehlingen | 9.W12 | 0:13:14 |
| 40. | Mia Krempchen | Athletic Perl | 10.W12 | 0:13:21 |
| 41. | Ronja Steinmann | TV Bliesen | 11.W12 | 0:13:36 |
| 42. | Matthis Kammer | LTF Theeltal | 11.M12 | 0:13:44 |
| 43. | Finja Baltes | LTF Theeltal | 5.W14 | 0:16:34 |
| 44. | Luisa Skorupa | LTF Theeltal | 6.W14 | 0:16:35 |

16. Kaltenstein - Cross (Lebach) am 10.03.2024

2800 Meter

| Pos. | Name | Verein/Ort | Pl./AK | Zeit |
|-------------|---------------------|---------------------------|---------------|-------------|
| 1. | Devin Heindl | TV Homburg | 1.M15 | 0:11:00 |
| 2. | Mateo Schmitt | SV GO! Saar 05 | 1.M14 | 0:11:01 |
| 3. | Philipp Irsch | LSG Schmelz-Hüttersdorf | 2.M15 | 0:11:07 |
| 4. | Timo Braun | TV Homburg | 3.M15 | 0:11:11 |
| 5. | Nico Feid | LC Rehlingen | 2.M14 | 0:11:22 |
| 6. | Emely Krieger | LC Rehlingen | 1.WU18 | 0:11:24 |
| 7. | Laße Oldenburg | SV GO! Saar 05 | 4.M15 | 0:11:26 |
| 8. | Jonas Hoffmann | LC Rehlingen | 3.M14 | 0:11:30 |
| 9. | Felix Rückel | ATSV Saarbrücken | 4.M14 | 0:11:50 |
| 10. | Dennis Niklas Weber | LC Rehlingen | 5.M15 | 0:11:55 |
| 11. | Nelson Franz | TV Ludweiler | 5.M14 | 0:12:34 |
| 12. | Elena Blug | LAC Saarlouis | 2.WU18 | 0:12:39 |
| 13. | Moritz Wiesen | LC Rehlingen | 6.M15 | 0:12:45 |
| 14. | Nils Lauer | Tri-Sport/Saar-Hochwald | 7.M15 | 0:12:56 |
| 15. | Sebastian Kiefer | Tri-Sport/Saar-Hochwald | 6.M14 | 0:13:10 |
| 16. | Paula Gräber | LA Team Saar | 3.WU18 | 0:13:30 |
| 17. | Yasmin Chadid | TV Germania 1910 Piesbach | 4.WU18 | 0:14:10 |
| 18. | Isabella Koch | LSG Schmelz-Hüttersdorf | 5.WU18 | 0:14:42 |
| 19. | Sue Pignolo | Athletic Perl | 6.WU18 | 0:15:06 |

16. Kaltenstein - Cross (Lebach) am 10.03.2024

4200 Meter

| Pos. | Name | Verein/Ort | Pl./AK | Zeit |
|------|------------------------|-------------------------|--------|---------|
| 1. | Jonas Fahrig | SV GO! Saar 05 | 1.MU18 | 0:15:29 |
| 2. | Katrin Marx | LC Rehlingen | 1.W | 0:15:30 |
| 3. | Paul Ackermann | LV Merzig | 1.MU20 | 0:15:38 |
| 4. | Fabrice Münnich | LSG Sbr.-Sulzbachtal | 2.MU20 | 0:16:15 |
| 5. | Max Gräber | LSG Sbr.-Sulzbachtal | 2.MU18 | 0:16:36 |
| 6. | Jan Zaffuto | LSG Sbr.-Sulzbachtal | 3.MU20 | 0:16:40 |
| 7. | Elliott Miel | Tri-Sport/Saar-Hochwald | 3.MU18 | 0:16:42 |
| 8. | Tom Zaffuto | LSG Sbr.-Sulzbachtal | 4.MU20 | 0:16:52 |
| 9. | Elias Detzler | nextgendingmad e.V. | 4.MU18 | 0:17:11 |
| 10. | Marion Stras | LTF Theeltal | 1.W45 | 0:17:20 |
| 11. | Justus Burgard | nextgendingmad e.V. | 5.MU18 | 0:17:24 |
| 12. | Sebastian Schneider | LSG Sbr.-Sulzbachtal | 5.MU20 | 0:17:46 |
| 13. | Stephanie Dörr | LLG Wustweiler | 1.W35 | 0:18:00 |
| 14. | Maike Müller | Grojos LTF Elversberg | 2.W | 0:18:08 |
| 15. | Jana Burgard | LA Team Saar | 3.W | 0:19:07 |
| 16. | Heike Ehl | LLG Wustweiler | 4.W | 0:19:17 |
| 17. | Claudia Seel | LC Rehlingen | 1.W50 | 0:19:22 |
| 18. | Anne Panichi | Tri-Sport/Saar-Hochwald | 2.W50 | 0:19:46 |
| 19. | Bettina Bopp | LC Rehlingen | 1.W55 | 0:19:58 |
| 20. | Anna Spanier | Team Saarland | 5.W | 0:20:11 |
| 21. | Hannah Schirra | LTF Theeltal | 6.W | 0:20:29 |
| 22. | Jenny Martin | LLG Wustweiler | 1.W40 | 0:20:44 |
| 23. | Victoria Bruck | SC Friedrichsthal | 7.W | 0:20:52 |
| 24. | Janina Klein | Team Saarland | 2.W40 | 0:21:03 |
| 25. | Silvia Irsch | LSG Schmelz-Hüttersdorf | 3.W40 | 0:21:09 |
| 26. | Vaneßa Porn-Kiefer | HartfüßlerTrail e.V. | 4.W40 | 0:21:18 |
| 27. | Moritz Knoch | LA Team Saar | 6.MU18 | 0:21:23 |
| 28. | Angelika Michely | LTF Theeltal | 2.W35 | 0:21:41 |
| 29. | Conny Ziegler | LSG Sulzbachtal | 1.W60 | 0:22:09 |
| 30. | Jola Frey | LSG Sbr.-Sulzbachtal | 8.W | 0:22:35 |
| 31. | Celine Scheidhauer | LLG Wustweiler | 3.W35 | 0:22:46 |
| 32. | Anne Zimmer | TV Lebach | 3.W50 | 0:23:06 |
| 33. | Claudia Klein | LSG Schmelz-Hüttersdorf | 2.W60 | 0:23:16 |
| 34. | Christiane Baer | TV Lebach | 2.W55 | 0:23:35 |
| 35. | Katharina Rohra | Team Saarland | 5.W40 | 0:23:53 |
| 36. | Marlene Rothenbusch | LLG Wustweiler | 1.W65 | 0:24:10 |
| 37. | Takumi Watanabe | Tri-Sport/Saar-Hochwald | 7.MU18 | 0:24:25 |
| 38. | Sonja Wolf | LTF Theeltal | 4.W50 | 0:24:34 |
| 39. | Kerstin Natter | LSG Sbr.-Sulzbachtal | 2.W45 | 0:25:29 |
| 40. | Esther Fuchs | | 3.W45 | 0:25:38 |
| 41. | Birgit Klesen | LTF Theeltal | 3.W60 | 0:25:48 |
| 42. | Sandra Barra-Mellinger | Team Saarland | 6.W40 | 0:26:22 |
| 43. | Nicole Houy | LLG Wustweiler | 4.W45 | 0:28:12 |
| 44. | Petra Groß | Team Saarland | 4.W60 | 0:28:17 |
| 45. | Kerstin Leidinger | | 4.W35 | 0:28:22 |
| 46. | Eva-Maria Klein | | 9.W | 0:28:34 |
| 47. | Bettina Keilen | LV Merzig | 3.W55 | 0:28:34 |

16. Kaltenstein - Cross (Lebach) am 10.03.2024

6 Kilometer

| Pos. | Name | Verein/Ort | Pl./AK | Zeit |
|------|--------------------|-------------------------|--------|---------|
| 1. | Thomas Koch | LC Rehlingen | 1.M40 | 0:22:35 |
| 2. | Nico Deckarm | nextgendingmad e.V. | 1.M | 0:22:39 |
| 3. | Martin Schedler | LG Saar 70 | 2.M40 | 0:22:53 |
| 4. | Simon Klasen | LC Rehlingen | 2.M | 0:23:00 |
| 5. | Jens Ehrich | LSG Schmelz-Hüttersdorf | 1.M35 | 0:23:07 |
| 6. | Luca Hock | nextgendingmad e.V. | 3.M | 0:23:12 |
| 7. | Benjamin Irsch | LSG Schmelz-Hüttersdorf | 3.M40 | 0:23:41 |
| 8. | Joachim Oster | LTF Theeltal | 1.M45 | 0:23:52 |
| 9. | Joshua Peter | LC Rehlingen | 4.M | 0:24:20 |
| 10. | Fynn Schwarz | nextgendingmad e.V. | 5.M | 0:24:30 |
| 11. | Jerome Peter | LC Rehlingen | 6.M | 0:25:51 |
| 12. | Miel Cyril | Tri-Sport/Saar-Hochwald | 1.M50 | 0:26:09 |
| 13. | Philipp Götzinger | nextgendingmad e.V. | 7.M | 0:26:12 |
| 14. | Martin Münnich | LSG Sbr.-Sulzbachtal | 2.M45 | 0:26:17 |
| 15. | Dirk Weber-Winter | LSG Sbr.-Sulzbachtal | 3.M45 | 0:26:30 |
| 16. | Markus Krempchen | Athletic Perl | 2.M50 | 0:26:48 |
| 17. | Patrick Franz | TV Ludweiler | 4.M45 | 0:27:01 |
| 18. | Tobias Reichard | LA Team Saar | 2.M35 | 0:27:05 |
| 19. | Baraa Mosattat | Athletic Perl | 3.M35 | 0:27:13 |
| 20. | Jonathan Anschütz | LLG Wustweiler | 8.M | 0:27:14 |
| 21. | Josef Werth | LLG Wustweiler | 9.M | 0:27:19 |
| 22. | Moritz Guthörl | Schwimmclub Illingen | 10.M | 0:27:33 |
| 23. | Andreas Vonerden | LSG Sbr.-Sulzbachtal | 5.M45 | 0:27:35 |
| 24. | Volker Ostheimer | VfA Neunkirchen | 1.M55 | 0:27:39 |
| 25. | Antonio Squillace | LC Rehlingen | 3.M50 | 0:27:43 |
| 26. | Michael Schiffer | HartfüßlerTrail e.V. | 6.M45 | 0:27:47 |
| 27. | Daniel Stodden | LA Team Saar | 7.M45 | 0:27:55 |
| 28. | Alexander Lüdemann | Grojos LTF Elversberg | 4.M40 | 0:28:01 |
| 29. | Tim Steiner | TV Düppenweiler | 11.M | 0:28:14 |
| 30. | Stefan Nieweling | Grojos LTF Elversberg | 2.M55 | 0:28:34 |
| 31. | Joachim Biesel | TV Lebach | 3.M55 | 0:28:49 |
| 32. | Dirk Körner | LTF Köllertal | 4.M50 | 0:28:54 |
| 33. | Florent Normandin | Tri-Sport/Saar-Hochwald | 4.M35 | 0:29:17 |
| 34. | Jan Kuhn | HartfüßlerTrail e.V. | 5.M40 | 0:29:22 |
| 35. | Stefan Weber | LLG Wustweiler | 4.M55 | 0:29:33 |
| 36. | Markus Krämer | LLG Wustweiler | 5.M55 | 0:29:42 |
| 37. | Michael Blank | LC Rehlingen | 1.M60 | 0:30:06 |
| 38. | Yannik Rodner | LLG Wustweiler | 12.M | 0:30:20 |
| 39. | Eric Mildau | LLG Wustweiler | 6.M40 | 0:30:30 |
| 40. | Martin Hingsammer | TV Düppenweiler | 6.M55 | 0:30:48 |
| 41. | Dirk Schu | LTF Marpingen | 2.M60 | 0:31:41 |
| 42. | Rudolf Hoyler | Run 4 Fun Bübingen | 1.M65 | 0:31:50 |
| 43. | Martin Heckmann | Bisttal-Runners | 2.M65 | 0:31:57 |
| 44. | Peter Baldauf | TV Düppenweiler | 3.M65 | 0:32:04 |
| 45. | Andreas Imandt | Team Saarland | 7.M40 | 0:32:10 |
| 46. | Udo Schwinn | TV Lebach | 7.M55 | 0:33:11 |
| 47. | Andreas Jahn | LAG Saarbrücken | 8.M40 | 0:34:06 |
| 48. | Thomas Rodner | LLG Wustweiler | 3.M60 | 0:35:01 |
| 49. | Kurt Dernbecher | LTF Köllertal | 1.M70 | 0:35:29 |

16. Kaltenstein - Cross (Lebach) am 10.03.2024

6 Kilometer

| Pos. | Name | Verein/Ort | Pl./AK | Zeit |
|-------------|----------------------|-------------------------|---------------|-------------|
| 50. | Rüdiger Morschett | Team Saarland | 8.M45 | 0:36:01 |
| 51. | Michael Neumann | Team Saarland | 5.M50 | 0:36:50 |
| 52. | Reiner Gebel | LTF Theeltal | 4.M65 | 0:37:05 |
| 53. | Stefan Simon | LLG Wustweiler | 6.M50 | 0:38:19 |
| 54. | Daniel Raymond Rhein | LLG Wustweiler | 9.M40 | 0:42:10 |
| 55. | Werner Zipfler | LSG Schmelz-Hüttersdorf | 5.M65 | 0:43:15 |

16. Kaltenstein - Cross (Lebach) am 10.03.2024

10 Kilometer

| Pos. | Name | Verein/Ort | Pl./AK | Zeit |
|-------------|------------------|-----------------------------|---------------|-------------|
| 1. | Martin Schedler | SALOMON RUNNING DEUTSCHLAND | 1.M40 | 0:39:57 |
| 2. | Patrick Franz | TV Ludweiler | 1.M45 | 0:46:36 |
| 3. | Martina Werth | LTF Theeltal | 1.W45 | 0:47:11 |
| 4. | Stefan Pesi | | 1.M35 | 0:52:07 |
| 5. | Jörg Krämer | LTF Theeltal | 2.M45 | 0:54:31 |
| 6. | Charlotte Kalmes | Team Saarland | 1.W | 0:58:31 |