

5. Rodenbacher Lauftag - Lauf für Frieden und Demokratie in Europa - 03.10.2024



Zieleinlaufliste 50km-Harry-Arndt-Lauf

| Rang | Name | Verein/Team/*Ort | m/w | Pl. | Jg. AK | Pl. | B-Zeit N-Zeit | GapTime min/km | R-1 R-6 | R-2 R-7 | R-3 R-8 | R-4 R-9 | R-5 R-10 | StNr. Z-Marathon |
|------------------------------|-----------------------------|---------------------------|-----|-----|-------------|-----|--------------------|-------------------|----------------|----------------|----------------|----------------|----------------|---------------------|
| 50km-Harry-Arndt-Lauf | | | | | | | | | | | | | | |
| 1 | Komass, Toms | SK Mitauer | m | 1 | 1986 M35 | 1 | 2:57:36 2:57:35 | -- 3:33,1 | 17:28 17:43 | 17:38 17:41 | 17:36 17:45 | 17:33 18:19 | 17:36 18:21 | 1108 |
| 2 | Lux, Christoph | TG Viktoria Augsburg | m | 2 | 1978 M45 | 1 | 3:43:53 3:43:51 | +46:17 4:28,6 | 21:53 22:36 | 22:16 22:44 | 22:16 22:04 | 21:54 22:58 | 22:24 22:52 | 1125 |
| 3 | Ochs, Katrin | LG Filder | w | 1 | 1977 W45 | 1 | 3:57:36 3:57:34 | +60:00 4:45,1 | 22:54 22:59 | 22:55 23:45 | 22:53 25:05 | 22:53 25:44 | 22:53 25:40 | 1128 |
| 4 | Herbrik, Katrin | LANDAU RUNNING COMPANY | w | 2 | 1981 W40 | 1 | 4:10:19 4:10:16 | +72:43 5:00,3 | 25:27 24:52 | 25:33 24:21 | 25:41 24:19 | 25:34 24:51 | 25:38 24:09 | 1113 |
| 5 | Nie, Andreas | TV Dieburg | m | 3 | 1971 M50 | 1 | 4:11:13 4:11:10 | +73:37 5:01,4 | 25:26 24:51 | 25:34 24:21 | 25:41 24:19 | 25:34 24:57 | 25:38 24:56 | 1101 |
| 6 | Braun, Wolfgang | TV Konzen | m | 4 | 1954 M70 | 1 | 4:12:33 4:12:29 | +74:57 5:03,0 | 25:29 25:19 | 25:28 25:01 | 25:17 25:14 | 25:35 25:26 | 25:18 24:30 | 1120 |
| 7 | Osterhoff, Stella | Spiridon Frankfurt | w | 3 | 1983 W40 | 2 | 4:19:34 4:19:31 | +81:58 5:11,4 | 24:35 26:05 | 25:12 26:42 | 25:32 26:57 | 25:39 26:40 | 25:28 26:48 | 1114 |
| 8 | Bouchreha, Abdeslam | Tria-Team Bruchköbel e.V. | m | 5 | 1979 M45 | 2 | 4:20:43 4:20:38 | +83:07 5:12,8 | 25:30 24:54 | 25:08 26:58 | 25:06 27:10 | 24:39 28:48 | 24:14 28:21 | 1105 |
| 9 | Schimpfermann, Sascha | Tria-Team Bruchköbel e.V. | m | 6 | 1971 M50 | 2 | 4:21:26 4:21:22 | +83:50 5:13,7 | 26:15 25:49 | 26:11 26:01 | 25:38 26:21 | 25:17 27:01 | 26:01 26:56 | 1116 |
| 10 | Wechenmann, Gundi | Die Kauffrauen | w | 4 | 1971 W50 | 1 | 4:29:03 4:28:59 | +91:27 5:22,8 | 25:30 27:01 | 25:31 27:57 | 25:43 28:35 | 25:36 28:50 | 26:12 28:12 | 1126 |
| 11 | Hartung, Markus | SSC Hanau-Rodenbach | m | 7 | 1978 M45 | 3 | 4:29:40 4:29:35 | +92:04 5:23,5 | 26:15 25:45 | 26:11 26:00 | 25:38 26:22 | 25:17 28:31 | 26:06 33:38 | 1121 |
| 12 | Oestreich-Schuck, Christoph | RLT Rodgau | m | 8 | 1967 M55 | 1 | 4:30:25 4:30:22 | +92:49 5:24,4 | 25:24 27:03 | 25:37 28:18 | 25:42 28:45 | 25:37 29:45 | 26:13 28:07 | 1110 |
| 13 | Linhart, Aaron | 1. FL Rommelhausen | m | 9 | 2002 M | 1 | 4:31:15 4:31:12 | +93:39 5:25,4 | 22:15 30:32 | 22:20 30:33 | 22:44 30:32 | 24:16 30:20 | 27:42 30:05 | 1124 |
| 14 | Stöppler, Simone | SSC Hanau-Rodenbach | w | 5 | 1964 W60 | 1 | 4:41:32 4:41:28 | +103:56 5:37,8 | 27:07 28:06 | 27:20 28:15 | 27:07 28:29 | 27:18 29:26 | 27:58 30:31 | 1104 |
| 15 | Daum, Stefan | LG Ultralauf | m | 10 | 1973 M50 | 3 | 4:41:51 4:41:47 | +104:15 5:38,2 | 29:38 28:08 | 27:34 28:05 | 27:51 28:01 | 27:25 28:42 | 27:51 28:41 | 1122 |
| 16 | Schmidt, Lisa | LT Florstadt | w | 6 | 1985 W35 | 1 | 4:44:12 4:44:07 | +106:36 5:41,0 | 27:48 28:05 | 27:09 28:30 | 27:19 29:06 | 27:45 30:04 | 27:51 30:37 | 1117 |



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| Rang | Name | Verein/Team/*Ort | m/w | Pl. | Jg. AK | Pl. | B-Zeit N-Zeit | GapTime min/km | R-1 R-6 | R-2 R-7 | R-3 R-8 | R-4 R-9 | R-5 R-10 | StNr. Z-Marathon |
|------|--------------------------------|--------------------------|-----|-----|-------------|-----|--------------------|-------------------|----------------|----------------|----------------|----------------|----------------|---------------------|
| 17 | Reichel, Sandra | SSC Hanau-Rodenbach | w | 7 | 1992 W30 | 1 | 4:53:17 4:53:14 | +115:41 5:51,9 | 27:04 28:15 | 26:54 30:20 | 27:21 33:19 | 27:54 32:05 | 27:17 32:52 | 1129 |
| 18 | Madry, Norbert | SF Blau-Gelb Marburg | m | 11 | 1954 M70 | 2 | 4:58:15 4:58:12 | +120:39 5:57,8 | 29:37 29:20 | 28:53 30:24 | 29:13 30:14 | 29:19 30:51 | 29:18 31:11 | 1109 |
| 19 | Braun, Marion | SV Germania Eicherscheid | w | 8 | 1957 W65 | 1 | 5:01:35 5:01:30 | +123:59 6:01,8 | 29:45 30:22 | 30:01 30:32 | 30:13 30:21 | 29:57 30:08 | 30:04 30:16 | 1119 |
| 20 | Gremm, Burkhard | Röhläufer | m | 12 | 1960 M60 | 1 | 5:25:42 5:25:38 | +148:06 6:30,8 | 29:45 31:48 | 30:01 32:16 | 30:12 35:10 | 30:52 36:33 | 31:56 37:14 | 1127 |
| 21 | Engelhardt, Jörg | Spiridon Frankfurt | m | 13 | 1964 M60 | 2 | 5:28:40 5:28:38 | +151:04 6:34,3 | 24:39 34:20 | 26:04 37:24 | 27:09 40:52 | 30:27 40:08 | 31:27 36:14 | 1118 |
| 22 | Botschek, Andreas | *Alzenau | m | 14 | 1964 M60 | 3 | 5:30:13 5:30:09 | +152:37 6:36,2 | 28:51 34:31 | 27:57 38:57 | 28:13 38:01 | 29:09 36:55 | 30:42 37:02 | 1112 |
| 23 | Türk, Michael | *Diez | m | 15 | 1966 M55 | 2 | 5:57:11 5:57:06 | +179:35 7:08,6 | 29:25 37:13 | 30:17 39:32 | 32:20 37:41 | 33:37 38:43 | 35:47 42:39 | 1106 |
| 24 | Korte, Oliver | Carbon Monkeys | m | | 1981 M40 | | | | 24:40 25:43 | 24:32 26:29 | 24:26 25:57 | 24:45 | 24:54 | 1123 |
| 25 | Sposato, Fabian | SSC Hanau-Rodenbach | m | | 1996 M | | | | 17:25 17:43 | 17:23 17:19 | 17:55 | 17:32 | 17:36 | 1115 |
| 26 | Mangiacasale Fernández, Franco | TV Preungesheim | m | | 1975 M45 | | | | 24:59 | 25:53 | 26:45 | | | 1102 |

Anzahl Teilnehmer: 26

Liste Aushang / UHRZEIT: ____:____

