

Ergebnisse "Landesoffener Stundenlauf des Lehrter SV" am 20. April 2011

lfdNr.	Start-Nr.	Name	Vorname	Jahr- gang	Alters- klasse	Verein / LG	Runden a 400m	Zuschlag [m]	Ergebnis [m]	10 km- Zeit	Rang Lauf	Rang Ak
1	1366	Wilshusen	Matthias	1970	M40	Laufclub BlueLiner	41	322	16.722	35:19,96	1. m	1.
2	1379	Jäger	René	1982	M	Garbsener SC	41	222	16.622	35:41,77	2. m	1.
3	1363	Schrader	Dominik	1980	M30	LG Braunschweig	39	257	15.857	36:20,98	3. m	1.
4	1380	Markfeld	Jürgen	1963	M45	TUS Hasede	37	239	15.039	39:23,44	4. m	1.
5	1365	Jache	Andreas	1974	M35	Hannover 96	37	218	15.018	39:25,12	5. m	1.
6	1359	Zittier	Hans-Joachim	1966	M45	Post SV Lehrte	36	325	14.725	40:32,44	6. m	2.
7	1381	Schuck	Bernward	1952	M55	TK Jahn Sarstedt	36	260	14.660	39:52,16	7. m	1.
8	1370	Przywara	Joachim	1969	M40	MTV Eintracht Borsum	36	222	14.622	40:39,56	8. m	2.
9	1372	Ullrich	Rüdiger	1951	M60	LG Kreis Verden	35	185	14.185	42:15,41	9. m	1.
10	1367	Grewe	Ulrich	1963	M45	DJK Sparta Langenhagen	34	34	13.634	43:25,23	10. m	3.
11	1369	Kramer	Manfred	1940	M70	TSV Barsinghausen	33	27	13.227	45:10,51	11. m	1.
12	1389	Binding	Carsten	1978	M30	Hannover 96	32	323	13.123	45:34,33	12. m	2.
13	1361	Schröder	Heinrich	1941	M70	TSV Arminia Vöhrum	30	88	12.088	49:26,79	13. m	2.
14	1388	Föcks	Arndt-Christoph	1972	M35		29	92	11.692	51:32,62	14. m	2.
15	1376	Lehmann-Rentsch, Mac		1952	M55	Lehrter SV -Triathlon	29	41	11.641	51:17,63	15. m	2.
16	1360	Häusler	Wolfgang	1951	M60	Post SV Lehrte	28	295	11.495	52:11,93	16. m	2.
17	1368	Schröder	Christa	1953	W55	TSV Barsinghausen	28	258	11.458	52:10,69	1. w	1.
18	1371	Peters	Volker	1968	M40	MTV Eintracht Borsum	28		11.200	39:22,17	17. m	3.
19	1373	Abu Ajamieh	Traute	1945	W65	TK Jahn Sarstedt	27	260	11.060	54:07,92	2. w	1.
20	1386	Rubart	Michael	1951	M60	Lehrter SV	26	229	10.629	56:29,27	18. m	3.
21	1382	Döbel	Heinz	1952	M55	SV Hertha Otze	25	300	10.300	58:09,72	19. m	3.

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22	1375	Abramowski	Peter	1966	M45	MTV Eintracht Borsum	25		10.000	41:08,29	20. m	4.
23	1377	Redenius	Fokko	1948	M60	TSV Kirchdorf	25		10.000	42:23,80	21. m	4.
24	1390	Schäfer	Wolfgang	1967	M40	LG Wennigsen	25		10.000	40:43,97	22. m	4.
25	1391	Willkommen	Joern	1962	M45	LG Wennigsen	25		10.000	43:13,17	23. m	5.
26	1392	Bozkurt	Elvan	1973	W35		25		10.000	43:13,29	3. w	1.
27	1393	Starke	Dennis	1978	M30	TUS Hasede	25		10.000	45:48,06	24. m	3.
28	1384	Weigel	Claudine	1962	W45	Lehrter SV	23	274	9.474		4. w	1.
29	1362	Winkler	Siegfried	1951	M60	LG Braunschweig	10		4.000		25. m	5.

Start-Nr.	Runde																
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
1359	0:01:26	0:03:00	0:04:36	0:06:12	0:07:51	0:09:29	0:11:09	0:12:47	0:14:25	0:16:04	0:17:43	0:19:21	0:20:56	0:22:35	0:24:12	0:25:50	0:27:29
1360	0:01:56	0:03:59	0:06:02	0:08:04	0:10:05	0:12:08	0:14:11	0:16:14	0:18:20	0:20:25	0:22:29	0:24:36	0:26:42	0:28:48	0:30:55	0:33:03	0:35:12
1361	0:01:47	0:03:43	0:05:39	0:07:38	0:09:34	0:11:33	0:13:31	0:15:30	0:17:30	0:19:30	0:21:31	0:23:30	0:25:28	0:27:29	0:29:28	0:31:28	0:33:28
1362	0:01:44	0:03:38	0:05:32	0:07:26	0:09:23	0:11:20	0:13:19	0:15:21	0:17:25								
1363	0:01:22	0:02:44	0:04:08	0:05:33	0:06:56	0:08:20	0:09:44	0:11:08	0:12:33	0:13:57	0:15:24	0:16:52	0:18:21	0:19:52	0:21:24	0:22:55	0:24:27
1365	0:01:28	0:03:01	0:04:35	0:06:06	0:07:38	0:09:10	0:10:44	0:12:17	0:13:52	0:15:25	0:16:59	0:18:33	0:20:08	0:21:44	0:23:19	0:24:54	0:26:29
1366	0:01:23	0:02:45	0:04:08	0:05:33	0:06:57	0:08:21	0:09:45	0:11:08	0:12:33	0:13:58	0:15:24	0:16:47	0:18:11	0:19:35	0:20:58	0:22:23	0:23:48
1367	0:01:36	0:03:13	0:04:49	0:06:29	0:08:10	0:09:51	0:11:34	0:13:17	0:15:02	0:16:47	0:18:31	0:20:17	0:22:02	0:23:47	0:25:32	0:27:19	0:29:06
1368	0:01:52	0:03:53	0:05:54	0:07:56	0:10:00	0:12:04	0:14:07	0:16:11	0:18:17	0:20:23	0:22:28	0:24:34	0:26:40	0:28:46	0:30:54	0:33:02	0:35:11
1369	0:01:42	0:03:27	0:05:13	0:06:58	0:08:43	0:10:29	0:12:16	0:14:04	0:15:52	0:17:39	0:19:27	0:21:16	0:23:06	0:24:56	0:26:46	0:28:36	0:30:26
1370	0:01:34	0:03:10	0:04:45	0:06:20	0:07:56	0:09:31	0:11:07	0:12:42	0:14:18	0:15:51	0:17:27	0:19:04	0:20:42	0:22:20	0:24:00	0:25:40	0:27:19
1371	0:01:33	0:03:10	0:04:45	0:06:19	0:07:55	0:09:31	0:11:06	0:12:42	0:14:17	0:15:51	0:17:25	0:19:01	0:20:37	0:22:10	0:23:45	0:25:20	0:26:53
1372	0:01:33	0:03:10	0:04:47	0:06:28	0:08:10	0:09:53	0:11:35	0:13:15	0:14:57	0:16:39	0:18:22	0:20:04	0:21:47	0:23:30	0:25:12	0:26:55	0:28:38
1373	0:01:58	0:03:58	0:06:00	0:08:02	0:10:07	0:12:12	0:14:17	0:16:23	0:18:30	0:20:38	0:22:47	0:24:59	0:27:11	0:29:22	0:31:36	0:33:49	0:36:02
1375	0:01:35	0:03:10	0:04:45	0:06:20	0:07:56	0:09:32	0:11:08	0:12:45	0:14:22	0:16:00	0:17:38	0:19:18	0:21:00	0:22:40	0:24:20	0:25:59	0:27:39
1376	0:01:47	0:03:45	0:05:45	0:07:46	0:09:48	0:11:49	0:13:51	0:15:53	0:17:55	0:20:02	0:22:05	0:24:04	0:26:08	0:28:15	0:30:19	0:32:22	0:34:30
1377	0:01:32	0:03:09	0:04:46	0:06:26	0:08:07	0:09:47	0:11:27	0:13:09	0:14:51	0:16:33	0:18:15	0:19:57	0:21:41	0:23:25	0:25:08	0:26:51	0:28:33
1379	0:01:23	0:02:45	0:04:08	0:05:33	0:06:56	0:08:21	0:09:45	0:11:08	0:12:32	0:13:56	0:15:21	0:16:46	0:18:11	0:19:36	0:21:02	0:22:29	0:23:57
1380	0:01:29	0:03:03	0:04:37	0:06:11	0:07:47	0:09:24	0:11:00	0:12:35	0:14:11	0:15:49	0:17:25	0:19:01	0:20:38	0:22:11	0:23:45	0:25:20	0:26:53
1381	0:01:35	0:03:11	0:04:45	0:06:21	0:07:56	0:09:32	0:11:07	0:12:42	0:14:18	0:15:52	0:17:26	0:19:02	0:20:38	0:22:12	0:23:47	0:25:23	0:26:59
1382	0:02:03	0:04:11	0:06:20	0:08:30	0:10:42	0:12:54	0:15:06	0:17:19	0:19:32	0:21:47	0:24:35	0:26:52	0:29:08	0:31:26	0:33:45	0:36:05	0:38:29
1384	0:02:06	0:04:32	0:07:00	0:09:30	0:12:01	0:14:30	0:16:59	0:19:32	0:22:05	0:24:40	0:27:17	0:29:54	0:32:33	0:35:11	0:37:48	0:40:24	0:42:59
1386	0:01:44	0:04:01	0:05:55	0:07:57	0:10:01	0:12:06	0:14:10	0:16:37	0:18:57	0:21:13	0:23:33	0:25:49	0:28:07	0:30:25	0:32:44	0:35:02	0:37:22
1388	0:01:49	0:03:40	0:05:35	0:07:34	0:09:37	0:11:42	0:13:45	0:15:48	0:17:54	0:20:00	0:22:07	0:24:15	0:26:21	0:28:33	0:30:39	0:32:46	0:34:47
1389	0:01:34	0:03:14	0:04:54	0:06:33	0:08:15	0:09:59	0:11:42	0:13:25	0:15:10	0:16:58	0:18:46	0:20:35	0:22:25	0:24:19	0:26:17	0:28:20	0:30:11
1390	0:01:29	0:03:03	0:04:36	0:06:10	0:07:47	0:09:24	0:11:00	0:12:35	0:14:10	0:15:48	0:17:24	0:19:00	0:20:38	0:22:17	0:23:55	0:25:36	0:27:18
1391	0:01:36	0:03:14	0:04:53	0:06:34	0:08:18	0:10:01	0:11:43	0:13:25	0:15:09	0:16:54	0:18:38	0:20:20	0:22:05	0:23:51	0:25:37	0:27:25	0:29:12
1392	0:01:36	0:03:14	0:04:54	0:06:35	0:08:18	0:10:01	0:11:43	0:13:26	0:15:09	0:16:54	0:18:38	0:20:21	0:22:06	0:23:52	0:25:38	0:27:25	0:29:12
1393	0:01:37	0:03:18	0:05:05	0:06:55	0:08:46	0:10:41	0:12:35	0:14:29	0:16:23	0:18:15	0:20:06	0:21:56	0:23:46	0:25:34	0:27:21	0:29:10	0:30:59

Start-Nr.	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34
1359	0:29:09	0:30:48	0:32:24	0:34:02	0:35:35	0:37:14	0:38:53	0:40:32	0:42:12	0:43:51	0:45:31	0:47:12	0:48:51	0:50:27	0:52:07	0:53:46	0:55:26
1360	0:37:18	0:39:25	0:41:32	0:43:40	0:45:47	0:47:55	0:50:03	0:52:12	0:54:21	0:56:26	0:58:31						
1361	0:35:27	0:37:27	0:39:26	0:41:24	0:43:26	0:45:27	0:47:28	0:49:27	0:51:27	0:53:27	0:55:30	0:57:34	0:59:35				
1362																	
1363	0:25:58	0:27:29	0:29:00	0:30:29	0:31:59	0:33:27	0:34:56	0:36:21	0:38:46	0:40:20	0:41:55	0:43:30	0:45:05	0:46:39	0:48:12	0:49:46	0:51:22
1365	0:28:05	0:29:42	0:31:20	0:33:00	0:34:37	0:36:13	0:37:49	0:39:25	0:41:03	0:42:41	0:44:19	0:45:59	0:47:37	0:49:14	0:50:58	0:52:35	0:54:13
1366	0:25:13	0:26:39	0:28:05	0:29:31	0:30:58	0:32:26	0:33:53	0:35:20	0:36:47	0:38:14	0:39:40	0:41:09	0:42:37	0:44:05	0:45:34	0:47:04	0:48:33
1367	0:30:52	0:32:39	0:34:26	0:36:15	0:38:02	0:39:50	0:41:39	0:43:25	0:45:14	0:47:03	0:48:52	0:50:43	0:52:35	0:54:25	0:56:16	0:58:07	0:59:52
1368	0:37:16	0:39:23	0:41:30	0:43:39	0:45:46	0:47:53	0:50:01	0:52:11	0:54:22	0:56:35	0:58:47						
1369	0:32:16	0:34:06	0:35:56	0:37:47	0:39:38	0:41:28	0:43:19	0:45:11	0:47:01	0:48:52	0:50:43	0:52:34	0:54:25	0:56:16	0:58:06	0:59:52	
1370	0:29:00	0:30:40	0:32:19	0:33:59	0:35:40	0:37:21	0:39:02	0:40:40	0:42:24	0:44:06	0:45:48	0:47:31	0:49:13	0:50:55	0:52:36	0:54:18	0:55:59
1371	0:28:28	0:30:02	0:31:36	0:33:10	0:34:44	0:36:19	0:37:53	0:39:22	0:41:18	0:43:01	0:44:48						
1372	0:30:20	0:32:02	0:33:45	0:35:29	0:37:11	0:38:55	0:40:35	0:42:15	0:43:59	0:45:42	0:47:25	0:49:09	0:50:52	0:52:32	0:54:15	0:55:57	0:57:38
1373	0:38:16	0:40:32	0:42:48	0:45:05	0:47:21	0:49:37	0:51:53	0:54:08	0:56:21	0:58:34							
1375	0:29:20	0:31:01	0:32:43	0:34:24	0:36:08	0:37:47	0:39:28	0:41:08									
1376	0:36:35	0:38:39	0:40:44	0:42:53	0:44:58	0:47:05	0:49:11	0:51:18	0:53:28	0:55:37	0:57:46	0:59:48					
1377	0:30:17	0:32:00	0:33:43	0:35:27	0:37:10	0:38:54	0:40:38	0:42:24									
1379	0:25:26	0:26:53	0:28:21	0:29:48	0:31:17	0:32:45	0:34:13	0:35:42	0:37:10	0:38:38	0:40:08	0:41:37	0:43:06	0:44:35	0:46:05	0:47:34	0:49:04
1380	0:28:28	0:30:02	0:31:36	0:33:10	0:34:45	0:36:19	0:37:53	0:39:23	0:41:13	0:42:55	0:44:35	0:46:14	0:47:52	0:49:31	0:51:11	0:52:49	0:54:26
1381	0:28:36	0:30:13	0:31:49	0:33:26	0:35:04	0:36:41	0:38:18	0:39:52	0:41:52	0:43:38	0:45:20	0:47:03	0:48:45	0:50:29	0:52:10	0:53:54	0:55:36
1382	0:40:52	0:43:18	0:45:45	0:48:19	0:50:50	0:53:16	0:55:43	0:58:10									
1384	0:45:30	0:48:04	0:50:37	0:53:13	0:55:50	0:58:22											
1386	0:39:44	0:42:06	0:44:28	0:46:52	0:49:15	0:51:39	0:54:03	0:56:29	0:58:48								
1388	0:36:50	0:38:53	0:40:57	0:43:04	0:45:12	0:47:18	0:49:25	0:51:33	0:53:40	0:55:45	0:57:45	0:59:39					
1389	0:32:05	0:33:56	0:35:47	0:37:50	0:39:42	0:41:35	0:43:26	0:45:34	0:47:29	0:49:22	0:51:19	0:53:13	0:55:05	0:56:55	0:58:40		
1390	0:28:58	0:30:38	0:32:20	0:34:00	0:35:42	0:37:25	0:39:07	0:40:44									
1391	0:30:57	0:32:45	0:34:31	0:36:18	0:38:03	0:39:51	0:41:36	0:43:13									
1392	0:30:57	0:32:46	0:34:32	0:36:18	0:38:04	0:39:51	0:41:36	0:43:13									
1393	0:32:50	0:34:41	0:36:34	0:38:26	0:40:20	0:42:13	0:44:04	0:45:48									

Start-Nr.	35	36	37	38	39	40	41
1359	0:57:05	0:58:43					
1360							
1361							
1362							
1363	0:52:56	0:54:29	0:55:59	0:57:29	0:59:04		
1365	0:55:52	0:57:31	0:59:10				
1366	0:50:02	0:51:31	0:53:00	0:54:29	0:55:58	0:57:27	0:58:54
1367							
1368							
1369							
1370	0:57:37	0:59:15					
1371							
1372	0:59:17						
1373							
1375							
1376							
1377							
1379	0:50:34	0:52:03	0:53:33	0:55:01	0:56:27	0:57:53	0:59:17
1380	0:56:02	0:57:37	0:59:09				
1381	0:57:17	0:58:58					
1382							
1384							
1386							
1388							
1389							
1390							
1391							
1392							
1393							