

1-Stunden-Nachlauf 1.088m pro Runde

Pos StNr Name Verein/Ort Jg G Kl. (Pl.) Zeit Ø/km Rdn. Länge Info R1/11 R2/12 R3/13 R4/14 R5/15 R6/16 R7/17 R8/18 R9/19 R10/20

Lauffestival von Mank, 24. Juni 2022

Einlaufliste

männlich

Pos	StNr	Name	Verein/Ort	Jg	G	Kl. (Pl.)	Zeit	Ø/km	Rdn.	Länge	Info	R1/11	R2/12	R3/13	R4/14	R5/15	R6/16	R7/17	R8/18	R9/19	R10/20
1.	138	Ratay Jan	LCA Umdasch Amstetten	'99	M	20 (1.)	1:03:18,0	3:25	17	18.496m		3:38 3:46	3:43 3:48	3:44 3:47	3:43 3:45	3:46 3:38	3:46 3:31	3:45 3:31	3:47	3:45	3:44
2.	54	Sturmlechner Mario	LC Mank	'84	M	30 (1.)	1:03:44,0	3:26	17	18.496m	AK	3:38 3:46	3:43 3:49	3:44 3:47	3:43 3:44	3:46 3:38	3:45 3:32	3:45 3:56	3:47	3:45	3:44
3.	48	Barbi Philipp	LC Mank	'93	M	20 (2.)	1:00:31,3	3:42	15	16.320m	AK	3:45 4:06	3:51 4:06	3:54 4:07	4:01 4:03	4:03 4:03	4:02	4:05	4:06	4:04	4:06
4.	151	Binder Daniel	LC Ybbs	'83	M	30 (2.)	1:03:18,0	3:52	15	16.320m		3:47 4:25	4:00 4:25	4:01 4:30	4:08 4:25	4:11 3:56	4:12	4:19	4:16	4:14	4:21
5.	43	Lesnik Marco	Running Schritti	'89	M	30 (3.)	1:03:32,0	3:53	15	16.320m		3:48 4:20	4:00 4:22	4:01 4:24	4:07 4:20	4:12 4:10	4:12	4:20	4:19	4:20	4:29
6.	146	Will Mario	LC Mank	'87	M	30 (4.)	1:00:36,5	3:58	14	15.232m	AK	4:13 4:22	4:23 4:21	4:19 4:13	4:20 4:12	4:27	4:22	4:23	4:21	4:14	4:19
7.	19	Gorza István	Táplánszentkereszt	'89	M	30 (5.)	1:00:46,0	3:59	14	15.232m		3:58 4:22	4:10 4:21	4:18 4:28	4:17 4:21	4:21	4:24	4:25	4:23	4:29	4:25
8.	76	Gansch Manuel	HSV Melk	'79	M	40 (1.)	1:00:47,5	3:59	14	15.232m		4:14 4:20	4:17 4:18	4:20 4:20	4:24 4:09	4:23	4:23	4:25	4:23	4:23	4:22
9.	44	Stängl Bastian	Running Schritti	'99	M	20 (3.)	1:02:20,5	4:05	14	15.232m		4:19 4:16	4:20 4:29	4:23 4:32	4:28 4:26	4:26	4:31	4:33	4:32	4:31	4:28
10.	129	Stadler Kurt		'71	M	50 (1.)	1:03:34,8	4:10	14	15.232m		4:18 4:47	4:19 4:47	4:24 4:39	4:27 4:27	4:27	4:31	4:33	4:33	4:34	4:41
11.	2	Petzi Robert	LC MKW Hausruck	'70	M	50 (2.)	1:03:59,8	4:12	14	15.232m		4:16 4:38	4:25 4:39	4:25 4:40	4:27 4:31	4:32	4:35	4:39	4:43	4:43	4:40
12.	57	Mayr Manfred	Lauftreff Oberndorf	'72	M	50 (3.)	1:04:26,8	4:13	14	15.232m		4:20 4:42	4:21 4:42	4:25 4:30	4:32 4:28	4:36	4:47	4:45	4:49	4:41	4:42
13.	62	Neunhäuserer Jakob	LC MKW Hausruck	'01	M	20 (4.)	1:07:13,0	4:24	14	15.232m		4:28 4:40	4:25 4:41	4:29 4:27	4:33 7:15	4:42	4:38	4:42	4:41	4:41	4:44
14.	33	Sandwieser Herbert	HSV Melk	'74	M	40 (2.)	1:00:18,5	4:15	13	14.144m		4:18 4:51	4:22 4:56	4:29 4:37	4:34	4:37	4:41	4:38	4:36	4:43	4:49
15.	132	Mille Robert	BSG Mondi Neusiedler	'71	M	50 (4.)	1:00:22,5	4:16	13	14.144m		4:18 4:46	4:20 4:40	4:24 4:39	4:27	4:37	4:49	4:43	4:54	4:48	4:50
16.	145	Kastenberger Thomas	DSK	'83	M	30 (6.)	1:00:39,3	4:17	13	14.144m	AK	4:12 4:55	4:24 4:56	4:28 4:46	4:38	4:38	4:40	4:40	4:41	4:43	4:49
17.	53	Luger Alexander	LC Mank	'88	M	30 (7.)	1:01:16,5	4:19	13	14.144m		4:40 4:42	4:43 4:45	4:48 4:39	4:43	4:37	4:44	4:41	4:43	4:43	4:42

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Pos	StNr	Name	Verein/Ort	Jg	G	Kl. (Pl.)	Zeit	Ø/km	Rdn.	Länge	Info	R1/11	R2/12	R3/13	R4/14	R5/15	R6/16	R7/17	R8/18	R9/19	R10/20
18.	111	Pressler Oliver	ULC TRANSFER St. Veit/Gölsen	'69	M	50 (5.)	1:03:25,8	4:29	13	14.144m		4:42 4:57	4:43 4:58	4:48 4:44	4:52	4:57	5:00	4:55	4:53	4:56	4:53
19.	125	Kickinger Florian	LC MKW Hausruck	'81	M	40 (3.)	1:04:15,5	4:32	13	14.144m		4:28 5:12	4:26 5:21	4:36 5:18	4:47	4:54	4:52	4:52	5:02	5:06	5:14
20.	121	Miedler Karl	HSV Melk	'56	M	60 (1.)	1:04:29,7	4:33	13	14.144m		4:57 4:53	4:53 4:55	5:01 4:44	5:02	5:02	5:00	5:06	4:59	4:58	4:54
21.	136	Stegfellner Daniel		'83	M	30 (8.)	1:04:39,8	4:34	13	14.144m		5:02 4:55	4:58 4:55	4:57 4:55	4:56	4:58	5:01	5:01	4:59	5:00	4:57
22.	92	Hiesberger Markus	LC Mank	'71	M	50 (6.)	1:04:47,9	4:34	13	14.144m	AK	4:43 5:05	4:47 5:01	4:51 5:07	4:55	4:58	4:59	5:04	5:01	5:08	5:00
23.	83	Kaissl Christian	LC MKW Hausruck	'78	M	40 (4.)	1:00:08,3	4:36	12	13.056m		4:52 5:02	4:33 5:09	4:47	4:45	4:57	5:07	5:19	5:09	5:08	5:14
24.	112	Vrbka Johann	ULC TRANSFER St. Veit/Gölsen	'59	M	60 (2.)	1:00:13,3	4:36	12	13.056m		4:42 5:11	4:48 5:12	4:54	4:57	4:59	5:02	5:02	5:07	5:05	5:08
25.	14	Sulzer Helmut	Wattaul Sport	'85	M	30 (9.)	1:00:15,5	4:36	12	13.056m		4:50 5:01	4:57 4:46	5:01	4:59	4:55	5:09	5:06	5:12	5:06	5:06
26.	87	Klauser Siegfried	GF-Traisen Runners	'84	M	30 (10.)	1:00:54,0	4:39	12	13.056m		4:38 5:07	4:47 5:29	4:51	4:59	5:02	5:04	5:04	5:14	5:09	5:23
27.	114	Posch Michael	ULC TRANSFER St. Veit/Gölsen	'80	M	40 (5.)	1:01:18,3	4:41	12	13.056m		4:55 5:14	4:46 5:04	4:56	5:04	5:06	5:09	5:12	5:17	5:09	5:20
28.	69	Zelenka Gernot	NF St. Pölten	'69	M	50 (7.)	1:01:21,8	4:42	12	13.056m		5:03 5:06	4:59 4:59	5:07	5:06	5:07	5:12	5:10	5:09	5:11	5:07
29.	59	Rebhan Bernhard	LC MKW Hausruck	'84	M	30 (11.)	1:01:34,3	4:43	12	13.056m		5:27 4:45	5:15 4:43	5:12	5:08	5:09	5:16	5:12	5:12	5:07	5:02
30.	66	Peichl Leander	ASK McDonalds Loosdorf	'74	M	40 (6.)	1:01:50,0	4:44	12	13.056m		4:56 5:22	4:55 5:11	5:00	5:02	5:04	5:06	5:13	5:19	5:16	5:19
31.	63	Neunhäuserer Paul	LC MKW Hausruck	'71	M	50 (8.)	1:01:51,0	4:44	12	13.056m		5:06 5:30	4:58 5:21	4:54	4:57	4:59	5:05	5:06	5:17	5:14	5:17
32.	81	Hlava Moritz	LC MKW Hausruck	'05	M	un (1.)	1:02:03,7	4:45	12	13.056m		4:58 5:08	5:01 4:47	5:05	5:14	5:18	5:23	5:21	5:17	5:17	5:09
33.	123	Erber Sebastian	Beserpark	'92	M	30 (12.)	1:02:15,4	4:46	12	13.056m	AK	4:47 4:47	5:08 5:00	5:21	5:26	5:21	5:31	5:17	5:28	5:18	4:46
34.	143	Aigelsreiter Wolfgang	HSV Melk	'68	M	50 (9.)	1:02:32,0	4:47	12	13.056m	AK	5:20 4:55	5:21 4:54	5:17	5:17	5:16	5:16	5:18	5:15	5:10	5:06
35.	18	Stupka Otmar	Sportunion Hürm	'86	M	30 (13.)	1:02:32,8	4:47	12	13.056m		5:09 5:15	5:09 4:42	5:08	5:11	5:13	5:17	5:22	5:23	5:22	5:16
36.	20	Groiss Martin	LC Mank	'84	M	30 (14.)	1:03:05,5	4:49	12	13.056m	AK	4:40 5:33	4:44 5:19	4:49	4:56	5:10	5:31	5:31	5:37	5:33	5:37
37.	103	Halbwachs Anton		'68	M	50 (10.)	1:03:22,0	4:51	12	13.056m	AK	4:30 5:34	4:43 5:38	5:02	5:07	5:11	5:19	5:30	5:31	5:40	5:30

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Pos	StNr	Name	Verein/Ort	Jg	G	Kl. (Pl.)	Zeit	Ø/km	Rdn.	Länge	Info	R1/11	R2/12	R3/13	R4/14	R5/15	R6/16	R7/17	R8/18	R9/19	R10/20
38.	65	Schmid Herbert	LC Mank	'73	M	40 (7.)	1:03:46,8	4:53	12	13.056m		5:27 5:35	5:04 5:20	5:08	5:12	5:12	5:14	5:20	5:23	5:26	5:21
39.	96	Ressl Bernhard	Ford Eigenthaler	'81	M	40 (8.)	1:04:15,3	4:55	12	13.056m		5:14 5:13	5:18 5:17	5:26	5:27	5:27	5:25	5:22	5:23	5:15	5:22
40.	40	Weninger Arnold	Fa Sports & More, Stadler	'82	M	40 (9.)	1:04:28,3	4:56	12	13.056m		5:06 5:19	5:17 5:07	5:26	5:29	5:27	5:30	5:29	5:26	5:20	5:25
41.	13	Mayer Christian		'85	M	30 (15.)	1:04:51,8	4:58	12	13.056m		5:15 4:52	5:12 5:36	5:20	5:20	5:40	5:37	5:34	5:35	5:32	5:13
42.	93	Fuchs Roland	Ford Eigenthaler	'78	M	40 (10.)	1:04:55,4	4:58	12	13.056m		5:16 5:15	5:23 5:25	5:27	5:30	5:28	5:28	5:31	5:27	5:19	5:21
43.	72	Hofmann Jakob		'96	M	20 (5.)	1:04:58,7	4:58	12	13.056m		5:37 5:07	5:38 5:34	5:25	5:29	5:21	5:22	5:23	5:18	5:22	5:16
44.	46	Eckl Robert		'77	M	40 (11.)	1:05:17,5	5:00	12	13.056m		5:36 5:15	5:11 5:52	5:07	5:14	5:15	5:16	5:30	6:16	5:20	5:20
45.	50	Binder-Wiesinger Manfred	LC MKW Hausruck	'73	M	40 (12.)	1:05:24,4	5:00	12	13.056m		5:06 6:21	4:57 5:59	4:57	5:06	5:11	5:21	5:31	5:34	5:36	5:39
46.	74	Fohrafellner Jakob	LC Mank	'09	M	un (2.)	1:07:40,5	5:11	12	13.056m		5:00 4:52	5:04 8:11	5:11	5:17	5:33	5:41	5:37	5:42	5:46	5:40
47.	75	Fohrafellner Bernd	LC Mank	'77	M	40 (13.)	1:07:44,8	5:11	12	13.056m		5:01 5:16	5:06 7:52	5:15	5:26	5:35	5:33	5:39	5:39	5:44	5:33
48.	104	Trimmel Andreas		'85	M	30 (16.)	59:49,5	4:59	11	11.968m	AK	5:07 5:30	4:52	5:04	5:13	5:24	5:36	5:48	5:44	5:39	5:45
49.	31	Baumann Gottfried		'86	M	30 (17.)	1:00:04,5	5:01	11	11.968m		5:17 5:14	5:20	5:27	5:27	5:30	5:31	5:34	5:38	5:36	5:26
50.	108	Anderl Martin	ULC TRANSFER St. Veit/Gölsen	'75	M	40 (14.)	1:00:23,5	5:02	11	11.968m		5:26 5:06	5:21	5:25	5:32	5:31	5:38	5:38	5:34	5:39	5:29
51.	140	Wenighofer Andreas	Melker Pioniere	'95	M	20 (6.)	1:00:27,3	5:03	11	11.968m		5:19 5:10	5:21	5:30	5:33	5:31	5:36	5:30	5:40	5:34	5:37
52.	115	Zöchling Adolf	ULC TRANSFER St. Veit/Gölsen	'54	M	60 (3.)	1:00:48,2	5:04	11	11.968m		5:32 5:26	5:30	5:24	5:31	5:30	5:36	5:35	5:30	5:36	5:32
53.	8	Schaffarczik Andreas		'80	M	40 (15.)	1:00:52,0	5:05	11	11.968m		5:13 5:32	5:10	5:12	5:22	5:30	5:36	5:41	5:45	5:50	5:55
54.	32	Schmidmair Hans	LC MKW Hausruck	'58	M	60 (4.)	1:00:59,2	5:05	11	11.968m		5:33 5:27	5:31	5:30	5:32	5:30	5:34	5:33	5:34	5:32	5:37
55.	36	Leonhardsberger Martin	LC Mank	'71	M	50 (11.)	1:01:31,5	5:08	11	11.968m	AK	5:31 5:52	5:18	5:23	5:24	5:27	5:29	5:33	5:38	5:51	6:00
56.	127	Greifeneder Günther	LC MKW Hausruck	'59	M	60 (5.)	1:01:34,7	5:08	11	11.968m		5:33 5:39	5:31	5:31	5:32	5:30	5:34	5:33	5:44	5:43	5:39
57.	61	Stiegler Raphael		'97	M	20 (7.)	1:01:38,8	5:09	11	11.968m		5:34 6:09	5:16	5:16	5:29	5:29	5:32	5:32	5:36	5:43	5:55

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Pos	StNr	Name	Verein/Ort	Jg	G	Kl. (Pl.)	Zeit	Ø/km	Rdn.	Länge	Info	R1/11	R2/12	R3/13	R4/14	R5/15	R6/16	R7/17	R8/18	R9/19	R10/20
58.	130	Garschall Alexander	Skateboard Community Mostviertel	'96	M	20 (8.)	1:02:51,8	5:15	11	11.968m		5:10 5:42	5:16	5:28	5:37	5:43	5:49	6:06	5:57	6:02	5:56
59.	26	Lassner Reinhard	Ärzte ohne Grenzen	'67	M	50 (12.)	1:03:20,3	5:17	11	11.968m		5:46 5:25	5:53	5:52	5:42	5:43	5:48	5:48	5:49	5:53	5:36
60.	55	Bajramoski Doan		'83	M	30 (18.)	1:03:22,3	5:17	11	11.968m	AK	5:14 4:59	5:19	5:40	5:57	6:05	6:01	5:52	6:05	5:49	6:15
61.	21	Strasser Wolfgang	LC Mank	'77	M	40 (16.)	1:03:36,0	5:18	11	11.968m	AK	5:17 5:38	5:28	5:44	5:38	5:45	5:54	6:00	6:03	6:02	6:01
62.	100	Obruca Eduard		'66	M	50 (13.)	1:03:42,8	5:19	11	11.968m		5:34 5:53	5:27	5:36	5:39	5:49	5:54	5:59	5:58	5:51	5:59
63.	137	Wallner Mario	Rad Fuchs Laufteam	'73	M	40 (17.)	1:04:03,7	5:21	11	11.968m		5:23 6:10	5:22	5:26	5:40	5:44	5:54	5:57	6:00	6:16	6:06
64.	139	Temper Johann	LT Yspertal	'68	M	50 (14.)	1:04:26,5	5:23	11	11.968m		5:46 5:17	5:56	5:55	6:00	5:59	5:58	6:01	5:53	5:48	5:47
65.	94	Franc Johannes	Ford Eigenthaler	'75	M	40 (18.)	1:04:30,0	5:23	11	11.968m		5:17 6:16	5:25	5:27	5:31	5:46	6:02	6:00	6:18	6:15	6:07
66.	80	Hlava Markus	LC MKW Hausruck	'71	M	50 (15.)	1:04:38,9	5:24	11	11.968m		5:39 5:46	5:25	5:30	5:32	5:32	5:54	6:17	6:17	6:12	6:30
67.	126	Meixner Helmut	SKVg Pottenbrunn	'56	M	60 (6.)	1:04:48,3	5:24	11	11.968m		5:12 6:12	5:15	5:34	5:44	5:53	5:59	6:09	6:11	6:19	6:15
68.	5	Rab Karl		'53	M	60 (7.)	1:05:06,3	5:26	11	11.968m		6:17 5:50	5:57	5:55	5:48	5:49	5:49	5:51	5:53	5:54	5:57
69.	88	Kerschner Franz	GF-Traisen Runners	'59	M	60 (8.)	1:05:20,4	5:27	11	11.968m		5:22 5:56	5:36	5:45	6:07	5:57	6:16	6:07	6:10	6:01	5:57
70.	68	Pilz Markus	run42195.at	'84	M	30 (19.)	1:07:48,8	5:40	11	11.968m		5:58 8:05	5:49	5:57	5:56	5:58	6:00	6:09	5:57	5:58	5:56
71.	105	Frank Stefan		'80	M	40 (19.)	1:07:48,9	5:40	11	11.968m		5:58 7:50	5:49	5:57	5:57	6:06	6:02	6:02	6:10	6:01	5:51
72.	149	Plamoser Willi		'79	M	40 (20.)	1:00:10,5	5:31	10	10.880m	AK	6:08	6:01	6:21	6:13	6:12	6:08	5:54	5:46	5:45	5:36
73.	148	Kasser Robert	K(r)asser Bio Honig	'77	M	40 (21.)	1:00:47,3	5:35	10	10.880m		5:48	5:51	5:52	6:07	5:59	6:20	6:15	6:13	6:14	6:02
74.	120	Blazek Hannes	ULC TRANSFER St. Veit/Gölsen	'62	M	60 (9.)	1:01:00,5	5:36	10	10.880m		5:59	5:57	5:58	6:04	5:59	6:00	6:17	6:13	6:19	6:11
75.	99	Eigenthaler Walter	Ford Eigenthaler	'71	M	50 (16.)	1:01:16,0	5:37	10	10.880m		5:32	5:50	6:09	6:13	6:31	6:17	6:12	6:00	6:17	6:10
76.	29	Haugensteiner Johannes		'85	M	30 (20.)	1:01:21,0	5:38	10	10.880m	AK	5:54	6:01	5:54	6:05	6:22	6:22	6:05	6:44	5:57	5:52
77.	71	Schoisswohl Rupert		'67	M	50 (17.)	1:02:47,3	5:46	10	10.880m		6:06	6:01	6:12	6:23	6:27	6:25	6:29	6:22	6:21	5:55
78.	7	Kuran Wolfgang	ASK McDonalds Loosdorf	'64	M	50 (18.)	1:02:48,3	5:46	10	10.880m		6:26	6:14	6:08	6:12	6:18	6:22	6:27	6:15	6:25	5:56
79.	86	Schweighofer Andreas	GF-Traisen Runners	'71	M	50 (19.)	1:02:51,5	5:46	10	10.880m		6:20	6:11	6:11	6:06	6:15	6:20	6:21	6:24	6:28	6:10
80.	84	Pichler Toni	LC Mank	'78	M	40 (22.)	1:05:17,4	6:00	10	10.880m	AK	6:09	6:02	6:20	6:36	6:47	6:54	7:05	6:48	6:16	6:17
81.	77	Gansch Florian	HSV Melk	'10	M	un (3.)	1:06:16,0	6:05	10	10.880m		6:37	6:38	6:29	6:24	6:31	6:54	6:50	7:00	5:46	7:03
82.	15	Hörhan Alois	Lauffreiw Oberndorf	'49	M	70 (1.)	1:07:15,2	6:10	10	10.880m		6:01	6:24	6:39	6:25	7:03	6:32	6:36	6:45	7:24	7:20
83.	3	Machat Harald		'51	M	70 (2.)	1:00:02,7	6:07	9	9.792m		6:46	6:29	6:28	6:29	6:41	6:38	6:41	6:44	7:01	

1-Stunden-Nachtlauf 1.088m pro Runde

Pos	StNr	Name	Verein/Ort	Jg	G	Kl. (Pl.)	Zeit	Ø/km	Rdn.	Länge	Info	R1/11	R2/12	R3/13	R4/14	R5/15	R6/16	R7/17	R8/18	R9/19	R10/20
84.	98	Handl Engelbert	Ford Eigenthaler	'59	M	60 (10.)	1:00:31,2	6:10	9	9.792m		6:32	6:43	6:42	6:36	6:42	6:40	6:47	6:46	6:58	
85.	147	Zauchinger Andreas	Zachinger Höhe	'77	M	40 (23.)	1:01:26,0	6:16	9	9.792m	AK	6:50	6:30	6:26	6:19	6:27	6:37	7:11	7:26	7:36	
86.	158	Gaupmann Franz	Georg Fischer Traisen	'57	M	60 (11.)	1:04:10,0	6:33	9	9.792m		6:20	7:00	6:58	7:14	7:18	7:28	7:18	7:20	7:09	
87.	153	Kuran Simeon	ASK McDonalds Loosdorf	'90	M	30 (21.)	1:04:24,9	6:34	9	9.792m		5:19	5:31	5:49	6:53	7:27	6:42	6:30	11:59	8:11	
88.	150	Gram Johann	Union Ober-Grafendorf	'46	M	70 (3.)	1:06:22,3	6:46	9	9.792m		6:55	7:22	7:23	7:39	7:31	7:26	7:19	7:18	7:25	
89.	117	Zöchling Gerold	ULC TRANSFER St. Veit/Gölsen	'60	M	60 (12.)	1:00:52,5	6:59	8	8.704m		6:56	7:03	7:17	7:36	7:49	7:51	7:56	8:19		
90.	159	Winter Josef	LC Mank	'70	M	50 (20.)	24:25,5	4:29	5	5.440m	AK	4:40	4:43	4:51	5:00	5:08					
91.	152	Thennemayer Roman		'85	M	30 (22.)	1:09:04,0	12:41	5	5.440m		4:54	5:32	5:43	5:51	47:01					
DNF.	4	Wallner Kevin	Union St. Pölten	'92	M	30 (.)			0	m											
DNF.	10	Prankl Nico		'02	M	20 (.)			0	m											
DNF.	16	Fischer Karl	ASK McDonalds Loosdorf	'67	M	50 (.)			0	m											
DNF.	17	Leeb Andreas		'74	M	40 (.)			0	m											
DNF.	22	Trenzinger Franz	Union Vorchdorf	'67	M	50 (.)			0	m											
DNF.	23	Staufer Simon		'98	M	20 (.)			0	m											
DNF.	24	Gnant Martin		'68	M	50 (.)			0	m											
DNF.	37	Zugriegel Walter	LC Wienerwaldsee	'50	M	70 (.)			0	m											
DNF.	38	Schatzner-Zehetner Dominik	Vault 41 Training	'85	M	30 (.)			0	m											
DNF.	39	Jaidhauser Emil	LC Mank	'67	M	50 (.)			0	m											
DNF.	89	Pinter Markus	GF-Traisen Runners	'71	M	50 (.)			0	m											
DNF.	90	Zormann Erich	GF-Traisen Runners	'70	M	50 (.)			0	m											
DNF.	95	Janker Dominik	Ford Eigenthaler	'86	M	30 (.)			0	m											
DNF.	122	Handl Martin		'84	M	30 (.)			0	m											

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Pos	StNr	Name	Verein/Ort	Jg	G	Kl. (Pl.)	Zeit	Ø/km	Rdn.	Länge	Info	R1/11	R2/12	R3/13	R4/14	R5/15	R6/16	R7/17	R8/18	R9/19	R10/20
1.	30	Kaißl Tanja	LC MKW Hausruck	'94	W	20 (1.)	1:01:25,3	4:20	13	14.144m		4:28 4:52	4:25 4:44	4:30 4:36	4:35	4:49	4:42	4:48	4:52	4:57	5:00
2.	73	Zöchbauer Michaela	LC Mank	'81	W	40 (1.)	1:01:31,0	4:21	13	14.144m	AK	4:19 4:54	4:31 4:54	4:34 4:47	4:41	4:46	4:41	4:47	4:50	4:49	4:53
3.	119	Schram Patricia	ULC TRANSFER St. Veit/Gölsen	'84	W	30 (1.)	1:03:47,5	4:30	13	14.144m		5:10 4:50	4:58 4:49	4:54 4:40	4:57	4:57	4:55	4:57	4:52	4:53	4:50
4.	128	Gastecker Sabine	HSV-Melk	'72	W	50 (1.)	1:01:47,5	4:44	12	13.056m		5:04 5:21	4:57 5:16	4:56	5:00	4:59	5:04	5:11	5:15	5:17	5:21
5.	141	Zuser Tanja		'88	W	30 (2.)	1:02:52,5	4:48	12	13.056m		5:08 5:21	4:52 5:12	5:05	5:10	5:19	5:19	5:23	5:18	5:20	5:20
6.	110	Pressler Manuela	ULC TRANSFER St. Veit/Gölsen	'71	W	50 (2.)	1:03:25,3	4:51	12	13.056m		5:15 5:27	5:00 5:21	5:06	5:14	5:10	5:09	5:21	5:20	5:27	5:29
7.	91	Luger Claudia	LC Mank	'74	W	40 (2.)	1:04:19,3	4:55	12	13.056m	AK	4:48 5:20	5:05 5:28	5:22	5:24	5:22	5:21	5:26	5:28	5:36	5:31

1-Stunden-Nachtlauf 1.088m pro Runde

Pos	StNr	Name	Verein/Ort	Jg	G	Kl. (Pl.)	Zeit	Ø/km	Rdn.	Länge	Info	R1/11	R2/12	R3/13	R4/14	R5/15	R6/16	R7/17	R8/18	R9/19	R10/20
8.	118	Kaiser Verena	ULC TRANSFER St. Veit/Gölsen	'03	W	un(1.)	1:05:12,3	4:59	12	13.056m		4:42 5:25	5:08 5:15	5:12	5:17	5:27	5:41	5:40	5:41	5:49	5:49
9.	154	Neuwirth Leonie	Lauftreff Pöggstall	'88	W	30(3.)	1:05:16,8	5:00	12	13.056m		5:08 5:23	5:11 5:18	5:24	5:25	5:28	5:33	5:34	5:39	5:36	5:31
10.	1	Weithase Inge	LC MKW Hausruck	'72	W	50(3.)	1:00:49,5	5:04	11	11.968m		5:28 5:17	5:25	5:31	5:32	5:32	5:33	5:38	5:36	5:34	5:36
11.	160	Teubel-Daxböck Andrea	LC Mank	'89	W	30(4.)	1:01:19,5	5:07	11	11.968m	AK	5:17 5:27	5:20	5:28	5:30	5:30	5:54	5:38	5:35	5:59	5:34
12.	56	Eder Jennifer	Lauftreff Oberndorf	'83	W	30(5.)	1:01:39,3	5:09	11	11.968m		5:08 5:36	5:23	5:34	5:38	5:39	5:40	5:42	5:46	5:44	5:43
13.	135	Kahrer Dominika		'89	W	30(6.)	1:01:40,0	5:09	11	11.968m		5:20 5:29	5:09	5:16	5:23	5:33	5:47	6:37	5:35	5:37	5:48
14.	124	Gansch Helena	Gansch Tech	'95	W	20(2.)	1:02:52,8	5:15	11	11.968m		5:14 5:46	5:20	5:31	5:39	5:46	5:55	6:00	5:50	5:52	5:53
15.	107	Winkler Angela		'83	W	30(7.)	1:04:12,5	5:21	11	11.968m		5:19 5:44	5:25	5:38	5:40	6:00	6:08	6:06	6:04	5:59	6:03
16.	58	Thenemayer Roswitha		'91	W	30(8.)	1:04:51,7	5:25	11	11.968m	AK	5:18 5:59	5:22	5:35	5:45	5:55	6:03	6:12	6:12	6:14	6:11
17.	42	Zuser Margit	Fa. Sports & More, Stadler	'82	W	40(3.)	1:06:11,8	5:31	11	11.968m		5:29 6:20	5:47	5:55	5:58	6:01	6:11	6:15	6:18	6:07	5:43
18.	133	Daxböck Johanna	USKO Melk	'09	W	un(2.)	1:07:14,5	5:37	11	11.968m		5:17 7:33	5:21	5:27	5:30	5:30	5:54	6:38	6:24	6:15	7:20
19.	101	Obruca Veronika		'70	W	50(4.)	1:00:24,0	5:33	10	10.880m		5:39	5:34	5:49	6:00	6:14	6:14	6:17	6:17	6:19	5:57
20.	97	Ressl Kerstin	Ford Eigenthaler	'83	W	30(9.)	1:01:16,0	5:37	10	10.880m		5:29	5:48	6:04	6:06	6:22	6:32	6:17	6:25	6:07	6:00
21.	45	Plank Sabine	LC Kapelln	'76	W	40(4.)	1:01:21,3	5:38	10	10.880m	AK	6:13	6:06	6:11	6:14	6:07	6:17	6:16	6:11	6:00	5:40
22.	41	Weninger Doris	Fa Sports & More, Stadler	'83	W	30(10.)	1:01:57,8	5:41	10	10.880m		5:28	5:45	5:58	6:14	6:20	6:27	6:24	6:19	6:25	6:31
23.	102	Brey Claudia	Turnverein Ybbs	'77	W	40(5.)	1:02:26,0	5:44	10	10.880m		5:39	5:55	6:16	6:22	6:27	6:28	6:27	6:29	6:19	6:01
24.	67	Holzer Sonja	Naturfreundinnen Persenbeug	'60	W	60(1.)	1:02:46,7	5:46	10	10.880m		5:48	5:56	6:02	6:14	6:16	6:22	6:23	6:44	6:34	6:22
25.	131	Flach Anita		'73	W	40(6.)	1:02:46,7	5:46	10	10.880m		6:06	6:01	6:12	6:23	6:27	6:25	6:29	6:22	6:22	5:54
26.	47	ERletzlichler Andrea	SV LK Scheibbs	'77	W	40(7.)	1:03:42,3	5:51	10	10.880m		6:13	6:06	6:11	6:21	6:29	6:39	6:32	6:27	6:32	6:07
27.	155	Frühwirt Martina	Lauftreff Pöggstall	'76	W	40(8.)	1:03:42,4	5:51	10	10.880m		5:57	6:09	6:19	6:22	6:26	6:32	6:37	6:30	6:27	6:17
28.	64	Pfeffer Monika	LC Mank	'65	W	50(5.)	1:03:42,8	5:51	10	10.880m		6:17	6:12	6:14	6:19	6:23	6:36	6:30	6:22	6:20	6:24
29.	34	Zauchinger Sabine		'76	W	40(9.)	1:04:43,3	5:56	10	10.880m	AK	6:50	6:34	6:21	6:19	6:26	6:37	6:26	6:23	6:22	6:19
30.	113	Mauser Birgit	ULC TRANSFER St. Veit/Gölsen	'81	W	40(10.)	1:04:51,5	5:57	10	10.880m		6:06	6:10	6:19	6:22	6:37	6:39	6:49	6:38	6:33	6:35
31.	49	Fasel Birgit	LC Mank	'86	W	30(11.)	1:05:17,8	6:00	10	10.880m	AK	6:29	6:25	6:33	6:34	6:44	6:46	6:37	6:31	6:16	6:17
32.	70	Siedl Hannelore	NF St. Pölten	'74	W	40(11.)	1:05:32,8	6:01	10	10.880m		6:10	6:11	6:14	6:19	6:34	6:49	6:50	6:50	6:33	6:57
33.	144	Köck Sabine		'74	W	40(12.)	1:00:02,2	6:07	9	9.792m		5:57	6:09	6:20	6:38	7:03	7:04	6:55	6:56	6:56	
34.	156	Kupsa Sonja	Lauftreff Pöggstall	'83	W	30(12.)	1:00:34,7	6:11	9	9.792m		5:58	6:08	6:20	6:44	6:56	7:04	7:15	7:03	7:02	
35.	106	Kaißl Lisa	LC MKW Hausruck	'95	W	20(3.)	1:00:54,2	6:13	9	9.792m		7:00	6:46	6:39	6:48	7:04	6:50	7:02	6:33	6:06	
36.	134	Daxböck Sandra		'83	W	30(13.)	1:01:49,0	6:18	9	9.792m		5:53	6:13	6:39	6:48	7:09	7:39	7:16	6:56	7:10	

1-Stunden-Nachlauf 1.088m pro Runde

Pos	StNr	Name	Verein/Ort	Jg	G	Kl. (Pl.)	Zeit	Ø/km	Rdn.	Länge	Info	R1/11	R2/12	R3/13	R4/14	R5/15	R6/16	R7/17	R8/18	R9/19	R10/20
37.	82	Grausgruber Maria	LC MKW Hausruck	'76	W	40 (13.)	1:02:14,5	6:21	9	9.792m		6:27	6:41	6:56	7:09	7:05	6:57	7:00	6:58	6:57	
38.	51	Bachatz-Schiffermüller Ulrike	Naturfreundinnen Persenbeug	'76	W	40 (14.)	1:03:14,0	6:27	9	9.792m		6:28	6:41	7:06	7:20	7:12	7:16	7:04	6:59	7:05	
39.	35	Zeilinger Michaela	LC Mank	'85	W	30 (14.)	1:03:44,0	6:30	9	9.792m		6:50	6:33	6:50	7:06	7:12	7:17	7:19	7:22	7:11	
40.	157	Dallinger-Röster Petra	Lauftreff Pöggstall	'82	W	40 (15.)	1:03:54,9	6:31	9	9.792m		5:57	6:09	6:20	6:45	6:55	7:04	8:11	8:20	8:08	
41.	25	Kastenberger Katharina		'86	W	30 (15.)	1:04:22,9	6:34	9	9.792m	AK	6:49	6:35	6:53	7:06	7:11	7:30	7:36	7:23	7:13	
42.	60	Hirner Katharina		'86	W	30 (16.)	1:07:56,8	6:56	9	9.792m		6:37	7:11	7:22	7:27	7:40	7:40	7:58	7:47	8:08	
43.	161	Schoter Magdalena	Kleintierpraxis Mank	'98	W	20 (4.)	1:00:35,5	6:57	8	8.704m		6:59	6:53	6:53	7:26	7:44	8:30	7:29	8:37		
44.	162	Fogarassyova Kristina	Kleintierpraxis Mank	'88	W	30 (17.)	1:00:35,5	6:57	8	8.704m		6:59	6:53	6:53	7:25	7:43	8:31	7:28	8:39		
45.	116	Zöchling Liane	ULC TRANSFER St. Veit/Gölsen	'60	W	60 (2.)	1:00:51,6	6:59	8	8.704m		6:55	7:03	7:17	7:36	7:51	7:51	7:58	8:17		
46.	6	Rab Christine		'56	W	60 (3.)	1:01:02,8	7:00	8	8.704m		7:04	7:28	7:27	7:40	7:49	7:46	7:51	7:53		
47.	52	Wippel Doris	Naturfreundinnen Persenbeug	'82	W	40 (16.)	1:01:27,8	7:03	8	8.704m		6:58	7:36	7:47	7:59	7:59	7:59	7:45	7:20		
48.	28	Schindler Helga		'59	W	60 (4.)	1:06:25,0	7:37	8	8.704m		7:55	7:43	8:13	8:00	8:30	8:58	8:58	8:05		
49.	79	Haugensteiner Lena		'09	W	un (3.)	1:01:21,0	8:03	7	7.616m		5:54	7:12	8:05	9:05	7:41	9:24	13:56			
50.	109	Heinz Brigitte	ULC TRANSFER St. Veit/Gölsen	'58	W	60 (5.)	1:02:56,0	8:15	7	7.616m		8:49	9:07	9:09	9:09	9:02	8:50	8:47			
DNF.	9	Pelinka Michaela		'81	W	40 (.)			0	m											
DNF.	11	Bayer Claudia		'67	W	50 (.)			0	m											
DNF.	12	Eisenmagen Birgit		'70	W	50 (.)			0	m											
DNF.	27	Pointner Sabine	LC Kapelln	'83	W	30 (.)			0	m											
DNF.	78	Gansch Elke	HSV Melk	'80	W	40 (.)			0	m											
DNF.	85	Lehsiak Esther	LC Mank	'71	W	50 (.)			0	m	AK										
DNF.	142	Kerschner Elena	LC Mank	'00	W	20 (.)			0	m	U20										