Emder Bahnserie Teil 1

Zieleinlaufliste

Platz	Startnr.	Name	Jahrg.	m/w		AK	Verein	Zeit	Pace
5000 m									
1.	282	**Rouven-Manuel Miege**	2001	m	1.	M	Emder LG	**16:26,1**	3:17
2.	303	**Ingo Mudder**	1991	m	1.	M30	Emder LG	**16:49,3**	3:21
3.	281	**Leif Bellmann**	2005	m	1.	MJ U23	TuS Ofen	**17:04,6**	3:24
4.	279	**Piet Rosenau**	2007	m	1.	MJ U20	TuS Ofen	**17:33,9**	3:30
5.	283	**Martin Bergmann**	1987	m	1.	M35	Emder LG	**17:54,1**	3:34
6.	280	**Wilko Romaneeßen**	2006	m	2.	MJ U20	TuS Weene	**18:04,6**	3:36
7.	285	**Dirk Gerdelmann**	1979	m	1.	M45	TuS Haren	**19:45,1**	3:57
8.	301	**Andreas Aeilts**	1965	m	1.	M60	Emder LG	**19:46,8**	3:57
9.	300	**Linda Aeilts**	1982	w	1.	W40	Emder LG	**21:31,9**	4:18
10.	288	**Kai Tamminga**	1974	m	1.	M50	Emder LG	**22:25,6**	4:29
11.	290	**Viola Steffens**	1975	w	1.	W50	Emder LG	**22:41,1**	4:32
12.	291	**Ben Eckert**	2009	m	1.	MJ U18	Emder LG	**22:59,5**	4:35
13.	289	**Frederik Heß**	2001	m	2.	M		**23:21,6**	4:40
14.	286	**Roswita Schlachte**	1955	w	1.	W70	VfL Eintracht Hannover	**26:29,7**	5:17
15.	287	**Barbara Knust-Iber**	1989	w	1.	W35	Emder LG	**27:27,0**	5:29

Emder Bahnserie Teil 1

Rundenzeiten

01.04.2025, Emden

Name	R1 Pace	R2 Pace	R3 Pace	R4 Pace	R5 Pace	R6 Pace	R7 Pace	R8 Pace	R9 Pace	R10 Pace	R11 Pace	R12 Pace	R13 Pace	Brutto Pace
5000 m														
Rouven-Manuel Miege	00:37,2 3:05	01:19,6 3:18	01:19,9 3:19	01:20,3 3:20	01:19,5 3:18	01:20,6 3:21	01:19,8 3:19	01:19,2 3:17	01:19,1 3:17	01:18,1 3:15	01:18,9 3:17	01:18,8 3:17	01:15,1 3:07	**16:26,1** 3:17
Ingo Mudder	00:37,4 3:06	01:19,7 3:19	01:19,8 3:19	01:20,3 3:20	01:19,5 3:18	01:20,7 3:21	01:19,8 3:19	01:21,2 3:22	01:23,5 3:28	01:23,0 3:27	01:22,2 3:25	01:22,7 3:26	01:19,5 3:18	**16:49,3** 3:21
Leif Bellmann	00:37,7 3:08	01:19,7 3:19	01:20,0 3:20	01:20,1 3:20	01:19,7 3:19	01:20,3 3:20	01:20,1 3:20	01:23,7 3:29	01:27,5 3:38	01:25,7 3:34	01:27,8 3:39	01:25,7 3:34	01:16,6 3:11	**17:04,6** 3:24
Piet Rosenau	00:38,8 3:13	01:19,3 3:18	01:24,7 3:31	01:24,2 3:30	01:25,8 3:34	01:26,6 3:36	01:26,5 3:36	01:26,8 3:36	01:27,7 3:39	01:28,6 3:41	01:26,3 3:35	01:25,5 3:33	01:13,1 3:02	**17:33,9** 3:30
Martin Bergmann	00:42,3 3:31	01:27,9 3:39	01:26,7 3:36	01:26,1 3:35	01:26,8 3:36	01:26,7 3:36	01:26,6 3:36	01:25,9 3:34	01:27,9 3:39	01:27,6 3:38	01:24,8 3:32	01:24,8 3:32	01:20,0 3:19	**17:54,1** 3:34
Wilko Romaneeßen	00:39,5 3:17	01:20,7 3:21	01:25,6 3:33	01:26,8 3:36	01:27,3 3:38	01:27,4 3:38	01:28,5 3:41	01:29,6 3:44	01:31,4 3:48	01:29,4 3:43	01:30,3 3:45	01:31,1 3:47	01:17,0 3:12	**18:04,6** 3:36
Dirk Gerdelmann	00:44,9 3:44	01:32,1 3:50	01:27,9 3:39	01:30,3 3:45	01:32,0 3:49	01:34,4 3:56	01:36,7 4:01	01:37,6 4:03	01:36,8 4:02	01:39,0 4:07	01:38,7 4:06	01:37,7 4:04	01:37,0 4:02	**19:45,1** 3:57
Andreas Aeilts	00:43,9 3:39	01:33,7 3:54	01:34,4 3:55	01:34,7 3:56	01:35,5 3:58	01:35,0 3:57	01:35,6 3:58	01:36,5 4:01	01:36,6 4:01	01:36,5 4:01	01:35,4 3:58	01:36,1 4:00	01:32,9 3:52	**19:46,8** 3:57
Linda Aeilts	00:45,7 3:48	01:40,4 4:11	01:44,7 4:21	01:43,8 4:19	01:44,0 4:20	01:43,7 4:19	01:45,0 4:22	01:45,3 4:23	01:46,5 4:26	01:46,2 4:25	01:44,8 4:21	01:43,1 4:17	01:38,7 4:06	**21:31,9** 4:18
Kai Tamminga	00:50,8 4:13	01:47,9 4:29	01:48,7 4:31	01:49,7 4:34	01:50,0 4:34	01:49,4 4:33	01:50,3 4:35	01:50,6 4:36	01:50,0 4:34	01:47,1 4:27	01:47,1 4:27	01:45,1 4:22	01:38,9 4:07	**22:25,6** 4:29
Viola Steffens	00:50,6 4:12	01:50,4 4:36	01:49,1 4:32	01:49,9 4:34	01:50,8 4:36	01:50,0 4:35	01:49,8 4:34	01:49,2 4:33	01:49,1 4:32	01:50,1 4:35	01:49,9 4:34	01:48,3 4:30	01:43,9 4:19	**22:41,1** 4:32
Ben Eckert	00:48,9 4:04	01:43,6 4:19	01:46,9 4:27	01:46,9 4:27	01:51,0 4:37	01:51,1 4:37	01:54,7 4:46	01:56,4 4:50	01:52,0 4:40	01:58,0 4:54	01:53,7 4:44	01:52,9 4:42	01:43,4 4:18	**22:59,5** 4:35
Frederik Heß	00:48,0 3:59	01:43,3 4:18	01:43,9 4:19	01:45,7 4:24	01:51,3 4:38	01:51,7 4:39	01:50,9 4:37	01:54,5 4:46	02:00,3 5:00	02:00,9 5:02	02:00,5 5:01	01:58,3 4:55	01:52,3 4:40	**23:21,6** 4:40

Emder Bahnserie Teil 1

Rundenzeiten

Name	R1 Pace	R2 Pace	R3 Pace	R4 Pace	R5 Pace	R6 Pace	R7 Pace	R8 Pace	R9 Pace	R10 Pace	R11 Pace	R12 Pace	R13 Pace	Brutto Pace
Roswita Schlachte	00:57,9 4:49	02:04,8 5:11	02:05,6 5:14	02:06,8 5:17	02:06,8 5:16	02:09,6 5:23	02:10,4 5:26	02:10,7 5:26	02:09,8 5:24	02:11,0 5:27	02:08,7 5:21	02:10,4 5:25	01:57,2 4:53	**26:29,7** 5:17
Barbara Knust-Iber	00:57,8 4:48	02:04,9 5:12	02:05,6 5:14	02:06,8 5:16	02:07,8 5:19	02:09,6 5:24	02:11,2 5:27	02:14,9 5:37	02:15,3 5:38	02:18,6 5:46	02:17,9 5:44	02:16,9 5:42	02:19,7 5:49	**27:27,0** 5:29

Emder Laufgemeinschaft e.V.