

Pulheimer Staffellauf 2015

Strecke	Damen	Zeit	Schnitt	Herren I	Zeit	Schnitt	Herren II	Zeit	Schnitt	Bunte Staffel	Zeit	Schnitt
7,2	Anke	33:11,0	04:36,5	Lucco	28:34,0	03:58,1	Sven	30:35,0	04:14,9	Michael B.	37:48,0	05:15,0
5	Hanne	29:45,0	05:57,0	Daniel	20:06,0	04:01,2	Sebastian	21:32,0	04:18,4	Uli M.	25:48,0	05:09,6
10	Annika	48:05,0	04:48,5	Dieter	42:41,0	04:16,1	Uli B.	44:32,0	04:27,2	Ingo	47:08,0	04:42,8
5	Melanie	28:42,0	05:44,4	Thomas P.	19:21,0	03:52,2	Martin	23:52,0	04:46,4	Tom	22:37,0	04:31,4
10	Julia	48:06,0	04:48,6	Stephan Str.	41:47,0	04:10,7	Joe	44:36,0	04:27,6	Daniel	43:58,0	04:23,8
5	Sandra M.	27:08,0	05:25,6	Julian	18:13,0	03:38,6	Oli K.	23:07,0	04:37,4	Buc	21:10,0	04:14,0
41,2		3:34:57	05:13,0		2:50:57	04:09,0		3:08:33	04:34,6		3:18:46	04:49,5