

SG Zons Läufer - Cup 2012

Endstand Männer

Platz	Name	AK	Anz.	Bestzeiten							Wertungsläufe				Summe
				Bahn		Straße					Roden- kirchen	Monheim	Kettwig	Neuss	
				3.000 m	5.000 m	5 km	10 km	15 km	21,1 km	Marathon	5/10/21,1	5 / 10 km	5 / 10 km	5 / 15 km	Punkte
1	Haack, Michael	M40	10	11:39 367	21:00 330	20:20 379	00:41:11 451	01:05:53 402		03:29:17 381	20:20 426	00:42:07 464	00:41:29 488	01:05:53 448	3.060
2	Braun, Andreas	M45	10	12:41 284	22:49 255	21:39 330	00:44:28 382	01:10:02 358	01:37:39 420	03:39:05 363	01:37:39 463	00:44:28 428		01:10:02 402	2.816
3	Hille, Ralf	M50	6		23:12 280	21:09 419	00:44:33 432	01:08:18 448					00:21:09 467	01:08:18 495	2.541
4	Schnitzler, Wilfried	M50	10	17:35 1	23:07 286	00:23:47 246	00:48:50 298	01:14:24 323	01:51:59 277		23:54 282	00:48:50 341	00:24:07 269	01:14:24 367	2.174
5	Haack, Matthias	M45	4			20:12 436	00:39:48 555				20:12 485	00:39:48 606			2.082
6	Villalpando Salvador	M40	4		21:49 275		00:39:38 512				00:39:38 561	00:42:22 455			1.803
7	Spill, Udo	M50	5	12:51 317	25:26 156	22:02 356			01:40:20 432				22:02 403		1.664
8	Goldbach Reiner	M55	8			26:02 183	00:52:50 251	01:27:15 173	02:04:24 199	04:38:19 174	53:09 285	00:52:50 293		01:27:15 212	1.597
9	Biering, Holger	M60	4			26:02 255	00:56:34 230		02:00:17 313				26:02 298		1.096
10	Pescke Stefan	M45	4		23:52 192	00:23:18 226	00:48:28 261				00:48:28 302				981
11	Gnidowski, Kunibert	M40	5	13:21 164	25:18 79	23:28 175			01:50:37 208	04:14:01 154					780
12	Bisping, Dirk	M40	3	13:36 139			00:48:00 233				00:48:00 273				645
13	Meier Bernd	M45	3		28:34 1	26:14 72								26:14 110	183

Endstand Frauen															
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				Bahn		Straße					Roden- kirchen	Monheim	Kettwig	Neuss	
				3.000 m	5.000 m	5 km	10 km	15 km	21,1 km	Marathon	5/10/21,1	5 / 10 km	5 / 10 km	5 / 15 km	Punkte
1	Rentergent, Carola	W45	9	12:45 506	23:13 458	21:32 567	00:43:17 652	01:06:56 654	01:38:28 636		22:17 562		22:12 567	01:06:56 702	4.340
2	Kirchner, Michaela	W45	11	13:55 375	25:26 335	22:08 526	00:45:30 577	01:08:17 624	01:41:12 597	03:35:25 609	22:32 545	00:45:30 623	22:57 518	01:08:17 670	4.245
3	Ciaglia Silke	W45	10	13:23 432	24:34 381	22:12 523	00:45:23 581	01:09:02 608	01:40:38 604		22:28 550	22:12 568	22:30 547	01:09:02 654	4.112
4	Görner Brigitte	W50	9		26:58 325	25:21 406	00:53:39 419	01:20:52 457	01:57:44 458		27:05 359	00:53:39 459	25:59 414	01:20:52 499	3.112
5	Heising, Ulrike	W45	5	13:57 373			00:49:36 456		01:47:33 511	04:03:35 459	01:47:33 553				2.352
6	Tötzke, Dagmar	W45	5			23:50 422		01:18:21 432	02:03:14 337				24:22 433	01:18:21 473	2.097
7	Niehues, Karin	W55	5	16:13 314	28:54 311	26:10 443	00:54:05 486				00:55:04 503				2.057
8	Müller Jasmin	HK	4			24:23 276	00:50:50 310	01:19:52 296						01:19:52 333	1.215
9	Lelittko Alexandra	W45	3				00:53:08 366				00:53:08 405	00:54:24 375			1.146
10	Astrid Juschka	W45	3		32:42 2	31:15 75								31:39 100	175

Punktzahl in kursiv:

Streichergebnis