

# Lauf des Monats Oktober 2009

## Kahlenberglauf 8600 Meter

11.10.2009 (Mittelwert aus Nettozeit + Age-Grade 8K)

### Frauen:

|   |                |    |          |          |       |       |              |
|---|----------------|----|----------|----------|-------|-------|--------------|
| 1 | Arocker Ingrid | 52 | 00:53:35 | 00:46:07 | 100,0 | 100,0 | <b>100,0</b> |
| 2 | Datler Iris    | 21 | 01:01:22 | 01:01:22 | 87,3  | 75,1  | <b>81,2</b>  |

### Männer:

|   |                       |    |          |          |       |       |             |
|---|-----------------------|----|----------|----------|-------|-------|-------------|
| 1 | Kreuzeder Emmerich    | 44 | 00:41:11 | 00:38:39 | 97,0  | 100,0 | <b>98,5</b> |
| 2 | Frühwirth Harald      | 24 | 00:39:57 | 00:39:57 | 100,0 | 96,7  | <b>98,4</b> |
| 3 | Arocker Alfred        | 50 | 00:45:07 | 00:40:27 | 88,5  | 95,6  | <b>92,0</b> |
| 4 | Zekendorf Thomas      | 38 | 00:45:03 | 00:44:08 | 88,7  | 87,6  | <b>88,1</b> |
| 5 | Hörzinger Gerhard     | 60 | 00:52:06 | 00:42:50 | 76,7  | 90,2  | <b>83,5</b> |
| 6 | Datler Wolfgang       | 43 | 00:48:31 | 00:45:52 | 82,3  | 84,3  | <b>83,3</b> |
| 7 | Sommergruber Wolfgang | 56 | 00:52:24 | 00:44:40 | 76,2  | 86,5  | <b>81,4</b> |

Liebe Grüße Zeki :-)