

# Post SV Frühjahrslauf 2017

10km-Sparkassen-Lauf - 11.03.2017 - Nürnberg



| Platz | PlatzAK | StartNr | Name                 | Team / Verein / Firma  | Nat. | JG   | AK    | Runde1   | Runde2   | Runde3   | Runde4   | Zeit     |
|-------|---------|---------|----------------------|------------------------|------|------|-------|----------|----------|----------|----------|----------|
| 1     | 1       | 653     | Lisa Witzel          | LAC Quelle Fürth       |      | 1986 | W30   | 00:14:02 | 00:28:34 | 00:36:42 | 00:38:53 | 00:41:02 |
| 2     | 1       | 671     | Brigitte Rupp        | TSG 08 Roth            |      | 1960 | W55   | 00:14:08 | 00:28:35 | 00:36:52 | 00:39:15 | 00:41:29 |
| 3     | 2       | 611     | Eva-Maria Schindler  |                        |      | 1987 | W30   | 00:14:11 | 00:29:06 | 00:37:31 | 00:39:51 | 00:42:05 |
| 4     | 3       | 395     | Sidney Hatch         |                        |      | 1984 | W30   | 00:15:18 | 00:31:01 | 00:39:20 | 00:41:34 | 00:43:39 |
| 5     | 1       | 375     | Tina Frasunkiewicz   |                        |      | 1973 | W40   | 00:14:36 | 00:29:45 | 00:38:25 | 00:40:45 | 00:43:46 |
| 6     | 1       | 643     | Daniela Wesp         | Post SV                |      | 1989 | WU30  | 00:15:19 | 00:31:02 | 00:40:14 | 00:42:44 | 00:44:59 |
| 7     | 4       | 483     | Heidi Storandt       |                        |      | 1985 | W30   | 00:15:34 | 00:31:34 | 00:40:44 | 00:43:12 | 00:45:36 |
| 8     | 1       | 452     | Daniela Reis         |                        |      | 1981 | W35   | 00:16:10 | 00:32:13 | 00:41:07 | 00:43:27 | 00:45:45 |
| 9     | 2       | 652     | Amanda Clark         |                        |      | 1977 | W40   | 00:16:38 | 00:33:05 | 00:42:11 | 00:46:05 | 00:48:41 |
| 10    | 5       | 356     | Sarina de Falco      |                        |      | 1983 | W30   | 00:16:52 | 00:34:11 | 00:43:50 | 00:46:24 | 00:48:51 |
| 11    | 1       | 361     | Christa Ditterich    |                        |      | 1964 | W50   | 00:16:59 | 00:33:57 | 00:43:40 | 00:46:18 | 00:48:54 |
| 12    | 3       | 417     | Tanja Köstler        | Laufteam Fürth 2010    |      | 1977 | W40   | 00:16:17 | 00:33:38 | 00:43:42 | 00:46:23 | 00:49:03 |
| 13    | 1       | 338     | Antonia Beckmann     |                        |      | 2001 | WJU18 | 00:18:19 | 00:39:01 | 00:42:37 | 00:46:24 | 00:49:47 |
| 14    | 4       | 399     | Michaela Heinhold    |                        |      | 1976 | W40   | 00:17:16 | 00:35:06 | 00:45:12 | 00:47:48 | 00:50:46 |
| 15    | 6       | 461     | Barbara Scheffczyk   |                        |      | 1985 | W30   | 00:18:03 | 00:35:42 | 00:45:48 | 00:48:30 | 00:51:07 |
| 16    | 2       | 226     | Claire Yapi          |                        |      | 1978 | W35   | 00:18:19 | 00:36:06 | 00:46:01 | 00:48:42 | 00:51:11 |
| 17    | 3       | 561     | Kerstin Dennerlein   |                        |      | 1978 | W35   | 00:18:40 | 00:36:28 | 00:46:09 | 00:48:45 | 00:51:11 |
| 18    | 1       | 344     | Susanne Binias       |                        |      | 1968 | W45   | 00:18:10 | 00:35:54 | 00:46:08 | 00:48:55 | 00:51:37 |
| 19    | 2       | 682     | Daniela Ullrich      | Duitnow!               |      | 1968 | W45   | 00:17:34 | 00:35:29 | 00:45:36 | 00:48:15 | 00:51:39 |
| 20    | 2       | 471     | Bettina Seitz        |                        |      | 1989 | WU30  | 00:18:17 | 00:36:27 | 00:46:44 | 00:49:33 | 00:52:18 |
| 21    | 3       | 389     | Birgit Groo          |                        |      | 1990 | WU30  | 00:17:55 | 00:36:32 | 00:47:13 | 00:50:06 | 00:52:53 |
| 22    | 5       | 459     | Jessica Rupprecht    |                        |      | 1976 | W40   | 00:18:06 | 00:36:23 | 00:47:08 | 00:50:06 | 00:52:56 |
| 23    | 2       | 387     | Karin Grell-Meyer    |                        |      | 1959 | W55   | 00:18:54 | 00:37:27 | 00:48:03 | 00:50:50 | 00:53:30 |
| 24    | 1       | 667     | Ute Höfler           | LAC Quelle Fürth       |      | 1953 | W60   | 00:18:35 | 00:37:32 | 00:48:10 | 00:51:00 | 00:53:50 |
| 25    | 6       | 474     | Lisa Sherwood-Berndt |                        |      | 1973 | W40   | 00:18:48 | 00:38:02 | 00:48:28 | 00:51:07 | 00:53:54 |
| 26    | 7       | 679     | Marina Hacker        |                        |      | 1984 | W30   | 00:19:04 | 00:38:13 | 00:48:43 | 00:51:30 | 00:54:08 |
| 27    | 8       | 359     | Nadine Denzler       |                        |      | 1985 | W30   | 00:18:50 | 00:38:08 | 00:49:04 | 00:51:52 | 00:54:18 |
| 28    | 2       | 662     | Christine Blessing   | Post SV                |      | 1966 | W50   | 00:18:43 | 00:37:41 | 00:49:01 | 00:51:53 | 00:54:43 |
| 29    | 7       | 428     | Angelika Löw         |                        |      | 1973 | W40   | 00:18:38 | 00:38:11 | 00:48:56 | 00:51:57 | 00:54:46 |
| 30    | 1       | 657     | Ruth Schlager        | TSV Neustadt 7 Aisch   |      | 1942 | W75   | 00:19:21 | 00:39:08 | 00:50:08 | 00:53:04 | 00:55:58 |
| 31    | 9       | 130     | Bianka Chladik       |                        |      | 1983 | W30   | 00:17:03 | 00:36:30 | 00:50:04 | 00:53:17 | 00:56:05 |
| 32    | 4       | 582     | Kerstin Roth         |                        |      | 1979 | W35   | 00:19:17 | 00:39:11 | 00:50:28 | 00:53:27 | 00:56:24 |
| 33    | 8       | 583     | Krizstina Seide      |                        |      | 1975 | W40   | 00:19:17 | 00:39:12 | 00:50:28 | 00:53:27 | 00:56:24 |
| 34    | 10      | 489     | Nadine Vogel         |                        |      | 1985 | W30   | 00:20:32 | 00:40:01 | 00:50:53 | 00:53:48 | 00:56:41 |
| 35    | 4       | 390     | Lisa Gulden          |                        |      | 1991 | WU30  | 00:19:24 | 00:39:37 | 00:50:57 | 00:53:55 | 00:56:53 |
| 36    | 5       | 424     | Katharina Lang       |                        |      | 1992 | WU30  | 00:19:03 | 00:39:36 | 00:51:23 | 00:54:34 | 00:57:34 |
| 37    | 3       | 688     | Kahlen Brinck        | Post SV                |      | 1967 | W50   | 00:19:55 | 00:39:35 | 00:42:35 | 00:54:28 | 00:57:41 |
| 38    | 4       | 676     | Manuela Lang         | Team Klinikum Nürnberg |      | 1967 | W50   | 00:20:31 | 00:40:38 | 00:51:51 | 00:54:48 | 00:57:42 |

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| Platz | PlatzAK | StartNr | Name                 | Team / Verein / Firma         | Nat. | JG   | AK    | Runde1   | Runde2   | Runde3   | Runde4   | Zeit     |
|-------|---------|---------|----------------------|-------------------------------|------|------|-------|----------|----------|----------|----------|----------|
| 39    | 1       | 394     | Waltraut Hadelers    |                               |      | 1949 | W65   | 00:20:31 | 00:40:38 | 00:52:02 | 00:55:10 | 00:58:12 |
| 40    | 3       | 435     | Beate Mathes         |                               |      | 1959 | W55   | 00:20:32 | 00:40:39 | 00:52:03 | 00:55:10 | 00:58:13 |
| 41    | 5       | 458     | Sandra Roßbach       |                               |      | 1978 | W35   | 00:20:51 | 00:41:31 | 00:53:12 | 00:56:19 | 00:59:24 |
| 42    | 6       | 498     | Kathrin Ziegler      |                               |      | 1981 | W35   | 00:21:24 | 00:42:08 | 00:53:53 | 00:56:59 | 01:00:10 |
| 43    | 11      | 377     | Ute Fritz            |                               |      | 1986 | W30   | 00:20:53 | 00:42:05 | 00:54:27 | 00:57:47 | 01:00:54 |
| 44    | 1       | 696     | Nina Possmann        |                               |      | 1998 | WJU20 | 00:21:26 | 00:42:58 | 00:55:01 | 00:58:15 | 01:01:09 |
| 45    | 6       | 695     | Christin Bergmann    | Post SV                       |      | 1997 | WU30  | 00:21:27 | 00:42:58 | 00:55:01 | 00:58:16 | 01:01:10 |
| 46    | 12      | 464     | Diana Schmudde       |                               |      | 1984 | W30   | 00:20:54 | 00:41:33 | 00:54:37 | 00:58:09 | 01:01:31 |
| 47    | 7       | 397     | Sandra Heiger        |                               |      | 1989 | WU30  | 00:21:17 | 00:42:33 | 00:54:51 | 00:58:14 | 01:01:32 |
| 48    | 2       | 355     | Martyna Chmura       | Caritasverband Nürnberg e. V. |      | 1998 | WJU20 | 00:21:04 | 00:42:23 | 00:55:49 | 00:59:18 | 01:02:18 |
| 49    | 2       | 353     | Sylvia Brockmann     |                               |      | 1956 | W60   | 00:21:23 | 00:43:30 | 00:56:09 | 00:59:30 | 01:02:47 |
| 50    | 7       | 350     | Julia Breimesser     |                               |      | 1982 | W35   | 00:21:56 | 00:44:26 | 00:57:50 | 01:01:23 | 01:04:54 |
| 51    | 8       | 422     | Hadil Lababiti       |                               |      | 1989 | WU30  | 00:21:39 | 00:45:22 | 00:59:25 | 01:03:19 | 01:07:03 |
| 52    | 9       | 341     | Michela Berton       |                               |      | 1976 | W40   | 00:23:56 | 00:48:39 | 00:52:42 | 01:06:29 | 01:10:06 |
| 53    | 13      | 333     | Ella Apanowicz       |                               |      | 1983 | W30   | 00:24:16 | 00:48:53 | 01:03:18 | 01:07:12 | 01:10:45 |
| 1     | 1       | 456     | Michael Röhm         |                               |      | 1990 | MU30  | 00:11:40 | 00:23:34 | 00:30:19 | 00:32:07 | 00:33:57 |
| 2     | 2       | 401     | Jan Heymel           |                               |      | 1988 | MU30  | 00:11:46 | 00:23:59 | 00:30:56 | 00:32:49 | 00:34:40 |
| 3     | 1       | 659     | Andreas Amann        | Team ARNDT e.V.               |      | 1987 | M30   | 00:12:02 | 00:24:23 | 00:31:12 | 00:33:08 | 00:35:04 |
| 4     | 2       | 654     | Markus Jobst         | FTSV Straubing                |      | 1983 | M30   | 00:12:04 | 00:24:24 | 00:31:21 | 00:33:16 | 00:35:09 |
| 5     | 3       | 660     | Andreas Nägelein     | MTP Hersbruck                 |      | 1987 | M30   | 00:12:17 | 00:25:14 | 00:32:29 | 00:34:26 | 00:36:20 |
| 6     | 1       | 481     | Bernhard Spörlein    |                               |      | 1967 | M50   | 00:13:10 | 00:26:32 | 00:34:02 | 00:36:05 | 00:38:07 |
| 7     | 1       | 433     | Roman Mally          |                               |      | 1971 | M45   | 00:13:00 | 00:26:31 | 00:34:06 | 00:36:09 | 00:38:08 |
| 8     | 3       | 415     | Maximilian Kolder    |                               |      | 1990 | MU30  | 00:12:37 | 00:26:08 | 00:34:04 | 00:36:13 | 00:38:17 |
| 9     | 2       | 465     | Ralf Schnurr         |                               |      | 1971 | M45   | 00:12:53 | 00:26:29 | 00:34:14 | 00:36:19 | 00:38:22 |
| 10    | 4       | 423     | Florian Labetzsch    |                               |      | 1984 | M30   | 00:13:20 | 00:26:44 | 00:34:24 | 00:36:30 | 00:38:33 |
| 11    | 1       | 658     | Theyab Alabedi       |                               |      | 1998 | MJU20 | 00:13:42 | 00:27:17 | 00:34:53 | 00:36:52 | 00:38:44 |
| 12    | 2       | 454     | Gert Riedel          |                               |      | 1964 | M50   | 00:13:03 | 00:26:41 | 00:34:32 | 00:36:43 | 00:38:49 |
| 13    | 1       | 438     | Christian Nägel      |                               |      | 1981 | M35   | 00:13:29 | 00:27:17 | 00:35:06 | 00:37:08 | 00:39:02 |
| 14    | 5       | 499     | Robin Zimmermann     |                               |      | 1986 | M30   | 00:13:41 | 00:27:34 | 00:35:28 | 00:37:34 | 00:39:32 |
| 15    | 1       | 371     | Mark Fekadu          |                               |      | 1974 | M40   | 00:13:51 | 00:27:44 | 00:35:32 | 00:37:37 | 00:39:34 |
| 16    | 4       | 599     | Dominik Gillich      |                               |      | 1995 | MU30  | 00:13:08 | 00:27:36 | 00:35:29 | 00:37:35 | 00:39:39 |
| 17    | 6       | 376     | Florian Frauenknecht |                               |      | 1985 | M30   | 00:14:43 | 00:29:08 | 00:36:50 | 00:38:51 | 00:40:49 |
| 18    | 7       | 673     | Stefan Wittmann      | SV Kohlberg-Röthenbach        |      | 1983 | M30   | 00:14:08 | 00:29:05 | 00:37:18 | 00:39:31 | 00:41:33 |
| 19    | 5       | 409     | Erik Sprockhoff      |                               |      | 1988 | MU30  | 00:13:56 | 00:29:03 | 00:37:28 | 00:39:48 | 00:41:53 |
| 20    | 3       | 411     | Frank Kaldun         |                               |      | 1968 | M45   | 00:14:35 | 00:29:12 | 00:37:29 | 00:39:43 | 00:41:57 |
| 21    | 6       | 450     | Shahab Rahman Pour   |                               |      | 1993 | MU30  | 00:12:02 | 00:24:58 | 00:37:59 | 00:40:08 | 00:42:03 |
| 22    | 4       | 426     | Wolfgang Lesch       |                               |      | 1972 | M45   | 00:14:21 | 00:29:16 | 00:37:44 | 00:39:58 | 00:42:10 |
| 23    | 2       | 337     | Christoph Becker     |                               |      | 1978 | M35   | 00:14:25 | 00:29:10 | 00:37:42 | 00:40:02 | 00:42:21 |

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|-------|---------|---------|----------------------|----------------------------|------|------|------|----------|----------|----------|----------|----------|
| 24    | 7       | 494     | Yannic Widulle       |                            |      | 1993 | MU30 | 00:13:50 | 00:29:20 | 00:37:53 | 00:40:08 | 00:42:21 |
| 25    | 1       | 451     | Udo Reinfelder       |                            |      | 1961 | M55  | 00:14:29 | 00:29:23 | 00:38:00 | 00:40:21 | 00:42:37 |
| 26    | 2       | 383     | Michael Gefßner      |                            |      | 1977 | M40  | 00:15:23 | 00:30:26 | 00:38:48 | 00:41:03 | 00:43:13 |
| 27    | 3       | 370     | Joachim Fechler      |                            |      | 1964 | M50  | 00:14:32 | 00:29:59 | 00:38:43 | 00:41:03 | 00:43:23 |
| 28    | 4       | 491     | Bernhard von Hagen   |                            |      | 1967 | M50  | 00:14:58 | 00:30:04 | 00:38:48 | 00:41:09 | 00:43:23 |
| 29    | 8       | 490     | Klaus Vogel          |                            |      | 1985 | M30  | 00:15:58 | 00:31:02 | 00:39:20 | 00:41:31 | 00:43:29 |
| 30    | 5       | 694     | Steffen Lietzmann    |                            |      | 1971 | M45  | 00:15:47 | 00:31:01 | 00:39:21 | 00:41:32 | 00:43:36 |
| 31    | 2       | 369     | Frank Fabig          |                            |      | 1959 | M55  | 00:15:03 | 00:30:31 | 00:39:15 | 00:41:36 | 00:43:47 |
| 32    | 5       | 392     | Achim Gutsche        |                            |      | 1967 | M50  | 00:15:17 | 00:30:29 | 00:39:09 | 00:41:31 | 00:43:47 |
| 33    | 8       | 462     | Tim Schiedeck        |                            |      | 1996 | MU30 | 00:14:35 | 00:30:02 | 00:39:29 | 00:41:52 | 00:44:09 |
| 34    | 6       | 364     | Gerhard Dobler       |                            |      | 1964 | M50  | 00:15:20 | 00:30:42 | 00:39:35 | 00:41:59 | 00:44:21 |
| 35    | 9       | 437     | Simon Metz           |                            |      | 1986 | M30  | 00:15:31 | 00:31:03 | 00:33:26 | 00:42:09 | 00:44:26 |
| 36    | 3       | 468     | Markus Schwab        |                            |      | 1975 | M40  | 00:13:44 | 00:28:23 | 00:36:58 | 00:39:24 | 00:44:37 |
| 37    | 6       | 436     | Robino Mettbach      |                            |      | 1969 | M45  | 00:15:35 | 00:31:02 | 00:40:01 | 00:42:25 | 00:44:43 |
| 38    | 9       | 406     | Manuel Hund          |                            |      | 1991 | MU30 | 00:16:29 | 00:32:29 | 00:40:42 | 00:42:55 | 00:45:04 |
| 39    | 7       | 444     | Hans-Peter Pfeil     |                            |      | 1963 | M50  | 00:16:22 | 00:31:59 | 00:40:57 | 00:43:16 | 00:45:27 |
| 40    | 8       | 486     | Gerhard Travnicek    |                            |      | 1967 | M50  | 00:15:52 | 00:31:50 | 00:40:49 | 00:43:16 | 00:45:35 |
| 41    | 10      | 449     | Manuel Raaf          |                            |      | 1988 | MU30 | 00:16:29 | 00:32:30 | 00:41:10 | 00:43:25 | 00:45:38 |
| 42    | 10      | 360     | Christian Dick       |                            |      | 1985 | M30  | 00:15:49 | 00:32:09 | 00:41:12 | 00:43:33 | 00:45:40 |
| 43    | 11      | 430     | Frank Mages          |                            |      | 1985 | M30  | 00:15:49 | 00:32:02 | 00:41:12 | 00:43:34 | 00:45:49 |
| 44    | 7       | 352     | Frank Brief          | Post SV Nürnberg Triathlon |      | 1970 | M45  | 00:15:56 | 00:31:48 | 00:40:55 | 00:43:24 | 00:46:00 |
| 45    | 3       | 636     | Robert Wolf          |                            |      | 1962 | M55  | 00:15:26 | 00:31:49 | 00:41:08 | 00:43:40 | 00:46:06 |
| 46    | 8       | 414     | Andreas Klotz        |                            |      | 1968 | M45  | 00:16:27 | 00:32:35 | 00:41:29 | 00:43:52 | 00:46:13 |
| 47    | 9       | 385     | Stefan Gläseke       |                            |      | 1969 | M45  | 00:15:08 | 00:30:18 | 00:38:56 | 00:41:26 | 00:46:15 |
| 48    | 3       | 656     | Manuel Puebla        |                            |      | 1980 | M35  | 00:15:29 | 00:30:55 | 00:39:47 | 00:41:58 | 00:46:16 |
| 49    | 4       | 484     | Pawel Studencki      |                            |      | 1976 | M40  | 00:16:48 | 00:32:59 | 00:41:48 | 00:44:06 | 00:46:17 |
| 50    | 11      | 587     | Thomas Troidl        |                            |      | 1988 | MU30 | 00:16:25 | 00:32:15 | 00:41:24 | 00:43:53 | 00:46:25 |
| 51    | 9       | 485     | Jürgen Tosse         |                            |      | 1965 | M50  | 00:15:38 | 00:31:42 | 00:41:15 | 00:43:59 | 00:46:39 |
| 52    | 1       | 698     | Claus Thumm          | Team Erding Alkoholfrei    |      | 1954 | M60  | 00:15:58 | 00:32:19 | 00:41:43 | 00:44:18 | 00:46:42 |
| 53    | 4       | 339     | Matthias Beilein     |                            |      | 1982 | M35  | 00:15:09 | 00:31:05 | 00:41:40 | 00:44:11 | 00:46:45 |
| 54    | 5       | 413     | Thomas Kempka        |                            |      | 1979 | M35  | 00:15:23 | 00:32:09 | 00:41:50 | 00:44:23 | 00:46:49 |
| 55    | 12      | 496     | Florian Wild         |                            |      | 1984 | M30  | 00:15:51 | 00:32:26 | 00:42:01 | 00:44:31 | 00:46:59 |
| 56    | 4       | 487     | Bernd van Trill      |                            |      | 1961 | M55  | 00:15:53 | 00:32:26 | 00:41:57 | 00:44:33 | 00:47:06 |
| 57    | 5       | 349     | Matthias Braun       |                            |      | 1976 | M40  | 00:16:31 | 00:32:56 | 00:42:16 | 00:44:45 | 00:47:08 |
| 58    | 6       | 347     | Michael Bodensteiner |                            |      | 1976 | M40  | 00:16:33 | 00:32:54 | 00:42:11 | 00:44:42 | 00:47:10 |
| 59    | 6       | 431     | Bernd Mahlein        |                            |      | 1981 | M35  | 00:16:36 | 00:32:59 | 00:42:17 | 00:44:46 | 00:47:12 |
| 60    | 13      | 497     | Michael Würch        |                            |      | 1985 | M30  | 00:16:39 | 00:33:06 | 00:42:20 | 00:44:48 | 00:47:12 |
| 61    | 12      | 400     | Alexander Held       |                            |      | 1989 | MU30 | 00:17:10 | 00:33:34 | 00:42:46 | 00:45:16 | 00:47:25 |

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|-------|---------|---------|--------------------------|-----------------------------------|------|------|-------|----------|----------|----------|----------|----------|
| 62    | 7       | 621     | Christian Link           | Post SV                           |      | 1976 | M40   | 00:17:03 | 00:33:25 | 00:42:40 | 00:45:06 | 00:47:31 |
| 63    | 2       | 482     | John Stackmann           | LG Erlangen                       |      | 1953 | M60   | 00:16:11 | 00:32:58 | 00:42:28 | 00:45:01 | 00:47:34 |
| 64    | 10      | 478     | Wolfgang Sonnenleithner  |                                   |      | 1967 | M50   | 00:17:09 | 00:33:44 | 00:42:59 | 00:45:27 | 00:47:57 |
| 65    | 5       | 362     | Claus Ditterich          |                                   |      | 1960 | M55   | 00:16:32 | 00:33:21 | 00:43:01 | 00:45:38 | 00:48:10 |
| 66    | 7       | 384     | Daniel Giesow            |                                   |      | 1979 | M35   | 00:16:14 | 00:32:58 | 00:42:43 | 00:45:23 | 00:48:11 |
| 67    | 14      | 348     | Mario Bossler            |                                   |      | 1985 | M30   | 00:17:30 | 00:34:13 | 00:43:22 | 00:45:52 | 00:48:21 |
| 68    | 11      | 365     | Achim Eck                |                                   |      | 1967 | M50   | 00:16:47 | 00:33:43 | 00:43:09 | 00:45:48 | 00:48:22 |
| 69    | 3       | 664     | Ernst Zeitler            | BSG N-ERGIE                       |      | 1955 | M60   | 00:16:50 | 00:33:55 | 00:43:29 | 00:46:02 | 00:48:31 |
| 70    | 6       | 441     | Andreas Neumann          |                                   |      | 1962 | M55   | 00:17:23 | 00:34:13 | 00:43:42 | 00:46:16 | 00:48:42 |
| 71    | 1       | 357     | Sven Gries               |                                   |      | 2005 | MJU14 | 00:17:17 | 00:34:38 | 00:44:12 | 00:46:38 | 00:48:48 |
| 72    | 10      | 691     | Roland Gries             | Post SV                           |      | 1971 | M45   | 00:17:17 | 00:34:39 | 00:44:13 | 00:46:38 | 00:48:48 |
| 73    | 11      | 420     | Andre Kraus              |                                   |      | 1971 | M45   | 00:16:56 | 00:34:00 | 00:43:36 | 00:46:12 | 00:48:52 |
| 74    | 15      | 469     | Stefan Schwarz           |                                   |      | 1987 | M30   | 00:17:48 | 00:34:36 | 00:44:02 | 00:46:32 | 00:49:02 |
| 75    | 7       | 421     | Jörg Kupietz             |                                   |      | 1961 | M55   | 00:17:42 | 00:34:39 | 00:44:05 | 00:46:38 | 00:49:04 |
| 76    | 8       | 366     | Kurt Ernst               |                                   |      | 1958 | M55   | 00:17:05 | 00:34:13 | 00:43:59 | 00:46:39 | 00:49:17 |
| 77    | 8       | 627     | Steffen Kielßing         |                                   |      | 1975 | M40   | 00:17:02 | 00:34:09 | 00:44:16 | 00:46:53 | 00:49:23 |
| 78    | 16      | 380     | Tommy Gebhard            |                                   |      | 1983 | M30   | 00:16:53 | 00:34:31 | 00:44:24 | 00:46:58 | 00:49:26 |
| 79    | 8       | 480     | Marcel Spill             |                                   |      | 1981 | M35   | 00:17:54 | 00:35:05 | 00:44:34 | 00:47:07 | 00:49:28 |
| 80    | 1       | 493     | Roman Wenzel             |                                   |      | 1952 | M65   | 00:16:15 | 00:33:40 | 00:43:49 | 00:46:41 | 00:49:34 |
| 81    | 9       | 343     | Christoph Biehler        |                                   |      | 1978 | M35   | 00:15:07 | 00:31:34 | 00:40:42 | 00:43:07 | 00:49:35 |
| 82    | 13      | 340     | Marius Berktold          |                                   |      | 1988 | MU30  | 00:17:33 | 00:35:02 | 00:44:53 | 00:47:30 | 00:50:07 |
| 83    | 14      | 332     | Thilo Ammon              |                                   |      | 1992 | MU30  | 00:17:07 | 00:34:17 | 00:44:47 | 00:47:36 | 00:50:08 |
| 84    | 12      | 379     | Thomas Gaßner            |                                   |      | 1972 | M45   | 00:16:56 | 00:34:29 | 00:44:59 | 00:47:48 | 00:50:12 |
| 85    | 13      | 680     | Guillermo Gallegos-Ayala |                                   |      | 1972 | M45   | 00:19:22 | 00:36:37 | 00:45:49 | 00:48:08 | 00:50:19 |
| 86    | 15      | 472     | Sebastian Seitz          |                                   |      | 1989 | MU30  | 00:17:46 | 00:35:44 | 00:45:39 | 00:48:11 | 00:50:23 |
| 87    | 9       | 205     | Luis Macher              |                                   |      | 1973 | M40   | 00:18:19 | 00:36:04 | 00:45:59 | 00:48:23 | 00:50:41 |
| 88    | 10      | 398     | Alexander Heinhold       |                                   |      | 1973 | M40   | 00:15:54 | 00:32:21 | 00:41:39 | 00:43:57 | 00:50:46 |
| 89    | 14      | 434     | René Malz                | Caritasverband Nürnberg e. V.     |      | 1972 | M45   | 00:18:06 | 00:35:43 | 00:45:34 | 00:48:16 | 00:50:51 |
| 90    | 17      | 416     | Jonas Köppe              |                                   |      | 1986 | M30   | 00:18:18 | 00:36:27 | 00:46:00 | 00:48:16 | 00:50:52 |
| 91    | 16      | 334     | Ludwig Arnold            |                                   |      | 1988 | MU30  | 00:18:02 | 00:35:41 | 00:45:46 | 00:48:29 | 00:51:08 |
| 92    | 12      | 569     | Bernd Nuß                |                                   |      | 1967 | M50   | 00:18:39 | 00:36:28 | 00:46:09 | 00:48:44 | 00:51:10 |
| 93    | 10      | 429     | Duncan Mac-Vicar Prett   |                                   |      | 1980 | M35   | 00:17:19 | 00:35:14 | 00:46:06 | 00:49:02 | 00:51:44 |
| 94    | 17      | 412     | Daniel Kempa             |                                   |      | 1988 | MU30  | 00:17:49 | 00:36:09 | 00:46:35 | 00:49:14 | 00:51:50 |
| 95    | 2       | 372     | Bernhard Fischer         |                                   |      | 1952 | M65   | 00:17:51 | 00:36:06 | 00:46:33 | 00:49:26 | 00:52:10 |
| 96    | 9       | 448     | Andreas Preiss           |                                   |      | 1962 | M55   | 00:18:02 | 00:36:02 | 00:46:36 | 00:49:29 | 00:52:26 |
| 97    | 15      | 386     | Andreas Gnus             |                                   |      | 1969 | M45   | 00:18:34 | 00:36:48 | 00:47:15 | 00:50:00 | 00:52:36 |
| 98    | 3       | 440     | Jürgen Naujoks           |                                   |      | 1948 | M65   | 00:18:40 | 00:36:49 | 00:40:06 | 00:42:43 | 00:52:50 |
| 99    | 13      | 495     | Michael Wiedenbauer      | MTV Stadeln e. V. - Turnabteilung |      | 1964 | M50   | 00:18:41 | 00:37:06 | 00:47:30 | 00:50:18 | 00:53:09 |

# Post SV Frühjahrslauf 2017

10km-Sparkassen-Lauf - 11.03.2017 - Nürnberg



| Platz | PlatzAK | StartNr | Name                 | Team / Verein / Firma             | Nat. | JG   | AK    | Runde1   | Runde2   | Runde3   | Runde4   | Zeit     |
|-------|---------|---------|----------------------|-----------------------------------|------|------|-------|----------|----------|----------|----------|----------|
| 100   | 11      | 391     | Timo Günther         |                                   |      | 1973 | M40   | 00:18:04 | 00:36:46 | 00:47:43 | 00:50:36 | 00:53:18 |
| 101   | 12      | 403     | Fritz Höfler         | RFK Nürnberg                      |      | 1973 | M40   | 00:18:49 | 00:38:02 | 00:48:28 | 00:51:07 | 00:53:54 |
| 102   | 18      | 419     | Johannes Kramer      |                                   |      | 1983 | M30   | 00:19:15 | 00:37:55 | 00:48:26 | 00:51:16 | 00:53:58 |
| 103   | 1       | 447     | Tim Pohlmann         |                                   |      | 2006 | MKU12 | 00:17:14 | 00:36:51 | 00:48:24 | 00:51:13 | 00:54:00 |
| 104   | 11      | 678     | Philipp Körper       |                                   |      | 1982 | M35   | 00:19:04 | 00:38:13 | 00:48:44 | 00:51:31 | 00:54:08 |
| 105   | 12      | 358     | Marco Denzler        |                                   |      | 1979 | M35   | 00:18:50 | 00:38:07 | 00:49:03 | 00:51:52 | 00:54:16 |
| 106   | 14      | 396     | Heinz Haubrich       |                                   |      | 1966 | M50   | 00:19:20 | 00:37:33 | 00:48:34 | 00:51:31 | 00:54:16 |
| 107   | 18      | 388     | Sebastian Grochula   |                                   |      | 1991 | MU30  | 00:18:09 | 00:36:18 | 00:46:21 | 00:48:56 | 00:54:25 |
| 108   | 13      | 677     | Klaus Ulherr         |                                   |      | 1978 | M35   | 00:18:24 | 00:36:57 | 00:48:40 | 00:51:40 | 00:54:33 |
| 109   | 10      | 402     | Holger Hinz          |                                   |      | 1961 | M55   | 00:18:47 | 00:37:38 | 00:40:41 | 00:51:36 | 00:54:35 |
| 110   | 16      | 661     | Uwe Blessing         | Post SV                           |      | 1968 | M45   | 00:18:42 | 00:37:40 | 00:49:01 | 00:51:52 | 00:54:42 |
| 111   | 19      | 427     | Sascha Loinig        |                                   |      | 1987 | M30   | 00:19:22 | 00:37:15 | 00:49:38 | 00:52:18 | 00:54:45 |
| 112   | 17      | 470     | Uli Schwiedessen     |                                   |      | 1971 | M45   | 00:18:57 | 00:38:16 | 00:49:05 | 00:51:57 | 00:54:49 |
| 113   | 18      | 351     | Helmut Breimesser    |                                   |      | 1972 | M45   | 00:19:19 | 00:38:36 | 00:49:25 | 00:52:18 | 00:54:58 |
| 114   | 19      | 668     | Thomas Jörg          | Laufteam Fürth 2010               |      | 1972 | M45   | 00:18:26 | 00:37:48 | 00:49:18 | 00:52:24 | 00:55:30 |
| 115   | 19      | 439     | Andreas Nann         |                                   |      | 1988 | MU30  | 00:18:10 | 00:37:50 | 00:49:41 | 00:52:46 | 00:55:34 |
| 116   | 11      | 381     | Kai Gehl             |                                   |      | 1960 | M55   | 00:18:41 | 00:37:26 | 00:49:47 | 00:52:50 | 00:55:51 |
| 117   | 4       | 378     | Hajo Fuhrmann        |                                   |      | 1956 | M60   | 00:18:24 | 00:38:54 | 00:50:47 | 00:53:23 | 00:55:57 |
| 118   | 20      | 699     | Rolf Behrendt        |                                   |      | 1969 | M45   | 00:19:22 | 00:38:55 | 00:50:15 | 00:53:17 | 00:56:10 |
| 119   | 20      | 690     | Daniel Grünewald     |                                   |      | 1989 | MU30  | 00:19:03 | 00:39:36 | 00:51:23 | 00:54:33 | 00:57:35 |
| 120   | 20      | 405     | Johannes Hörmann     | Caritasverband Nürnberg e. V.     |      | 1987 | M30   | 00:20:04 | 00:40:12 | 00:51:44 | 00:54:38 | 00:57:37 |
| 121   | 12      | 689     | Helmut von Bernuth   | Bergwacht Erlangen                |      | 1961 | M55   | 00:19:55 | 00:39:25 | 00:42:39 | 00:54:23 | 00:57:40 |
| 122   | 21      | 473     | Heiko Senf           |                                   |      | 1970 | M45   | 00:20:33 | 00:40:34 | 00:51:49 | 00:54:48 | 00:57:43 |
| 123   | 15      | 697     | Stefan Meisel        |                                   |      | 1963 | M50   | 00:21:26 | 00:41:53 | 00:52:15 | 00:55:06 | 00:57:55 |
| 124   | 16      | 335     | Herbert Ascherl      | Laufteam Fürth 2010               |      | 1965 | M50   | 00:21:19 | 00:42:32 | 00:54:36 | 00:57:44 | 01:00:35 |
| 125   | 22      | 342     | Frank Bess           |                                   |      | 1968 | M45   | 00:22:02 | 00:42:47 | 00:54:57 | 00:58:01 | 01:00:52 |
| 126   | 13      | 368     | Werner Esslinger     |                                   |      | 1960 | M55   | 00:20:21 | 00:42:17 | 00:55:23 | 00:59:05 | 01:02:38 |
| 127   | 17      | 488     | Sindbad Vidimlic     | MTV Stadeln e. V. - Turnabteilung |      | 1964 | M50   | 00:23:30 | 00:47:10 | 01:00:32 | 01:03:51 | 01:06:56 |
| 128   | 18      | 373     | Gerald Förderreuther |                                   |      | 1964 | M50   | 00:21:39 | 00:45:20 | 00:59:21 | 01:03:14 | 01:07:03 |
| 129   | 1       | 116     | Hans-Joachim Hermann |                                   |      | 1945 | M70   | 00:15:04 | 00:30:05 | 00:38:28 | 00:53:23 | 01:08:14 |
| 130   | 23      | 382     | Frank Geiger         |                                   |      | 1968 | M45   | 00:23:55 | 00:48:06 | 01:01:42 | 01:05:11 | 01:08:17 |