

# Lauf des Monats Februar 2009

## Hollenburg 25000/30000 Meter

07.02.2009 (Mittelwert aus Nettozeit + Age-Grade 25/30K)

### Frauen:

|    |                        |    |          |          |       |       |              |
|----|------------------------|----|----------|----------|-------|-------|--------------|
| 1. | Arocker Ingrid         | 52 | 02:00:28 | 01:40:29 | 100,0 | 100,0 | <b>100,0</b> |
| 2. | Gasser Monika          | 47 | 02:04:08 | 01:50:18 | 97,0  | 91,1  | <b>94,1</b>  |
| 3. | Schweighofer Charlotte | 41 | 02:27:39 | 02:20:13 | 81,6  | 71,7  | <b>76,6</b>  |
| 4. | Heidenreich Gabriele   | 49 | 02:36:47 | 02:15:54 | 76,8  | 73,9  | <b>75,4</b>  |

### Männer:

|    |                   |    |          |          |       |       |             |
|----|-------------------|----|----------|----------|-------|-------|-------------|
| 1. | Mühlberger Harald | 51 | 02:20:03 | 02:03:32 | 95,9  | 100,0 | <b>98,0</b> |
| 2. | Arocker Alfred    | 50 | 02:20:03 | 02:04:38 | 95,9  | 99,1  | <b>97,5</b> |
| 3. | Fürnkranz Werner  | 39 | 02:14:20 | 02:11:03 | 100,0 | 94,3  | <b>97,1</b> |
| 4. | Heinrich Gerhard  | 44 | 02:23:03 | 02:13:59 | 93,9  | 92,2  | <b>93,1</b> |
| 5. | Schram Christian  | 42 | 02:23:03 | 02:16:13 | 93,9  | 90,7  | <b>92,3</b> |
| 6. | Reiter Hermann    | 28 | 02:21:45 | 02:21:45 | 94,8  | 87,1  | <b>91,0</b> |
| 7. | Datler Wolfgang   | 43 | 02:58:56 | 02:48:59 | 75,1  | 73,1  | <b>74,1</b> |
| 8. | Rauscher Thomas   | 43 | 03:01:51 | 02:51:44 | 73,9  | 71,9  | <b>72,9</b> |

Liebe Grüße Zeki :-)