

# Lauf des Monats Juli 2012

## Wilhelmsburger Stadtlauf 5000 Meter

28.07.2012 (Mittelwert aus Nettozeit + Age-Grade 5K)

### Frauen:

|   |                   |    |          |          |       |       |             |
|---|-------------------|----|----------|----------|-------|-------|-------------|
| 1 | Windisch Karin    | 44 | 00:24:55 | 00:22:24 | 97,6  | 100,0 | <b>98,8</b> |
| 2 | Ladenstein Anna   | 24 | 00:24:19 | 00:24:19 | 100,0 | 92,1  | <b>96,1</b> |
| 3 | Datler Dagmar     | 45 | 00:25:38 | 00:23:25 | 94,9  | 95,7  | <b>95,3</b> |
| 4 | Novosadko Manuela | 38 | 00:26:57 | 00:26:05 | 90,2  | 85,9  | <b>88,1</b> |
| 5 | Söldner Barbara   | 22 | 00:26:38 | 00:26:38 | 91,3  | 84,1  | <b>87,7</b> |

### Männer:

|   |                      |    |          |          |       |       |              |
|---|----------------------|----|----------|----------|-------|-------|--------------|
| 1 | Fürnkranz Werner     | 42 | 00:18:10 | 00:17:14 | 100,0 | 100,0 | <b>100,0</b> |
| 2 | Grimmlinger Reinhard | 25 | 00:18:42 | 00:18:42 | 97,1  | 92,2  | <b>94,7</b>  |
| 3 | Unterhuber Thomas    | 27 | 00:20:00 | 00:20:00 | 90,8  | 86,2  | <b>88,5</b>  |
| 4 | Musil Leo            | 63 | 00:23:29 | 00:18:41 | 77,4  | 92,2  | <b>84,8</b>  |
| 5 | Datler Wolfgang      | 46 | 00:23:14 | 00:21:24 | 78,2  | 80,5  | <b>79,4</b>  |
| 6 | Zugriegel Walter     | 62 | 00:25:51 | 00:20:46 | 70,3  | 83,0  | <b>76,6</b>  |
| 7 | Wimmer Alexander     | 22 | 00:25:37 | 00:25:37 | 70,9  | 67,3  | <b>69,1</b>  |

Liebe Grüße Zeki :-)