

40. Hermann-Löns-Parklauf

Ergebnisliste 5km-Lauf



Rang	Geschlecht	Jahrgang	Altersklasse	Platz	M/W	Zeit	Differenz AK absolut	Differenz AK	Differenz Ra
1	Bm	L1994	Männer	M 1	1	15:48,4	-	-	-
2	Km	11984	Senioren M30	M 1	2	16:37,6	-	-	00:00:49,2
3	Lm	HH1983	Senioren M30	M 2	3	16:57,8	00:00:20,2	00:00:20,2	00:01:09,4
4	Km	HH1986	Senioren M30	M 3	4	17:35,9	00:00:58,3	00:00:38,1	00:01:47,5
5	Hm	H 1983	Senioren M30	M 4	5	18:12,4	00:01:34,8	00:00:36,5	00:02:24,0
6	Mm	T1971	Senioren M45	M 1	6	18:13,4	-	-	00:02:25,0
7	Gm	BT1972	Senioren M40	M 1	7	18:20,2	-	-	00:02:31,8
8	Bm	HL1995	Männer	M 2	8	18:34,5	00:02:46,1	00:02:46,1	00:02:46,1
9	Fm	H1971	Senioren M45	M 2	9	18:42,2	00:00:28,8	00:00:28,8	00:02:53,8
10	Pm	HH1980	Senioren M35	M 1	10	18:48,2	-	-	00:02:59,8
11	Fm	HT1998	männliche Jugend U20	M 1	11	18:49,2	-	-	00:03:00,8
12	Nm	HD1960	Senioren M55	M 1	12	18:58,2	-	-	00:03:09,8
13	Bm	HS1985	Senioren M30	M 5	13	19:04,3	00:02:26,7	00:00:51,9	00:03:15,9
14	Bm	HP1973	Senioren M40	M 2	14	19:06,0	00:00:45,8	00:00:45,8	00:03:17,6
15	Jm	HS1970	Senioren M45	M 3	15	19:06,7	00:00:53,3	00:00:24,5	00:03:18,3
16	Sm	HT1976	Senioren M40	M 3	16	19:12,0	00:00:51,8	00:00:06,0	00:03:23,6
17	Tm	HH1999	männliche Jugend U18	M 1	17	19:17,9	-	-	00:03:29,5
18	Vm	H1974	Senioren M40	M 4	18	19:21,6	00:01:01,4	00:00:09,6	00:03:33,2
19	Lb	T1988	Frauen	Fr 1	1	19:23,8	-	-	00:03:35,4
20	Mm	HS1962	Senioren M50	M 1	19	19:25,6	-	-	00:03:37,2
21	Ku	HV1996	Frauen	Fr 2	2	19:27,2	00:00:03,4	00:00:03,4	00:03:38,8
22	Sm	HH1972	Senioren M40	M 5	20	19:31,8	00:01:11,6	00:00:10,2	00:03:43,4
23	Sm	HH1965	Senioren M50	M 2	21	19:34,0	00:00:08,4	00:00:08,4	00:03:45,6
24	Sm	HS1990	Männer	M 3	22	19:43,7	00:03:55,3	00:01:09,2	00:03:55,3
25	Sm	LS1981	Senioren M35	M 2	23	19:45,9	00:00:57,7	00:00:57,7	00:03:57,5
26	Se	HL1996	Frauen	Fr 3	3	19:55,5	00:00:31,7	00:00:28,3	00:04:07,1
27	Sm	H 1964	Senioren M50	M 3	24	20:07,5	00:00:41,9	00:00:33,5	00:04:19,1
28	Pm	HS2000	männliche Jugend U18	M 2	25	20:12,5	00:00:54,6	00:00:54,6	00:04:24,1
29	Pm	T1969	Senioren M45	M 4	26	20:21,7	00:02:08,3	00:01:15,0	00:04:33,3
30	Gm	SH1970	Senioren M45	M 5	27	20:24,8	00:02:11,4	00:00:03,1	00:04:36,4
31	Fa	301972	Seniorinnen W40	W 1	4	20:27,7	-	-	00:04:39,3
32	Hm	HB1957	Senioren M55	M 2	28	20:29,5	00:01:31,3	00:01:31,3	00:04:41,1
33	Hm	BT1975	Senioren M40	M 6	29	20:31,1	00:02:10,9	00:00:59,3	00:04:42,7
34	Pf	HV1998	weibliche Jugend U 20	W 1	5	20:31,7	-	-	00:04:43,3
35	Gm	R1960	Senioren M55	M 3	30	20:41,2	00:01:43,0	00:00:11,7	00:04:52,8
36	Wi	FA1984	Seniorinnen W30	W 1	6	20:43,2	-	-	00:04:54,8
37	Hil	T1998	weibliche Jugend U 20	W 2	7	20:45,7	00:00:14,0	00:00:14,0	00:04:57,3
38	Q	W2003	weibliche Jugend U14	W 1	8	20:58,7	-	-	00:05:10,3
39	Dm	HS1968	Senioren M45	M 6	31	20:59,3	00:02:45,9	00:00:34,5	00:05:10,9
40	M	HP1979	Seniorinnen W35	W 1	9	21:13,5	-	-	00:05:25,1
41	Vm	H 2000	männliche Jugend U18	M 3	32	21:19,2	00:02:01,3	00:01:06,7	00:05:30,8
42	Vm	HS1983	Senioren M30	M 6	33	21:19,9	00:04:42,3	00:02:15,6	00:05:31,5
43	Sy	Gi1978	Seniorinnen W35	W 2	10	21:24,3	00:00:10,8	00:00:10,8	00:05:35,9
44	Sm	H 1999	männliche Jugend U18	M 4	34	21:29,5	00:02:11,6	00:00:10,3	00:05:41,1
45	Fm	HV1968	Senioren M45	M 7	35	21:30,7	00:03:17,3	00:00:31,4	00:05:42,3
46	Pm	HT1997	männliche Jugend U20	M 2	36	21:32,6	00:02:43,4	00:02:43,4	00:05:44,2
47	Gm	HH1969	Senioren M45	M 8	37	21:33,1	00:03:19,7	00:00:02,4	00:05:44,7
48	Km	HA1965	Senioren M50	M 4	38	21:46,1	00:02:20,5	00:01:38,6	00:05:57,7
49	Kfe	BT1982	Seniorinnen W30	W 2	11	21:48,5	00:01:05,3	00:01:05,3	00:06:00,1
50	Gi	HD1978	Seniorinnen W35	W 3	12	21:51,5	00:00:38,0	00:00:27,2	00:06:03,1
51	Lm	H 1988	Männer	M 4	39	21:55,2	00:06:06,8	00:02:11,5	00:06:06,8
52	Sc	HN1969	Seniorinnen W45	W 1	13	21:58,3	-	-	00:06:09,9
53	Rm	H 1967	Senioren M45	M 9	40	22:04,4	00:03:51,0	00:00:31,3	00:06:16,0

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Ergebnisliste 5km-Lauf



Rang	Geschlecht	Jahrgang	Altersklasse	Platz	M/W	Zeit	Differenz AK absolut	Differenz AK	Differenz Ra
54	St	HPt966	Senioren M50	M 5	41	22:05,8	00:02:40,2	00:00:19,7	00:06:17,4
55	Kr	H 1969	Senioren M45	M 10	42	22:07,7	00:03:54,3	00:00:03,3	00:06:19,3
56	Min	H 1966	Senioren M50	M 6	43	22:13,1	00:02:47,5	00:00:07,3	00:06:24,7
57	Jf	Lf1987	Frauen	Fr 4	14	22:13,7	00:02:49,9	00:02:18,2	00:06:25,3
58	Br	Sf1974	Senioren M40	M 7	44	22:14,2	00:03:54,0	00:01:43,1	00:06:25,8
59	Sü	H 1988	Frauen	Fr 5	15	22:17,1	00:02:53,3	00:00:03,4	00:06:28,7
60	Kr	H 1971	Senioren M45	M 11	45	22:20,2	00:04:06,8	00:00:12,5	00:06:31,8
61	Fr	HT1999	männliche Jugend U18	M 5	46	22:21,2	00:03:03,3	00:00:51,7	00:06:32,8
62	Vh	H 1987	Männer	M 5	47	22:25,1	00:06:36,7	00:00:29,9	00:06:36,7
63	Vra	V2003	männliche Jugend U14	M 1	48	22:26,0	-	-	00:06:37,6
64	Sh	HS2002	weibliche Jugend U 16	W 1	16	22:27,1	-	-	00:06:38,7
65	Tin	GM968	Senioren M45	M 12	49	22:30,3	00:04:16,9	00:00:10,1	00:06:41,9
66	Br	HD2003	männliche Jugend U14	M 2	50	22:40,6	00:00:14,6	00:00:14,6	00:06:52,2
67	On	HS1984	Senioren M30	M 7	51	22:47,4	00:06:09,8	00:01:27,5	00:06:59,0
68	Vh	Lb1964	Senioren M50	M 7	52	22:49,2	00:03:23,6	00:00:36,1	00:07:00,8
69	Er	GG1971	Senioren M45	M 13	53	22:49,6	00:04:36,2	00:00:19,3	00:07:01,2
70	Fin	Hilf1956	Senioren M60	M 1	54	22:56,0	-	-	00:07:07,6
71	Fr	HT2002	männliche Jugend U16	M 1	55	22:57,6	-	-	00:07:09,2
72	Vf	HT1976	Seniorinnen W40	W 2	17	22:59,0	00:02:31,3	00:02:31,3	00:07:10,6
73	Min	HT1998	männliche Jugend U20	M 3	56	23:11,6	00:04:22,4	00:01:39,0	00:07:23,2
74	Fr	Sf1962	Senioren M50	M 8	57	23:12,0	00:03:46,4	00:00:22,8	00:07:23,6
75	Kr	Bf2001	männliche Jugend U16	M 2	58	23:12,6	00:00:15,0	00:00:15,0	00:07:24,2
76	N	HT1988	Frauen	Fr 6	18	23:13,0	00:03:49,2	00:00:55,9	00:07:24,6
77	Br	HV2000	männliche Jugend U18	M 6	59	23:15,0	00:03:57,1	00:00:53,8	00:07:26,6
78	Kin	Lb1966	Senioren M50	M 9	60	23:20,5	00:03:54,9	00:00:08,5	00:07:32,1
79	Br	Sal1970	Senioren M45	M 14	61	23:21,2	00:05:07,8	00:00:31,6	00:07:32,8
80	Vh	H 1984	Senioren M30	M 8	62	23:22,8	00:06:45,2	00:00:35,4	00:07:34,4
81	Sc	HR1955	Seniorinnen W60	W 1	19	23:28,1	-	-	00:07:39,7
82	St	H 1978	Senioren M35	M 3	63	23:28,7	00:04:40,5	00:03:42,8	00:07:40,3
83	Hn	Hsg1963	Senioren M50	M 10	64	23:32,4	00:04:06,8	00:00:11,9	00:07:44,0
84	Hn	V1963	Senioren M50	M 11	65	23:36,7	00:04:11,1	00:00:04,3	00:07:48,3
85	Min	HH1954	Senioren M60	M 2	66	23:38,4	00:00:42,4	00:00:42,4	00:07:50,0
86	Tra	Sf1974	Senioren M40	M 8	67	23:45,0	00:05:24,8	00:01:30,8	00:07:56,6
87	Ar	H 1973	Senioren M40	M 9	68	23:46,5	00:05:26,3	00:00:01,5	00:07:58,1
88	G	Sf2002	weibliche Jugend U 16	W 2	20	23:56,2	00:01:29,1	00:01:29,1	00:08:07,8
89	Ko	HT1967	Seniorinnen W45	W 2	21	23:59,8	00:02:01,5	00:02:01,5	00:08:11,4
90	Kr	HV2002	männliche Jugend U16	M 3	69	24:00,1	00:01:02,5	00:00:47,5	00:08:11,7
91	St	H 1955	Senioren M60	M 3	70	24:04,5	00:01:08,5	00:00:26,1	00:08:16,1
92	Sp	HH1986	Seniorinnen W30	W 3	22	24:05,2	00:03:22,0	00:02:16,7	00:08:16,8
93	Gn	GG2005	männliche Jugend U14	M 3	71	24:07,0	00:01:41,0	00:01:26,4	00:08:18,6
94	St	HS1960	Senioren M55	M 4	72	24:07,2	00:05:09,0	00:03:26,0	00:08:18,8
95	Lan	H 1961	Senioren M55	M 5	73	24:11,1	00:05:12,9	00:00:03,9	00:08:22,7
96	Bf	HD2002	weibliche Jugend U 16	W 3	23	24:23,0	00:01:55,9	00:00:26,8	00:08:34,6
97	Kin	Lf1979	Senioren M35	M 4	74	24:33,1	00:05:44,9	00:01:04,4	00:08:44,7
98	Min	H 1970	Senioren M45	M 15	75	24:34,3	00:06:20,9	00:01:13,1	00:08:45,9
99	Stn	HT1948	Senioren M65	M 1	76	24:37,1	-	-	00:08:48,7
100	Kr	Bf2001	männliche Jugend U16	M 4	77	24:48,7	00:01:51,1	00:00:48,6	00:09:00,3
101	Hn	Bf1966	Senioren M50	M 12	78	24:51,6	00:05:26,0	00:01:14,9	00:09:03,2
102	Bfo	HM1988	Frauen	Fr 7	24	24:54,3	00:05:30,5	00:01:41,3	00:09:05,9
103	Kfri	HT1999	weibliche Jugend U 18	W 1	25	24:54,8	-	-	00:09:06,4
104	Lön	Is1982	Senioren M30	M 9	79	24:56,0	00:08:18,4	00:01:33,2	00:09:07,6
105	Lf	L1959	Seniorinnen W55	W 1	26	24:57,3	-	-	00:09:08,9
106	Min	R2006	männliche Jugend U14	M 4	80	25:06,4	00:02:40,4	00:00:59,4	00:09:18,0

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Rang	Geschlecht	Jahrgang	Altersklasse	Platz	M/W	Zeit	Differenz AK absolut	Differenz AK	Differenz Ra
107	Ein	HD1967	Senioren M45	M 16	81	25:07,4	00:06:54,0	00:00:33,1	00:09:19,0
108	Fb	HT2002	weibliche Jugend U 16	W 4	27	25:12,0	00:02:44,9	00:00:49,0	00:09:23,6
109	Rm	AT1974	Senioren M40	M 10	82	25:14,5	00:06:54,3	00:01:28,0	00:09:26,1
110	G	GG1983	Seniorinnen W30	W 4	28	25:15,0	00:04:31,8	00:01:09,8	00:09:26,6
111	Bin	BA1964	Senioren M50	M 13	83	25:15,5	00:05:49,9	00:00:23,9	00:09:27,1
112	Wn	HT2004	männliche Jugend U14	M 5	84	25:19,5	00:02:53,5	00:00:13,1	00:09:31,1
113	Be	LA1968	Senioren M45	M 17	85	25:21,1	00:07:07,7	00:00:13,7	00:09:32,7
113	Wi	HS1964	Seniorinnen W50	W 1	29	25:21,1	-	-	00:09:32,7
115	En	HG1973	Seniorinnen W40	W 3	30	25:23,0	00:04:55,3	00:02:24,0	00:09:34,6
116	Nin	SD1972	Senioren M40	M 11	86	25:25,5	00:07:05,3	00:00:11,0	00:09:37,1
117	Lin	HD1967	Senioren M45	M 18	87	25:28,6	00:07:15,2	00:00:07,5	00:09:40,2
118	Lin	HT2002	männliche Jugend U16	M 5	88	25:28,7	00:02:31,1	00:00:40,0	00:09:40,3
119	Pe	HG2002	männliche Jugend U16	M 6	89	25:36,2	00:02:38,6	00:00:07,5	00:09:47,8
120	M	HS1959	Seniorinnen W55	W 2	31	25:37,8	00:00:40,5	00:00:40,5	00:09:49,4
121	St	VL1940	Senioren M75	M 1	90	25:51,3	-	-	00:10:02,9
122	Gn	HD1989	Männer	M 6	91	26:00,6	00:10:12,2	00:03:35,5	00:10:12,2
123	Kfe	BA1998	weibliche Jugend U 20	W 3	32	26:00,9	00:05:29,2	00:05:15,2	00:10:12,5
124	Sc	H 1967	Seniorinnen W45	W 3	33	26:04,8	00:04:06,5	00:02:05,0	00:10:16,4
125	Fin	AT1968	Senioren M45	M 19	92	26:05,9	00:07:52,5	00:00:37,3	00:10:17,5
126	Jb	SM2006	weibliche Jugend U14	W 2	34	26:09,3	00:05:10,6	00:05:10,6	00:10:20,9
127	Jon	SM1977	Senioren M35	M 5	93	26:09,4	00:07:21,2	00:01:36,3	00:10:21,0
128	Ve	HV1968	Senioren M45	M 20	94	26:10,9	00:07:57,5	00:00:05,0	00:10:22,5
129	Ve	HV2008	männliche Jugend U14	M 6	95	26:11,0	00:03:45,0	00:00:51,5	00:10:22,6
130	Pa	H 1956	Senioren M60	M 4	96	26:15,9	00:03:19,9	00:02:11,4	00:10:27,5
131	Gn	AS1962	Senioren M50	M 14	97	26:16,6	00:06:51,0	00:01:01,1	00:10:28,2
132	Jü	HS1976	Seniorinnen W40	W 4	35	26:18,2	00:05:50,5	00:00:55,2	00:10:29,8
133	St	BA1969	Senioren M45	M 21	98	26:22,8	00:08:09,4	00:00:11,9	00:10:34,4
134	Tim	SD1971	Senioren M45	M 22	99	26:24,8	00:08:11,4	00:00:02,0	00:10:36,4
135	Kfo	LA1976	Seniorinnen W40	W 5	36	26:26,3	00:05:58,6	00:00:08,1	00:10:37,9
136	Kf	LA1988	Frauen	Fr 8	37	26:28,3	00:07:04,5	00:01:34,0	00:10:39,9
137	Nin	LA1966	Senioren M50	M 15	100	26:30,6	00:07:05,0	00:00:14,0	00:10:42,2
138	Wi	H 2001	weibliche Jugend U 16	W 5	38	26:45,1	00:04:18,0	00:01:33,1	00:10:56,7
139	Pfn	DM1953	Senioren M60	M 5	101	26:46,0	00:03:50,0	00:00:30,1	00:10:57,6
140	Ta	SD2002	weibliche Jugend U 16	W 6	39	26:48,4	00:04:21,3	00:00:03,3	00:11:00,0
141	Bfu	H 1978	Seniorinnen W35	W 4	40	26:56,6	00:05:43,1	00:05:05,1	00:11:08,2
142	H	HS1963	Seniorinnen W50	W 2	41	27:06,2	00:01:45,1	00:01:45,1	00:11:17,8
143	Ta	SD1973	Seniorinnen W40	W 6	42	27:09,3	00:06:41,6	00:00:43,0	00:11:20,9
144	Fr	NJ1966	Seniorinnen W50	W 3	43	27:10,5	00:01:49,4	00:00:04,3	00:11:22,1
145	Rm	VB1958	Senioren M55	M 6	102	27:10,7	00:08:12,5	00:02:59,6	00:11:22,3
146	Bfu	BA1965	Seniorinnen W50	W 4	44	27:12,9	00:01:51,8	00:00:02,4	00:11:24,5
147	Stn	VL1968	Senioren M45	M 23	103	27:13,8	00:09:00,4	00:00:49,0	00:11:25,4
148	Za	HD2003	männliche Jugend U14	M 7	104	27:16,7	00:04:50,7	00:01:05,7	00:11:28,3
149	Stn	VL2004	männliche Jugend U14	M 8	105	27:19,9	00:04:53,9	00:00:03,2	00:11:31,5
150	Fb	HT1967	Seniorinnen W45	W 4	45	27:20,7	00:05:22,4	00:01:15,9	00:11:32,3
151	Mn	H 1951	Senioren M65	M 2	106	27:27,0	00:02:49,9	00:02:49,9	00:11:38,6
152	Hn	HD2002	männliche Jugend U16	M 7	107	27:28,5	00:04:30,9	00:01:52,3	00:11:40,1
153	Bo	LE2001	weibliche Jugend U 16	W 7	46	27:31,3	00:05:04,2	00:00:42,9	00:11:42,9
154	Bo	HS2005	männliche Jugend U14	M 9	108	27:38,0	00:05:12,0	00:00:18,1	00:11:49,6
155	Bo	H 1948	Senioren M65	M 3	109	27:39,8	00:03:02,7	00:00:12,8	00:11:51,4
156	Sp	HS1966	Senioren M50	M 16	110	27:41,1	00:08:15,5	00:01:10,5	00:11:52,7
157	Mn	H 1976	Senioren M40	M 12	111	27:49,3	00:09:29,1	00:02:23,8	00:12:00,9
158	La	HM1978	Seniorinnen W35	W 5	47	27:49,7	00:06:36,2	00:00:53,1	00:12:01,3
159	Zi	H 1989	Frauen	Fr 9	48	28:00,6	00:08:36,8	00:01:32,3	00:12:12,2

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Rang	Geschlecht	Jahrgang	Altersklasse	Platz	M/W	Zeit	Differenz AK absolut	Differenz AK	Differenz Ra
160	Stn	H 1944	Senioren M70	M 1	112	28:01,4	-	-	00:12:13,0
161	Rf	H 1966	Seniorinnen W50	W 5	49	28:03,0	00:02:41,9	00:00:50,1	00:12:14,6
162	Bfo	Sp1998	weibliche Jugend U 20	W 4	50	28:16,8	00:07:45,1	00:02:15,9	00:12:28,4
163	Rf	Sp2001	weibliche Jugend U 16	W 8	51	28:16,9	00:05:49,8	00:00:45,6	00:12:28,5
164	Bln	HD1966	Senioren M50	M 17	113	28:19,8	00:08:54,2	00:00:38,7	00:12:31,4
165	Kfn	HM1962	Seniorinnen W50	W 6	52	28:22,3	00:03:01,2	00:00:19,3	00:12:33,9
166	Stn	HD1981	Senioren M35	M 6	114	28:25,0	00:09:36,8	00:02:15,6	00:12:36,6
167	Wf	H 1970	Seniorinnen W45	W 5	53	28:33,1	00:06:34,8	00:01:12,4	00:12:44,7
168	Wfn	H 2001	männliche Jugend U16	M 8	115	28:37,6	00:05:40,0	00:01:09,1	00:12:49,2
169	Wfn	H 1965	Senioren M50	M 18	116	28:37,8	00:09:12,2	00:00:18,0	00:12:49,4
170	Stn	HR1967	Senioren M45	M 24	117	28:52,8	00:10:39,4	00:01:39,0	00:13:04,4
171	Stn	HR2000	männliche Jugend U18	M 7	118	28:52,9	00:09:35,0	00:05:37,9	00:13:04,5
172	Qn	GG1963	Senioren M50	M 19	119	28:55,0	00:09:29,4	00:00:17,2	00:13:06,6
173	Jü	HM1956	Seniorinnen W60	W 2	54	28:58,0	00:05:29,9	00:05:29,9	00:13:09,6
174	Nm	Le1968	Senioren M45	M 25	120	28:59,6	00:10:46,2	00:00:06,8	00:13:11,2
175	Kfn	St1974	Seniorinnen W40	W 7	55	29:01,9	00:08:34,2	00:01:52,6	00:13:13,5
176	Gh	Li 1961	Senioren M55	M 7	121	29:02,5	00:10:04,3	00:01:51,8	00:13:14,1
177	M	H 1979	Seniorinnen W35	W 6	56	29:04,8	00:07:51,3	00:01:15,1	00:13:16,4
178	Rf	VL1966	Seniorinnen W50	W 7	57	29:04,9	00:03:43,8	00:00:42,6	00:13:16,5
179	Hn	HD1970	Senioren M45	M 26	122	29:09,0	00:10:55,6	00:00:09,4	00:13:20,6
180	Hn	HF1971	Senioren M45	M 27	123	29:10,3	00:10:56,9	00:00:01,3	00:13:21,9
181	Sfc	H 1975	Seniorinnen W40	W 8	58	29:11,7	00:08:44,0	00:00:09,8	00:13:23,3
182	Wfn	HT1957	Senioren M55	M 8	124	29:11,8	00:10:13,6	00:00:09,3	00:13:23,4
183	Fr	HV1971	Seniorinnen W45	W 6	59	29:23,1	00:07:24,8	00:00:50,0	00:13:34,7
184	H	HD2006	weibliche Jugend U14	W 3	60	29:26,5	00:08:27,8	00:03:17,2	00:13:38,1
185	H	Ba1967	Seniorinnen W45	W 7	61	29:27,6	00:07:29,3	00:00:04,5	00:13:39,2
186	H	H 1966	Seniorinnen W50	W 8	62	29:29,2	00:04:08,1	00:00:24,3	00:13:40,8
187	Dn	St1980	Senioren M35	M 7	125	29:34,9	00:10:46,7	00:01:09,9	00:13:46,5
188	Stn	Be1979	Senioren M35	M 8	126	29:37,8	00:10:49,6	00:00:02,9	00:13:49,4
189	Kfr	DM1958	Seniorinnen W55	W 3	63	29:48,3	00:04:51,0	00:04:10,5	00:13:59,9
190	M	2005	weibliche Jugend U14	W 4	64	29:50,1	00:08:51,4	00:00:23,6	00:14:01,7
190	M	1973	Seniorinnen W40	W 9	64	29:50,1	00:09:22,4	00:00:38,4	00:14:01,7
192	M	HT2000	weibliche Jugend U 18	W 2	66	29:51,4	00:04:56,6	00:04:56,6	00:14:03,0
193	Sin	St2006	männliche Jugend U14	M 10	127	29:54,1	00:07:28,1	00:02:16,1	00:14:05,7
194	Sin	St1979	Senioren M35	M 9	128	29:54,2	00:11:06,0	00:00:16,4	00:14:05,8
195	Sf	St1978	Seniorinnen W35	W 7	67	29:54,5	00:08:41,0	00:00:49,7	00:14:06,1
196	Sf	La1970	Seniorinnen W45	W 8	68	29:58,6	00:08:00,3	00:00:31,0	00:14:10,2
197	Za	HD2006	weibliche Jugend U14	W 5	69	29:59,1	00:09:00,4	00:00:09,0	00:14:10,7
198	Stn	HT1955	Senioren M60	M 6	129	29:59,7	00:07:03,7	00:03:13,7	00:14:11,3
199	Za	HD2005	männliche Jugend U14	M 11	130	30:09,3	00:07:43,3	00:00:15,2	00:14:20,9
200	Kfn	HD1973	Senioren M40	M 13	131	30:19,0	00:11:58,8	00:02:29,7	00:14:30,6
201	Kfn	HD1960	Senioren M55	M 9	132	30:24,3	00:11:26,1	00:01:12,5	00:14:35,9
202	Nf	HT1960	Seniorinnen W55	W 4	70	30:25,4	00:05:28,1	00:00:37,1	00:14:37,0
203	Fen	H 1988	Männer	M 7	133	30:30,5	00:14:42,1	00:04:29,9	00:14:42,1
204	Sin	La1966	Senioren M50	M 20	134	30:32,3	00:11:06,7	00:01:37,3	00:14:43,9
205	Rn	HA1952	Senioren M60	M 7	135	30:35,5	00:07:39,5	00:00:35,8	00:14:47,1
206	M	W1972	Seniorinnen W40	W 10	71	30:37,4	00:10:09,7	00:00:47,3	00:14:49,0
207	Sa	Hil1964	Seniorinnen W50	W 9	72	30:39,6	00:05:18,5	00:01:10,4	00:14:51,2
208	Pfo	HG1966	Seniorinnen W50	W 10	73	30:41,2	00:05:20,1	00:00:01,6	00:14:52,8
209	Rn	Ba1965	Senioren M50	M 21	136	30:41,5	00:11:15,9	00:00:09,2	00:14:53,1
209	Rn	Ba1967	Senioren M45	M 28	136	30:41,5	00:12:28,1	00:01:31,2	00:14:53,1
211	H	HL2003	weibliche Jugend U14	W 6	74	30:44,1	00:09:45,4	00:00:45,0	00:14:55,7
212	Bfu	Pa1957	Seniorinnen W55	W 5	75	30:44,2	00:05:46,9	00:00:18,8	00:14:55,8

40. Hermann-Löns-Parklauf

Ergebnisliste 5km-Lauf



Rang	Geschlecht	Jahrgang	Altersklasse	Platz	M/W	Zeit	Differenz AK absolut	Differenz AK	Differenz Ra
213	Bü	Pa1991	Frauen	Fr 10	76	30:45,2	00:11:21,4	00:02:44,6	00:14:56,8
214	Za	HD1974	Seniorinnen W40	W 11	77	30:45,6	00:10:17,9	00:00:08,2	00:14:57,2
215	Ki	HD1978	Seniorinnen W35	W 8	78	30:45,7	00:09:32,2	00:00:51,2	00:14:57,3
216	Sn	H 1941	Senioren M75	M 2	138	30:53,1	00:05:01,8	00:05:01,8	00:15:04,7
217	Gn	H 1966	Senioren M50	M 22	139	30:56,2	00:11:30,6	00:00:14,7	00:15:07,8
218	Kfr	HT1955	Seniorinnen W60	W 3	79	30:57,1	00:07:29,0	00:01:59,1	00:15:08,7
219	Sc	W1974	Seniorinnen W40	W 12	80	31:13,8	00:10:46,1	00:00:28,2	00:15:25,4
220	R	HM965	Seniorinnen W50	W 11	81	31:19,3	00:05:58,2	00:00:38,1	00:15:30,9
221	Fra	LD1971	Senioren M45	M 29	140	31:56,1	00:13:42,7	00:01:14,6	00:16:07,7
222	Fa	LD1973	Seniorinnen W40	W 13	82	31:56,5	00:11:28,8	00:00:42,7	00:16:08,1
223	Min	Hil1945	Senioren M70	M 2	141	32:12,6	00:04:11,2	00:04:11,2	00:16:24,2
224	Sa	H 1982	Seniorinnen W30	W 5	83	32:16,4	00:11:33,2	00:07:01,4	00:16:28,0
225	G	DM953	Seniorinnen W60	W 4	84	32:23,9	00:08:55,8	00:01:26,8	00:16:35,5
226	H	H 1962	Seniorinnen W50	W 12	85	32:24,8	00:07:03,7	00:01:05,5	00:16:36,4
227	Vra	H 1957	Senioren M55	M 10	142	32:24,9	00:13:26,7	00:02:00,6	00:16:36,5
228	Min	H 1942	Senioren M70	M 3	143	32:30,3	00:04:28,9	00:00:17,7	00:16:41,9
229	Fm	GT1961	Senioren M55	M 11	144	32:48,3	00:13:50,1	00:00:23,4	00:16:59,9
230	Lon	W1976	Senioren M40	M 14	145	32:51,9	00:14:31,7	00:02:32,9	00:17:03,5
231	Nm	RL1940	Senioren M75	M 3	146	33:04,8	00:07:13,5	00:02:11,7	00:17:16,4
232	Fi	H 1986	Seniorinnen W30	W 6	86	33:15,5	00:12:32,3	00:00:59,1	00:17:27,1
233	Br	BA1964	Senioren M50	M 23	147	33:24,7	00:13:59,1	00:02:28,5	00:17:36,3
234	Pfi	HM957	Seniorinnen W55	W 6	87	33:28,7	00:08:31,4	00:02:44,5	00:17:40,3
235	Pfi	HM998	weibliche Jugend U 20	W 5	88	33:29,0	00:12:57,3	00:05:12,2	00:17:40,6
236	H	HD1979	Seniorinnen W35	W 9	89	33:40,1	00:12:26,6	00:02:54,4	00:17:51,7
237	St	HL1962	Senioren M50	M 24	148	33:41,2	00:14:15,6	00:00:16,5	00:17:52,8
238	M	UT1951	Seniorinnen W65	W 1	90	33:56,6	-	-	00:18:08,2
239	Wi	H 1985	Seniorinnen W30	W 7	91	34:03,6	00:13:20,4	00:00:48,1	00:18:15,2
240	Fm	La1935	Senioren M80	M 1	149	34:15,7	-	-	00:18:27,3
241	Se	H 1997	weibliche Jugend U 20	W 6	92	34:18,5	00:13:46,8	00:00:49,5	00:18:30,1
242	St	GG1967	Senioren M45	M 30	150	34:18,8	00:16:05,4	00:02:22,7	00:18:30,4
243	Sc	HT1969	Seniorinnen W45	W 9	93	34:26,1	00:12:27,8	00:04:27,5	00:18:37,7
244	R	HT1953	Seniorinnen W60	W 5	94	34:32,3	00:11:04,2	00:02:08,4	00:18:43,9
245	Kfir	Br1965	Seniorinnen W50	W 13	95	34:36,7	00:09:15,6	00:02:11,9	00:18:48,3
246	Fe	H 1963	Seniorinnen W50	W 14	96	35:17,7	00:09:56,6	00:00:41,0	00:19:29,3
247	Sc	BA1970	Seniorinnen W45	W 10	97	35:20,7	00:13:22,4	00:00:54,6	00:19:32,3
248	Gr	HT1945	Seniorinnen W70	W 1	98	35:26,6	-	-	00:19:38,2
249	Fri	LD1972	Seniorinnen W40	W 14	99	35:41,6	00:15:13,9	00:03:45,1	00:19:53,2
250	Kfir	H 1978	Seniorinnen W35	W 10	100	35:41,7	00:14:28,2	00:02:01,6	00:19:53,3
251	Pr	GM936	Senioren M80	M 2	151	36:27,8	00:02:12,1	00:02:12,1	00:20:39,4
252	Hn	H 1954	Senioren M60	M 8	152	36:51,9	00:13:55,9	00:06:16,4	00:21:03,5
253	Br	U 1994	Frauen	Fr 11	101	37:18,5	00:17:54,7	00:06:33,3	00:21:30,1
254	Br	HT1963	Senioren M50	M 25	153	38:18,1	00:18:52,5	00:04:36,9	00:22:29,7
255	Já	HT1959	Seniorinnen W55	W 7	102	38:34,8	00:13:37,5	00:05:06,1	00:22:46,4
256	St	GT1970	Senioren M45	M 31	154	39:12,3	00:20:58,9	00:04:53,5	00:23:23,9
257	Bü	HT1964	Seniorinnen W50	W 15	103	40:17,0	00:14:55,9	00:04:59,3	00:24:28,6
258	Sp	H 1988	Frauen	Fr 12	104	42:00,5	00:22:36,7	00:04:42,0	00:26:12,1

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