

MILA 5000m Lauf 13.03.2013**overall**

Rang	Nr	Name	Vorname	Ort	Jg	1	2	3	1.km	4	5	2.km	6	7	8	3.km	9	10	4.km	11	12	13	5.km	Gesamtzeit
1.	4	Schefer	Christoph	Altstätten	1980	00:37	01:17	01:19	(03:13)	01:20	01:20	(03:21)	01:21	01:21	01:20	(03:22)	01:21	01:21	(03:22)	01:21	01:17	01:12	(03:09)	16:27
2.	6	Althaus	Stefan	Lutzenberg	1989	00:37	01:17	01:19	(03:13)	01:20	01:20	(03:21)	01:21	01:21	01:22	(03:24)	01:26	01:27	(03:36)	01:26	01:25	01:16	(03:25)	16:58
3.	16	Gubler	Philipp	Eichberg	1982	00:38	01:20	01:24	(03:22)	01:24	01:25	(03:33)	01:26	01:26	01:27	(03:36)	01:26	01:25	(03:33)	01:25	01:23	01:17	(03:23)	17:27
4.	20	Bischofberger	Guido	Oberegg	1968	00:41	01:26	01:27	(03:34)	01:28	01:30	(03:42)	01:29	01:28	01:30	(03:43)	01:30	01:29	(03:44)	01:30	01:29	01:26	(03:40)	18:23
5.	24	Weiler	Andreas	Altstätten	1967	00:43	01:29	01:31	(03:43)	01:31	01:31	(03:47)	01:30	01:31	01:32	(03:47)	01:32	01:31	(03:48)	01:31	01:30	01:27	(03:42)	18:48
6.	25	Halter	Markus	Balgach	1967	00:42	01:24	01:26	(03:32)	01:28	01:30	(03:44)	01:30	01:29	01:33	(03:47)	01:34	01:36	(03:58)	01:35	01:33	01:29	(03:49)	18:50
7.	2	Benz	Felix	Heerbrugg	1960	00:40	01:24	01:28	(03:32)	01:30	01:31	(03:48)	01:33	01:34	01:35	(03:55)	01:34	01:35	(03:57)	01:35	01:33	01:29	(03:50)	19:01
8.	10	Indermaur	Markus	Balgach	1966	00:41	01:24	01:26	(03:31)	01:28	01:31	(03:46)	01:33	01:36	01:40	(04:02)	01:44	01:42	(04:16)	01:41	01:38	01:36	(04:05)	19:41
9.	12	Segmüller	Roland	Eichberg	1960	00:45	01:32	01:32	(03:49)	01:33	01:35	(03:56)	01:36	01:35	01:38	(04:01)	01:39	01:38	(04:06)	01:38	01:36	01:25	(03:49)	19:42
10.	18	Lichtensteiger	Denise	Montlingen	1974	00:46	01:32	01:30	(03:48)	01:32	01:35	(03:55)	01:36	01:37	01:37	(04:02)	01:38	01:36	(04:03)	01:37	01:37	01:30	(03:56)	19:43
11.	8	Wiederkehr	Erwin	Grub	1963	00:46	01:32	01:32	(03:50)	01:34	01:39	(04:04)	01:41	01:43	01:42	(04:16)	01:42	01:42	(04:17)	01:44	01:44	01:39	(04:14)	20:41
12.	22	Eugster	Albino	Widnau	1963	00:47	01:34	01:38	(03:59)	01:37	01:39	(04:08)	01:43	01:48	01:46	(04:25)	01:47	01:46	(04:26)	01:46	01:48	01:41	(04:22)	21:20
13.	13	Schmid	Moritz	Balgach	1959	00:43	01:33	01:41	(03:57)	01:44	01:45	(04:22)	01:46	01:47	01:48	(04:27)	01:48	01:47	(04:29)	01:47	01:45	01:44	(04:22)	21:37
14.	15	Stein	Werner	Balgach	1974	00:52	01:38	01:39	(04:10)	01:38	01:46	(04:17)	01:47	01:47	01:47	(04:27)	01:47	01:47	(04:28)	01:49	01:46	01:39	(04:20)	21:41
15.	14	Wälter	Christof	Rebstein	1961	00:46	01:33	01:39	(03:58)	01:41	01:43	(04:17)	01:46	01:46	01:47	(04:26)	01:49	01:50	(04:33)	01:50	01:49	01:43	(04:27)	21:42
16.	17	Stieger	Therese	Oberriet	1976	00:49	01:41	01:44	(04:14)	01:46	01:47	(04:27)	01:48	01:48	01:46	(04:28)	01:47	01:47	(04:28)	01:48	01:47	01:40	(04:21)	21:59
17.	21	Lüchinger	Doris	Diepoldsau	1962	00:49	01:41	01:44	(04:14)	01:46	01:47	(04:27)	01:48	01:48	01:49	(04:31)	01:51	01:51	(04:37)	01:52	01:52	01:44	(04:32)	22:21
18.	19	Gut	Angelika	Berneck	1986	00:54	01:46	01:48	(04:27)	01:51	01:50	(04:37)	01:52	01:50	01:52	(04:38)	01:50	01:52	(04:38)	01:52	01:52	01:45	(04:33)	22:53
19.	23	Brunner	Heinz	Balgach	1960	00:51	01:43	01:52	(04:25)	01:54	01:58	(04:52)	01:59	01:59	01:59	(04:57)	01:59	02:00	(04:58)	02:00	01:58	01:54	(04:52)	24:04
20.	1	Lüchinger	Edith	Oberriet	1965	00:51	01:44	01:52	(04:27)	01:56	01:58	(04:53)	01:59	02:00	01:59	(04:58)	01:59	02:01	(05:00)	02:00	01:59	01:52	(04:51)	24:09
21.	5	Ebnetter	Rina	Rüthi	1955	00:53	01:49	01:56	(04:37)	01:58	02:01	(05:00)	02:03	02:01	02:01	(05:03)	02:03	02:03	(05:09)	02:07	02:02	01:50	(04:55)	24:45
22.	3	Mitter	Jessica	Rebstein	1995	00:53	01:48	01:56	(04:36)	01:58	02:01	(05:01)	02:03	02:01	02:00	(05:03)	02:03	02:03	(05:10)	02:07	02:09	02:02	(05:14)	25:04

MILA 5000m Lauf 13.03.2013**overall**

Rang	Nr	Name	Vorname	Ort	Jg	1	2	3	1.km	4	5	2.km	6	7	8	3.km	9	10	4.km	11	12	13	5.km	Gesamtzeit
1.	4	Schefer	Christoph	Altstätten	1980	00:37	01:17	01:19	(03:13)	01:20	01:20	(03:21)	01:21	01:21	01:20	(03:22)	01:21	01:21	(03:22)	01:21	01:17	01:12	(03:09)	16:27
2.	6	Althaus	Stefan	Lutzenberg	1989	00:37	01:17	01:19	(03:13)	01:20	01:20	(03:21)	01:21	01:21	01:22	(03:24)	01:26	01:27	(03:36)	01:26	01:25	01:16	(03:25)	16:58
3.	16	Gubler	Philipp	Eichberg	1982	00:38	01:20	01:24	(03:22)	01:24	01:25	(03:33)	01:26	01:26	01:27	(03:36)	01:26	01:25	(03:33)	01:25	01:23	01:17	(03:23)	17:27
4.	20	Bischofberger	Guido	Oberegg	1968	00:41	01:26	01:27	(03:34)	01:28	01:30	(03:42)	01:29	01:28	01:30	(03:43)	01:30	01:29	(03:44)	01:30	01:29	01:26	(03:40)	18:23
5.	24	Weiler	Andreas	Altstätten	1967	00:43	01:29	01:31	(03:43)	01:31	01:31	(03:47)	01:30	01:31	01:32	(03:47)	01:32	01:31	(03:48)	01:31	01:30	01:27	(03:42)	18:48
6.	25	Halter	Markus	Balgach	1967	00:42	01:24	01:26	(03:32)	01:28	01:30	(03:44)	01:30	01:29	01:33	(03:47)	01:34	01:36	(03:58)	01:35	01:33	01:29	(03:49)	18:50
7.	2	Benz	Felix	Heerbrugg	1960	00:40	01:24	01:28	(03:32)	01:30	01:31	(03:48)	01:33	01:34	01:35	(03:55)	01:34	01:35	(03:57)	01:35	01:33	01:29	(03:50)	19:01
8.	10	Indermaur	Markus	Balgach	1966	00:41	01:24	01:26	(03:31)	01:28	01:31	(03:46)	01:33	01:36	01:40	(04:02)	01:44	01:42	(04:16)	01:41	01:38	01:36	(04:05)	19:41
9.	12	Segmüller	Roland	Eichberg	1960	00:45	01:32	01:32	(03:49)	01:33	01:35	(03:56)	01:36	01:35	01:38	(04:01)	01:39	01:38	(04:06)	01:38	01:36	01:25	(03:49)	19:42
10.	18	Lichtensteiger	Denise	Montlingen	1974	00:46	01:32	01:30	(03:48)	01:32	01:35	(03:55)	01:36	01:37	01:37	(04:02)	01:38	01:36	(04:03)	01:37	01:37	01:30	(03:56)	19:43
11.	8	Wiederkehr	Erwin	Grub	1963	00:46	01:32	01:32	(03:50)	01:34	01:39	(04:04)	01:41	01:43	01:42	(04:16)	01:42	01:42	(04:17)	01:44	01:44	01:39	(04:14)	20:41
12.	22	Eugster	Albino	Widnau	1963	00:47	01:34	01:38	(03:59)	01:37	01:39	(04:08)	01:43	01:48	01:46	(04:25)	01:47	01:46	(04:26)	01:46	01:48	01:41	(04:22)	21:20
13.	13	Schmid	Moritz	Balgach	1959	00:43	01:33	01:41	(03:57)	01:44	01:45	(04:22)	01:46	01:47	01:48	(04:27)	01:48	01:47	(04:29)	01:47	01:45	01:44	(04:22)	21:37
14.	15	Stein	Werner	Balgach	1974	00:52	01:38	01:39	(04:10)	01:38	01:46	(04:17)	01:47	01:47	01:47	(04:27)	01:47	01:47	(04:28)	01:49	01:46	01:39	(04:20)	21:41
15.	14	Wälter	Christof	Rebstein	1961	00:46	01:33	01:39	(03:58)	01:41	01:43	(04:17)	01:46	01:46	01:47	(04:26)	01:49	01:50	(04:33)	01:50	01:49	01:43	(04:27)	21:42
16.	17	Stieger	Therese	Oberriet	1976	00:49	01:41	01:44	(04:14)	01:46	01:47	(04:27)	01:48	01:48	01:46	(04:28)	01:47	01:47	(04:28)	01:48	01:47	01:40	(04:21)	21:59
17.	21	Lüchinger	Doris	Diepoldsau	1962	00:49	01:41	01:44	(04:14)	01:46	01:47	(04:27)	01:48	01:48	01:49	(04:31)	01:51	01:51	(04:37)	01:52	01:52	01:44	(04:32)	22:21
18.	19	Gut	Angelika	Berneck	1986	00:54	01:46	01:48	(04:27)	01:51	01:50	(04:37)	01:52	01:50	01:52	(04:38)	01:50	01:52	(04:38)	01:52	01:52	01:45	(04:33)	22:53
19.	23	Brunner	Heinz	Balgach	1960	00:51	01:43	01:52	(04:25)	01:54	01:58	(04:52)	01:59	01:59	01:59	(04:57)	01:59	02:00	(04:58)	02:00	01:58	01:54	(04:52)	24:04
20.	1	Lüchinger	Edith	Oberriet	1965	00:51	01:44	01:52	(04:27)	01:56	01:58	(04:53)	01:59	02:00	01:59	(04:58)	01:59	02:01	(05:00)	02:00	01:59	01:52	(04:51)	24:09
21.	5	Ebnetter	Rina	Rüthi	1955	00:53	01:49	01:56	(04:37)	01:58	02:01	(05:00)	02:03	02:01	02:01	(05:03)	02:03	02:03	(05:09)	02:07	02:02	01:50	(04:55)	24:45
22.	3	Mitter	Jessica	Rebstein	1995	00:53	01:48	01:56	(04:36)	01:58	02:01	(05:01)	02:03	02:01	02:00	(05:03)	02:03	02:03	(05:10)	02:07	02:09	02:02	(05:14)	25:04

MILA 5000m Lauf 13.03.2013**overall**

Rang	Nr	Name	Vorname	Ort	Jg	1	2	3	1.km	4	5	2.km	6	7	8	3.km	9	10	4.km	11	12	13	5.km	Gesamtzeit
1.	4	Schefer	Christoph	Altstätten	1980	00:37	01:17	01:19	(03:13)	01:20	01:20	(03:21)	01:21	01:21	01:20	(03:22)	01:21	01:21	(03:22)	01:21	01:17	01:12	(03:09)	16:27
2.	6	Althaus	Stefan	Lutzenberg	1989	00:37	01:17	01:19	(03:13)	01:20	01:20	(03:21)	01:21	01:21	01:22	(03:24)	01:26	01:27	(03:36)	01:26	01:25	01:16	(03:25)	16:58
3.	16	Gubler	Philipp	Eichberg	1982	00:38	01:20	01:24	(03:22)	01:24	01:25	(03:33)	01:26	01:26	01:27	(03:36)	01:26	01:25	(03:33)	01:25	01:23	01:17	(03:23)	17:27
4.	20	Bischofberger	Guido	Oberegg	1968	00:41	01:26	01:27	(03:34)	01:28	01:30	(03:42)	01:29	01:28	01:30	(03:43)	01:30	01:29	(03:44)	01:30	01:29	01:26	(03:40)	18:23
5.	24	Weiler	Andreas	Altstätten	1967	00:43	01:29	01:31	(03:43)	01:31	01:31	(03:47)	01:30	01:31	01:32	(03:47)	01:32	01:31	(03:48)	01:31	01:30	01:27	(03:42)	18:48
6.	25	Halter	Markus	Balgach	1967	00:42	01:24	01:26	(03:32)	01:28	01:30	(03:44)	01:30	01:29	01:33	(03:47)	01:34	01:36	(03:58)	01:35	01:33	01:29	(03:49)	18:50
7.	2	Benz	Felix	Heerbrugg	1960	00:40	01:24	01:28	(03:32)	01:30	01:31	(03:48)	01:33	01:34	01:35	(03:55)	01:34	01:35	(03:57)	01:35	01:33	01:29	(03:50)	19:01
8.	10	Indermaur	Markus	Balgach	1966	00:41	01:24	01:26	(03:31)	01:28	01:31	(03:46)	01:33	01:36	01:40	(04:02)	01:44	01:42	(04:16)	01:41	01:38	01:36	(04:05)	19:41
9.	12	Segmüller	Roland	Eichberg	1960	00:45	01:32	01:32	(03:49)	01:33	01:35	(03:56)	01:36	01:35	01:38	(04:01)	01:39	01:38	(04:06)	01:38	01:36	01:25	(03:49)	19:42
10.	18	Lichtensteiger	Denise	Montlingen	1974	00:46	01:32	01:30	(03:48)	01:32	01:35	(03:55)	01:36	01:37	01:37	(04:02)	01:38	01:36	(04:03)	01:37	01:37	01:30	(03:56)	19:43
11.	8	Wiederkehr	Erwin	Grub	1963	00:46	01:32	01:32	(03:50)	01:34	01:39	(04:04)	01:41	01:43	01:42	(04:16)	01:42	01:42	(04:17)	01:44	01:44	01:39	(04:14)	20:41
12.	22	Eugster	Albino	Widnau	1963	00:47	01:34	01:38	(03:59)	01:37	01:39	(04:08)	01:43	01:48	01:46	(04:25)	01:47	01:46	(04:26)	01:46	01:48	01:41	(04:22)	21:20
13.	13	Schmid	Moritz	Balgach	1959	00:43	01:33	01:41	(03:57)	01:44	01:45	(04:22)	01:46	01:47	01:48	(04:27)	01:48	01:47	(04:29)	01:47	01:45	01:44	(04:22)	21:37
14.	15	Stein	Werner	Balgach	1974	00:52	01:38	01:39	(04:10)	01:38	01:46	(04:17)	01:47	01:47	01:47	(04:27)	01:47	01:47	(04:28)	01:49	01:46	01:39	(04:20)	21:41
15.	14	Wälter	Christof	Rebstein	1961	00:46	01:33	01:39	(03:58)	01:41	01:43	(04:17)	01:46	01:46	01:47	(04:26)	01:49	01:50	(04:33)	01:50	01:49	01:43	(04:27)	21:42
16.	17	Stieger	Therese	Oberriet	1976	00:49	01:41	01:44	(04:14)	01:46	01:47	(04:27)	01:48	01:48	01:46	(04:28)	01:47	01:47	(04:28)	01:48	01:47	01:40	(04:21)	21:59
17.	21	Lüchinger	Doris	Diepoldsau	1962	00:49	01:41	01:44	(04:14)	01:46	01:47	(04:27)	01:48	01:48	01:49	(04:31)	01:51	01:51	(04:37)	01:52	01:52	01:44	(04:32)	22:21
18.	19	Gut	Angelika	Berneck	1986	00:54	01:46	01:48	(04:27)	01:51	01:50	(04:37)	01:52	01:50	01:52	(04:38)	01:50	01:52	(04:38)	01:52	01:52	01:45	(04:33)	22:53
19.	23	Brunner	Heinz	Balgach	1960	00:51	01:43	01:52	(04:25)	01:54	01:58	(04:52)	01:59	01:59	01:59	(04:57)	01:59	02:00	(04:58)	02:00	01:58	01:54	(04:52)	24:04
20.	1	Lüchinger	Edith	Oberriet	1965	00:51	01:44	01:52	(04:27)	01:56	01:58	(04:53)	01:59	02:00	01:59	(04:58)	01:59	02:01	(05:00)	02:00	01:59	01:52	(04:51)	24:09
21.	5	Ebnetter	Rina	Rüthi	1955	00:53	01:49	01:56	(04:37)	01:58	02:01	(05:00)	02:03	02:01	02:01	(05:03)	02:03	02:03	(05:09)	02:07	02:02	01:50	(04:55)	24:45
22.	3	Mitter	Jessica	Rebstein	1995	00:53	01:48	01:56	(04:36)	01:58	02:01	(05:01)	02:03	02:01	02:00	(05:03)	02:03	02:03	(05:10)	02:07	02:09	02:02	(05:14)	25:04

MILA 5000m Lauf 13.03.2013**overall**

Rang	Nr	Name	Vorname	Ort	Jg	1	2	3	1.km	4	5	2.km	6	7	8	3.km	9	10	4.km	11	12	13	5.km	Gesamtzeit
1.	4	Schefer	Christoph	Altstätten	1980	00:37	01:17	01:19	(03:13)	01:20	01:20	(03:21)	01:21	01:21	01:20	(03:22)	01:21	01:21	(03:22)	01:21	01:17	01:12	(03:09)	16:27
2.	6	Althaus	Stefan	Lutzenberg	1989	00:37	01:17	01:19	(03:13)	01:20	01:20	(03:21)	01:21	01:21	01:22	(03:24)	01:26	01:27	(03:36)	01:26	01:25	01:16	(03:25)	16:58
3.	16	Gubler	Philipp	Eichberg	1982	00:38	01:20	01:24	(03:22)	01:24	01:25	(03:33)	01:26	01:26	01:27	(03:36)	01:26	01:25	(03:33)	01:25	01:23	01:17	(03:23)	17:27
4.	20	Bischofberger	Guido	Oberegg	1968	00:41	01:26	01:27	(03:34)	01:28	01:30	(03:42)	01:29	01:28	01:30	(03:43)	01:30	01:29	(03:44)	01:30	01:29	01:26	(03:40)	18:23
5.	24	Weiler	Andreas	Altstätten	1967	00:43	01:29	01:31	(03:43)	01:31	01:31	(03:47)	01:30	01:31	01:32	(03:47)	01:32	01:31	(03:48)	01:31	01:30	01:27	(03:42)	18:48
6.	25	Halter	Markus	Balgach	1967	00:42	01:24	01:26	(03:32)	01:28	01:30	(03:44)	01:30	01:29	01:33	(03:47)	01:34	01:36	(03:58)	01:35	01:33	01:29	(03:49)	18:50
7.	2	Benz	Felix	Heerbrugg	1960	00:40	01:24	01:28	(03:32)	01:30	01:31	(03:48)	01:33	01:34	01:35	(03:55)	01:34	01:35	(03:57)	01:35	01:33	01:29	(03:50)	19:01
8.	10	Indermaur	Markus	Balgach	1966	00:41	01:24	01:26	(03:31)	01:28	01:31	(03:46)	01:33	01:36	01:40	(04:02)	01:44	01:42	(04:16)	01:41	01:38	01:36	(04:05)	19:41
9.	12	Segmüller	Roland	Eichberg	1960	00:45	01:32	01:32	(03:49)	01:33	01:35	(03:56)	01:36	01:35	01:38	(04:01)	01:39	01:38	(04:06)	01:38	01:36	01:25	(03:49)	19:42
10.	18	Lichtensteiger	Denise	Montlingen	1974	00:46	01:32	01:30	(03:48)	01:32	01:35	(03:55)	01:36	01:37	01:37	(04:02)	01:38	01:36	(04:03)	01:37	01:37	01:30	(03:56)	19:43
11.	8	Wiederkehr	Erwin	Grub	1963	00:46	01:32	01:32	(03:50)	01:34	01:39	(04:04)	01:41	01:43	01:42	(04:16)	01:42	01:42	(04:17)	01:44	01:44	01:39	(04:14)	20:41
12.	22	Eugster	Albino	Widnau	1963	00:47	01:34	01:38	(03:59)	01:37	01:39	(04:08)	01:43	01:48	01:46	(04:25)	01:47	01:46	(04:26)	01:46	01:48	01:41	(04:22)	21:20
13.	13	Schmid	Moritz	Balgach	1959	00:43	01:33	01:41	(03:57)	01:44	01:45	(04:22)	01:46	01:47	01:48	(04:27)	01:48	01:47	(04:29)	01:47	01:45	01:44	(04:22)	21:37
14.	15	Stein	Werner	Balgach	1974	00:52	01:38	01:39	(04:10)	01:38	01:46	(04:17)	01:47	01:47	01:47	(04:27)	01:47	01:47	(04:28)	01:49	01:46	01:39	(04:20)	21:41
15.	14	Wälter	Christof	Rebstein	1961	00:46	01:33	01:39	(03:58)	01:41	01:43	(04:17)	01:46	01:46	01:47	(04:26)	01:49	01:50	(04:33)	01:50	01:49	01:43	(04:27)	21:42
16.	17	Stieger	Therese	Oberriet	1976	00:49	01:41	01:44	(04:14)	01:46	01:47	(04:27)	01:48	01:48	01:46	(04:28)	01:47	01:47	(04:28)	01:48	01:47	01:40	(04:21)	21:59
17.	21	Lüchinger	Doris	Diepoldsau	1962	00:49	01:41	01:44	(04:14)	01:46	01:47	(04:27)	01:48	01:48	01:49	(04:31)	01:51	01:51	(04:37)	01:52	01:52	01:44	(04:32)	22:21
18.	19	Gut	Angelika	Berneck	1986	00:54	01:46	01:48	(04:27)	01:51	01:50	(04:37)	01:52	01:50	01:52	(04:38)	01:50	01:52	(04:38)	01:52	01:52	01:45	(04:33)	22:53
19.	23	Brunner	Heinz	Balgach	1960	00:51	01:43	01:52	(04:25)	01:54	01:58	(04:52)	01:59	01:59	01:59	(04:57)	01:59	02:00	(04:58)	02:00	01:58	01:54	(04:52)	24:04
20.	1	Lüchinger	Edith	Oberriet	1965	00:51	01:44	01:52	(04:27)	01:56	01:58	(04:53)	01:59	02:00	01:59	(04:58)	01:59	02:01	(05:00)	02:00	01:59	01:52	(04:51)	24:09
21.	5	Ebnetter	Rina	Rüthi	1955	00:53	01:49	01:56	(04:37)	01:58	02:01	(05:00)	02:03	02:01	02:01	(05:03)	02:03	02:03	(05:09)	02:07	02:02	01:50	(04:55)	24:45
22.	3	Mitter	Jessica	Rebstein	1995	00:53	01:48	01:56	(04:36)	01:58	02:01	(05:01)	02:03	02:01	02:00	(05:03)	02:03	02:03	(05:10)	02:07	02:09	02:02	(05:14)	25:04

MILA 5000m Lauf 13.03.2013**overall**

Rang	Nr	Name	Vorname	Ort	Jg	1	2	3	1.km	4	5	2.km	6	7	8	3.km	9	10	4.km	11	12	13	5.km	Gesamtzeit
1.	4	Schefer	Christoph	Altstätten	1980	00:37	01:17	01:19	(03:13)	01:20	01:20	(03:21)	01:21	01:21	01:20	(03:22)	01:21	01:21	(03:22)	01:21	01:17	01:12	(03:09)	16:27
2.	6	Althaus	Stefan	Lutzenberg	1989	00:37	01:17	01:19	(03:13)	01:20	01:20	(03:21)	01:21	01:21	01:22	(03:24)	01:26	01:27	(03:36)	01:26	01:25	01:16	(03:25)	16:58
3.	16	Gubler	Philipp	Eichberg	1982	00:38	01:20	01:24	(03:22)	01:24	01:25	(03:33)	01:26	01:26	01:27	(03:36)	01:26	01:25	(03:33)	01:25	01:23	01:17	(03:23)	17:27
4.	20	Bischofberger	Guido	Oberegg	1968	00:41	01:26	01:27	(03:34)	01:28	01:30	(03:42)	01:29	01:28	01:30	(03:43)	01:30	01:29	(03:44)	01:30	01:29	01:26	(03:40)	18:23
5.	24	Weiler	Andreas	Altstätten	1967	00:43	01:29	01:31	(03:43)	01:31	01:31	(03:47)	01:30	01:31	01:32	(03:47)	01:32	01:31	(03:48)	01:31	01:30	01:27	(03:42)	18:48
6.	25	Halter	Markus	Balgach	1967	00:42	01:24	01:26	(03:32)	01:28	01:30	(03:44)	01:30	01:29	01:33	(03:47)	01:34	01:36	(03:58)	01:35	01:33	01:29	(03:49)	18:50
7.	2	Benz	Felix	Heerbrugg	1960	00:40	01:24	01:28	(03:32)	01:30	01:31	(03:48)	01:33	01:34	01:35	(03:55)	01:34	01:35	(03:57)	01:35	01:33	01:29	(03:50)	19:01
8.	10	Indermaur	Markus	Balgach	1966	00:41	01:24	01:26	(03:31)	01:28	01:31	(03:46)	01:33	01:36	01:40	(04:02)	01:44	01:42	(04:16)	01:41	01:38	01:36	(04:05)	19:41
9.	12	Segmüller	Roland	Eichberg	1960	00:45	01:32	01:32	(03:49)	01:33	01:35	(03:56)	01:36	01:35	01:38	(04:01)	01:39	01:38	(04:06)	01:38	01:36	01:25	(03:49)	19:42
10.	18	Lichtensteiger	Denise	Montlingen	1974	00:46	01:32	01:30	(03:48)	01:32	01:35	(03:55)	01:36	01:37	01:37	(04:02)	01:38	01:36	(04:03)	01:37	01:37	01:30	(03:56)	19:43
11.	8	Wiederkehr	Erwin	Grub	1963	00:46	01:32	01:32	(03:50)	01:34	01:39	(04:04)	01:41	01:43	01:42	(04:16)	01:42	01:42	(04:17)	01:44	01:44	01:39	(04:14)	20:41
12.	22	Eugster	Albino	Widnau	1963	00:47	01:34	01:38	(03:59)	01:37	01:39	(04:08)	01:43	01:48	01:46	(04:25)	01:47	01:46	(04:26)	01:46	01:48	01:41	(04:22)	21:20
13.	13	Schmid	Moritz	Balgach	1959	00:43	01:33	01:41	(03:57)	01:44	01:45	(04:22)	01:46	01:47	01:48	(04:27)	01:48	01:47	(04:29)	01:47	01:45	01:44	(04:22)	21:37
14.	15	Stein	Werner	Balgach	1974	00:52	01:38	01:39	(04:10)	01:38	01:46	(04:17)	01:47	01:47	01:47	(04:27)	01:47	01:47	(04:28)	01:49	01:46	01:39	(04:20)	21:41
15.	14	Wälter	Christof	Rebstein	1961	00:46	01:33	01:39	(03:58)	01:41	01:43	(04:17)	01:46	01:46	01:47	(04:26)	01:49	01:50	(04:33)	01:50	01:49	01:43	(04:27)	21:42
16.	17	Stieger	Therese	Oberriet	1976	00:49	01:41	01:44	(04:14)	01:46	01:47	(04:27)	01:48	01:48	01:46	(04:28)	01:47	01:47	(04:28)	01:48	01:47	01:40	(04:21)	21:59
17.	21	Lüchinger	Doris	Diepoldsau	1962	00:49	01:41	01:44	(04:14)	01:46	01:47	(04:27)	01:48	01:48	01:49	(04:31)	01:51	01:51	(04:37)	01:52	01:52	01:44	(04:32)	22:21
18.	19	Gut	Angelika	Berneck	1986	00:54	01:46	01:48	(04:27)	01:51	01:50	(04:37)	01:52	01:50	01:52	(04:38)	01:50	01:52	(04:38)	01:52	01:52	01:45	(04:33)	22:53
19.	23	Brunner	Heinz	Balgach	1960	00:51	01:43	01:52	(04:25)	01:54	01:58	(04:52)	01:59	01:59	01:59	(04:57)	01:59	02:00	(04:58)	02:00	01:58	01:54	(04:52)	24:04
20.	1	Lüchinger	Edith	Oberriet	1965	00:51	01:44	01:52	(04:27)	01:56	01:58	(04:53)	01:59	02:00	01:59	(04:58)	01:59	02:01	(05:00)	02:00	01:59	01:52	(04:51)	24:09
21.	5	Ebnetter	Rina	Rüthi	1955	00:53	01:49	01:56	(04:37)	01:58	02:01	(05:00)	02:03	02:01	02:01	(05:03)	02:03	02:03	(05:09)	02:07	02:02	01:50	(04:55)	24:45
22.	3	Mitter	Jessica	Rebstein	1995	00:53	01:48	01:56	(04:36)	01:58	02:01	(05:01)	02:03	02:01	02:00	(05:03)	02:03	02:03	(05:10)	02:07	02:09	02:02	(05:14)	25:04

MILA 5000m Lauf 13.03.2013**overall**

Rang	Nr	Name	Vorname	Ort	Jg	1	2	3	1.km	4	5	2.km	6	7	8	3.km	9	10	4.km	11	12	13	5.km	Gesamtzeit
1.	4	Schefer	Christoph	Altstätten	1980	00:37	01:17	01:19	(03:13)	01:20	01:20	(03:21)	01:21	01:21	01:20	(03:22)	01:21	01:21	(03:22)	01:21	01:17	01:12	(03:09)	16:27
2.	6	Althaus	Stefan	Lutzenberg	1989	00:37	01:17	01:19	(03:13)	01:20	01:20	(03:21)	01:21	01:21	01:22	(03:24)	01:26	01:27	(03:36)	01:26	01:25	01:16	(03:25)	16:58
3.	16	Gubler	Philipp	Eichberg	1982	00:38	01:20	01:24	(03:22)	01:24	01:25	(03:33)	01:26	01:26	01:27	(03:36)	01:26	01:25	(03:33)	01:25	01:23	01:17	(03:23)	17:27
4.	20	Bischofberger	Guido	Oberegg	1968	00:41	01:26	01:27	(03:34)	01:28	01:30	(03:42)	01:29	01:28	01:30	(03:43)	01:30	01:29	(03:44)	01:30	01:29	01:26	(03:40)	18:23
5.	24	Weiler	Andreas	Altstätten	1967	00:43	01:29	01:31	(03:43)	01:31	01:31	(03:47)	01:30	01:31	01:32	(03:47)	01:32	01:31	(03:48)	01:31	01:30	01:27	(03:42)	18:48
6.	25	Halter	Markus	Balgach	1967	00:42	01:24	01:26	(03:32)	01:28	01:30	(03:44)	01:30	01:29	01:33	(03:47)	01:34	01:36	(03:58)	01:35	01:33	01:29	(03:49)	18:50
7.	2	Benz	Felix	Heerbrugg	1960	00:40	01:24	01:28	(03:32)	01:30	01:31	(03:48)	01:33	01:34	01:35	(03:55)	01:34	01:35	(03:57)	01:35	01:33	01:29	(03:50)	19:01
8.	10	Indermaur	Markus	Balgach	1966	00:41	01:24	01:26	(03:31)	01:28	01:31	(03:46)	01:33	01:36	01:40	(04:02)	01:44	01:42	(04:16)	01:41	01:38	01:36	(04:05)	19:41
9.	12	Segmüller	Roland	Eichberg	1960	00:45	01:32	01:32	(03:49)	01:33	01:35	(03:56)	01:36	01:35	01:38	(04:01)	01:39	01:38	(04:06)	01:38	01:36	01:25	(03:49)	19:42
10.	18	Lichtensteiger	Denise	Montlingen	1974	00:46	01:32	01:30	(03:48)	01:32	01:35	(03:55)	01:36	01:37	01:37	(04:02)	01:38	01:36	(04:03)	01:37	01:37	01:30	(03:56)	19:43
11.	8	Wiederkehr	Erwin	Grub	1963	00:46	01:32	01:32	(03:50)	01:34	01:39	(04:04)	01:41	01:43	01:42	(04:16)	01:42	01:42	(04:17)	01:44	01:44	01:39	(04:14)	20:41
12.	22	Eugster	Albino	Widnau	1963	00:47	01:34	01:38	(03:59)	01:37	01:39	(04:08)	01:43	01:48	01:46	(04:25)	01:47	01:46	(04:26)	01:46	01:48	01:41	(04:22)	21:20
13.	13	Schmid	Moritz	Balgach	1959	00:43	01:33	01:41	(03:57)	01:44	01:45	(04:22)	01:46	01:47	01:48	(04:27)	01:48	01:47	(04:29)	01:47	01:45	01:44	(04:22)	21:37
14.	15	Stein	Werner	Balgach	1974	00:52	01:38	01:39	(04:10)	01:38	01:46	(04:17)	01:47	01:47	01:47	(04:27)	01:47	01:47	(04:28)	01:49	01:46	01:39	(04:20)	21:41
15.	14	Wälter	Christof	Rebstein	1961	00:46	01:33	01:39	(03:58)	01:41	01:43	(04:17)	01:46	01:46	01:47	(04:26)	01:49	01:50	(04:33)	01:50	01:49	01:43	(04:27)	21:42
16.	17	Stieger	Therese	Oberriet	1976	00:49	01:41	01:44	(04:14)	01:46	01:47	(04:27)	01:48	01:48	01:46	(04:28)	01:47	01:47	(04:28)	01:48	01:47	01:40	(04:21)	21:59
17.	21	Lüchinger	Doris	Diepoldsau	1962	00:49	01:41	01:44	(04:14)	01:46	01:47	(04:27)	01:48	01:48	01:49	(04:31)	01:51	01:51	(04:37)	01:52	01:52	01:44	(04:32)	22:21
18.	19	Gut	Angelika	Berneck	1986	00:54	01:46	01:48	(04:27)	01:51	01:50	(04:37)	01:52	01:50	01:52	(04:38)	01:50	01:52	(04:38)	01:52	01:52	01:45	(04:33)	22:53
19.	23	Brunner	Heinz	Balgach	1960	00:51	01:43	01:52	(04:25)	01:54	01:58	(04:52)	01:59	01:59	01:59	(04:57)	01:59	02:00	(04:58)	02:00	01:58	01:54	(04:52)	24:04
20.	1	Lüchinger	Edith	Oberriet	1965	00:51	01:44	01:52	(04:27)	01:56	01:58	(04:53)	01:59	02:00	01:59	(04:58)	01:59	02:01	(05:00)	02:00	01:59	01:52	(04:51)	24:09
21.	5	Ebnetter	Rina	Rüthi	1955	00:53	01:49	01:56	(04:37)	01:58	02:01	(05:00)	02:03	02:01	02:01	(05:03)	02:03	02:03	(05:09)	02:07	02:02	01:50	(04:55)	24:45
22.	3	Mitter	Jessica	Rebstein	1995	00:53	01:48	01:56	(04:36)	01:58	02:01	(05:01)	02:03	02:01	02:00	(05:03)	02:03	02:03	(05:10)	02:07	02:09	02:02	(05:14)	25:04

MILA 5000m Lauf 13.03.2013**overall**

Rang	Nr	Name	Vorname	Ort	Jg	1	2	3	1.km	4	5	2.km	6	7	8	3.km	9	10	4.km	11	12	13	5.km	Gesamtzeit
1.	4	Schefer	Christoph	Altstätten	1980	00:37	01:17	01:19	(03:13)	01:20	01:20	(03:21)	01:21	01:21	01:20	(03:22)	01:21	01:21	(03:22)	01:21	01:17	01:12	(03:09)	16:27
2.	6	Althaus	Stefan	Lutzenberg	1989	00:37	01:17	01:19	(03:13)	01:20	01:20	(03:21)	01:21	01:21	01:22	(03:24)	01:26	01:27	(03:36)	01:26	01:25	01:16	(03:25)	16:58
3.	16	Gubler	Philipp	Eichberg	1982	00:38	01:20	01:24	(03:22)	01:24	01:25	(03:33)	01:26	01:26	01:27	(03:36)	01:26	01:25	(03:33)	01:25	01:23	01:17	(03:23)	17:27
4.	20	Bischofberger	Guido	Oberegg	1968	00:41	01:26	01:27	(03:34)	01:28	01:30	(03:42)	01:29	01:28	01:30	(03:43)	01:30	01:29	(03:44)	01:30	01:29	01:26	(03:40)	18:23
5.	24	Weiler	Andreas	Altstätten	1967	00:43	01:29	01:31	(03:43)	01:31	01:31	(03:47)	01:30	01:31	01:32	(03:47)	01:32	01:31	(03:48)	01:31	01:30	01:27	(03:42)	18:48
6.	25	Halter	Markus	Balgach	1967	00:42	01:24	01:26	(03:32)	01:28	01:30	(03:44)	01:30	01:29	01:33	(03:47)	01:34	01:36	(03:58)	01:35	01:33	01:29	(03:49)	18:50
7.	2	Benz	Felix	Heerbrugg	1960	00:40	01:24	01:28	(03:32)	01:30	01:31	(03:48)	01:33	01:34	01:35	(03:55)	01:34	01:35	(03:57)	01:35	01:33	01:29	(03:50)	19:01
8.	10	Indermaur	Markus	Balgach	1966	00:41	01:24	01:26	(03:31)	01:28	01:31	(03:46)	01:33	01:36	01:40	(04:02)	01:44	01:42	(04:16)	01:41	01:38	01:36	(04:05)	19:41
9.	12	Segmüller	Roland	Eichberg	1960	00:45	01:32	01:32	(03:49)	01:33	01:35	(03:56)	01:36	01:35	01:38	(04:01)	01:39	01:38	(04:06)	01:38	01:36	01:25	(03:49)	19:42
10.	18	Lichtensteiger	Denise	Montlingen	1974	00:46	01:32	01:30	(03:48)	01:32	01:35	(03:55)	01:36	01:37	01:37	(04:02)	01:38	01:36	(04:03)	01:37	01:37	01:30	(03:56)	19:43
11.	8	Wiederkehr	Erwin	Grub	1963	00:46	01:32	01:32	(03:50)	01:34	01:39	(04:04)	01:41	01:43	01:42	(04:16)	01:42	01:42	(04:17)	01:44	01:44	01:39	(04:14)	20:41
12.	22	Eugster	Albino	Widnau	1963	00:47	01:34	01:38	(03:59)	01:37	01:39	(04:08)	01:43	01:48	01:46	(04:25)	01:47	01:46	(04:26)	01:46	01:48	01:41	(04:22)	21:20
13.	13	Schmid	Moritz	Balgach	1959	00:43	01:33	01:41	(03:57)	01:44	01:45	(04:22)	01:46	01:47	01:48	(04:27)	01:48	01:47	(04:29)	01:47	01:45	01:44	(04:22)	21:37
14.	15	Stein	Werner	Balgach	1974	00:52	01:38	01:39	(04:10)	01:38	01:46	(04:17)	01:47	01:47	01:47	(04:27)	01:47	01:47	(04:28)	01:49	01:46	01:39	(04:20)	21:41
15.	14	Wälter	Christof	Rebstein	1961	00:46	01:33	01:39	(03:58)	01:41	01:43	(04:17)	01:46	01:46	01:47	(04:26)	01:49	01:50	(04:33)	01:50	01:49	01:43	(04:27)	21:42
16.	17	Stieger	Therese	Oberriet	1976	00:49	01:41	01:44	(04:14)	01:46	01:47	(04:27)	01:48	01:48	01:46	(04:28)	01:47	01:47	(04:28)	01:48	01:47	01:40	(04:21)	21:59
17.	21	Lüchinger	Doris	Diepoldsau	1962	00:49	01:41	01:44	(04:14)	01:46	01:47	(04:27)	01:48	01:48	01:49	(04:31)	01:51	01:51	(04:37)	01:52	01:52	01:44	(04:32)	22:21
18.	19	Gut	Angelika	Berneck	1986	00:54	01:46	01:48	(04:27)	01:51	01:50	(04:37)	01:52	01:50	01:52	(04:38)	01:50	01:52	(04:38)	01:52	01:52	01:45	(04:33)	22:53
19.	23	Brunner	Heinz	Balgach	1960	00:51	01:43	01:52	(04:25)	01:54	01:58	(04:52)	01:59	01:59	01:59	(04:57)	01:59	02:00	(04:58)	02:00	01:58	01:54	(04:52)	24:04
20.	1	Lüchinger	Edith	Oberriet	1965	00:51	01:44	01:52	(04:27)	01:56	01:58	(04:53)	01:59	02:00	01:59	(04:58)	01:59	02:01	(05:00)	02:00	01:59	01:52	(04:51)	24:09
21.	5	Ebnetter	Rina	Rüthi	1955	00:53	01:49	01:56	(04:37)	01:58	02:01	(05:00)	02:03	02:01	02:01	(05:03)	02:03	02:03	(05:09)	02:07	02:02	01:50	(04:55)	24:45
22.	3	Mitter	Jessica	Rebstein	1995	00:53	01:48	01:56	(04:36)	01:58	02:01	(05:01)	02:03	02:01	02:00	(05:03)	02:03	02:03	(05:10)	02:07	02:09	02:02	(05:14)	25:04

MILA 5000m Lauf 13.03.2013**overall**

Rang	Nr	Name	Vorname	Ort	Jg	1	2	3	1.km	4	5	2.km	6	7	8	3.km	9	10	4.km	11	12	13	5.km	Gesamtzeit
1.	4	Schefer	Christoph	Altstätten	1980	00:37	01:17	01:19	(03:13)	01:20	01:20	(03:21)	01:21	01:21	01:20	(03:22)	01:21	01:21	(03:22)	01:21	01:17	01:12	(03:09)	16:27
2.	6	Althaus	Stefan	Lutzenberg	1989	00:37	01:17	01:19	(03:13)	01:20	01:20	(03:21)	01:21	01:21	01:22	(03:24)	01:26	01:27	(03:36)	01:26	01:25	01:16	(03:25)	16:58
3.	16	Gubler	Philipp	Eichberg	1982	00:38	01:20	01:24	(03:22)	01:24	01:25	(03:33)	01:26	01:26	01:27	(03:36)	01:26	01:25	(03:33)	01:25	01:23	01:17	(03:23)	17:27
4.	20	Bischofberger	Guido	Oberegg	1968	00:41	01:26	01:27	(03:34)	01:28	01:30	(03:42)	01:29	01:28	01:30	(03:43)	01:30	01:29	(03:44)	01:30	01:29	01:26	(03:40)	18:23
5.	24	Weiler	Andreas	Altstätten	1967	00:43	01:29	01:31	(03:43)	01:31	01:31	(03:47)	01:30	01:31	01:32	(03:47)	01:32	01:31	(03:48)	01:31	01:30	01:27	(03:42)	18:48
6.	25	Halter	Markus	Balgach	1967	00:42	01:24	01:26	(03:32)	01:28	01:30	(03:44)	01:30	01:29	01:33	(03:47)	01:34	01:36	(03:58)	01:35	01:33	01:29	(03:49)	18:50
7.	2	Benz	Felix	Heerbrugg	1960	00:40	01:24	01:28	(03:32)	01:30	01:31	(03:48)	01:33	01:34	01:35	(03:55)	01:34	01:35	(03:57)	01:35	01:33	01:29	(03:50)	19:01
8.	10	Indermaur	Markus	Balgach	1966	00:41	01:24	01:26	(03:31)	01:28	01:31	(03:46)	01:33	01:36	01:40	(04:02)	01:44	01:42	(04:16)	01:41	01:38	01:36	(04:05)	19:41
9.	12	Segmüller	Roland	Eichberg	1960	00:45	01:32	01:32	(03:49)	01:33	01:35	(03:56)	01:36	01:35	01:38	(04:01)	01:39	01:38	(04:06)	01:38	01:36	01:25	(03:49)	19:42
10.	18	Lichtensteiger	Denise	Montlingen	1974	00:46	01:32	01:30	(03:48)	01:32	01:35	(03:55)	01:36	01:37	01:37	(04:02)	01:38	01:36	(04:03)	01:37	01:37	01:30	(03:56)	19:43
11.	8	Wiederkehr	Erwin	Grub	1963	00:46	01:32	01:32	(03:50)	01:34	01:39	(04:04)	01:41	01:43	01:42	(04:16)	01:42	01:42	(04:17)	01:44	01:44	01:39	(04:14)	20:41
12.	22	Eugster	Albino	Widnau	1963	00:47	01:34	01:38	(03:59)	01:37	01:39	(04:08)	01:43	01:48	01:46	(04:25)	01:47	01:46	(04:26)	01:46	01:48	01:41	(04:22)	21:20
13.	13	Schmid	Moritz	Balgach	1959	00:43	01:33	01:41	(03:57)	01:44	01:45	(04:22)	01:46	01:47	01:48	(04:27)	01:48	01:47	(04:29)	01:47	01:45	01:44	(04:22)	21:37
14.	15	Stein	Werner	Balgach	1974	00:52	01:38	01:39	(04:10)	01:38	01:46	(04:17)	01:47	01:47	01:47	(04:27)	01:47	01:47	(04:28)	01:49	01:46	01:39	(04:20)	21:41
15.	14	Wälter	Christof	Rebstein	1961	00:46	01:33	01:39	(03:58)	01:41	01:43	(04:17)	01:46	01:46	01:47	(04:26)	01:49	01:50	(04:33)	01:50	01:49	01:43	(04:27)	21:42
16.	17	Stieger	Therese	Oberriet	1976	00:49	01:41	01:44	(04:14)	01:46	01:47	(04:27)	01:48	01:48	01:46	(04:28)	01:47	01:47	(04:28)	01:48	01:47	01:40	(04:21)	21:59
17.	21	Lüchinger	Doris	Diepoldsau	1962	00:49	01:41	01:44	(04:14)	01:46	01:47	(04:27)	01:48	01:48	01:49	(04:31)	01:51	01:51	(04:37)	01:52	01:52	01:44	(04:32)	22:21
18.	19	Gut	Angelika	Berneck	1986	00:54	01:46	01:48	(04:27)	01:51	01:50	(04:37)	01:52	01:50	01:52	(04:38)	01:50	01:52	(04:38)	01:52	01:52	01:45	(04:33)	22:53
19.	23	Brunner	Heinz	Balgach	1960	00:51	01:43	01:52	(04:25)	01:54	01:58	(04:52)	01:59	01:59	01:59	(04:57)	01:59	02:00	(04:58)	02:00	01:58	01:54	(04:52)	24:04
20.	1	Lüchinger	Edith	Oberriet	1965	00:51	01:44	01:52	(04:27)	01:56	01:58	(04:53)	01:59	02:00	01:59	(04:58)	01:59	02:01	(05:00)	02:00	01:59	01:52	(04:51)	24:09
21.	5	Ebnetter	Rina	Rüthi	1955	00:53	01:49	01:56	(04:37)	01:58	02:01	(05:00)	02:03	02:01	02:01	(05:03)	02:03	02:03	(05:09)	02:07	02:02	01:50	(04:55)	24:45
22.	3	Mitter	Jessica	Rebstein	1995	00:53	01:48	01:56	(04:36)	01:58	02:01	(05:01)	02:03	02:01	02:00	(05:03)	02:03	02:03	(05:10)	02:07	02:09	02:02	(05:14)	25:04
