

# Winterlaufserie Nürnberg

20km - Lauf - 24.01.2015 - Nürnberg



Platz	PlatzAK	StartNr	Name	Team / Verein / Firma	Nat.	JG	AK	5km	10km	15km	Zeit
1	1	1253	Sonja Ellmann				W35	00:20:18	00:40:57	01:02:08	01:23:30
2	1	1012	Silke Bittel	LAC Quelle Fürth		1975	W40	00:20:53	00:42:24	01:04:34	01:27:26
3	1	1158	Romina Siebentritt	VFL Nürnberg		1989	WU30	00:22:08	00:44:28	01:06:38	01:28:59
4	2	1048	Claudia Frohnhöfer	La Carrera TriTeam Rothsee		1973	W40	00:22:55	00:46:11	01:09:26	01:32:16
5	3	1258	Dana Amarell	Skiclub-Bibertal e.V		1975	W40	00:22:52	00:46:11	01:09:26	01:32:52
6	2	1290	Melanie Rester	La Carrera triteam Rothsee		1980	W35	00:25:36	00:49:54	01:12:32	01:34:12
7	1	1125	Petra Pummer	LA Carrera TriTeam Rothsee		1959	W55	00:23:03	00:46:31	01:11:04	01:36:29
8	1	1164	Martina Wershofen			1968	W45	00:23:32	00:47:27	01:12:31	01:38:15
9	1	1027	Christa Ditterich			1964	W50	00:24:15	00:48:40	01:13:37	01:38:41
10	2	1004	Clara Maria Bader	Post SV Nürnberg		1993	WU30	00:22:54	00:47:28	01:14:22	01:39:29
11	3	1146	Catharina Schmalfuß	Team Klinikum Nürnberg		1989	WU30	00:25:21	00:50:29	01:15:40	01:39:34
12	4	1026	Isabella Dick			1995	WU30	00:25:44	00:51:35	01:17:07	01:42:25
13	5	1019	Bernadette Brandner			1995	WU30	00:25:42	00:51:35	01:17:29	01:44:51
14	2	1077	Hildegard Kaufmann-Bader	Post SV Nürnberg		1958	W55	00:25:39	00:52:07	01:19:15	01:47:24
15	4	1104	Karin Markert	Team Klinikum Nürnberg		1974	W40	00:27:19	00:55:35	01:23:19	01:50:42
16	3	1138	Jessica Rupprecht	Team Klinikum Nürnberg		1976	W35	00:27:19	00:55:34	01:24:09	01:51:57
17	4	1136	Silvia Roose	Radl Express Feucht		1979	W35	00:27:48	00:56:28	01:25:04	01:54:07
18	1	1014	Christina Block	Post SV Nürnberg		1985	W30	00:28:37	00:58:11	01:28:10	01:58:09
1	1	1298	Martin Graham	Adidas		1982	M30	00:17:20	00:34:38	00:51:38	01:08:32
2	1	1176	Marc Wagner	Team Nico und John		1975	M40	00:18:16	00:36:28	00:54:49	01:12:07
3	1	1135	Roland Rigotti	TSG 08 Roth		1976	M35	00:18:17	00:36:28	00:54:52	01:12:17
4	2	1129	Thorsten Quellmalz	Team Arndt		1971	M40	00:18:17	00:36:28	00:54:49	01:13:04
5	3	1063	Tim Hermann			1974	M40	00:18:18	00:36:29	00:55:04	01:13:37
6	4	1102	Roman Mally	MFG		1971	M40	00:19:32	00:39:25	00:59:21	01:19:04
7	2	1286	Uwe Trendelenburg	TSV Scheßlitz		1979	M35	00:18:27	00:38:23	00:58:45	01:19:14
8	1	1297	Niklas Wulf	Team Erdinger Alkoholfrei		1996	MU30	00:18:54	00:39:06	00:59:27	01:19:28
9	1	1057	Johann Haas			1957	M55	00:19:51	00:39:40	01:00:08	01:20:55
10	3	1163	Ralph Stiegler	SC-Artelshofen		1980	M35	00:19:42	00:39:42	01:00:36	01:21:45
11	2	1259	Markus Distler			1985	M30	00:21:20	00:42:26	01:03:50	01:24:25
12	1	1284	Hartmut Häber	Triathlon Hub		1950	M65	00:20:54	00:42:18	01:03:50	01:24:37
13	3	1117	David Parys			1984	M30	00:21:28	00:42:46	01:04:47	01:26:08
14	1	1161	John Stackmann	LG Erlangen		1953	M60	00:21:20	00:43:03	01:05:04	01:27:04
15	2	1023	Jörg Burkhart			1991	MU30	00:22:08	00:44:14	01:06:19	01:27:26
16	1	1134	Claus Riedel	TSV Burghthann		1966	M45	00:21:31	00:43:00	01:05:12	01:27:31
17	2	1216	Lutz König			1970	M45	00:21:55	00:44:02	01:06:22	01:27:53
18	3	1119	Christian Pfleger	IFL Fichtelgebirge		1966	M45	00:21:20	00:43:05	01:05:10	01:27:54
19	2	1003	Heinz-Werner Bader	Post SV Nürnberg		1959	M55	00:21:29	00:43:55	01:06:21	01:28:08
20	5	1145	Oliver Schips			1971	M40	00:21:21	00:42:39	01:05:43	01:28:44

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21	4	1268	Christopher Hauser	TSV Altenfurt		1984	M30	00:23:28	00:46:56	01:08:50	01:29:15
22	6	1009	Alessandro Bellini			1973	M40	00:22:43	00:44:41	01:07:05	01:29:16
23	7	1283	Horst Hübl			1972	M40	00:21:33	00:44:22	01:06:38	01:29:24
24	4	1015	Christian Böhm	SKlclub Lauf		1967	M45	00:21:53	00:44:25	01:07:21	01:30:34
25	5	1272	Dirk Dudziak	Laufteam Füh 2010		1969	M45	00:23:28	00:46:56	01:08:50	01:31:23
26	4	1090	Sebastian Kreser			1980	M35	00:22:31	00:45:40	01:08:41	01:31:42
27	6	1155	Ralf Schuhmann	La Carrera triteam Rothsee		1966	M45	00:23:02	00:46:26	01:09:37	01:32:02
28	5	1066	Dominik Hofmann			1978	M35	00:22:53	00:46:02	01:09:33	01:32:27
29	7	1111	Matthias Mühlhäußer	ASV Niederndorf		1967	M45	00:23:07	00:46:19	01:09:20	01:32:44
30	8	1139	Helmut Rupprecht	Team Klinikum Nürnberg		1970	M45	00:21:58	00:44:47	01:08:35	01:33:01
31	6	1192	Frank Wolf	Post SV Nürnberg		1978	M35	00:22:59	00:46:09	01:09:39	01:33:40
32	1	1182	Michael Wershofen	ASV Niederndorf		1964	M50	00:23:07	00:46:20	01:09:42	01:33:56
33	3	1178	Joachim Wenzel	Team Klinikum Nürnberg		1958	M55	00:23:53	00:47:42	01:11:29	01:35:15
34	7	1083	Florian Koemm			1978	M35	00:25:41	00:50:04	01:13:17	01:35:15
35	8	1220	Jochen Moser			1980	M35	00:23:15	00:46:54	01:10:56	01:35:40
36	9	1034	Sascha Dowidat			1976	M35	00:21:56	00:45:00	01:09:49	01:35:55
37	5	1269	Daniel Heuchler			1982	M30	00:23:20	00:46:43	01:10:29	01:36:20
38	2	1296	Jean-Pirre Schrölkamp	TSV Neustadt/Aisch		1954	M60	00:23:00	00:46:51	01:11:35	01:36:37
39	6	1293	Andreas Allrecht			1983	M30	00:23:29	00:47:14	01:11:56	01:36:56
40	2	1058	Heinz Haubrich			1965	M50	00:24:21	00:48:43	01:13:04	01:37:26
41	3	1106	Reinhard Mäusbacher			1963	M50	00:23:18	00:47:24	01:12:32	01:37:37
42	4	1022	Alexander Bübel	Team Klinikum Nürnberg		1958	M55	00:22:56	00:47:15	01:13:09	01:38:30
43	9	1065	Burkard Hochmuth	Post SV Nürnberg		1970	M45	00:25:18	00:50:29	01:15:41	01:39:12
44	5	1188	Roland Wissel	ASV Möhrendorf		1960	M55	00:23:33	00:47:48	01:13:20	01:39:22
45	4	1132	Wolfgang Reichel			1963	M50	00:23:33	00:47:49	01:13:22	01:39:36
46	2	1040	Josef Drach	Team Klinikum Nürnberg		1950	M65	00:23:49	00:48:26	01:13:35	01:40:40
47	10	1046	Andreas Fielitz	ERGO Direktversicherungen		1966	M45	00:25:06	00:50:13	01:16:30	01:42:25
48	3	1126	Reinhold Pummer	La Carrera TriTeam Rothsee		1948	M65	00:24:27	00:50:10	01:16:42	01:44:09
49	10	1047	Dirk Franke			1977	M35	00:26:24	00:52:28	01:18:34	01:44:20
50	8	1187	Ralph Winzinger			1973	M40	00:24:16	00:50:16	01:17:42	01:46:54
51	3	1131	Tobias Rauh			1986	MU30	00:27:53	00:56:11	01:23:20	01:46:54
52	11	1036	Richard Mahlberg			1966	M45	00:26:10	00:52:39	01:19:40	01:46:55
53	7	1070	Sebastian Janeck			1982	M30	00:23:31	00:49:10	01:16:29	01:49:30
54	9	1118	Franz Leo Pepe			1975	M40	00:28:48	00:56:07	01:23:19	01:50:42
55	6	1261	Werner Schweidler	Laufclub 21		1959	M55	00:27:52	00:56:12	01:25:03	01:54:57
56	5	1244	Thomas Münnich	Laufclub 21		1965	M50	00:27:47	00:55:49	01:25:03	01:54:58
57	7	1250	Karl-Hermann Petersen	Team Klinikum Nürnberg		1956	M55	00:26:30	00:55:21	01:26:19	01:56:40
58	6	1271	Franz Schwengler	Planet-Marathon.de Nürnberg		1963	M50	00:28:08	00:57:18	01:27:08	01:58:19

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59	7	1103	Rolf Malter			1965	M50	00:29:35	00:59:14	01:28:55	01:58:22
60	4	1219	Sebastian Waldmann	noris road runners		1986	MU30	00:27:46	00:55:48	01:27:08	01:59:21