

## MILA 5000m Lauf 12.3.2014

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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.	466	Nüesch	Mathias	Balgach	1982	00:34.5	01:12.7	01:14.0	(03:01.1)	01:14.6	01:15.7	(03:08.9)	01:17.2	01:17.7	01:18.8	(03:15.1)	01:19.9	01:20.5	(03:20.8)	01:20.8	01:21.3	01:18.5	(03:20.2)	16:06.1
2.	456	Bodenmann	Heinz	Gais	1988	00:36.8	01:18.5	01:20.5	(03:15.8)	01:18.8	01:18.0	(03:16.3)	01:19.0	01:20.9	01:22.5	(03:22.9)	01:22.7	01:22.8	(03:27.4)	01:24.0	01:21.2	01:14.1	(03:17.4)	16:39.7
3.	458	Gubler	Philipp	Eichberg	1981	00:37.0	01:19.7	01:19.8	(03:16.5)	01:20.5	01:21.3	(03:22.8)	01:22.1	01:21.6	01:22.7	(03:25.3)	01:23.1	01:19.2	(03:22.4)	01:20.3	01:19.5	01:14.7	(03:14.3)	16:41.3
4.	472	Török	Zoltan	Berneck	1979	00:36.7	01:18.5	01:21.2	(03:16.4)	01:20.6	01:21.3	(03:22.9)	01:22.0	01:21.4	01:22.7	(03:25.1)	01:23.2	01:21.5	(03:26.6)	01:23.8	01:23.6	01:21.0	(03:26.5)	16:57.5
5.	464	Nauer	Thomas	Marbach	1983	00:37.5	01:19.9	01:23.1	(03:20.5)	01:24.0	01:24.7	(03:31.6)	01:25.8	01:26.8	01:26.4	(03:36.2)	01:25.9	01:25.9	(03:34.3)	01:25.0	01:24.3	01:16.9	(03:23.7)	17:26.2
6.	474	Weiler	Andreas	Berneck	1967	00:39.9	01:23.3	01:27.0	(03:30.2)	01:25.2	01:25.1	(03:33.3)	01:26.0	01:25.5	01:27.9	(03:36.4)	01:26.7	01:27.6	(03:37.5)	01:26.6	01:28.3	01:22.3	(03:33.9)	17:51.2
7.	460	Hüppi	Ramon	Balgach	1984	00:38.5	01:21.6	01:24.0	(03:24.1)	01:24.7	01:25.9	(03:33.7)	01:26.2	01:28.2	01:28.4	(03:39.6)	01:28.9	01:28.1	(03:41.4)	01:28.7	01:27.9	01:22.2	(03:34.5)	17:53.2
8.	470	Schmid	Fredy	Marbach	1964	00:41.2	01:22.9	01:26.7	(03:30.8)	01:25.4	01:25.2	(03:33.6)	01:26.0	01:26.5	01:27.2	(03:36.7)	01:26.6	01:27.3	(03:37.4)	01:27.0	01:28.0	01:24.4	(03:35.9)	17:54.2
9.	454	Bischofberger	Guido	Oberegg	1968	00:40.6	01:22.9	01:26.7	(03:30.2)	01:25.5	01:25.3	(03:33.7)	01:25.9	01:25.8	01:27.1	(03:35.8)	01:26.1	01:26.6	(03:36.7)	01:28.0	01:29.2	01:25.5	(03:38.7)	17:55.0
10.	478	Halter	Markus	Balgach	1967	00:39.3	01:21.8	01:24.8	(03:25.9)	01:26.9	01:27.3	(03:37.6)	01:26.7	01:26.5	01:27.2	(03:37.1)	01:27.3	01:27.5	(03:38.9)	01:28.2	01:30.3	01:30.2	(03:44.6)	18:04.1
11.	462	Indermaur	Markus	Balgach	1966	00:40.6	01:24.3	01:26.3	(03:31.3)	01:26.9	01:28.8	(03:40.8)	01:30.3	01:31.3	01:31.7	(03:48.1)	01:32.5	01:31.9	(03:50.5)	01:32.1	01:30.3	01:24.1	(03:40.5)	18:31.1
12.	480	Sutter	Urs	Rebstein	1963	00:42.1	01:28.5	01:29.7	(03:40.4)	01:30.4	01:31.7	(03:48.0)	01:31.7	01:32.7	01:33.5	(03:52.0)	01:34.8	01:32.5	(03:53.4)	01:32.3	01:32.1	01:25.9	(03:44.1)	18:57.9
13.	476	Litscher	Berni	Berneck	1955	00:41.7	01:29.1	01:30.9	(03:41.7)	01:31.6	01:31.3	(03:48.0)	01:30.2	01:32.2	01:33.5	(03:50.8)	01:34.8	01:31.6	(03:52.5)	01:32.3	01:32.1	01:29.8	(03:48.0)	19:01.1
14.	452	Benz	Felix	Heerbrugg	1960	00:41.2	01:26.1	01:29.7	(03:36.9)	01:32.1	01:32.6	(03:50.7)	01:32.0	01:32.7	01:33.5	(03:52.1)	01:34.8	01:33.3	(03:55.4)	01:34.5	01:34.8	01:32.4	(03:54.5)	19:09.7
15.	467	Segmüller	Roland	Eichberg	1960	00:40.5	01:27.5	01:29.4	(03:37.4)	01:31.5	01:33.3	(03:52.3)	01:34.9	01:35.6	01:35.4	(03:58.5)	01:33.8	01:34.7	(03:56.8)	01:36.5	01:35.2	01:25.3	(03:48.8)	19:13.8
16.	457	Lichtensteiger	Denise	Montlingen	1974	00:41.1	01:28.1	01:31.6	(03:40.8)	01:33.1	01:34.1	(03:55.0)	01:35.5	01:35.4	01:36.2	(03:59.4)	01:37.3	01:37.3	(04:03.0)	01:36.8	01:37.9	01:29.4	(03:55.7)	19:33.9
17.	473	Wälter	Christof	Rebstein	1961	00:43.3	01:35.7	01:38.4	(03:57.4)	01:37.6	01:38.9	(04:05.1)	01:37.2	01:36.6	01:38.3	(04:03.5)	01:38.8	01:38.3	(04:07.0)	01:39.8	01:38.0	01:31.9	(03:59.8)	20:12.8
18.	461	Moschen	Reto	Diepoldsau	1965	00:46.1	01:40.1	01:39.1	(04:05.3)	01:40.7	01:42.1	(04:14.1)	01:42.6	01:44.1	01:43.3	(04:18.6)	01:43.2	01:44.3	(04:19.8)	01:44.4	01:39.2	01:27.4	(03:58.8)	20:56.5
19.	463	Schawalder	Alexander	Widnau	1962	00:45.9	01:40.2	01:40.7	(04:06.8)	01:38.9	01:42.1	(04:12.2)	01:42.4	01:44.5	01:42.9	(04:18.6)	01:43.2	01:44.6	(04:19.9)	01:44.1	01:42.3	01:36.8	(04:11.2)	21:08.6
20.	465	Schmid	Moritz	Balgach	1959	00:43.9	01:38.7	01:41.6	(04:04.2)	01:41.9	01:41.9	(04:15.3)	01:43.0	01:44.0	01:43.2	(04:18.7)	01:43.2	01:44.5	(04:19.9)	01:44.3	01:42.0	01:37.4	(04:11.5)	21:09.6
21.	471	Stein	Werner	Balgach	1974	00:46.6	01:40.3	01:40.4	(04:07.2)	01:39.7	01:41.8	(04:13.0)	01:42.9	01:43.6	01:43.7	(04:18.8)	01:43.6	01:44.8	(04:20.0)	01:43.2	01:42.2	01:37.0	(04:10.8)	21:09.8
22.	451	Breitenmoser	Ignaz	Marbach	1959	00:46.5	01:40.0	01:42.4	(04:08.9)	01:44.4	01:43.7	(04:20.0)	01:43.7	01:43.8	01:43.4	(04:19.0)	01:43.4	01:43.4	(04:17.6)	01:41.6	01:40.4	01:35.7	(04:06.9)	21:12.5
23.	455	Eugster	Albino	Widnau	1963	00:44.9	01:38.9	01:41.0	(04:04.8)	01:41.7	01:42.0	(04:15.2)	01:43.0	01:43.5	01:43.9	(04:18.9)	01:43.3	01:46.6	(04:24.7)	01:49.5	01:47.1	01:41.3	(04:23.2)	21:26.8
24.	477	Oehler	Markus	Rebstein	1961	00:47.4	01:44.3	01:43.4	(04:15.1)	01:43.8	01:47.2	(04:23.7)	01:45.6	01:46.0	01:46.7	(04:25.5)	01:44.9	01:44.1	(04:21.2)	01:44.4	01:45.1	01:42.0	(04:19.3)	21:44.8
25.	469	Stieger	Therese	Oberriet	1976	00:47.4	01:43.4	01:42.9	(04:13.7)	01:44.8	01:47.6	(04:25.0)	01:45.3	01:46.1	01:46.7	(04:25.4)	01:46.4	01:47.4	(04:27.4)	01:47.2	01:47.3	01:45.0	(04:25.9)	21:57.3
26.	475	Rauchhaus	Alexander	St.Gallen	1978	00:46.1	01:40.6	01:42.5	(04:09.2)	01:47.3	01:50.2	(04:34.7)	01:54.4	01:55.2	01:57.0	(04:49.4)	01:58.0	01:57.4	(04:53.0)	01:55.2	01:55.4	01:56.6	(04:49.6)	23:15.9
27.	453	Ebneter	Rina	Rüthi	1955	00:47.4	01:46.2	01:54.7	(04:28.2)	01:56.5	01:58.7	(04:55.4)	02:00.5	01:58.6	01:59.5	(04:58.4)	02:00.4	01:59.8	(05:00.0)	01:59.8	02:00.2	01:53.6	(04:53.7)	24:15.7
28.	459	Zeni	Paul	Rebstein	1946	00:47.9	01:49.4	02:04.0	(04:41.3)	02:09.0	02:10.2	(05:23.4)	02:08.3	02:09.7	02:12.3	(05:26.2)	02:07.2	02:06.2	(05:17.2)	02:07.7	02:06.2	02:01.1	(05:11.2)	25:59.3

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