

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

Post SV Frühjahrslauf 2017

10km-Sparkassen-Lauf - 11.03.2017 - Nürnberg



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39	1	394	Waltraut Haderer			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

Post SV Frühjahrslauf 2017

10km-Sparkassen-Lauf - 11.03.2017 - Nürnberg



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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

Post SV Frühjahrslauf 2017

10km-Sparkassen-Lauf - 11.03.2017 - Nürnberg



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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 Kießling			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 Berkold			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

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10km-Sparkassen-Lauf - 11.03.2017 - Nürnberg



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100	11	391	Timo Günther	RFK Nürnberg		1973	M40	00:18:04	00:36:46	00:47:43	00:50:36	00:53:18
101	12	403	Fritz Höfler			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 Uhlerr			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	MTV Stadeln e. V. - Turnabteilung		1960	M55	00:20:21	00:42:17	00:55:23	00:59:05	01:02:38
127	17	488	Sindbad Vidimic			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