

# Post SV Frühjahrslauf 2017

Autohaus Fröhlich Halbmarathon - 11.03.2017 - Nürnberg



Platz	PlatzAK	StartNr	Name	Team / Verein / Firma	Nat.	JG	AK	Runde1	Runde2	Runde3	Runde4	Runde5	Zeit
1	1	685	Kerstin Steg			1969	W45	00:13:43	00:27:38	00:41:35	00:55:33	01:09:24	01:23:14
2	1	553	Barbara Wittmann	SV Parkstein		1987	W30	00:14:07	00:29:05	00:44:17	00:59:49	01:15:55	01:31:59
3	1	556	Clara-Maria Bader			1993	WU30	00:14:50	00:30:03	00:45:26	01:01:04	01:17:05	01:32:59
4	1	532	Gaby Paulig	Lifepark max Ingolstadt		1967	W50	00:15:32	00:31:12	00:47:10	01:03:36	01:20:13	01:36:12
5	2	670	Bianca Biesler	Wintersportverein Nabburg		1985	W30	00:15:50	00:31:48	00:48:06	01:04:31	01:21:01	01:37:32
6	2	533	Sigi Pendzialek	SV Weiherhof		1968	W45	00:17:15	00:34:32	00:51:59	01:09:03	01:26:20	01:43:50
7	2	614	Stefanie Klem	Post SV		1965	W50	00:17:37	00:34:48	00:52:08	01:09:36	01:27:11	01:44:54
8	3	523	Claudia Kunz			1986	W30	00:18:21	00:36:38	00:55:16	01:13:58	01:32:57	01:51:40
9	1	525	Karin Markert			1974	W40	00:19:18	00:38:05	00:57:19	01:16:57	01:36:53	01:56:18
10	2	674	Heike Rißler	Team Klinikum Nürnberg		1988	WU30	00:19:18	00:38:06	00:57:18	01:16:56	01:36:54	01:56:18
11	4	675	Irene Truderung	Team Klinikum Nürnberg		1984	W30	00:19:18	00:38:07	00:57:19	01:16:57	01:36:54	01:56:18
12	5	640	Barbara Wehrfritz			1983	W30	00:20:11	00:39:55	00:59:44	01:19:51	01:39:56	01:59:06
13	3	500	Ulrike Ahrens			1968	W45	00:21:03	00:41:38	01:02:09	01:22:51	01:43:16	02:03:10
14	3	545	Anne-Laure Sorin			1967	W50	00:21:03	00:41:38	01:02:09	01:22:51	01:43:16	02:03:10
15	1	573	Simone Schaefer	Team Erdinger Alkoholfrei/mein-schmerz.de		1982	W35	00:18:31	00:37:39	00:57:36	01:18:15	01:40:37	02:03:55
16	3	531	Ira Opryshko			1994	WU30	00:19:45	00:41:05	01:02:59	01:24:54	01:47:23	02:11:13
17	4	554	Valerie Woop			1988	WU30	00:23:35	00:47:05	01:11:01	01:35:08	01:57:58	02:18:49
18	5	527	Lilo Meyer			1993	WU30	00:23:36	00:47:06	01:11:02	01:35:35	02:00:17	02:21:53
19	6	542	Johanna Schramm			1993	WU30	00:23:36	00:47:06	01:11:03	01:35:46	02:01:48	02:28:43
1	1	651	Felix Mayerhöfer	DJK Dasswang		1981	M35	00:12:01	00:24:22	00:36:42	00:48:46	01:00:48	01:12:23
2	2	665	Markus-Kristan Siegler	LG Erlangen		1980	M35	00:12:01	00:24:22	00:36:42	00:48:47	01:00:48	01:12:48
3	1	562	Simon Ernst			1987	M30	00:12:10	00:24:21	00:36:36	00:48:46	01:01:15	01:13:44
4	1	579	Marc Wagner			1975	M40	00:12:02	00:24:28	00:37:10	00:50:03	01:03:01	01:15:46
5	2	568	Jens Miesen			1985	M30	00:12:31	00:25:13	00:38:02	00:50:58	01:03:45	01:16:15
6	3	574	Christian Schinkel			1980	M35	00:12:31	00:25:14	00:38:06	00:50:51	01:03:47	01:16:23
7	2	666	Axel Berndt	LG Erlangen		1974	M40	00:12:46	00:25:26	00:38:06	00:50:51	01:03:47	01:16:48
8	4	514	Michael Hierl			1978	M35	00:12:35	00:25:23	00:38:20	00:51:27	01:04:37	01:17:38
9	5	513	Martin Hauf	Team ARNDT e.V.		1978	M35	00:13:07	00:26:34	00:40:05	00:53:34	01:07:03	01:20:13
10	3	541	Roman Schindlbeck			1987	M30	00:13:33	00:27:37	00:41:42	00:55:34	01:09:24	01:22:23
11	6	578	Manfred Url			1980	M35	00:13:43	00:27:38	00:41:34	00:55:33	01:09:24	01:22:56
12	1	512	Marco Gebhardt			1992	MU30	00:13:21	00:27:16	00:41:43	00:56:34	01:11:04	01:25:07
13	4	547	Christoph Stimpel			1983	M30	00:13:48	00:28:00	00:42:10	00:56:24	01:11:02	01:25:23
14	2	632	Heiko Wörrlein			1988	MU30	00:13:32	00:27:44	00:42:06	00:56:34	01:11:05	01:25:26
15	3	567	Thomas Landman			1988	MU30	00:13:08	00:27:15	00:41:33	00:56:14	01:11:11	01:26:09
16	1	575	Andi Schorr	Always Ultra Racing Team Ansbach		1966	M50	00:13:52	00:28:06	00:42:28	00:56:55	01:11:37	01:26:24
17	5	279	Frank Bär	TV 1881 Altdorf		1985	M30	00:14:09	00:28:35	00:43:20	00:59:05	01:14:22	01:29:40
18	2	700	Mike Schulze			1966	M50	00:15:03	00:29:55	00:45:18	01:00:06	01:15:00	01:29:52
19	4	588	Florian Kasper	Post SV		1995	MU30	00:14:21	00:29:14	00:44:19	00:59:33	01:14:53	01:29:58

# Post SV Frühjahrslauf 2017

Autohaus Fröhlich Halbmarathon - 11.03.2017 - Nürnberg



Platz	PlatzAK	StartNr	Name	Team / Verein / Firma	Nat.	JG	AK	Runde1	Runde2	Runde3	Runde4	Runde5	Zeit
20	6	558	Daniel Bauernschmitt			1987	M30	00:14:29	00:29:06	00:43:46	00:58:33	01:13:52	01:30:22
21	7	628	Simon Taft			1986	M30	00:13:58	00:28:20	00:43:00	00:58:17	01:13:54	01:30:32
22	7	511	Jürgen Gamenik			1980	M35	00:14:40	00:29:34	00:44:41	01:00:08	01:15:34	01:31:25
23	3	520	Andreas Krüger			1977	M40	00:14:08	00:29:05	00:44:33	01:00:16	01:16:15	01:32:24
24	3	572	Helmut Rösch			1964	M50	00:14:53	00:30:16	00:45:48	01:01:32	01:17:28	01:32:58
25	8	159	Thomas Baxmeier			1979	M35	00:17:09	00:33:23	00:48:57	01:03:10	01:18:55	01:34:03
26	9	581	Christian Wolfram			1982	M35	00:16:16	00:31:29	00:46:41	01:02:24	01:18:39	01:35:02
27	4	693	Uwe Lang	DAV Röthenbach		1965	M50	00:15:47	00:31:38	00:47:29	01:03:30	01:19:33	01:35:45
28	8	506	Markus Bürger			1987	M30	00:16:07	00:31:59	00:48:00	01:03:58	01:20:14	01:35:55
29	1	155	Andreas Franke			1969	M45	00:16:21	00:32:09	00:48:00	01:03:54	01:20:14	01:36:25
30	2	175	Werner Hoffmann	TSV Greding		1968	M45	00:14:49	00:30:18	00:46:36	01:03:21	01:20:06	01:36:31
31	5	508	Christoph Eirich			1989	MU30	00:14:50	00:30:24	00:46:38	01:03:08	01:20:04	01:36:44
32	3	517	Lutz König			1970	M45	00:15:52	00:31:45	00:48:07	01:04:32	01:21:01	01:37:17
33	10	672	Oliver Gold			1979	M35	00:16:08	00:32:12	00:48:26	01:04:31	01:20:59	01:37:33
34	4	141	Dirk Junius			1973	M40	00:15:10	00:31:06	00:47:21	01:03:43	01:20:45	01:37:49
35	1	683	Peter Lösel	TV Fürth 1960		1954	M60	00:15:37	00:31:55	00:48:22	01:04:58	01:21:39	01:38:21
36	4	684	Stefan Steg			1968	M45	00:15:37	00:31:51	00:48:21	01:04:56	01:21:37	01:38:21
37	2	571	Ulrich Reuther			1957	M60	00:15:35	00:31:00	00:47:15	01:03:52	01:20:57	01:38:24
38	9	526	James Issam Mengad			1986	M30	00:16:09	00:32:03	00:48:49	01:05:44	01:22:45	01:39:08
39	6	537	Matteo Rizzi			1989	MU30	00:16:52	00:33:29	00:50:09	01:06:36	01:23:31	01:39:49
40	10	502	Stefan Bauer			1984	M30	00:17:11	00:33:34	00:49:48	01:06:24	01:23:08	01:40:09
41	5	538	Andreas Rühl			1972	M45	00:16:48	00:33:33	00:50:32	01:07:35	01:24:48	01:41:54
42	3	504	Klaus Brockmann			1954	M60	00:17:18	00:34:04	00:50:42	01:07:36	01:24:45	01:42:21
43	7	563	Francesco Fantoni			1989	MU30	00:17:17	00:34:24	00:51:12	01:07:54	01:25:09	01:42:30
44	5	505	Felix Buchner			1976	M40	00:17:55	00:35:13	00:52:30	01:09:58	01:27:09	01:43:30
45	11	540	Manuel Scharrer			1983	M30	00:17:08	00:34:24	00:51:28	01:08:57	01:26:13	01:44:14
46	6	559	Rainer Beyer			1968	M45	00:17:30	00:34:29	00:52:01	01:09:23	01:26:48	01:44:24
47	6	686	Rainer Mutzke	MTP Hersbruck		1974	M40	00:17:15	00:34:28	00:52:02	01:09:32	01:27:10	01:44:25
48	12	580	Philipp Wagner			1983	M30	00:18:15	00:36:37	00:55:22	01:14:20	01:29:39	01:45:09
49	7	555	Florian Ziller			1971	M45	00:18:24	00:35:40	00:52:58	01:10:40	01:28:23	01:45:55
50	5	681	Tim Kosny			1966	M50	00:17:17	00:34:25	00:51:46	01:09:22	01:27:25	01:46:08
51	6	544	Gerhard Sichelstiel			1967	M50	00:16:14	00:33:55	00:52:03	01:10:07	01:28:42	01:47:31
52	7	692	Michael Zink			1977	M40	00:17:12	00:34:26	00:51:53	01:10:06	01:28:39	01:47:37
53	11	528	Andreas Moßburger			1980	M35	00:17:14	00:34:46	00:53:33	01:12:55	01:31:34	01:49:02
54	1	560	Roland Blumensaat	schritt-weise.de		1958	M55	00:18:25	00:37:33	00:56:30	01:14:35	01:32:24	01:49:22
55	7	549	Marcus Strehler			1966	M50	00:16:32	00:34:03	00:52:17	01:11:04	01:30:05	01:49:34
56	1	566	Josef Kestel			1948	M65	00:18:20	00:36:40	00:55:03	01:13:52	01:32:52	01:51:35
57	12	516	Dennis Issel			1979	M35	00:17:11	00:35:15	00:54:13	01:13:57	01:33:50	01:52:31

# Post SV Frühjahrslauf 2017

Autohaus Fröhlich Halbmarathon - 11.03.2017 - Nürnberg



Platz	PlatzAK	StartNr	Name	Team / Verein / Firma	Nat.	JG	AK	Runde1	Runde2	Runde3	Runde4	Runde5	Zeit
58	4	507	Günther Donath			1957	M60	00:19:52	00:39:14	00:57:29	01:15:48	01:34:17	01:52:35
59	8	524	Thomas Maier			1974	M40	00:19:02	00:38:04	00:57:06	01:16:09	01:35:11	01:54:13
60	8	519	Eugen Kroemer			1964	M50	00:18:48	00:36:55	00:55:26	01:14:35	01:34:29	01:55:22
61	13	501	Maximilian Bader			1987	M30	00:20:07	00:39:54	00:59:15	01:18:44	01:37:55	01:55:42
62	14	687	Marco Biskner			1983	M30	00:18:15	00:36:38	00:55:23	01:14:21	01:34:59	01:55:55
63	13	515	Serter Ince			1979	M35	00:19:12	00:38:45	00:58:23	01:17:36	01:36:56	01:55:57
64	9	564	Johannes-Michael Fischer			1964	M50	00:19:19	00:38:05	00:57:29	01:17:13	01:37:03	01:55:59
65	14	570	Ramung Ranninger			1982	M35	00:20:06	00:39:53	00:59:14	01:18:44	01:37:56	01:56:01
66	2	669	Peter Weber	Angelas Marathon Team		1961	M55	00:20:06	00:39:54	00:59:15	01:18:45	01:37:56	01:56:02
67	9	530	Martin OBrien			1977	M40	00:20:42	00:40:33	01:00:07	01:19:45	01:39:34	01:58:45
68	3	510	Horst Fürsattel			1958	M55	00:19:54	00:39:06	00:58:41	01:18:30	01:38:47	01:58:57
69	10	576	Wolfgang Schweigert	Team Erdinger Alkoholfrei		1973	M40	00:18:31	00:37:39	00:57:36	01:18:15	01:40:37	02:03:55
70	11	534	Ralf Pohlmann			1973	M40	00:18:18	00:36:52	00:57:29	01:19:16	01:41:33	02:05:58
71	10	577	Franz Schwengler			1963	M50	00:19:45	00:41:05	01:02:59	01:24:54	01:47:10	02:09:35
72	2	503	Helmut Böhm			1952	M65	00:23:27	00:46:43	01:10:31	01:35:06	02:00:57	02:27:20