

Post SV Frühjahrslauf 2016

10km-Sparkassen-Lauf - 19.03.2016 - Nürnberg



Platz	PlatzAK	StartNr	Name	Team / Verein / Firma	Nat.	JG	AK	Runde1	Runde2	Zeit
1	1	363	Anja Beranek			1985	W30	00:11:23	00:23:43	00:36:13
2	1	407	Anke Friedl	TV Erlangen		1991	WU30	00:13:46	00:28:06	00:42:04
3	2	585	Eva-Maria Schindler			1987	WU30	00:12:59	00:27:52	00:42:43
4	1	654	Marion Sunkel	Laufteam Fürth 2010		1969	W45	00:14:19	00:30:30	00:46:32
5	1	632	Kerstin Schiller	Ski-Club Lauf		1979	W35	00:14:55	00:31:12	00:47:42
6	3	622	Larissa Kraus	TV Eckersmühlen		1993	WU30	00:14:33	00:30:59	00:47:45
7	2	608	Christiane Hümmer	Powerbärs		1983	W30	00:15:24	00:31:57	00:48:20
8	2	614	Nina Bressel			1980	W35	00:15:41	00:32:24	00:48:23
9	3	354	Anja Willert			1979	W35	00:15:26	00:32:12	00:48:53
10	4	445	Sandy Kropp			1977	W35	00:14:33	00:31:40	00:49:28
11	1	453	Christa Ditterich			1964	W50	00:15:37	00:32:30	00:49:41
12	4	462	Rebecca Schmidt			1992	WU30	00:15:40	00:32:36	00:49:53
13	5	642	Julia Simon			1981	W35	00:15:21	00:32:54	00:50:44
14	2	603	Karina Hunzele			1968	W45	00:16:12	00:33:41	00:50:49
15	2	465	Heide Ebert	Verein: Team Klinikum Nürnberg		1965	W50	00:16:08	00:33:32	00:51:12
16	3	379	Susi Binias			1968	W45	00:16:30	00:34:05	00:51:30
17	1	559	Anne Schuhbauer	Post SV Nürnberg		2002	WJU16	00:16:26	00:34:18	00:51:35
18	5	623	Annika Wild	TV Eckersmühlen		1990	WU30	00:15:53	00:33:45	00:51:45
19	3	477	Nina Schönweiß			1982	W30	00:16:01	00:33:58	00:51:56
20	4	471	Andrea Heidenberger			1970	W45	00:16:16	00:34:07	00:52:15
21	3	430	Susanne Lang			1965	W50	00:16:51	00:34:47	00:52:45
22	5	638	Selma Veit			1969	W45	00:16:53	00:35:03	00:52:50
23	1	605	Katja Prechtl	Post SV		1972	W40	00:16:52	00:34:41	00:53:15
24	6	653	Julia Kiel			1991	WU30	00:17:30	00:36:11	00:53:25
25	6	397	Andrea Dormann			1967	W45	00:17:10	00:35:30	00:54:11
26	7	474	Anna Kimmel			1988	WU30	00:17:40	00:36:17	00:54:31
27	8	359	Sandra Richter			1987	WU30	00:16:35	00:35:31	00:54:32
28	7	195	Karin Käferlein			1971	W45	00:17:36	00:36:31	00:55:09
29	9	395	Rebecca Welzel			1990	WU30	00:18:08	00:37:19	00:56:07
30	10	431	Katharina Lang			1992	WU30	00:17:46	00:37:28	00:56:58
31	4	606	Silvia Hackner			1986	W30	00:17:53	00:38:11	00:57:36
32	11	587	Conni Reeder			1993	WU30	00:19:02	00:39:27	00:57:41
33	5	446	Nadine Prade			1986	W30	00:18:29	00:38:17	00:58:11
34	1	466	Waltraut Hadeler			1949	W65	00:18:22	00:38:23	00:58:20
35	1	357	Brigitte Füller			1960	W55	00:18:13	00:38:21	00:59:06
36	6	625	Sarah Körner			1984	W30	00:18:12	00:38:45	00:59:52
37	1	639	Edith Dyker			1955	W60	00:18:26	00:38:42	00:59:54
38	4	612	Kathlen Brinck			1966	W50	00:19:01	00:39:27	00:59:58

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39	6	545	Melanie Rohde-Tibitz			1979	W35	00:18:58	00:40:17	01:02:07
40	7	400	Katja Petrikat			1977	W35	00:21:39	00:43:21	01:04:02
41	8	396	Ina Päßler			1967	W45	00:21:39	00:43:21	01:05:03
42	7	473	Silke Kraft			1985	W30	00:20:39	00:44:43	01:09:04
43	2	405	Petra Kraus			1959	W55	00:21:47	00:45:07	01:09:36
44	3	416	Margit Distler			1959	W55	00:21:47	00:45:07	01:09:37
45	2	352	Jutta Roth			1952	W60	00:22:22	00:46:31	01:11:09
1	1	601	Michael Röhm	Team Hansalog Services Göppingen		1990	MU30	00:11:23	00:23:43	00:36:00
2	1	607	Markus Pohl-Voigt	Ski-Club Lauf		1983	M30	00:11:23	00:23:43	00:36:30
3	1	470	Jens Oehler	Team Klinikum Nürnberg		1978	M35	00:11:23	00:23:59	00:36:48
4	2	650	David Ladek	LAC Quelle		1985	M30	00:11:38	00:24:34	00:37:34
5	2	619	Christian Herold	Laface Team Weiden		1990	MU30	00:11:41	00:24:34	00:37:42
6	3	649	Micha Ladek	LAC Quelle		1986	M30	00:12:01	00:25:10	00:37:56
7	3	353	Julian Hegel			1996	MU30	00:11:42	00:24:51	00:38:08
8	1	451	Bernhard Spörlein			1967	M45	00:12:05	00:25:12	00:38:08
9	4	475	Sebastian Steib			1983	M30	00:12:05	00:25:12	00:38:15
10	4	604	Timo Stötzner			1987	MU30	00:11:39	00:25:04	00:38:49
11	5	634	Niklas Wulf	Team Erdinger Alkoholfrei		1995	MU30	00:12:01	00:25:20	00:38:56
12	1	479	Sasa Paraminski			1975	M40	00:12:35	00:25:53	00:39:04
13	6	461	Patrick Loy			1991	MU30	00:12:06	00:25:48	00:39:19
14	7	442	Marcus Himmeler			1993	MU30	00:11:43	00:25:29	00:39:37
15	8	458	Daniel Bauernschmitt			1987	MU30	00:12:29	00:26:01	00:39:47
16	1	610	Michael Ströhlein	Powerbärs Rednitzhembach		1965	M50	00:12:32	00:26:11	00:40:02
17	2	345	Jan Runau	La Carrera TriTeam Rothsee		1966	M50	00:12:35	00:26:27	00:40:25
18	9	562	Peter Bandl			1987	MU30	00:12:54	00:26:57	00:40:49
19	3	590	Gerald Kraft			1964	M50	00:13:06	00:27:22	00:41:36
20	10	618	Birk Guttmann	Ski-Club Lauf		1990	MU30	00:13:05	00:27:24	00:41:40
21	5	384	Florian Labetzsch			1984	M30	00:13:09	00:27:33	00:41:42
22	2	609	Michael Sanftleben	Powerbärs Rednitzhembach		1980	M35	00:13:20	00:27:37	00:41:45
23	2	385	Frank Kaldun			1968	M45	00:13:50	00:28:10	00:42:26
24	4	365	Thomas Müller	Skiclub		1963	M50	00:13:37	00:28:36	00:43:30
25	3	464	Stefan Gläseke			1969	M45	00:13:51	00:28:46	00:43:42
26	5	628	Cemit Yiyit			1963	M50	00:13:36	00:28:35	00:43:43
27	6	408	Richard Sadowski			1984	M30	00:13:58	00:30:07	00:45:01
28	3	438	Arnbjörn Rudolph			1981	M35	00:14:34	00:29:47	00:45:05
29	4	375	Martin Weckwerth			1970	M45	00:13:49	00:29:11	00:45:14
30	6	373	Udo Porisch			1966	M50	00:14:37	00:29:54	00:45:20
31	7	567	Thomas Bedall	Post SV		1963	M50	00:14:09	00:29:44	00:45:26

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32	5	626	Dirk Dudziak	Laufteam Fürth 2010		1969	M45	00:14:19	00:29:55	00:45:28
33	4	480	André Roßbach			1977	M35	00:14:02	00:29:55	00:45:57
34	6	414	Berthold Jung			1971	M45	00:15:04	00:30:44	00:46:15
35	5	377	Jens Heller			1981	M35	00:14:36	00:30:28	00:46:25
36	8	460	Joachim Fechler			1964	M50	00:13:57	00:30:07	00:46:28
37	9	616	H.P. Pfeil			1963	M50	00:14:57	00:31:03	00:46:37
38	7	404	Frank Brief	Post SV Nürnberg Triathlon		1970	M45	00:14:38	00:30:36	00:46:52
39	7	652	Oliver Kaufmann			1983	M30	00:14:39	00:30:45	00:46:54
40	10	364	Mario Liebig	Skiclub		1962	M50	00:15:11	00:31:17	00:46:59
41	1	420	Bernd van Trill	Laufteam Fürth 2010		1961	M55	00:15:11	00:31:16	00:47:04
42	8	358	Peter Kugler			1971	M45	00:14:52	00:31:04	00:47:19
43	8	371	Johannes Baur			1986	M30	00:14:56	00:31:09	00:47:32
44	2	577	Jacek Schmatloch			1976	M40	00:15:05	00:31:25	00:47:46
45	9	391	Markus Heilmann	Verein: Team Klinikum Nürnberg		1983	M30	00:14:56	00:31:28	00:47:50
46	11	418	Gregor Ewald			1995	MU30	00:15:36	00:32:12	00:48:26
47	9	398	Andre Kraus			1971	M45	00:15:30	00:32:06	00:48:34
48	10	463	harald seubert			1970	M45	00:15:28	00:32:07	00:48:34
49	2	566	Bernd Langenstern	Team Klinikum Nürnberg		1961	M55	00:15:19	00:31:57	00:48:35
50	11	481	Thomas Beck			1966	M50	00:14:26	00:31:02	00:48:45
51	1	611	Ernst Zeitler	BSG N-Ergle		1955	M60	00:15:36	00:32:17	00:48:50
52	3	454	Claus Ditterich			1960	M55	00:14:55	00:31:30	00:49:03
53	12	598	Robert Wolf			1962	M50	00:15:07	00:32:04	00:49:05
54	13	367	Andreas Neumann	Skiclub		1962	M50	00:16:14	00:32:55	00:49:12
55	11	394	Lothar Blocksdorff			1969	M45	00:15:17	00:32:11	00:49:25
56	3	636	Rone Korn			1976	M40	00:14:39	00:32:01	00:49:46
57	12	376	Marcel Zeder			1995	MU30	00:14:33	00:31:43	00:49:50
58	4	457	Florian Riedmüller			1973	M40	00:15:32	00:32:29	00:49:50
59	13	422	Georg Dalen			1989	MU30	00:16:48	00:33:46	00:49:55
60	4	472	Ralph Pförtner			1957	M55	00:15:31	00:32:35	00:50:07
61	14	378	Martin Plentinger			1963	M50	00:15:16	00:32:32	00:50:08
62	6	635	Marcel Scheibl			1978	M35	00:15:35	00:32:45	00:50:08
63	14	427	Tim Schiedeck			1996	MU30	00:15:50	00:33:11	00:50:20
64	12	456	Andreas Klotz			1968	M45	00:16:17	00:33:42	00:50:21
65	5	355	Ronald Ehrentraut	FIVE Fitnesstreff Veitsbronn		1960	M55	00:16:20	00:33:33	00:50:34
66	15	412	Stephan Gößwein			1990	MU30	00:15:24	00:32:54	00:50:38
67	10	641	Lasse Ibert	Post SV		1986	M30	00:15:21	00:32:53	00:50:45
68	16	443	Maximilian Klenk			1990	MU30	00:16:11	00:34:21	00:51:17
69	11	426	Christian Schuster			1984	M30	00:16:49	00:34:32	00:51:19

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70	7	450	Frank Wolf			1978	M35	00:16:49	00:34:32	00:51:19
71	15	646	Werner Dettenthaler			1966	M50	00:16:17	00:33:58	00:51:28
72	13	441	Werner Sprater			1967	M45	00:16:07	00:33:44	00:51:31
73	12	428	Manuel Iglisch			1984	M30	00:16:15	00:33:48	00:51:34
74	14	560	Walter Schuhbauer			1969	M45	00:16:26	00:34:16	00:51:35
75	15	627	Ranko Varcar			1967	M45	00:16:34	00:35:31	00:51:39
76	16	356	Oliver Sauer	FIVE Fitnesstreff Veitsbronn		1968	M45	00:16:20	00:33:39	00:51:42
77	2	436	Bernhard Fischer			1952	M60	00:16:28	00:34:19	00:52:12
78	3	449	Friedhelm Riedel	LT-Nürnberg-Gaulnhofen		1954	M60	00:16:30	00:34:05	00:52:21
79	16	429	Uwe Lang			1965	M50	00:16:52	00:34:42	00:52:46
80	17	380	Sebastian Kroemer			1991	MU30	00:18:00	00:36:47	00:52:52
81	18	448	Sebastian Grochula			1991	MU30	00:18:00	00:35:34	00:52:52
82	13	415	Herbert Hühnlein (The White Brazilian)			1984	M30	00:17:05	00:35:21	00:53:19
83	6	401	Jörg Kupietz			1961	M55	00:18:02	00:35:50	00:53:28
84	5	630	Marcus Vogl			1975	M40	00:18:11	00:36:05	00:53:40
85	17	583	Andreas Preiss			1962	M50	00:16:13	00:33:51	00:53:58
86	17	440	Wilfried Keppner			1969	M45	00:17:10	00:35:30	00:54:11
87	7	366	Roland Schriefer	Skiclub		1960	M55	00:17:11	00:35:28	00:54:17
88	18	411	Uwe Blessing			1968	M45	00:17:11	00:35:55	00:54:19
89	8	602	Florian Stoevesandt			1978	M35	00:16:55	00:35:37	00:54:24
90	6	434	Jahn-Rüdiger Albert			1974	M40	00:18:13	00:36:24	00:54:42
91	9	631	Deyan Bogdunor			1977	M35	00:18:11	00:36:09	00:54:54
92	19	372	Sebastian Baur			1991	MU30	00:18:19	00:37:29	00:54:55
93	19	271	Jan Dudziak			1969	M45	00:17:36	00:36:31	00:55:09
94	20	413	Guenter Reichhart			1967	M45	00:17:23	00:36:13	00:55:13
95	18	651	Reinhard Singer			1963	M50	00:17:25	00:36:20	00:55:15
96	7	444	Stefan Rüppel			1972	M40	00:17:09	00:35:54	00:55:18
97	8	417	Peter Ewald			1958	M55	00:17:37	00:36:34	00:55:23
98	8	437	Ralf Peisl			1976	M40	00:18:13	00:36:33	00:55:26
99	21	476	Ulli Schwiedessen			1971	M45	00:17:33	00:36:32	00:55:53
100	14	406	Konrad Welzel			1985	M30	00:18:08	00:37:19	00:56:07
101	20	381	Kamil Kroemer			1990	MU30	00:17:59	00:36:47	00:56:08
102	9	387	Robert Wagner			1975	M40	00:17:38	00:36:57	00:56:25
103	10	403	Matthias Bauer			1975	M40	00:16:46	00:36:37	00:57:07
104	4	390	Hajo Fuhrmann			1956	M60	00:17:30	00:36:55	00:57:17
105	15	620	Wolfram Röhrig	LAC Essingen		1982	M30	00:19:39	00:39:46	00:57:59
106	21	455	Luis Alfredo Godoy Alvarez			1987	MU30	00:18:10	00:37:28	00:58:28
107	22	452	Andreas Nann			1988	MU30	00:18:00	00:37:46	00:58:49

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108	19	374	Herbert Ascherl			1965	M50	00:19:39	00:39:49	00:59:20
109	22	402	Roman Heini			1971	M45	00:19:52	00:41:01	00:59:35
110	10	421	Klaus Dambacher			1977	M35	00:19:07	00:39:13	00:59:42
111	23	447	Lehmann Sebastian			1989	MU30	00:18:28	00:38:33	01:00:01
112	11	349	Ganseforth Marcus			1978	M35	00:17:29	00:38:59	01:02:00
113	9	621	Helmut von Bernuth			1961	M55	00:19:00	00:43:21	01:04:49
114	1	613	Manfred Wendland	TSV Katzwang 05		1941	M75	00:19:47	00:41:34	01:04:59
115	23	370	S Jens			1970	M45	00:21:53	00:45:11	01:07:46
116	11	410	Carsten Moye			1975	M40	00:22:22	00:46:31	01:11:09
117	10	615	Bernd Witusch	Post SV		1957	M55	00:25:44	00:55:09	01:24:23