

Emder Stundenlauf 2023

Runden-Details

#	NachRunde	Runde	#	NachRunde	Runde
241	Finn Schneider	33 Runden			
1	01:19,1	01:19,1			
2	02:43,8	01:24,7			
3	04:10,4	01:26,6			
4	05:36,3	01:25,9			
5	07:01,2	01:24,8			
6	08:28,6	01:27,4			
7	09:57,2	01:28,6			
8	11:26,3	01:29,0			
9	12:57,2	01:30,9			
10	14:27,4	01:30,1			
11	15:58,7	01:31,3			
12	17:31,9	01:33,1			
13	19:06,1	01:34,2			
14	20:41,2	01:35,0			
15	22:17,0	01:35,8			
16	23:51,9	01:34,9			
17	25:26,6	01:34,6			
18	27:06,0	01:39,3			
19	28:42,9	01:36,8			
20	30:18,2	01:35,3			
21	31:55,0	01:36,7			
22	33:30,8	01:35,8			
23	35:09,5	01:38,7			
24	36:45,5	01:36,0			
25	38:20,7	01:35,2			
26	39:57,0	01:36,3			
27	41:37,3	01:40,2			
28	43:17,0	01:39,6			
29	44:56,9	01:39,9			
30	46:30,2	01:33,3			
31	48:06,5	01:36,2			
32	49:43,2	01:36,6			
33	51:18,9	01:35,7			

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Runden-Details

#	NachRunde	Runde	#	NachRunde	Runde
242	Martin Bergmann	37 Runden			
1	01:33,8	01:33,8			
2	03:09,8	01:35,9			
3	04:42,9	01:33,1			
4	06:18,4	01:35,4			
5	07:54,0	01:35,6			
6	09:27,2	01:33,1			
7	11:01,8	01:34,5			
8	12:36,8	01:34,9			
9	14:11,1	01:34,3			
10	15:46,3	01:35,1			
11	17:22,6	01:36,2			
12	18:56,9	01:34,3			
13	20:31,7	01:34,7			
14	22:07,8	01:36,1			
15	23:42,2	01:34,3			
16	25:16,8	01:34,6			
17	26:51,5	01:34,6			
18	28:27,4	01:35,9			
19	30:01,6	01:34,1			
20	31:37,5	01:35,8			
21	33:14,0	01:36,5			
22	34:50,1	01:36,0			
23	36:25,6	01:35,4			
24	38:01,5	01:35,8			
25	39:38,2	01:36,6			
26	41:13,3	01:35,0			
27	42:48,3	01:35,0			
28	44:25,1	01:36,7			
29	46:01,6	01:36,5			
30	47:38,4	01:36,8			
31	49:16,7	01:38,3			
32	50:53,7	01:36,9			
33	52:29,4	01:35,6			
34	54:06,9	01:37,4			
35	55:43,2	01:36,2			
36	57:18,1	01:34,9			
37	58:54,0	01:35,8			

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Runden-Details

#	NachRunde	Runde	#	NachRunde	Runde
243	Alfred Doden	28 Runden			
1	01:54,5	01:54,5			
2	03:53,6	01:59,1			
3	05:56,4	02:02,7			
4	07:59,6	02:03,1			
5	10:01,5	02:01,9			
6	12:02,9	02:01,3			
7	14:06,1	02:03,2			
8	16:09,7	02:03,5			
9	18:13,4	02:03,6			
10	20:16,6	02:03,2			
11	22:22,5	02:05,8			
12	24:27,3	02:04,8			
13	26:32,7	02:05,3			
14	28:37,8	02:05,1			
15	30:44,5	02:06,6			
16	32:50,0	02:05,4			
17	34:55,6	02:05,6			
18	37:02,9	02:07,3			
19	39:07,6	02:04,6			
20	41:14,7	02:07,0			
21	43:22,5	02:07,7			
22	45:29,6	02:07,1			
23	47:38,2	02:08,5			
24	49:46,1	02:07,9			
25	51:58,2	02:12,0			
26	54:06,2	02:08,0			
27	56:16,8	02:10,5			
28	58:24,5	02:07,7			

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Runden-Details

#	NachRunde	Runde	#	NachRunde	Runde
244	Jane Puchter	26 Runden			
1	02:11,6	02:11,6			
2	04:28,3	02:16,6			
3	06:46,5	02:18,2			
4	09:03,8	02:17,2			
5	11:24,2	02:20,4			
6	13:42,0	02:17,7			
7	15:59,6	02:17,5			
8	18:17,4	02:17,7			
9	20:35,8	02:18,4			
10	22:54,7	02:18,9			
11	25:12,5	02:17,8			
12	27:29,7	02:17,1			
13	29:49,8	02:20,1			
14	32:08,2	02:18,3			
15	34:25,9	02:17,6			
16	36:43,3	02:17,4			
17	39:00,9	02:17,6			
18	41:19,8	02:18,8			
19	43:37,4	02:17,5			
20	45:56,9	02:19,5			
21	48:15,9	02:18,9			
22	50:35,5	02:19,6			
23	52:54,7	02:19,1			
24	55:11,0	02:16,2			
25	57:22,1	02:11,0			
26	59:40,1	02:17,9			

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Runden-Details

#	NachRunde	Runde	#	NachRunde	Runde
246	Viola Steffens	31 Runden			
1	01:47,6	01:47,6			
2	03:36,5	01:48,9			
3	05:25,5	01:48,9			
4	07:16,4	01:50,9			
5	09:07,3	01:50,8			
6	10:56,5	01:49,1			
7	12:47,9	01:51,4			
8	14:39,9	01:51,9			
9	16:31,3	01:51,4			
10	18:23,7	01:52,3			
11	20:14,7	01:51,0			
12	22:06,6	01:51,8			
13	23:59,4	01:52,7			
14	25:52,9	01:53,4			
15	27:46,4	01:53,5			
16	29:40,1	01:53,7			
17	31:34,7	01:54,5			
18	33:29,8	01:55,1			
19	35:27,4	01:57,5			
20	37:23,3	01:55,9			
21	39:19,0	01:55,7			
22	41:13,6	01:54,5			
23	43:09,7	01:56,0			
24	45:07,9	01:58,2			
25	47:00,9	01:52,9			
26	49:22,8	02:21,9			
27	51:26,6	02:03,8			
28	53:32,7	02:06,0			
29	55:41,6	02:08,9			
30	57:46,5	02:04,8			
31	59:47,6	02:01,0			

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Runden-Details

#	NachRunde	Runde	#	NachRunde	Runde
248	Joachim Wübbena	32 Runden			
1	01:43,0	01:43,0			
2	03:27,5	01:44,5			
3	05:10,1	01:42,6			
4	06:54,1	01:43,9			
5	08:38,9	01:44,7			
6	10:24,7	01:45,8			
7	12:10,1	01:45,3			
8	13:57,0	01:46,9			
9	15:44,8	01:47,7			
10	17:34,4	01:49,5			
11	19:22,6	01:48,2			
12	21:12,5	01:49,9			
13	23:04,0	01:51,4			
14	24:55,2	01:51,2			
15	26:47,6	01:52,3			
16	28:38,8	01:51,2			
17	30:30,5	01:51,6			
18	32:22,9	01:52,4			
19	34:14,9	01:52,0			
20	36:07,4	01:52,4			
21	37:59,5	01:52,1			
22	39:51,5	01:52,0			
23	41:44,2	01:52,6			
24	43:36,4	01:52,1			
25	45:22,5	01:46,1			
26	47:36,4	02:13,8			
27	49:35,0	01:58,5			
28	51:35,7	02:00,7			
29	53:37,0	02:01,3			
30	55:39,2	02:02,2			
31	57:40,0	02:00,8			
32	59:33,2	01:53,1			

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Runden-Details

#	NachRunde	Runde	#	NachRunde	Runde
249	Klaus Weermann	34 Runden			
1	01:34,9	01:34,9			
2	03:16,2	01:41,2			
3	04:57,2	01:41,0			
4	06:37,9	01:40,6			
5	08:18,2	01:40,3			
6	09:57,7	01:39,4			
7	11:36,6	01:38,9			
8	13:17,4	01:40,7			
9	14:58,0	01:40,6			
10	16:37,4	01:39,3			
11	18:17,0	01:39,5			
12	19:57,8	01:40,8			
13	21:39,7	01:41,8			
14	23:22,1	01:42,4			
15	25:04,6	01:42,4			
16	26:47,0	01:42,3			
17	28:29,2	01:42,2			
18	30:11,3	01:42,0			
19	31:54,2	01:42,9			
20	33:38,6	01:44,3			
21	35:20,8	01:42,1			
22	37:05,2	01:44,3			
23	38:49,7	01:44,5			
24	40:34,0	01:44,2			
25	42:18,7	01:44,7			
26	44:11,6	01:52,9			
27	46:00,1	01:48,4			
28	47:47,6	01:47,5			
29	49:36,5	01:48,8			
30	51:24,5	01:48,0			
31	53:09,8	01:45,3			
32	54:57,5	01:47,6			
33	56:43,0	01:45,4			
34	58:29,3	01:46,3			

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Runden-Details

#	NachRunde	Runde	#	NachRunde	Runde
250	Thilo Mennenga	31 Runden			
1	01:59,9	01:59,9			
2	04:03,4	02:03,5			
3	05:58,7	01:55,2			
4	07:56,9	01:58,2			
5	09:55,5	01:58,5			
6	11:52,2	01:56,6			
7	13:48,5	01:56,3			
8	15:44,1	01:55,6			
9	17:41,8	01:57,6			
10	19:37,3	01:55,5			
11	21:33,9	01:56,6			
12	23:29,4	01:55,4			
13	25:23,7	01:54,2			
14	27:19,4	01:55,7			
15	29:14,6	01:55,1			
16	31:08,3	01:53,7			
17	33:02,9	01:54,5			
18	35:03,3	02:00,3			
19	37:01,2	01:57,9			
20	38:57,8	01:56,5			
21	40:52,4	01:54,5			
22	42:46,0	01:53,5			
23	44:39,4	01:53,4			
24	46:33,9	01:54,4			
25	48:28,6	01:54,6			
26	50:24,4	01:55,8			
27	52:16,4	01:52,0			
28	54:08,8	01:52,3			
29	56:01,9	01:53,1			
30	57:52,2	01:50,2			
31	59:29,4	01:37,2			

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Runden-Details

#	NachRunde	Runde	#	NachRunde	Runde
251	Kurt Vlaardingerbroek	33 Runden			
1	01:43,4	01:43,4			
2	03:28,1	01:44,7			
3	05:10,6	01:42,4			
4	06:54,6	01:43,9			
5	08:39,1	01:44,5			
6	10:25,3	01:46,1			
7	12:10,4	01:45,1			
8	13:55,0	01:44,5			
9	15:40,3	01:45,3			
10	17:27,6	01:47,3			
11	19:12,7	01:45,0			
12	20:58,9	01:46,1			
13	22:46,5	01:47,6			
14	24:33,5	01:47,0			
15	26:20,9	01:47,3			
16	28:08,1	01:47,2			
17	29:56,5	01:48,3			
18	31:44,6	01:48,0			
19	33:33,5	01:48,9			
20	35:22,1	01:48,5			
21	37:08,7	01:46,6			
22	38:54,6	01:45,8			
23	40:41,4	01:46,7			
24	42:26,8	01:45,4			
25	44:12,4	01:45,6			
26	46:03,8	01:51,4			
27	47:59,0	01:55,1			
28	49:51,7	01:52,7			
29	51:43,2	01:51,5			
30	53:37,0	01:53,7			
31	55:32,4	01:55,3			
32	57:30,2	01:57,8			
33	59:29,2	01:59,0			

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Runden-Details

#	NachRunde	Runde	#	NachRunde	Runde
252	Sebastian Bambey	38 Runden			
1	01:26,0	01:26,0			
2	02:57,0	01:30,9			
3	04:27,5	01:30,5			
4	05:59,9	01:32,3			
5	07:33,3	01:33,4			
6	09:05,7	01:32,3			
7	10:37,3	01:31,6			
8	12:08,9	01:31,5			
9	13:42,3	01:33,4			
10	15:14,9	01:32,6			
11	16:47,3	01:32,3			
12	18:20,3	01:33,0			
13	19:54,8	01:34,4			
14	21:29,4	01:34,6			
15	23:03,3	01:33,9			
16	24:38,3	01:35,0			
17	26:12,8	01:34,5			
18	27:47,0	01:34,1			
19	29:20,2	01:33,1			
20	30:54,0	01:33,8			
21	32:27,2	01:33,2			
22	34:00,3	01:33,0			
23	35:33,3	01:33,0			
24	37:06,8	01:33,4			
25	38:41,5	01:34,7			
26	40:16,0	01:34,4			
27	41:49,6	01:33,5			
28	43:23,7	01:34,1			
29	44:56,7	01:32,9			
30	46:31,4	01:34,6			
31	48:07,5	01:36,1			
32	49:43,9	01:36,3			
33	51:19,8	01:35,9			
34	52:54,2	01:34,3			
35	54:29,6	01:35,4			
36	56:06,1	01:36,4			
37	57:41,2	01:35,1			
38	59:15,4	01:34,1			

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Runden-Details

#	NachRunde	Runde	#	NachRunde	Runde
253	Karl-Heinz Vetter	35 Runden			
1	01:35,7	01:35,7			
2	03:16,5	01:40,7			
3	04:57,7	01:41,1			
4	06:38,3	01:40,6			
5	08:18,8	01:40,4			
6	09:58,1	01:39,3			
7	11:37,1	01:39,0			
8	13:17,9	01:40,7			
9	14:58,5	01:40,6			
10	16:38,2	01:39,6			
11	18:19,3	01:41,0			
12	20:01,6	01:42,3			
13	21:44,8	01:43,2			
14	23:27,3	01:42,5			
15	25:11,2	01:43,8			
16	26:53,6	01:42,4			
17	28:36,2	01:42,5			
18	30:19,7	01:43,5			
19	32:03,1	01:43,3			
20	33:47,7	01:44,6			
21	35:32,2	01:44,5			
22	37:17,0	01:44,7			
23	39:02,7	01:45,7			
24	40:46,2	01:43,4			
25	42:29,5	01:43,2			
26	44:14,2	01:44,6			
27	45:58,3	01:44,1			
28	47:41,1	01:42,7			
29	49:25,1	01:44,0			
30	51:09,8	01:44,6			
31	52:53,3	01:43,4			
32	54:37,4	01:44,1			
33	56:22,8	01:45,3			
34	58:07,1	01:44,3			
35	59:44,9	01:37,7			

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Runden-Details

#	NachRunde	Runde	#	NachRunde	Runde
254	Tanja Sacherow	29 Runden			
1	01:47,8	01:47,8			
2	03:37,1	01:49,3			
3	05:26,4	01:49,3			
4	07:20,0	01:53,5			
5	09:14,8	01:54,8			
6	11:08,8	01:53,9			
7	13:06,5	01:57,7			
8	15:04,1	01:57,6			
9	17:04,7	02:00,5			
10	19:03,2	01:58,5			
11	21:03,8	02:00,5			
12	23:05,8	02:02,0			
13	25:05,7	01:59,9			
14	27:05,4	01:59,7			
15	29:05,0	01:59,5			
16	31:05,6	02:00,5			
17	33:06,3	02:00,7			
18	35:07,3	02:01,0			
19	37:11,9	02:04,5			
20	39:14,6	02:02,7			
21	41:15,9	02:01,2			
22	43:19,4	02:03,5			
23	45:26,2	02:06,7			
24	47:33,3	02:07,1			
25	49:41,2	02:07,8			
26	51:48,7	02:07,5			
27	53:56,2	02:07,5			
28	56:03,1	02:06,9			
29	58:09,3	02:06,2			

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Runden-Details

#	NachRunde	Runde	#	NachRunde	Runde
255	Marianne Echegoyen	22 Runden			
1	02:28,5	02:28,5			
2	05:04,7	02:36,2			
3	07:37,0	02:32,2			
4	10:04,9	02:27,9			
5	12:36,2	02:31,3			
6	15:07,3	02:31,0			
7	17:42,0	02:34,7			
8	20:15,2	02:33,1			
9	22:53,3	02:38,1			
10	25:25,1	02:31,8			
11	27:59,2	02:34,0			
12	30:32,2	02:32,9			
13	33:08,9	02:36,6			
14	35:41,6	02:32,7			
15	38:19,6	02:37,9			
16	40:55,4	02:35,8			
17	43:35,1	02:39,6			
18	46:16,8	02:41,6			
19	49:05,3	02:48,5			
20	52:06,0	03:00,6			
21	55:14,1	03:08,1			
22	57:53,8	02:39,7			

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Runden-Details

#	NachRunde	Runde	#	NachRunde	Runde
256	Dietrich Steinke	15 Runden			
1	03:38,9	03:38,9			
2	07:35,3	03:56,4			
3	11:28,6	03:53,2			
4	15:22,8	03:54,2			
5	19:17,0	03:54,2			
6	23:11,6	03:54,5			
7	27:05,2	03:53,6			
8	30:59,5	03:54,3			
9	34:45,2	03:45,6			
10	38:30,0	03:44,7			
11	42:18,6	03:48,6			
12	46:07,2	03:48,5			
13	49:52,4	03:45,2			
14	53:37,7	03:45,3			
15	57:22,1	03:44,3			

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Runden-Details

#	NachRunde	Runde	#	NachRunde	Runde
257	Andre Mölenkamp	38 Runden			
1	01:20,1	01:20,1			
2	02:44,8	01:24,7			
3	04:11,0	01:26,1			
4	05:37,3	01:26,3			
5	07:01,9	01:24,6			
6	08:29,2	01:27,2			
7	09:57,8	01:28,5			
8	11:26,7	01:28,9			
9	12:57,7	01:31,0			
10	14:28,4	01:30,6			
11	15:59,5	01:31,1			
12	17:32,4	01:32,9			
13	19:06,4	01:33,9			
14	20:41,5	01:35,1			
15	22:17,5	01:35,9			
16	23:52,4	01:34,9			
17	25:27,0	01:34,6			
18	26:55,0	01:27,9			
19	28:25,2	01:30,2			
20	29:56,6	01:31,3			
21	31:26,5	01:29,9			
22	32:58,1	01:31,5			
23	34:31,2	01:33,1			
24	36:01,2	01:29,9			
25	37:17,9	01:16,7			
26	39:40,4	02:22,5			
27	41:27,4	01:46,9			
28	43:09,1	01:41,6			
29	44:47,7	01:38,6			
30	46:24,5	01:36,8			
31	48:02,5	01:37,9			
32	49:41,7	01:39,2			
33	51:18,8	01:37,0			
34	52:54,6	01:35,7			
35	54:29,6	01:35,0			
36	56:12,2	01:42,6			
37	57:50,2	01:38,0			
38	59:22,6	01:32,3			

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Runden-Details

#	NachRunde	Runde	#	NachRunde	Runde
258	Andree Tofelde	32 Runden			
1	01:48,5	01:48,5			
2	03:39,7	01:51,1			
3	05:32,3	01:52,6			
4	07:24,2	01:51,8			
5	09:15,4	01:51,2			
6	11:07,5	01:52,0			
7	13:00,8	01:53,3			
8	14:53,6	01:52,7			
9	16:45,1	01:51,5			
10	18:37,0	01:51,9			
11	20:29,6	01:52,5			
12	22:21,1	01:51,4			
13	24:15,9	01:54,8			
14	26:08,5	01:52,5			
15	28:00,7	01:52,1			
16	29:51,6	01:50,9			
17	31:43,3	01:51,7			
18	33:35,7	01:52,3			
19	35:28,2	01:52,4			
20	37:19,6	01:51,4			
21	39:12,3	01:52,6			
22	41:03,2	01:50,9			
23	42:54,6	01:51,4			
24	44:46,3	01:51,6			
25	46:39,1	01:52,8			
26	48:33,1	01:54,0			
27	50:23,6	01:50,4			
28	52:15,5	01:51,9			
29	54:07,4	01:51,8			
30	56:00,3	01:52,9			
31	57:52,1	01:51,8			
32	59:39,1	01:46,9			

Emder Stundenlauf 2023

Runden-Details

#	NachRunde	Runde	#	NachRunde	Runde
259	Jürgen Jeske	29 Runden			
1	02:00,0	02:00,0			
2	04:04,6	02:04,5			
3	06:04,1	01:59,5			
4	08:05,9	02:01,7			
5	10:05,6	01:59,6			
6	12:06,1	02:00,5			
7	14:07,3	02:01,1			
8	16:06,6	01:59,3			
9	18:08,0	02:01,3			
10	20:10,1	02:02,1			
11	22:13,0	02:02,8			
12	24:12,7	01:59,6			
13	26:16,0	02:03,3			
14	28:19,9	02:03,9			
15	30:22,9	02:02,9			
16	32:25,9	02:02,9			
17	34:29,6	02:03,6			
18	36:32,3	02:02,7			
19	38:36,1	02:03,8			
20	40:39,0	02:02,8			
21	42:43,0	02:03,9			
22	44:49,2	02:06,2			
23	46:54,5	02:05,2			
24	49:00,5	02:06,0			
25	51:05,2	02:04,7			
26	53:12,3	02:07,1			
27	55:19,2	02:06,8			
28	57:24,6	02:05,4			
29	59:25,4	02:00,8			

Ender Stundenlauf 2023

Runden-Details

#	NachRunde	Runde	#	NachRunde	Runde
260	Egbert Geertsma	26 Runden			
1	02:15,7	02:15,7			
2	04:33,5	02:17,8			
3	06:49,3	02:15,7			
4	09:06,2	02:16,9			
5	11:20,6	02:14,3			
6	13:36,2	02:15,5			
7	15:51,1	02:14,9			
8	18:06,6	02:15,5			
9	20:21,2	02:14,5			
10	22:36,3	02:15,0			
11	24:52,4	02:16,1			
12	27:07,9	02:15,5			
13	29:24,6	02:16,6			
14	31:41,1	02:16,5			
15	33:57,5	02:16,4			
16	36:13,4	02:15,8			
17	38:28,4	02:14,9			
18	40:45,1	02:16,7			
19	43:01,7	02:16,6			
20	45:19,0	02:17,3			
21	47:37,0	02:17,9			
22	49:54,0	02:17,0			
23	52:11,5	02:17,5			
24	54:29,9	02:18,3			
25	56:46,9	02:17,0			
26	59:03,5	02:16,5			

Emder Stundenlauf 2023

Runden-Details

#	NachRunde	Runde	#	NachRunde	Runde
261	Marion Baumann	28 Runden			
1	01:55,7	01:55,7			
2	03:50,8	01:55,1			
3	05:49,3	01:58,4			
4	07:49,6	02:00,2			
5	09:50,4	02:00,8			
6	11:50,6	02:00,2			
7	13:53,0	02:02,4			
8	15:53,9	02:00,8			
9	17:59,5	02:05,6			
10	20:02,0	02:02,4			
11	22:07,1	02:05,1			
12	24:11,8	02:04,6			
13	26:17,9	02:06,0			
14	28:24,8	02:06,9			
15	30:32,6	02:07,8			
16	32:41,2	02:08,5			
17	34:50,3	02:09,0			
18	37:01,8	02:11,5			
19	39:11,3	02:09,5			
20	41:21,1	02:09,7			
21	43:31,7	02:10,6			
22	45:43,5	02:11,7			
23	47:53,7	02:10,1			
24	50:07,6	02:13,8			
25	52:18,1	02:10,5			
26	54:34,2	02:16,0			
27	56:51,3	02:17,1			
28	59:09,3	02:17,9			

Emder Stundenlauf 2023

Runden-Details

#	NachRunde	Runde	#	NachRunde	Runde
262	Bettina Pilney	28 Runden			
1	01:54,0	01:54,0			
2	03:55,1	02:01,1			
3	05:54,9	01:59,7			
4	07:55,9	02:01,0			
5	09:58,8	02:02,8			
6	12:02,5	02:03,7			
7	14:08,8	02:06,2			
8	16:15,0	02:06,1			
9	18:22,3	02:07,3			
10	20:27,7	02:05,3			
11	22:32,7	02:05,0			
12	24:39,5	02:06,7			
13	26:46,1	02:06,6			
14	28:52,4	02:06,3			
15	31:00,0	02:07,5			
16	33:06,0	02:05,9			
17	35:14,0	02:08,0			
18	37:22,5	02:08,4			
19	39:30,4	02:07,8			
20	41:39,3	02:08,9			
21	43:48,0	02:08,7			
22	45:56,1	02:08,1			
23	48:04,3	02:08,1			
24	50:12,4	02:08,1			
25	52:18,1	02:05,6			
26	54:26,4	02:08,3			
27	56:34,5	02:08,0			
28	58:42,0	02:07,5			

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Runden-Details

#	NachRunde	Runde	#	NachRunde	Runde
264	Wilfried Busboom	31 Runden			
1	01:51,8	01:51,8			
2	03:43,4	01:51,5			
3	05:38,1	01:54,6			
4	07:31,9	01:53,7			
5	09:26,3	01:54,4			
6	11:21,2	01:54,9			
7	13:16,0	01:54,8			
8	15:10,4	01:54,4			
9	17:07,8	01:57,3			
10	19:04,8	01:56,9			
11	21:00,9	01:56,0			
12	22:56,3	01:55,4			
13	24:52,2	01:55,8			
14	26:48,2	01:56,0			
15	28:43,0	01:54,7			
16	30:38,4	01:55,4			
17	32:32,6	01:54,2			
18	34:27,5	01:54,8			
19	36:21,6	01:54,0			
20	38:15,8	01:54,2			
21	40:08,7	01:52,8			
22	42:03,6	01:54,8			
23	43:57,2	01:53,6			
24	45:51,1	01:53,8			
25	47:42,3	01:51,2			
26	49:39,1	01:56,8			
27	51:35,3	01:56,1			
28	53:25,9	01:50,6			
29	55:15,6	01:49,7			
30	57:04,3	01:48,6			
31	58:53,3	01:49,0			

Emder Stundenlauf 2023

Runden-Details

#	NachRunde	Runde	#	NachRunde	Runde
267	Ulrich Behrendt	25 Runden			
1	02:05,3	02:05,3			
2	04:10,9	02:05,5			
3	06:18,8	02:07,9			
4	08:31,9	02:13,1			
5	10:46,6	02:14,6			
6	13:03,4	02:16,8			
7	15:18,7	02:15,3			
8	17:36,8	02:18,0			
9	19:52,7	02:15,8			
10	22:09,3	02:16,6			
11	24:26,4	02:17,0			
12	26:44,3	02:17,8			
13	29:01,0	02:16,7			
14	31:19,9	02:18,8			
15	33:41,9	02:22,0			
16	36:03,1	02:21,2			
17	38:26,4	02:23,3			
18	40:49,5	02:23,0			
19	43:14,1	02:24,6			
20	45:38,3	02:24,1			
21	48:02,6	02:24,2			
22	50:26,6	02:24,0			
23	52:52,2	02:25,5			
24	55:18,1	02:25,9			
25	57:45,0	02:26,9			

Emder Stundenlauf 2023

Runden-Details

#	NachRunde	Runde	#	NachRunde	Runde
270	Jens-Peter Grest	32 Runden			
1	01:41,8	01:41,8			
2	03:26,9	01:45,0			
3	05:12,0	01:45,0			
4	06:57,5	01:45,4			
5	08:42,4	01:44,9			
6	10:28,4	01:45,9			
7	12:13,7	01:45,3			
8	14:00,3	01:46,6			
9	15:49,3	01:48,9			
10	17:38,0	01:48,7			
11	19:27,6	01:49,6			
12	21:15,7	01:48,0			
13	23:02,7	01:46,9			
14	24:49,4	01:46,7			
15	26:37,0	01:47,6			
16	28:27,2	01:50,1			
17	30:16,4	01:49,2			
18	32:08,9	01:52,4			
19	34:00,7	01:51,8			
20	35:53,0	01:52,2			
21	37:46,1	01:53,0			
22	39:38,9	01:52,8			
23	41:26,8	01:47,9			
24	43:15,0	01:48,2			
25	44:56,2	01:41,1			
26	47:05,3	02:09,0			
27	49:02,1	01:56,8			
28	50:57,7	01:55,6			
29	52:52,2	01:54,4			
30	54:50,3	01:58,1			
31	56:46,6	01:56,3			
32	58:37,9	01:51,2			

Emder Stundenlauf 2023

Runden-Details

#	NachRunde	Runde	#	NachRunde	Runde
271	Jann Grest	30 Runden			
1	01:41,2	01:41,2			
2	03:26,5	01:45,3			
3	05:11,6	01:45,0			
4	06:56,9	01:45,3			
5	08:42,0	01:45,1			
6	10:27,9	01:45,8			
7	12:13,2	01:45,2			
8	13:59,9	01:46,6			
9	15:48,8	01:48,8			
10	17:37,7	01:48,9			
11	19:27,3	01:49,5			
12	21:16,2	01:48,9			
13	23:13,3	01:57,0			
14	25:07,4	01:54,0			
15	27:03,9	01:56,5			
16	29:01,6	01:57,6			
17	30:57,5	01:55,9			
18	32:55,5	01:58,0			
19	34:51,3	01:55,7			
20	36:48,9	01:57,6			
21	38:49,3	02:00,4			
22	40:44,3	01:55,0			
23	42:39,6	01:55,2			
24	44:31,9	01:52,2			
25	46:23,0	01:51,1			
26	49:02,9	02:39,8			
27	51:32,6	02:29,7			
28	53:59,2	02:26,6			
29	56:17,4	02:18,2			
30	58:25,3	02:07,8			

Emder Stundenlauf 2023

Runden-Details

#	NachRunde	Runde	#	NachRunde	Runde
272	Jan-Aiko van Hove	37 Runden			
1	01:33,4	01:33,4			
2	03:09,5	01:36,0			
3	04:42,8	01:33,3			
4	06:18,3	01:35,5			
5	07:54,5	01:36,1			
6	09:27,6	01:33,1			
7	11:02,8	01:35,2			
8	12:37,4	01:34,6			
9	14:12,7	01:35,2			
10	15:47,7	01:35,0			
11	17:22,5	01:34,7			
12	18:56,7	01:34,2			
13	20:31,8	01:35,1			
14	22:07,7	01:35,9			
15	23:42,7	01:34,9			
16	25:17,2	01:34,4			
17	26:52,7	01:35,4			
18	28:28,0	01:35,3			
19	30:02,4	01:34,4			
20	31:38,2	01:35,8			
21	33:13,7	01:35,4			
22	34:50,0	01:36,3			
23	36:25,4	01:35,4			
24	38:01,3	01:35,8			
25	39:38,3	01:37,0			
26	41:13,7	01:35,3			
27	42:49,4	01:35,6			
28	44:26,1	01:36,7			
29	46:02,4	01:36,2			
30	47:39,9	01:37,5			
31	49:16,6	01:36,6			
32	50:53,7	01:37,1			
33	52:29,5	01:35,8			
34	54:07,0	01:37,4			
35	55:43,7	01:36,6			
36	57:19,5	01:35,8			
37	58:55,3	01:35,7			

Emder Stundenlauf 2023

Runden-Details

#	NachRunde	Runde	#	NachRunde	Runde
273	Hanna van Hove	28 Runden			
1	01:56,9	01:56,9			
2	03:56,3	01:59,3			
3	05:57,5	02:01,2			
4	08:01,1	02:03,5			
5	10:03,6	02:02,4			
6	12:06,9	02:03,3			
7	14:09,8	02:02,8			
8	16:15,2	02:05,3			
9	18:23,0	02:07,8			
10	20:27,9	02:04,8			
11	22:32,9	02:05,0			
12	24:39,9	02:07,0			
13	26:46,3	02:06,3			
14	28:52,7	02:06,4			
15	31:00,2	02:07,4			
16	33:06,4	02:06,2			
17	35:14,3	02:07,8			
18	37:22,9	02:08,6			
19	39:30,6	02:07,6			
20	41:39,4	02:08,8			
21	43:47,9	02:08,4			
22	45:56,3	02:08,4			
23	48:04,3	02:07,9			
24	50:12,7	02:08,3			
25	52:19,5	02:06,8			
26	54:27,9	02:08,3			
27	56:38,3	02:10,3			
28	58:44,1	02:05,8			

Emder Stundenlauf 2023

Runden-Details

#	NachRunde	Runde	#	NachRunde	Runde
274	Jasmin Eilts	27 Runden			
1	02:01,0	02:01,0			
2	04:06,7	02:05,6			
3	06:08,5	02:01,8			
4	08:11,0	02:02,4			
5	10:09,6	01:58,6			
6	12:08,9	01:59,3			
7	14:10,8	02:01,8			
8	16:15,8	02:05,0			
9	18:23,7	02:07,8			
10	20:28,1	02:04,4			
11	22:33,5	02:05,3			
12	24:41,3	02:07,8			
13	26:46,8	02:05,5			
14	28:53,1	02:06,3			
15	31:00,5	02:07,3			
16	33:06,9	02:06,4			
17	35:19,6	02:12,6			
18	37:32,2	02:12,5			
19	39:41,4	02:09,2			
20	41:49,9	02:08,4			
21	44:00,1	02:10,2			
22	46:07,9	02:07,7			
23	48:17,7	02:09,7			
24	50:26,0	02:08,3			
25	53:33,8	03:07,8			
26	56:37,6	03:03,7			
27	59:44,7	03:07,1			

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Runden-Details

#	NachRunde	Runde	#	NachRunde	Runde
275	Manuela Nguyen	25 Runden			
1	02:05,6	02:05,6			
2	04:18,1	02:12,5			
3	06:30,5	02:12,4			
4	08:44,7	02:14,1			
5	10:58,9	02:14,1			
6	13:12,1	02:13,2			
7	15:26,8	02:14,7			
8	17:42,8	02:15,9			
9	19:58,3	02:15,5			
10	22:16,9	02:18,5			
11	24:35,6	02:18,6			
12	26:55,1	02:19,5			
13	29:14,0	02:18,9			
14	31:36,2	02:22,1			
15	33:59,2	02:23,0			
16	36:23,6	02:24,3			
17	38:51,1	02:27,5			
18	41:18,9	02:27,8			
19	43:47,6	02:28,6			
20	46:15,9	02:28,3			
21	48:49,2	02:33,3			
22	51:23,6	02:34,4			
23	53:56,8	02:33,1			
24	56:25,8	02:29,0			
25	58:56,0	02:30,2			

Emder Stundenlauf 2023

Runden-Details

#	NachRunde	Runde	#	NachRunde	Runde
276	Kay-Hendrik Nikiel	28 Runden			
1	01:54,4	01:54,4			
2	03:52,8	01:58,4			
3	05:51,1	01:58,2			
4	07:51,3	02:00,2			
5	09:51,0	01:59,6			
6	11:51,3	02:00,3			
7	13:50,5	01:59,1			
8	15:51,4	02:00,8			
9	17:51,7	02:00,3			
10	19:53,3	02:01,5			
11	21:53,9	02:00,6			
12	23:54,0	02:00,0			
13	25:55,5	02:01,5			
14	27:56,6	02:01,0			
15	29:58,2	02:01,6			
16	32:00,1	02:01,8			
17	34:14,6	02:14,5			
18	36:16,2	02:01,5			
19	38:20,0	02:03,7			
20	40:24,6	02:04,6			
21	42:30,0	02:05,4			
22	44:35,9	02:05,8			
23	46:41,3	02:05,4			
24	48:43,8	02:02,4			
25	50:39,2	01:55,4			
26	53:33,1	02:53,9			
27	56:07,5	02:34,4			
28	58:11,0	02:03,4			
