10. Adam-Riese-Silvesterlauf 2019

Hauptlauf - 31.12.2019 - Bad Staffelstein

Platz	PlatzAK	StartNr	Name	Team / Verein / Firma	Nat.	JG	AK	Runde1	Runde2	Runde3	Runde4	Zeit
1	1	99	Elvira Flurschütz	SC Kemmern		1989	W30	00:04:41	00:13:05	00:21:36	00:30:06	00:38:39
2	1	170	Margit Elfers	SC Kemmern		1993	WU30	00:04:40	00:13:02	00:21:27	00:30:05	00:38:40
3	2	64	Sophia Franz	TSV 1860 Staffelstein		1992	WU30	00:04:46	00:13:24	00:22:07	00:30:54	00:39:41
4	2	194	Kathrin Byczok	HUK-COBURG Run and Bike-Team		1988	W30	00:04:55	00:13:52	00:22:56	00:32:11	00:41:17
5	3	536	Sabine Lischka	EJOT TEAM TV Buschhütten		1990	WU30	00:04:57	00:14:08	00:23:21	00:32:38	00:41:48
6	4	55	Jessica Ittner	TSV 1860 Staffelstein		1992	WU30	00:05:17	00:14:44	00:24:17	00:33:40	00:42:45
7	1	345	Kerstin Lutz	TSV Burghaslach		1974	W45	00:05:00	00:14:24	00:23:54	00:33:31	00:42:52
8	1	180	Andrea Schadewell	Team Icehouse e.V.		1976	W40	00:05:10	00:14:42	00:24:12	00:33:42	00:42:55
9	3	90	Vera Brunner	TEAM WOHLLEBEN		1988	W30	00:05:06	00:14:36	00:24:08	00:33:42	00:43:03
10	1	380	Regina Hellinger	ASC Marktrodach		1959	W60	00:05:16	00:14:43	00:24:10	00:33:46	00:43:15
11	5	56	Eva Lang	TSV 1860 Staffelstein		1991	WU30	00:05:18	00:14:54	00:24:35	00:34:12	00:43:30
12	1	289	Anke Härtl	Rennsteiglaufverein		1966	W50	00:05:11	00:14:41	00:24:16	00:33:54	00:43:40
13	6	102	Ramona Baiersdorfer	Böhnlein Sports Bamberg		1994	WU30	00:05:20	00:14:58	00:24:36	00:34:15	00:43:47
14	7	362	Denise Hiemann	TV 1848 Coburg		1990	WU30	00:05:53	00:15:41	00:25:16	00:34:49	00:44:13
15	2	268	Jessica Vogt	SC Kemmern		1978	W40	00:05:21	00:14:56	00:24:34	00:34:36	00:44:20
16	3	333	Susanne Griepentrog	Malicrew e.V		1978	W40	00:05:35	00:15:26	00:25:14	00:34:56	00:44:26
17	2	93	Christine Schrenker	TV 1848 Coburg		1965	W50	00:05:09	00:14:55	00:24:56	00:34:59	00:45:08
18	4	71	Victoria Taubert	Elbfitness		1989	W30	00:05:36	00:15:35	00:25:39	00:35:50	00:45:39
19	4	50	Petra Kurpanik	TSV 1860 Staffelstein		1977	W40	00:05:46	00:15:43	00:25:44	00:36:03	00:45:56
20	5	123	Monika Lindenberger	MOLL Batterien		1975	W40	00:05:13	00:15:11	00:25:37	00:36:02	00:46:22
21	2	248	Helge Will	TV Redwitz		1973	W45	00:05:47	00:16:01	00:26:19	00:36:32	00:46:37
22	1	543	Claudia Fuchs	SC Kemmern		1981	W35	00:05:47	00:16:21	00:26:50	00:37:24	00:47:19
23	8	382	Larissa Zimmermann	TSV Lendershausen		1991	WU30	00:06:06	00:16:35	00:26:59	00:37:23	00:47:32
24	5	1	Sabrina Plontasch	SG Eltmann Team Mainathlon		1985	W30	00:05:47	00:16:16	00:26:47	00:37:25	00:47:57
25	9	44	Anna-Maria Vetter			1998	WU30	00:06:06	00:16:44	00:27:18	00:38:01	00:48:28
26	2	231	Tina Chrobok	ohnee		1983	W35	00:05:45	00:16:02	00:26:41	00:37:36	00:48:30
27	3	373	Susanne Groß	TSV Burghaslach		1981	W35	00:05:53	00:16:21	00:26:54	00:37:48	00:48:34
28	3	357	Elke Schwarzmann	IFA Nonstop Bamberg		1965	W50	00:06:10	00:16:46	00:27:22	00:38:10	00:48:46
29	10	48	Juliane Aust	Erfurt		1991	WU30	00:06:29	00:17:21	00:27:57	00:38:33	00:48:48
30	6	31	Stefanie Ries	Heart&Sole Stuttgart		1988	W30	00:06:03	00:17:03	00:28:05	00:38:38	00:49:03
31	4	317	Anne Kilbert			1980	W35	00:05:59	00:16:34	00:27:21	00:38:24	00:49:06
32	6	188	Sabine Nitzsche	HUK-COBURG Run and Bike-Team		1979	W40	00:06:05	00:16:56	00:27:50	00:38:53	00:49:41
33	11	5	Mirja Schmitt			1992	WU30	00:06:18	00:16:56	00:27:42	00:38:46	00:49:45
34	4	211	Tanja Neubauer	TV 1848 Coburg		1968	W50	00:05:57	00:16:42	00:27:49	00:39:01	00:49:58
35	5	184	Kathrin Rödiger	HUK-COBURG Run and Bike-Team		1968	W50	00:06:07	00:16:57	00:27:57	00:39:04	00:50:08
36	5	266	Nicole Bauernsachs-Seidl	TVE Gehülz		1982	W35	00:06:16	00:17:15	00:28:27	00:39:48	00:50:51
37	6	269	Carmen Amon	IfA Nonstop Bamberg		1967	W50	00:06:08	00:17:11	00:28:23	00:39:47	00:51:08
38	7	190	Kathrin Vogler	HUK-COBURG Run and Bike-Team		1985	W30	00:06:07	00:17:07	00:28:26	00:39:58	00:51:11

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10. Adam-Riese-Silvesterlauf 2019

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Platz	PlatzAK	StartNr	Name	Team / Verein / Firma	Nat.	JG	AK	Runde1	Runde2	Runde3	Runde4	Zeit
39	3	349	Daniela Kreutzer			1973	W45	00:06:24	00:17:31	00:28:42	00:40:09	00:51:30
40	4	291	Susanne Freytag	DSW Darmstadt		1971	W45	00:06:29	00:17:37	00:28:57	00:40:22	00:51:49
41	7	32	Geli Nehr	SC Kemmern		1968	W50	00:06:16	00:17:29	00:29:01	00:40:35	00:51:52
42	12	220	Nicole Postler	SC Kemmern		1990	WU30	00:05:45	00:16:38	00:28:04	00:40:24	00:52:02
43	5	251	Birgit Ganschow	Das Erlebnislauf-Team		1971	W45	00:06:17	00:17:40	00:29:13	00:40:47	00:52:07
44	8	77	Julia Rosenbaum	TV 1848 Coburg		1988	W30	00:05:52	00:17:05	00:29:05	00:41:25	00:53:08
45	8	217	Sandra Berwind	HUK-COBURG Run and Bike-Team		1969	W50	00:06:41	00:18:26	00:30:05	00:41:45	00:53:09
46	1	185	Christel Lendner	HUK-COBURG Run and Bike-Team		1952	W65	00:06:38	00:18:20	00:30:11	00:41:57	00:53:20
47	13	262	Sandra Heginger	RunningBros Coburg		1992	WU30	00:07:16	00:19:11	00:30:46	00:42:23	00:53:25
48	1	60	Karin Rippstein	TSV 1860 Staffelstein		1964	W55	00:06:31	00:18:14	00:30:06	00:42:02	00:54:03
49	2	240	Pia Bechtel	TS Lichtenfels		1963	W55	00:06:52	00:18:49	00:30:44	00:42:34	00:54:17
50	9	283	Lisa Hager	SV Schottenstein		1988	W30	00:06:34	00:18:16	00:30:04	00:42:06	00:54:21
51	10	360	Tanja Büchner	SV Schottenstein		1989	W30	00:06:27	00:17:54	00:29:51	00:42:07	00:54:21
52	14	125	Jutta Geuß	TV Ebern Handball		1995	WU30	00:07:33	00:19:57	00:31:39	00:43:31	00:55:12
53	9	137	Claudia Zenk	DJK Teutonia Gaustadt		1968	W50	00:07:01	00:18:50	00:30:48	00:43:16	00:55:26
54	10	197	Anke Blinzler	HUK-COBURG Run and Bike-Team		1969	W50	00:06:58	00:18:56	00:30:58	00:43:18	00:55:37
55	1	296	Sibylle Vogler	SC Kemmern		1944	W75	00:06:48	00:18:55	00:30:59	00:43:23	00:55:54
56	15	58	Romina Prüher	TSV 1860 Staffelstein		1992	WU30	00:06:47	00:18:55	00:31:13	00:43:42	00:56:01
57	11	27	Anna Reinhardt	Athletix for Life		1985	W30	00:07:01	00:19:14	00:31:41	00:44:27	00:56:28
58	12	69	Regina Roth			1989	W30	00:07:16	00:19:45	00:32:02	00:44:17	00:56:29
59	13	28	Annika Will	Athletix for LifE		1987	W30	00:06:59	00:19:20	00:31:47	00:44:29	00:56:38
60	3	34	Heike Eber	Carpe Diem Sportstudio Weismain		1964	W55	00:06:45	00:18:44	00:31:18	00:44:00	00:56:47
61	16	124	Susanne Giebfried	TV Ebern Handball		1994	WU30	00:07:33	00:19:58	00:32:12	00:44:38	00:56:57
62	7	105	Katrin Hauck			1978	W40	00:07:06	00:19:30	00:32:03	00:44:43	00:57:23
63	6	117	Bianca Müller	TSV 1860 Staffelstein		1972	W45	00:06:56	00:18:53	00:31:45	00:44:45	00:57:23
64	8	204	Anja Eckstein	HUK-COBURG Run and Bike-Team		1975	W40	00:06:57	00:19:24	00:32:03	00:44:54	00:57:37
65	7	265	Pia Neubauer			1970	W45	00:06:58	00:19:25	00:31:59	00:44:55	00:57:56
66	8	218	Ulrike Kuttner	HUK-COBURG Run and Bike-Team		1970	W45	00:07:03	00:19:49	00:32:44	00:45:51	00:58:37
67	9	192	Jana Seeber	HUK-COBURG Run and Bike-Team		1970	W45	00:07:21	00:20:14	00:33:12	00:46:13	00:58:58
68	4	186	Heike Boller	HUK-COBURG Run and Bike-Team		1964	W55	00:07:21	00:20:15	00:33:12	00:46:15	00:58:59
69	5	327	Sabine Golde			1963	W55	00:07:39	00:20:45	00:33:44	00:46:45	00:59:21
70	6	311	Andrea Weigelt	LC Auensee Leipzig		1964	W55	00:07:39	00:20:45	00:33:44	00:46:43	00:59:22
71	10	25	Bianca Herbst	Sportstudio Highlight Lichtenfels		1973	W45	00:07:38	00:20:23	00:33:18	00:46:32	00:59:39
72	7	336	Andrea Skorepa	Mutatio Training		1963	W55	00:07:32	00:20:56	00:34:05	00:47:18	01:00:17
73	8	555	Marion Haase			1962	W55	00:07:36	00:20:52	00:34:09	00:47:30	01:00:40
74	9	189	Jessica Kaebel	HUK-COBURG Run and Bike-Team		1979	W40	00:07:06	00:20:04	00:33:32	00:47:20	01:00:58
75	9	549	Uschi Banner	DJK SC Vorra		1960	W55	00:07:41	00:21:17	00:34:47	00:48:17	01:01:36
76	11	322	Hongling Eberlein	TSV Neuhaus/Aisch		1968	W50	00:07:38	00:21:14	00:34:51	00:48:26	01:01:46

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Platz	PlatzAK	StartNr	Name	Team / Verein / Firma	Nat.	JG	AK	Runde1	Runde2	Runde3	Runde4	Zeit
77	2	323	Elke Collisi	TSV Neuhaus/Aisch		1956	W60	00:07:39	00:21:15	00:34:54	00:48:39	01:02:35
78	17	131	Mirja Mattern	CJR Ebersdorf		1993	WU30	00:07:39	00:21:02	00:35:04	00:49:10	01:02:45
79	10	556	Kerstin Hofmann			1977	W40	00:08:17	00:22:00	00:36:00	00:49:55	01:03:31
80	12	553	Andrea Weber	TS Lichtenfels		1968	W50	00:10:34	00:26:36	00:38:20	00:50:59	01:03:47
81	11	195	Raja Krone	HUK-COBURG Run and Bike-Team		1970	W45	00:08:06	00:22:18	00:36:29	00:50:47	01:04:37
82	6	196	Kerstin Sille	HUK-COBURG Run and Bike-Team		1980	W35	00:08:04	00:22:17	00:36:27	00:50:46	01:04:39
83	13	130	Claudia Falkenberg	CJR Ebersdorf		1967	W50	00:07:51	00:21:24	00:35:21	00:49:51	01:04:45
84	11	134	Diana Sudau	RSV Sonneberg e.V.		1978	W40	00:07:54	00:22:19	00:36:55	00:51:17	01:05:01
85	12	278	Diana Huppertsberg	SV Zapfendorf		1979	W40	00:09:05	00:24:18	00:39:03	00:53:24	01:07:53
86	7	279	Tanja Bayer	SV Zapfendorf		1981	W35	00:09:06	00:24:19	00:39:03	00:53:25	01:07:54
87	3	297	Marlene Breunig	TV04 Wörth		1959	W60	00:08:01	00:23:06	00:38:20	00:54:00	01:08:36
88	12	199	Claudia Hartwich	HUK-COBURG Run and Bike-Team		1973	W45	00:08:32	00:23:25	00:38:21	00:53:25	01:08:45
89	14	307	Iris Jacobi-Oester	THERAmed Runners		1968	W50	00:09:12	00:25:00	00:40:57	00:56:25	01:11:09
90	8	26	Daniella Kutschka	Athletix for LifE		1982	W35	00:07:50	00:23:21	00:39:03	00:55:05	01:11:12
91	13	378	Sabine Brand			1976	W40	00:08:47	00:24:54	00:40:53	00:56:55	01:12:40
92	10	201	Petra Roschlau	HUK-COBURG Run and Bike-Team		1960	W55	00:09:14	00:25:40	00:41:58	00:58:01	01:13:08
93	11	202	Kerstin Kircher	HUK-COBURG Run and Bike-Team		1960	W55	00:09:14	00:25:40	00:41:59	00:58:00	01:14:01
94	14	299	Isabell Beringhoff			1988	W30	00:08:30	00:24:02	00:40:43	00:58:05	01:14:58
95	18	19	Kastner Melanie	DLRG Marktredwitz		1995	WU30	00:08:37	00:25:24	00:43:07	01:01:53	01:20:45
1	1	371	Mario Wernsdörfer	LG Bamberg		1987	M30	00:03:50	00:10:42	00:17:30	00:24:20	00:31:01
2	1	223	David Gärtlein	Team GWZ-Bayreuth/TSV 1860 Staffelstein		1992	MU30	00:03:50	00:10:42	00:17:41	00:24:45	00:31:51
3	2	304	Florian Beck	TEAM WOHLLEBEN/SV Bergdorf Höhn		1995	MU30	00:04:01	00:11:20	00:18:39	00:25:53	00:33:00
4	3	393	Michael Kalb	TEAM Wohlleben		1993	MU30	00:04:07	00:11:35	00:19:03	00:26:31	00:33:56
5	2	314	Christopher Kah			1986	M30	00:04:17	00:11:49	00:19:20	00:26:51	00:34:18
6	3	358	Christian Zöllner	SV Bayreuth		1987	M30	00:04:17	00:11:50	00:19:21	00:26:52	00:34:21
7	4	49	Christian Gründel	TSV 1860 Staffelstein		1990	MU30	00:04:11	00:11:51	00:19:36	00:27:20	00:34:51
8	1	181	Holger Link	Böhnlein Sports Bamberg		1982	M35	00:04:11	00:11:57	00:19:54	00:27:57	00:35:53
9	1	532	Christoph Merz	PTSV Rosenheim		1976	M40	00:04:28	00:12:26	00:20:23	00:28:18	00:36:12
10	4	30	Alexander Ilgen	Heart&Sole Stuttgart		1989	M30	00:04:33	00:12:42	00:20:51	00:28:54	00:36:36
11	5	182	Daniel Wolf	Böhnlein Sports Bamberg		1985	M30	00:04:17	00:12:12	00:20:18	00:28:29	00:36:37
12	5	348	Julian Pistor	ASC Kronach-Frankenwald		1991	MU30	00:04:26	00:12:26	00:20:32	00:28:45	00:36:56
13	1	390	Michael Prof.Dr.Lichtlein	Hochschule Coburg		1964	M55	00:04:19	00:12:27	00:20:40	00:29:00	00:37:17
14	2	177	Christian Birke	Vital Birke		1984	M35	00:04:26	00:12:39	00:20:55	00:29:16	00:37:18
15	3	243	Tobias Friedrich	BögeRunners		1981	M35	00:04:32	00:12:39	00:20:51	00:29:10	00:37:20
16	6	347	Daniel Lunkenheimer	Team Icehouse e.V.		1986	M30	00:04:28	00:12:35	00:20:50	00:29:10	00:37:21
17	4	2	Mike Büttner	Böhnlein Sports Bamberg		1981	M35	00:04:36	00:12:47	00:21:04	00:29:20	00:37:24
18	7	361	Michael Dorn	BögeRunners		1989	M30	00:04:33	00:12:40	00:20:59	00:29:32	00:37:37
19	6	244	Johannes Stielper	BögeRunners		1995	MU30	00:04:27	00:12:34	00:20:51	00:29:23	00:37:38

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Hauptlauf - 31.12.2019 - Bad Staffelstein

Platz	PlatzAK	StartNr	Name	Team / Verein / Firma	Nat.	JG	AK	Runde1	Runde2	Runde3	Runde4	Zeit
20	5	234	Thomas Scholz	Böhnlein Sports Bamberg		1980	M35	00:04:33	00:12:42	00:20:58	00:29:21	00:37:41
21	2	290	Stephan Bayer	Rennsteiglaufverein		1961	M55	00:04:28	00:12:41	00:20:58	00:29:21	00:37:47
22	1	210	Rainer Kirchner	Böhnlein Sports Bamberg		1973	M45	00:04:32	00:12:48	00:21:08	00:29:32	00:37:54
23	8	395	Michael Stirnweiß	SSV Forchheim		1989	M30	00:04:37	00:13:03	00:21:22	00:29:49	00:38:09
24	2	121	Sascha Marr	MOLL Batterien		1974	M45	00:04:36	00:13:00	00:21:25	00:29:53	00:38:10
25	3	275	Klaus Klement	LG Fichtelgebirge		1971	M45	00:04:45	00:13:14	00:21:35	00:30:00	00:38:22
26	6	57	Andreas Hügerich	TSV 1860 Staffelstein		1983	M35	00:04:41	00:13:04	00:21:33	00:30:03	00:38:28
27	4	343	Harald Eisner	Böhnlein Sports Bamberg		1970	M45	00:04:33	00:12:53	00:21:22	00:29:59	00:38:30
28	7	368	Tim Kuplich	TSV Ebermannstadt		1984	M35	00:04:40	00:13:08	00:21:40	00:30:16	00:38:34
29	8	3	Marko Werner	SV Motor Königsee e. V.		1981	M35	00:04:25	00:12:54	00:21:29	00:30:06	00:38:35
30	2	225	Alexander Bauer	TV 1848 Coburg		1976	M40	00:04:34	00:12:59	00:21:33	00:30:12	00:38:37
31	9	293	Andreas Först	IfA Nonstop Bamberg		1989	M30	00:04:38	00:12:57	00:21:25	00:30:03	00:38:37
32	5	122	Kai Wolf	MOLL Batterien		1973	M45	00:04:29	00:12:57	00:21:36	00:30:15	00:38:49
33	10	372	Rolf Herrling	Team Icehouse e.V.		1986	M30	00:04:36	00:13:02	00:21:34	00:30:09	00:38:49
34	7	97	Dennis Westhäuser	ASC Marktrodach		1993	MU30	00:04:30	00:12:47	00:21:28	00:30:12	00:38:50
35	8	294	Johannes Gehrlich	ZMEFRG		1990	MU30	00:04:38	00:13:08	00:21:48	00:30:28	00:38:51
36	11	329	Johannes Werner	TV Königsberg		1986	M30	00:04:35	00:12:58	00:21:31	00:30:14	00:38:55
37	12	531	Sven Lücke	MaliCrew e.V.		1987	M30	00:04:45	00:13:26	00:22:08	00:30:42	00:39:04
38	3	374	Christian Jacob	Team Wohlleben		1979	M40	00:04:34	00:12:59	00:21:40	00:30:29	00:39:13
39	13	183	Daniel Krippner			1985	M30	00:04:54	00:13:35	00:22:23	00:31:10	00:39:28
40	9	242	Frank Müller	BögeRunners		1982	M35	00:04:41	00:13:11	00:21:55	00:30:46	00:39:39
41	1	126	Henryk Pecher			1969	M50	00:04:23	00:13:03	00:22:03	00:30:58	00:39:43
42	9	326	Lorenz Müller	Mutatio Training		1995	MU30	00:04:30	00:13:04	00:22:03	00:31:02	00:39:53
43	14	259	Ralf Lindner	TSV Burghaslach		1986	M30	00:04:55	00:13:23	00:22:08	00:31:00	00:39:55
44	2	96	Stephan Westhäuser	ASC Marktrodach		1965	M50	00:04:43	00:13:25	00:22:13	00:31:08	00:39:56
45	4	42	Uwe Philipp	1.FC Rentweinsdorf		1979	M40	00:04:37	00:13:15	00:22:06	00:31:02	00:39:57
46	10	171	Holger Ganschow	SC Kemmern		1996	MU30	00:05:01	00:13:54	00:22:43	00:31:31	00:39:58
47	11	70	Toni Parpart			1991	MU30	00:05:27	00:14:06	00:22:46	00:31:33	00:39:59
48	6	128	Sven Kröning	TV 1848 Erlangen		1974	M45	00:04:44	00:13:29	00:22:20	00:31:17	00:40:00
49	12	342	Sebastian Heublein	TSV 1860 Staffelstein		1993	MU30	00:04:47	00:13:28	00:22:16	00:31:18	00:40:10
50	15	203	Paul Schmidtfall	HUK-COBURG Run and Bike-Team		1985	M30	00:04:32	00:13:20	00:22:24	00:31:30	00:40:12
51	5	396	Sven Unterer	ASC Kronach-Frankenwald		1977	M40	00:04:37	00:13:20	00:22:14	00:31:17	00:40:17
52	10	238	Daniel Deuber	Böhnlein Sports Bamberg		1984	M35	00:04:59	00:13:43	00:22:32	00:31:28	00:40:20
53	11	136	Patrick Funke	Erdinger Alkoholfrei		1982	M35	00:05:01	00:13:50	00:22:40	00:31:37	00:40:29
54	12	187	Volker Nitzsche	HUK-COBURG Run and Bike-Team		1983	M35	00:04:48	00:13:35	00:22:35	00:31:34	00:40:30
55	16	552	Peter Dietz	Rolands Alpin Laden		1986	M30	00:05:04	00:14:01	00:22:57	00:31:55	00:40:34
56	3	224	Martin Groß	Stadtmarathon Würzburg e.V		1963	M55	00:04:53	00:13:47	00:22:50	00:32:00	00:40:57
57	3	147	Matthias Schmidt	SV Solidarität Ismaning		1968	M50	00:05:00	00:13:59	00:22:56	00:32:00	00:41:01

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Platz	PlatzAK	StartNr	Name	Team / Verein / Firma	Nat.	JG	AK	Runde1	Runde2	Runde3	Runde4	Zeit
58	4	246	Reinhold Trautner	BögeRunners		1968	M50	00:05:03	00:14:01	00:23:02	00:32:08	00:41:05
59	13	253	Oliver Ganschow	Das Erlebnislauf-Team		1997	MU30	00:05:11	00:14:28	00:23:37	00:32:34	00:41:06
60	14	353	Johannes Zillig			1994	MU30	00:04:55	00:13:36	00:22:49	00:32:11	00:41:13
61	6	255	Scott Milligan			1978	M40	00:05:08	00:14:25	00:23:35	00:32:43	00:41:14
62	15	222	Christopher Freund			1997	MU30	00:05:27	00:14:23	00:23:19	00:32:29	00:41:22
63	17	535	Frank Neumann	ASC Kronach Frankenwald		1986	M30	00:05:13	00:14:22	00:23:32	00:32:38	00:41:28
64	18	145	Daniel Recknagel	TV Weidhausen		1987	M30	00:05:08	00:14:26	00:23:37	00:32:45	00:41:29
65	19	352	Jonathan Gehrlich	ZMEFRG		1985	M30	00:04:59	00:14:02	00:23:20	00:32:36	00:41:41
66	13	365	Sebastian Fischer	Fanclub Marlene Fischer		1980	M35	00:05:15	00:14:23	00:23:26	00:32:39	00:41:41
67	20	76	Matthias Springer	TS Herzogenaurach 1861		1986	M30	00:05:13	00:14:18	00:23:31	00:32:51	00:41:45
68	21	191	Matthias Schmitt	HUK-COBURG Run and Bike-Team		1986	M30	00:05:06	00:14:28	00:23:35	00:32:44	00:41:56
69	7	100	Thomas Lauterbach	SGB Stadtsteinach		1970	M45	00:04:50	00:13:56	00:23:15	00:32:45	00:42:09
70	22	92	Nicolas Komorek			1988	M30	00:04:59	00:14:14	00:23:39	00:33:10	00:42:10
71	7	288	Michael Teodorovic			1978	M40	00:04:41	00:13:52	00:23:31	00:32:59	00:42:29
72	8	366	Hausdörfer Andre	Fanclub Maria Hausdörfer		1978	M40	00:05:09	00:14:33	00:24:07	00:33:40	00:42:31
73	23	281	Mathias Weigel	VFR Katschenreuth		1986	M30	00:05:39	00:15:07	00:24:27	00:33:44	00:42:35
74	24	274	Marko Hohner	TSV Buchenrod e.V.		1988	M30	00:05:07	00:14:31	00:24:00	00:33:33	00:42:36
75	4	35	Dennis Wiegand	Team FREIRAUM		1963	M55	00:05:19	00:14:36	00:23:56	00:33:17	00:42:37
76	1	554	Dr. Hans-Eberhard Wolff	TS Lichtenfels		1957	M60	00:05:09	00:14:26	00:23:53	00:33:17	00:42:40
77	5	250	Hans Freudenberger	LG Erlangen		1960	M55	00:05:28	00:14:53	00:24:18	00:33:40	00:42:43
78	9	140	Marcus Kaebel	TV 1848 Coburg		1978	M40	00:05:07	00:14:34	00:24:02	00:33:36	00:42:47
79	16	83	Carsten Steiner			1991	MU30	00:05:28	00:14:38	00:23:58	00:33:32	00:42:50
80	14	73	André Flieger	Feuerwehr Breitengüßbach		1984	M35	00:05:35	00:14:41	00:24:06	00:33:32	00:42:52
81	10	392	Steffen Albrecht	LG Veitenstein		1979	M40	00:05:06	00:14:21	00:23:49	00:33:24	00:42:54
82	25	20	Lukas Schreiber			1985	M30	00:05:14	00:14:22	00:23:42	00:33:27	00:43:01
83	11	338	Steffen Förtsch	TSV Windheim		1979	M40	00:05:00	00:14:19	00:23:52	00:33:38	00:43:08
84	5	94	Dieter Schöpf	TV 1848 Coburg		1965	M50	00:05:10	00:14:36	00:24:07	00:33:43	00:43:09
85	2	88	Peter Sommer	TDM-Franken		1956	M60	00:05:16	00:14:55	00:24:26	00:33:53	00:43:18
86	12	295	Andreas Wicovsky	Esv Lichtenfels		1978	M40	00:05:18	00:14:49	00:24:19	00:33:55	00:43:20
87	1	339	Max Kümmet	TSV Windheim		2001	MJU20	00:05:31	00:14:56	00:24:34	00:34:13	00:43:26
88	13	118	Markus Lämmlein	MOLL Batterien		1979	M40	00:05:07	00:14:29	00:24:09	00:33:55	00:43:30
89	14	107	Bernd Bauer	TSV Plankenfels		1979	M40	00:05:21	00:14:47	00:24:27	00:34:03	00:43:32
90	6	228	Christoph Schneider	Hambach-Night-Runners		1964	M55	00:05:25	00:15:05	00:24:46	00:34:25	00:43:39
91	15	67	Jens Alex	Athletix for LifE		1980	M35	00:05:10	00:14:25	00:23:57	00:33:51	00:43:48
92	7	139	Hubert Becker	BSG Sparkasse Bayreuth e.V.		1963	M55	00:05:09	00:14:51	00:24:30	00:34:16	00:43:51
93	17	277	Florian Stübinger	VfR Katschenreuth		1990	MU30	00:05:48	00:15:23	00:24:57	00:34:34	00:43:57
94		560	Martin Nickel				M	00:05:22	00:14:41	00:24:39	00:34:24	00:44:01
95	26	376	Kilian Roensch	Böhnlein Sports Bamberg		1985	M30	00:05:24	00:14:56	00:24:32	00:34:20	00:44:06

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Platz	PlatzAK	StartNr	Name	Team / Verein / Firma	Nat.	JG	AK	Runde1	Runde2	Runde3	Runde4	Zeit
96	8	548	Richard Banner	DJK SC Vorra		1960	M55	00:05:29	00:15:21	00:25:04	00:34:46	00:44:06
97	1	59	Alfons Meixner	TSV 1860 Staffelstein		1953	M65	00:05:21	00:15:00	00:24:45	00:34:36	00:44:16
98	8	394	Alexander Weith	ASC Kronach-Frankenwald		1971	M45	00:05:30	00:15:15	00:24:58	00:34:45	00:44:20
99	18	388	Patrick Götz	Team Tricamp		1997	MU30	00:05:16	00:14:51	00:24:49	00:34:49	00:44:22
100	15	98	Miroslaw Wiercinski	TSV Sonnefeld		1976	M40	00:05:29	00:15:03	00:24:50	00:34:52	00:44:31
101	9	68	Jens Belling	TSV 1860 Staffelstein		1973	M45	00:05:20	00:14:56	00:24:41	00:34:41	00:44:34
102	10	13	Torsten Werner	TSV Neuensorg		1971	M45	00:05:24	00:15:23	00:25:13	00:35:02	00:44:39
103	27	208	Daniel Schmitt	Freaky Friday Runners Bamberg		1989	M30	00:05:03	00:14:32	00:24:27	00:34:37	00:44:41
104	9	239	Herbert Breunig	TV 04 Wörth		1961	M55	00:05:16	00:15:01	00:24:55	00:34:54	00:44:42
105	10	212	Rainer Niekisch	ASV Triathlon Kulmbach		1961	M55	00:05:08	00:14:43	00:24:35	00:34:37	00:44:44
106	11	346	Tino März			1974	M45	00:05:02	00:14:40	00:24:40	00:34:49	00:44:47
107	16	53	Markus Gagel	TSV 1860 Staffelstein		1983	M35	00:05:18	00:14:56	00:24:56	00:34:55	00:44:48
108	11	270	Ulrich Schönfeld			1963	M55	00:05:13	00:14:54	00:24:43	00:34:49	00:44:48
109	12	43	Ralf Haag	Triathlon Team Indeland		1973	M45	00:05:33	00:15:08	00:24:59	00:34:57	00:44:53
110	12	51	Volker Backert	TSV 1860 Staffelstein		1962	M55	00:05:40	00:15:28	00:25:19	00:35:26	00:45:00
111	28	263	Simon Knoblich	ASC Ulm/Neu-Ulm		1989	M30	00:05:57	00:15:33	00:25:16	00:35:02	00:45:07
112	17	386	Waldemar Eisner			1984	M35	00:06:21	00:16:30	00:26:11	00:35:56	00:45:16
113	19	233	Voß Leopold			1998	MU30	00:05:50	00:15:52	00:25:56	00:35:51	00:45:22
114	3	179	Eduard Sebald	DAV Bayreuth		1959	M60	00:05:22	00:15:09	00:25:15	00:35:21	00:45:26
115	16	257	Timo Reß	Team Rösler		1975	M40	00:06:02	00:16:04	00:26:01	00:35:57	00:45:26
116	18	193	Bastian Byczok	HUK-COBURG Run and Bike-Team		1984	M35	00:05:57	00:15:58	00:25:56	00:35:53	00:45:27
117	29	325	Sebastian Skorepa	Mutatio Training		1986	M30	00:05:57	00:15:58	00:25:55	00:35:54	00:45:28
118	6	81	Bernd Großmann	DAV Lichtenfels		1969	M50	00:05:42	00:15:52	00:25:57	00:35:57	00:45:36
119	30	172	Oliver Großmann			1987	M30	00:06:11	00:16:19	00:26:15	00:36:03	00:45:43
120	20	354	Adrian Weber			1991	MU30	00:04:55	00:14:23	00:24:32	00:35:21	00:45:44
121	19	219	Klein Uwe	Böhnlein Sports Bamberg		1981	M35	00:05:40	00:15:43	00:25:46	00:35:56	00:45:45
122	21	282	Patrick Sattler	VfR Katschenreuth		1991	MU30	00:05:58	00:16:01	00:26:02	00:36:03	00:45:46
123	4	11	Dieter Wolf	TV - Burgkunstadt		1958	M60	00:05:14	00:15:08	00:25:14	00:35:34	00:45:49
124	13	138	Jochen Franz	TSV 1860 Staffelstein		1961	M55	00:05:21	00:15:09	00:25:11	00:35:32	00:45:58
125	22	167	Sebastian Gick	FC Burgkunstadt		1997	MU30	00:06:40	00:16:45	00:26:38	00:36:39	00:46:00
126	23	550	Sascha Schiwek	Löwenberger SV		1999	MU30	00:05:34	00:15:35	00:25:39	00:35:59	00:46:08
127	17	538	Jan Timo Lischka	Triathlon TEAM TG Witten		1976	M40	00:05:25	00:15:35	00:25:59	00:36:15	00:46:09
128	20	109	Georg Hügerich	TSV Plankenfels		1983	M35	00:05:22	00:15:12	00:25:18	00:35:52	00:46:11
129	14	221	Hartmut Bauer	Sparkasse Coburg - Lichtenfels		1960	M55	00:05:48	00:16:00	00:26:08	00:36:18	00:46:13
130	2	151	Pascal Backert	FC Burgkunstadt		2000	MJU20	00:06:36	00:16:45	00:26:44	00:36:42	00:46:14
131	31	146	Marcel Schieber-Gahn	TV Weidhausen		1988	M30	00:05:10	00:14:36	00:24:10	00:35:55	00:46:19
132	21	533	Geldner Markus			1980	M35	00:05:50	00:15:57	00:26:05	00:36:22	00:46:35
133	24	387	Andreas Götz	Team Tricamp		1995	MU30	00:05:20	00:15:11	00:25:32	00:36:04	00:46:37

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Platz	PlatzAK	StartNr	Name	Team / Verein / Firma	Nat.	JG	AK	Runde1	Runde2	Runde3	Runde4	Zeit
134	25	111	Matthias Hofmann	TSV Plankenfels		1994	MU30	00:05:22	00:15:21	00:25:38	00:36:07	00:46:40
135	22	315	Valentin Schulz	HUK Run and Bike Team		1980	M35	00:05:52	00:16:01	00:26:13	00:36:31	00:46:42
136	18	115	Dieter Schrüfer	TSV Plankenfels		1975	M40	00:05:40	00:16:17	00:26:40	00:36:55	00:46:52
137	19	256	Oliver Fiedler	GSV Bayreuth		1975	M40	00:05:25	00:15:14	00:25:34	00:36:21	00:46:59
138	20	306	Holger Friederichs	Siemens Healthineers		1976	M40	00:06:11	00:16:31	00:26:49	00:37:06	00:46:59
139	13	8	Thomas Busse	SC Kemmern		1974	M45	00:06:00	00:16:20	00:26:51	00:37:23	00:47:20
140	15	66	Bernhard Hümmer	TSV 1860 Staffelstein		1962	M55	00:06:05	00:17:17	00:27:31	00:37:27	00:47:20
141	26	116	Felix Niegel	TSV Plankenfels		1994	MU30	00:05:39	00:15:46	00:26:05	00:37:06	00:47:21
142	7	112	Stefan Poser	TSV Plankenfels		1968	M50	00:05:41	00:15:54	00:26:33	00:37:16	00:47:29
143	23	72	Lars Etzold			1980	M35	00:05:26	00:15:25	00:26:02	00:37:02	00:47:30
144	5	18	Rüdiger Stender	TEam Erdinger Alkoholfrei		1956	M60	00:05:34	00:15:52	00:26:15	00:36:57	00:47:32
145	14	284	Dirk Ress	RunningBros Coburg		1971	M45	00:06:16	00:16:47	00:27:16	00:37:38	00:47:40
146	27	160	Sebastian Prehmus	FC Burgkunstadt		1997	MU30	00:06:40	00:16:45	00:26:58	00:37:28	00:47:44
147	15	63	Stefan Rupp	Wellcome 2020		1971	M45	00:06:09	00:16:28	00:26:53	00:37:24	00:47:47
148	8	87	Oliver Hofmann			1968	M50	00:06:00	00:16:17	00:26:48	00:37:25	00:47:49
149	24	176	Marco Neubauer	SCR Steinbach am Wald		1981	M35	00:06:02	00:16:32	00:27:01	00:37:35	00:47:56
150	9	292	Carsten Thierfelder	SSV Forchheim		1969	M50	00:06:24	00:17:17	00:27:51	00:38:11	00:48:00
151	28	89	Benjamin Stark			1990	MU30	00:06:26	00:16:53	00:27:13	00:37:51	00:48:01
152	10	200	Volker Sollmann	HUK-COBURG Run and Bike-Team		1967	M50	00:06:06	00:16:36	00:27:06	00:37:46	00:48:07
153	2	232	Egon Helder	TSV Buchenrod		1951	M65	00:06:16	00:17:01	00:27:30	00:37:56	00:48:07
154	6	95	Winfried Reier	MGS Motor Gruppe Sticht		1959	M60	00:05:59	00:16:48	00:27:04	00:37:34	00:48:08
155	11	213	Andreas Höhne	LTV/KS Sportworld		1966	M50	00:05:57	00:16:27	00:26:58	00:37:42	00:48:08
156	12	375	Markus Schwierz	Sparkasse Coburg - Lichtenfels		1968	M50	00:05:49	00:16:23	00:26:57	00:37:39	00:48:16
157	16	559	Klaus Kasper	TSV 1860 Staffelstein		1974	M45	00:06:10	00:16:44	00:27:22	00:37:58	00:48:16
158	21	381	Alexander Blatt	SV Werra 07		1977	M40	00:05:53	00:16:19	00:26:51	00:37:45	00:48:24
159	25	264	Alban Ferizi	Sportfreunde Franken		1982	M35	00:06:13	00:16:36	00:27:06	00:37:55	00:48:33
160	22	14	Dominique Holzschuh	1. FC Lichtenfels		1976	M40	00:06:13	00:16:44	00:27:16	00:37:57	00:48:34
161	16	383	Gerald Zimmerma	TSV Lendershausen		1961	M55	00:06:06	00:16:46	00:27:17	00:37:55	00:48:35
162	13	547	Udo Häßner	SC Kemmern		1968	M50	00:06:00	00:16:30	00:27:08	00:38:01	00:48:40
163	23	10	Martin Krapp	Power on bike köttel		1978	M40	00:06:09	00:17:13	00:27:55	00:38:16	00:48:41
164	7	241	Hans-Jürgen Bechtel	TS Lichtenfels		1958	M60	00:06:00	00:16:34	00:27:17	00:38:05	00:48:42
165	17	384	Michael Müller	HSV Birnfeld		1963	M55	00:06:17	00:16:47	00:27:22	00:38:05	00:48:43
166	29	162	Dominik Portner	FC Burgkunstadt		1991	MU30	00:06:52	00:17:34	00:27:55	00:38:19	00:48:45
167	32	544	Florian Westhäuser	TSV Roßfeld		1989	M30	00:05:41	00:16:01	00:26:43	00:37:41	00:48:45
168	14	337	Andreas Vetter	TSV Windheim		1968	M50	00:06:07	00:16:40	00:27:18	00:38:11	00:48:48
169	33	377	Michael Stägemeier	TSV Küps		1987	M30	00:06:17	00:17:02	00:27:45	00:38:26	00:48:54
170	34	110	Klaus Arneth	TSV Plankenfels		1988	M30	00:05:23	00:15:55	00:26:54	00:38:03	00:48:56
171	24	316	Leon Kräußlich	HUK Run and Bike Team		1979	M40	00:05:58	00:16:28	00:27:08	00:38:00	00:49:03

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Platz	PlatzAK	StartNr	Name	Team / Verein / Firma	Nat.	JG	AK	Runde1	Runde2	Runde3	Runde4	Zeit
172	17	379	Stephan Stägemeier	ASC Kronach-Frankenwald		1970	M45	00:06:27	00:17:01	00:27:45	00:38:30	00:49:03
173	18	313	Daniel Cimpean	TV 1848 Coburg		1972	M45	00:05:59	00:16:42	00:27:32	00:38:28	00:49:10
174	30	161	Maximilian Stammberger	FC Burgkunstadt		1994	MU30	00:06:45	00:17:34	00:28:20	00:38:56	00:49:12
175	8	355	Hartmut Grau	LSC Höchstadt/Aisch		1959	M60	00:05:56	00:16:29	00:27:18	00:38:27	00:49:17
176	25	534	Martin Pfadenhauer	Veitensteinbiker		1979	M40	00:06:37	00:17:23	00:27:59	00:38:40	00:49:19
177	18	54	Werner Freitag	TSV 1860 Staffelstein		1962	M55	00:06:06	00:17:53	00:28:32	00:39:08	00:49:20
178	26	280	Christian Giese	SV Schottenstein		1980	M35	00:06:23	00:17:20	00:28:07	00:38:43	00:49:21
179	19	135	Holger Stranz	SV Schottenstein		1971	M45	00:06:10	00:16:53	00:27:44	00:38:36	00:49:22
180	19	369	Hans Leuchs	TSV Burghaslach		1963	M55	00:05:57	00:16:39	00:27:34	00:38:34	00:49:27
181	20	276	Roger Mayer	Elektro Mayer		1962	M55	00:05:49	00:16:33	00:27:24	00:38:31	00:49:28
182	26	389	Markus Voll			1977	M40	00:06:17	00:17:07	00:28:06	00:38:56	00:49:36
183	27	254	Thilo Kraus	Feuerwehr Altenkunstadt		1976	M40	00:06:25	00:17:22	00:28:05	00:39:03	00:49:39
184	9	546	Günter Stumpf	TSV Scheßlitz		1957	M60	00:05:49	00:16:24	00:27:16	00:38:35	00:49:43
185	27	551	Thomas Proske	Team Black		1980	M35	00:06:00	00:16:51	00:27:56	00:39:10	00:49:44
186	35	6	Dominik Aknai			1988	M30	00:06:18	00:16:54	00:27:43	00:38:45	00:49:45
187	28	45	Thomas Meiser	Roter Stern Lichtenfels		1980	M35	00:06:32	00:17:33	00:28:29	00:39:19	00:49:46
188	28	214	Michael Hübner			1976	M40	00:06:19	00:17:20	00:28:27	00:39:22	00:49:52
189	29	537	Martin Schmitt			1984	M35	00:06:30	00:17:29	00:28:21	00:39:17	00:49:58
190	31	400	Fabian Paul	1. WFC AuGe Running		1996	MU30	00:06:04	00:16:42	00:27:31	00:38:37	00:49:59
191	30	272	Christoph Reck	Sportfreunde Franken		1981	M35	00:06:17	00:16:59	00:28:03	00:39:16	00:50:00
192	31	119	Daniel Schümann	MOLL Batterien		1983	M35	00:05:36	00:16:26	00:27:44	00:39:11	00:50:24
193	21	252	Ralf Ganschow	Das Erlebnislauf-Team		1963	M55	00:06:01	00:16:55	00:27:58	00:39:08	00:50:31
194	29	350	Stefan Borrmann			1975	M40	00:06:51	00:18:09	00:29:17	00:40:11	00:50:39
195	32	324	Dominik Mühlhans	TSV Neuhaus/Aisch		1982	M35	00:06:04	00:17:05	00:28:25	00:39:51	00:50:44
196	20	321	Uwe Eberlein	TSV Neuhaus/Aisch		1970	M45	00:06:06	00:17:07	00:28:26	00:39:53	00:50:50
197	32	351	Michael Köstner	SC Jura Arnstein		1998	MU30	00:06:06	00:16:45	00:27:49	00:39:18	00:50:50
198	36	40	Florian Schmidt	ASC Eyrichshof		1987	M30	00:06:03	00:16:56	00:27:54	00:39:20	00:50:53
199	33	165	Christian Ruß	FC Burgkunstadt		1992	MU30	00:06:46	00:17:53	00:29:01	00:40:25	00:50:55
200	34	157	Yannic Geißler	FC Burgkunstadt		1998	MU30	00:06:39	00:16:47	00:27:45	00:39:27	00:50:58
201	37	545	Christoph Hitzke			1989	M30	00:06:44	00:17:50	00:28:53	00:40:02	00:50:59
202	38	312	Sebastian Morgenroth			1985	M30	00:06:24	00:17:20	00:28:10	00:39:17	00:51:01
203	39	29	Dominik Will	Athletix for LifE		1985	M30	00:06:14	00:17:00	00:27:59	00:39:49	00:51:05
204	35	163	Thorsten Wuttke	FC Burgkunstadt		1991	MU30	00:06:46	00:17:50	00:28:59	00:40:25	00:51:05
205	22	227	Anton Schmitt	SC Kemmern		1960	M55	00:06:13	00:17:23	00:28:34	00:39:48	00:51:10
206	30	143	Andre Faber	TV Weidhausen		1975	M40	00:06:43	00:17:52	00:28:55	00:40:03	00:51:12
207	36	300	Patrick Dück	ZMEFRG		1992	MU30	00:05:59	00:16:50	00:27:55	00:39:19	00:51:20
208	15	285	Michael Heil	Team Gampert		1969	M50	00:06:12	00:17:08	00:28:19	00:39:48	00:51:27
209	31	144	Andreas Bauer	TV Weidhausen		1977	M40	00:06:28	00:17:20	00:28:34	00:40:03	00:51:28

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Platz	PlatzAK	StartNr	Name	Team / Verein / Firma	Nat.	JG	AK	Runde1	Runde2	Runde3	Runde4	Zeit
210	21	120	Markus Tröbs	MOLL Batterien		1971	M45	00:06:00	00:16:49	00:28:06	00:39:36	00:51:41
211	22	332	Maik Stark	TSV Sonnefeld		1974	M45	00:06:10	00:17:15	00:28:34	00:40:11	00:51:49
212	16	129	Rainer Mattern	CJR Ebersdorf		1967	M50	00:06:48	00:18:11	00:29:35	00:40:54	00:51:59
213	3	154	Ulli Kern	FC Burgkunstadt		2001	MJU20	00:06:54	00:17:37	00:29:00	00:40:43	00:52:16
214	23	79	Thilo Schmitt	MTV Bamberg		1973	M45	00:06:29	00:18:08	00:29:37	00:41:09	00:52:19
215	17	61	Oliver Pschirrer	Team Kaeser		1968	M50	00:06:31	00:18:01	00:29:39	00:41:16	00:52:21
216	24	398	Christian Albert	SV Heubach		1974	M45	00:07:18	00:19:02	00:30:30	00:41:48	00:52:32
217	32	286	Sven Hofmann	Team Gampert		1976	M40	00:06:15	00:17:22	00:28:50	00:40:39	00:52:41
218	33	108	Florian Hofmann	TSV Plankenfels		1983	M35	00:05:37	00:16:35	00:28:18	00:40:38	00:52:52
219	33	367	Matthias Bätz	SV Schottenstein		1976	M40	00:06:25	00:17:52	00:29:29	00:41:22	00:53:00
220	40	236	Martin Hellmuth	FC Bayern Fanclub Reundorf		1989	M30	00:07:00	00:18:48	00:30:42	00:42:14	00:53:12
221	34	173	Daniel Martin			1983	M35	00:06:31	00:17:40	00:29:12	00:41:21	00:53:14
222	34	308	Jörg Neugebauer	THERAmed Runners		1976	M40	00:07:14	00:18:51	00:30:20	00:42:06	00:53:15
223	35	391	Matthias Knobloch	SC Kemmern		1977	M40	00:07:21	00:19:00	00:30:42	00:42:10	00:53:15
224	3	247	Werner Büttner	TS-Lichtenfels		1951	M65	00:06:33	00:18:13	00:29:57	00:41:44	00:53:19
225	25	385	Frank Pfeufer	RunningBros Coburg		1971	M45	00:06:44	00:18:26	00:30:11	00:41:57	00:53:22
226	36	114	Martin Kolb	TSV Plankenfels		1978	M40	00:06:08	00:17:41	00:29:31	00:41:36	00:53:24
227	37	142	Sascha Bauer	TV 1848 Coburg		1990	MU30	00:07:16	00:19:24	00:31:12	00:42:42	00:53:43
228	23	113	Rudi Lang	TSV Plankenfels		1962	M55	00:06:20	00:18:01	00:29:50	00:42:09	00:53:46
229	24	86	Uwe Scheler	Team Erdinger Alkoholfrei		1963	M55	00:06:37	00:18:26	00:30:23	00:42:08	00:53:53
230	26	331	Bettina Schultheiß			1970	M45	00:07:02	00:18:38	00:30:20	00:42:08	00:54:07
231	37	141	Jens Güther	SSV Burgkunstadt		1975	M40	00:06:47	00:18:45	00:31:16	00:43:24	00:54:22
232	38	399	Michael Estenfelder	1. WFC AuGe Running		1994	MU30	00:06:48	00:18:47	00:30:41	00:42:34	00:54:29
233	35	370	Stefan Batz	1. FC Rentweinsdorf		1980	M35	00:06:58	00:19:06	00:31:17	00:43:04	00:54:38
234	18	235	Robert Hellmuth	FC Bayern Fanclub Reundorf		1967	M50	00:07:00	00:18:48	00:30:41	00:42:39	00:54:46
235	27	237	Matthias Wachter	FC Bayern Fanclub Reundorf		1972	M45	00:07:02	00:18:50	00:30:43	00:42:44	00:54:48
236	38	84	Hannes Rödel	Mutatio Training		1979	M40	00:06:56	00:18:58	00:31:16	00:43:32	00:55:27
237	36	74	Hümmer Thomas	Feuerwehr Breitengüßbach		1982	M35	00:06:21	00:18:05	00:30:17	00:42:51	00:55:32
238	28	267	Manfred Zillig	TSV 1860 Staffelstein		1973	M45	00:06:15	00:18:16	00:30:39	00:43:32	00:55:38
239	39	341	Thomas Löffler	TSV Windheim		1979	M40	00:06:14	00:17:57	00:30:39	00:43:07	00:55:54
240	10	310	Wolfgang Tluczykont	TSV 1860 Staffelstein		1959	M60	00:06:34	00:18:23	00:30:38	00:43:20	00:55:55
241	25	305	Stefan Oester	TV 1848 Coburg		1963	M55	00:07:20	00:19:46	00:31:57	00:44:04	00:55:59
242	40	132	Jens Aumüller	TV Oberwallenstadt		1977	M40	00:07:10	00:19:23	00:31:30	00:43:57	00:56:05
243	29	133	Jürgen Schnapp			1971	M45	00:07:09	00:19:22	00:31:30	00:43:57	00:56:06
244	26	364	Roberto Hiemann			1960	M55	00:06:38	00:18:38	00:30:48	00:43:22	00:56:09
245	39	539	Müller Maximilian	ASV Kleintettau		1994	MU30	00:06:26	00:18:02	00:30:24	00:42:58	00:56:32
246	30	33	Sven Kaspar	Provida 2000 Modular		1972	M45	00:07:12	00:19:48	00:32:05	00:44:30	00:57:17
247	37	330	André Schönefeld	TSV 1860 Staffelstein		1980	M35	00:07:11	00:19:48	00:32:04	00:44:28	00:57:17

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Hauptlauf - 31.12.2019 - Bad Staffelstein

Platz	PlatzAK	StartNr	Name	Team / Verein / Firma	Nat.	JG	AK	Runde1	Runde2	Runde3	Runde4	Zeit
248	11	249	Wolfgang Gundermann	Kraftmaschine Kaltenbrunn		1958	M60	00:07:37	00:20:09	00:32:31	00:44:58	00:57:18
249	38	334	Norman Zapf	HUK-COBURG Run and Bike-Team		1984	M35	00:07:36	00:20:17	00:32:45	00:45:29	00:57:57
250	39	175	Frank Fleischmann	ASC Kronach-Frankenwald		1982	M35	00:06:42	00:18:46	00:31:24	00:44:33	00:58:04
251	41	178	Julia Götz	Vital Birke		1987	M30	00:06:45	00:19:17	00:32:02	00:45:04	00:58:07
252	4	540	Lothar Greiner	DJK/TSV Rödental		1952	M65	00:06:27	00:18:56	00:31:28	00:44:40	00:58:15
253	31	198	Sven Hartwich	HUK-COBURG Run and Bike-Team		1970	M45	00:07:35	00:20:16	00:32:52	00:45:41	00:58:20
254	40	207	Jan Rößler			1984	M35	00:07:27	00:20:30	00:33:25	00:46:15	00:58:28
255	40	7	Joschua Will	Feuerwehr Altenkunstadt		1994	MU30	00:07:19	00:19:44	00:32:06	00:45:52	00:58:37
256	41	156	Fabian Hofmann	FC Burgkunstadt		1999	MU30	00:07:04	00:19:56	00:33:14	00:46:24	00:59:27
257	19	169	Christian Dürschner	C.A.T.S.		1968	M50	00:07:19	00:20:03	00:33:04	00:46:24	00:59:42
258	27	320	ANJO Scheel	SVK Finanz		1964	M55	00:08:00	00:21:22	00:34:41	00:47:42	00:59:54
259	41	9	Thorsten Stäudler	Mutatio Training		1983	M35	00:07:34	00:20:55	00:34:04	00:47:13	01:00:05
260	1	302	Hans Joe Lanz	TS Lichtenfels		1945	M70	00:07:09	00:20:23	00:33:57	00:47:37	01:01:01
261	1	91	Berthold Wolf	TS Lichtenfels		1942	M75	00:07:08	00:20:20	00:33:50	00:47:41	01:01:39
262	28	106	Thomas Göpfert	Casa Cyclista		1964	M55	00:07:05	00:20:16	00:34:03	00:48:07	01:02:25
263	29	303	Mark Stemmler	vereinslos		1960	M55	00:08:26	00:22:22	00:35:44	00:49:32	01:03:04
264	42	558	Frank Haberkorn			1999	MU30	00:08:17	00:21:59	00:36:00	00:49:55	01:03:30
265	43	557	Carl Müller			1998	MU30	00:08:17	00:22:01	00:36:00	00:50:16	01:03:32
266	32	541	Steffen Böhm			1971	M45	00:06:58	00:20:31	00:34:36	00:49:00	01:03:53
267	20	21	Nils-Olaf Tschorn	Woolworth Nürnberg		1967	M50	00:08:26	00:22:44	00:36:58	00:50:53	01:04:52
268	12	17	Dieter Seewald	TSV Ebensfeld		1955	M60	00:08:24	00:22:03	00:36:13	00:50:53	01:05:27
269	2	542	Horst Lauterbach	Kulmbach		1947	M70	00:06:55	00:20:12	00:36:09	00:52:34	01:08:25
270	42	363	Christopher Caesar			1987	M30	00:08:30	00:23:24	00:38:31	00:53:32	01:08:29
271	41	101	Andreas Eichel	Carbonracer		1977	M40	00:09:15	00:25:40	00:41:59	00:57:54	01:10:44
272	3	273	Klaus Dyroff			1949	M70	00:08:53	00:24:04	00:39:37	00:55:34	01:11:11
273	30	62	Reinhard Beuschel	SC Kemmern		1962	M55	00:10:35	00:28:56	00:48:04	01:07:49	01:28:03

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