

Emder Bahnserie Teil 2

Zieleinlaufliste 5000 m



18.06.2024, Emden

Platz	Startnr.	Name	Jahrg.	m/w	AK	Verein	Zeit	Pace
5000 m								
1.	169	Rouven-Manuel Miede	2001	m	1. M	Emder Laufgemeinschaft	16:36,1	3:19
2.	180	Ingo Mudder	1991	m	1. M30		17:01,4	3:24
3.	171	Martin Bergmann	1987	m	1. M35	Emder Laufgemeinschaft	17:49,0	3:33
4.	177	Fabian Weermann	2005	m	1. MJ U20	Emder Laufgemeinschaft	17:50,1	3:34
5.	178	Thomas Alberts	1981	m	1. M40		21:07,7	4:13
6.	179	Reinhard Ludwig	1959	m	1. M65	LG Ostfriesland	21:26,1	4:17
7.	172	Marion Baumann	1971	w	1. W50	TuS Zetel	23:07,2	4:37

Emder Laufgemeinschaft e.V.

Emder Bahnserie Teil 2

Rundenzeiten



18.06.2024, 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 Miede	00:37,1 3:05	01:21,2 3:23	01:20,5 3:21	01:20,5 3:21	01:21,0 3:22	01:20,5 3:21	01:19,5 3:18	01:19,7 3:19	01:19,6 3:19	01:20,3 3:20	01:19,7 3:19	01:19,4 3:18	01:17,1 3:12	16:36,1 3:19
Ingo Mudder	00:37,3 3:06	01:21,2 3:23	01:20,6 3:21	01:20,3 3:20	01:21,2 3:22	01:20,5 3:21	01:21,2 3:23	01:22,9 3:27	01:24,3 3:30	01:25,2 3:33	01:25,0 3:32	01:26,8 3:36	01:14,9 3:07	17:01,4 3:24
Martin Bergmann	00:41,8 3:28	01:28,3 3:40	01:27,1 3:37	01:26,5 3:36	01:26,6 3:36	01:26,2 3:35	01:25,7 3:34	01:26,6 3:36	01:26,9 3:37	01:26,2 3:35	01:26,0 3:35	01:24,9 3:32	01:16,2 3:10	17:49,0 3:33
Fabian Weermann	00:39,5 3:17	01:24,5 3:31	01:23,5 3:28	01:23,7 3:29	01:25,4 3:33	01:28,1 3:40	01:27,6 3:39	01:28,2 3:40	01:28,0 3:39	01:27,7 3:39	01:28,1 3:40	01:28,1 3:40	01:17,7 3:14	17:50,1 3:34
Thomas Alberts	00:48,5 4:02	01:40,4 4:10	01:40,8 4:11	01:41,7 4:14	01:42,6 4:16	01:42,7 4:16	01:43,8 4:19	01:44,1 4:20	01:44,2 4:20	01:42,4 4:16	01:40,1 4:10	01:41,6 4:14	01:34,8 3:56	21:07,7 4:13
Reinhard Ludwig	00:48,9 4:04	01:39,2 4:08	01:40,8 4:12	01:42,0 4:14	01:42,3 4:15	01:42,8 4:17	01:43,8 4:19	01:44,1 4:20	01:44,7 4:21	01:44,0 4:20	01:45,2 4:23	01:46,5 4:26	01:41,8 4:14	21:26,1 4:17
Marion Baumann	00:53,1 4:25	01:48,6 4:31	01:50,6 4:36	01:51,1 4:37	01:52,0 4:40	01:51,6 4:39	01:52,3 4:40	01:52,1 4:40	01:52,1 4:40	01:52,9 4:42	01:52,5 4:41	01:51,9 4:39	01:46,4 4:25	23:07,2 4:37

Emder Laufgemeinschaft e.V.