

7. Scharnsteiner Abendmeile

Veranstalter: Marktgemeinde Scharnstein & LRC P.Max Almtal
Samstag, 10. August 2013

Ergebnisliste: Hauptlauf - Damen

Distanz 6,6 km
Schnitt 3:33 min/km

Pl.	Nr.	Name	Jg.	Gruppe	Mannschaft	Zeit
1.	14	MAINA Veronicah Njeri	1989	W20	Run2gether	23:24,26
		Rd 1: 0:05:17,12		Rd 2: 0:05:56,68	Rd 3: 0:06:03,81	Rd 4: 0:06:06,64
2.	155	BAIERL Anita	1988	W20	TUS Kremsmünster	23:29,49 [+0:05,23]
		Rd 1: 0:05:35,32		Rd 2: 0:05:56,97	Rd 3: 0:06:03,80	Rd 4: 0:05:53,39
3.	12	KIMUGUNG Janet Jepkosgei	1982	W30	Run2gether	24:19,89 [+0:55,63]
		Rd 1: 0:05:32,23		Rd 2: 0:06:15,43	Rd 3: 0:06:11,63	Rd 4: 0:06:20,59
4.	115	KASTNER Manuela	1979	W30	www.TaeKwonDo4You.at Wels	26:13,85 [+2:49,59]
		Rd 1: 0:06:16,86		Rd 2: 0:06:31,54	Rd 3: 0:06:44,92	Rd 4: 0:06:40,53
5.	85	WINKLER Monika	1975	W30	TripowerWimbergerHausFreistadt	26:35,31 [+3:11,05]
		Rd 1: 0:06:28,63		Rd 2: 0:06:42,61	Rd 3: 0:06:47,04	Rd 4: 0:06:37,02
6.	158	GLACK Anna	1991	W20	UNION Neuhofen	26:44,65 [+3:20,39]
		Rd 1: 0:06:16,54		Rd 2: 0:06:40,56	Rd 3: 0:06:51,99	Rd 4: 0:06:55,54
7.	226	SONNLEITNER Jacqueline	1980	W30	Union Rohbach/Berg	28:06,73 [+4:42,47]
		Rd 1: 0:06:37,71		Rd 2: 0:07:04,41	Rd 3: 0:07:17,87	Rd 4: 0:07:06,73
8.	156	BAIERL Helga	1959	W50	TUS Kremsmünster	28:09,46 [+4:45,20]
		Rd 1: 0:06:51,53		Rd 2: 0:07:07,16	Rd 3: 0:07:13,22	Rd 4: 0:06:57,53
9.	20	MORALES Maria	1965	W40	ASV Salzburg LA	29:03,60 [+5:39,34]
		Rd 1: 0:06:59,50		Rd 2: 0:07:15,87	Rd 3: 0:07:25,32	Rd 4: 0:07:22,90
10.	170	GILLHOFER Elfriede	1973	W40	UNION Vorchdorf	29:17,87 [+5:53,61]
		Rd 1: 0:06:46,85		Rd 2: 0:07:28,81	Rd 3: 0:07:29,80	Rd 4: 0:07:32,40
11.	28	REITER Karin	1979	W30	bikes4you Bad Goisern	29:41,72 [+6:17,46]
		Rd 1: 0:06:59,24		Rd 2: 0:07:27,61	Rd 3: 0:07:31,72	Rd 4: 0:07:43,13
12.	219	SIMMER Johanna	1972	W40	LRC P.Max Almtal	29:58,92 [+6:34,66]
		Rd 1: 0:07:18,30		Rd 2: 0:07:32,22	Rd 3: 0:07:35,92	Rd 4: 0:07:32,47
13.	139	KÖRBLER Magdalena	1988	W20	LCAV Doubrava	30:04,76 [+6:40,50]
		Rd 1: 0:07:18,08		Rd 2: 0:07:33,44	Rd 3: 0:07:36,83	Rd 4: 0:07:36,40
14.	69	PILZ Christine	1958	W50	RC-Schwanenstadt	30:17,29 [+6:53,03]
		Rd 1: 0:07:08,54		Rd 2: 0:07:43,94	Rd 3: 0:07:43,79	Rd 4: 0:07:41,01
15.	241	PARZER Gabriele	1969	W40	Neukirchen läuft	30:28,11 [+7:03,85]
		Rd 1: 0:07:16,78		Rd 2: 0:07:40,95	Rd 3: 0:07:47,23	Rd 4: 0:07:43,12
16.	126	OLIVA Renate	1975	W30	ASKÖ DELTA Fitness Marchtrenk	30:44,78 [+7:20,52]
		Rd 1: 0:07:12,05		Rd 2: 0:07:40,32	Rd 3: 0:07:59,29	Rd 4: 0:07:53,11
17.	176	WINDISCHBAUER Petra	1974	W30	UNION Vorchdorf	31:02,69 [+7:38,43]
		Rd 1: 0:07:11,31		Rd 2: 0:07:52,45	Rd 3: 0:08:12,08	Rd 4: 0:07:46,83
18.	180	EICHINGER Monika	1959	W50	UNION Vorchdorf	31:14,65 [+7:50,39]
		Rd 1: 0:07:11,50		Rd 2: 0:07:44,44	Rd 3: 0:08:06,57	Rd 4: 0:08:12,13
19.	151	ZEHETNER Heidi	1976	W30	Neukirchen läuft	31:34,51 [+8:10,25]
		Rd 1: 0:07:09,85		Rd 2: 0:07:51,68	Rd 3: 0:08:14,43	Rd 4: 0:08:18,54
20.	6	KRONBERGER Anna	1993	W20	P.MAX	31:57,17 [+8:32,91]
		Rd 1: 0:07:28,75		Rd 2: 0:08:02,31	Rd 3: 0:08:17,66	Rd 4: 0:08:08,43
21.	185	ITZENBERGER Elfriede	1960	W50	UNION Vorchdorf	32:17,77 [+8:53,51]
		Rd 1: 0:07:28,59		Rd 2: 0:08:14,06	Rd 3: 0:08:16,66	Rd 4: 0:08:18,44
22.	216	ZIEGELBÖCK Andrea	1989	W20	Eberstalzell	32:27,44 [+9:03,18]
		Rd 1: 0:07:31,13		Rd 2: 0:08:09,46	Rd 3: 0:08:25,71	Rd 4: 0:08:21,13
23.	91	SPITZBART Barbara	1979	W30	Union Gschwandt	32:28,52 [+9:04,26]
		Rd 1: 0:07:37,34		Rd 2: 0:08:08,32	Rd 3: 0:08:17,57	Rd 4: 0:08:25,28
24.	130	NAGL Andrea	1975	W30	ASKÖ DELTA Fitness Marchtrenk	32:43,59 [+9:19,33]
		Rd 1: 0:08:01,29		Rd 2: 0:08:20,90	Rd 3: 0:08:13,18	Rd 4: 0:08:08,21
25.	191	GRÜNEIS Birgit	1981	W30	Gmunden	32:57,38 [+9:33,12]
		Rd 1: 0:08:02,69		Rd 2: 0:08:12,68	Rd 3: 0:08:19,20	Rd 4: 0:08:22,80
26.	229	SEIFRIEDSBERGER Michaela	1976	W30	Reinigungsunternehmen Seifriedsberger	32:59,28 [+9:35,02]
		Rd 1: 0:08:12,95		Rd 2: 0:08:23,85	Rd 3: 0:08:24,82	Rd 4: 0:07:57,64
27.	125	MARESCH Brigitte	1962	W50	ASKÖ DELTA Fitness Marchtrenk	33:06,52 [+9:42,26]
		Rd 1: 0:08:02,95		Rd 2: 0:08:22,84	Rd 3: 0:08:26,43	Rd 4: 0:08:14,29

28.	149 KRIZEK Uta	1970 W40	Neukirchen läuft	33:25,90 [+10:01,64]
	Rd 1: 0:07:48,32	Rd 2: 0:08:25,88	Rd 3: 0:08:34,71	Rd 4: 0:08:36,98
29.	224 SCHMIDHUBER Viktoria	1992 W20	ULV Raiba Schlierbach	33:31,07 [+10:06,81]
	Rd 1: 0:07:35,12	Rd 2: 0:08:36,29	Rd 3: 0:08:51,90	Rd 4: 0:08:27,75
30.	248 HOLZINGER Katharina	1989 W20	WSV Scharnstein	33:34,61 [+10:10,35]
	Rd 1: 0:07:26,07	Rd 2: 0:08:07,47	Rd 3: 0:09:12,14	Rd 4: 0:08:48,92
31.	136 TWERASER Erika	1944 W60	LC scharfes Eck Wels	33:56,42 [+10:32,16]
	Rd 1: 0:08:08,94	Rd 2: 0:08:31,53	Rd 3: 0:08:39,90	Rd 4: 0:08:36,04
32.	221 STRUTZENBERGER Magdalena	2001 U20w	LAC Nationalpark Molln	33:56,51 [+10:32,25]
	Rd 1: 0:07:25,58	Rd 2: 0:08:30,09	Rd 3: 0:08:49,89	Rd 4: 0:09:10,93
33.	94 EDER Gisela	1976 W30	URC Grünau	34:03,74 [+10:39,48]
	Rd 1: 0:07:59,95	Rd 2: 0:08:30,65	Rd 3: 0:08:48,36	Rd 4: 0:08:44,78
34.	206 RIEDLER Andrea	1981 W30	Scharnstein	34:21,61 [+10:57,35]
	Rd 1: 0:08:28,85	Rd 2: 0:08:43,32	Rd 3: 0:08:33,39	Rd 4: 0:08:36,03
35.	97 STADLER Claudia	1983 W30	Wolf Ladies	34:33,24 [+11:08,98]
	Rd 1: 0:08:18,66	Rd 2: 0:08:23,03	Rd 3: 0:08:45,81	Rd 4: 0:09:05,73
36.	179 OPPENEDER Doris	1970 W40	UNION Vorchdorf	34:50,71 [+11:26,45]
	Rd 1: 0:08:02,52	Rd 2: 0:08:55,73	Rd 3: 0:09:14,18	Rd 4: 0:08:38,27
37.	9 KRONBERGER Lisa	1992 W20	P.MAX	34:51,80 [+11:27,54]
	Rd 1: 0:08:25,38	Rd 2: 0:08:51,75	Rd 3: 0:08:50,21	Rd 4: 0:08:44,45
38.	2 KRONBERGER Daniela	1981 W30	P.MAX	34:52,07 [+11:27,81]
	Rd 1: 0:08:25,50	Rd 2: 0:08:51,75	Rd 3: 0:08:50,16	Rd 4: 0:08:44,65
39.	145 ZEHETNER Regina	1999 U20w	Neukirchen läuft	34:53,10 [+11:28,84]
	Rd 1: 0:08:14,60	Rd 2: 0:08:47,66	Rd 3: 0:08:59,51	Rd 4: 0:08:51,31
40.	71 ATZMÜLLER Marietta J.	1987 W20	Running Monkeys	34:55,07 [+11:30,81]
	Rd 1: 0:08:09,86	Rd 2: 0:08:47,39	Rd 3: 0:08:59,36	Rd 4: 0:08:58,44
41.	144 OBERNDORFER Barbara	1968 W40	Neukirchen läuft	35:19,45 [+11:55,19]
	Rd 1: 0:08:14,13	Rd 2: 0:08:50,28	Rd 3: 0:09:08,69	Rd 4: 0:09:06,34
42.	99 MIZELLI Bianca	1978 W30	Wolf Ladies	35:19,98 [+11:55,72]
	Rd 1: 0:08:20,00	Rd 2: 0:08:48,36	Rd 3: 0:09:10,02	Rd 4: 0:09:01,58
43.	148 OBERNDORFER Anna Maria	1968 W40	Neukirchen läuft	35:25,47 [+12:01,21]
	Rd 1: 0:08:14,42	Rd 2: 0:08:56,42	Rd 3: 0:09:05,26	Rd 4: 0:09:09,36
44.	82 GROßALBER Sandra	1977 W30	Team Erdinger Alkoholfrei	35:32,78 [+12:08,52]
	Rd 1: 0:08:22,67	Rd 2: 0:08:51,26	Rd 3: 0:09:14,13	Rd 4: 0:09:04,70
45.	128 BATORI Regina	1962 W50	ASKÖ DELTA Fitness Marchtrenk	36:07,72 [+12:43,46]
	Rd 1: 0:08:18,61	Rd 2: 0:08:59,99	Rd 3: 0:09:35,54	Rd 4: 0:09:13,56
46.	50 FRAUENBERGER Anita	1982 W30	Hervis Sports	36:35,72 [+13:11,46]
	Rd 1: 0:08:48,04	Rd 2: 0:09:04,96	Rd 3: 0:09:20,11	Rd 4: 0:09:22,59
47.	64 HUEMER Renate	1977 W30	Mayr Schulmöbel	36:39,80 [+13:15,54]
	Rd 1: 0:08:46,49	Rd 2: 0:09:09,77	Rd 3: 0:09:24,62	Rd 4: 0:09:18,91
48.	222 VOIGT Margarete	1951 W60	Luftenberg	37:03,71 [+13:39,45]
	Rd 1: 0:09:11,85	Rd 2: 0:09:17,98	Rd 3: 0:09:16,88	Rd 4: 0:09:16,99
49.	118 HIMPSL Martina	1968 W40	ASKÖ DELTA Fitness Marchtrenk	37:16,74 [+13:52,48]
	Rd 1: 0:08:46,67	Rd 2: 0:09:24,96	Rd 3: 0:09:32,32	Rd 4: 0:09:32,78
50.	100 WALLNER Maria	1985 W20	Wolf Ladies	37:18,81 [+13:54,55]
	Rd 1: 0:08:37,51	Rd 2: 0:09:23,65	Rd 3: 0:09:36,97	Rd 4: 0:09:40,66
51.	25 INREITER Martha	1959 W50	b´jak trainingszentrum	37:33,33 [+14:09,07]
	Rd 1: 0:08:42,58	Rd 2: 0:09:27,97	Rd 3: 0:09:43,96	Rd 4: 0:09:38,81
52.	132 PLANK-GRUBER Claudia	1966 W40	ASKÖ Gunskirchen	37:36,89 [+14:12,63]
	Rd 1: 0:08:56,23	Rd 2: 0:09:27,69	Rd 3: 0:09:43,70	Rd 4: 0:09:29,26
53.	22 BACHNER Gerda	1963 W50	ATSV Stein	37:39,92 [+14:15,66]
	Rd 1: 0:09:05,22	Rd 2: 0:09:32,76	Rd 3: 0:09:31,90	Rd 4: 0:09:30,03
54.	193 JASPERSEN Jessika	1984 W20	Gschwandt bei Gmunden	38:23,47 [+14:59,21]
	Rd 1: 0:09:35,81	Rd 2: 0:09:48,89	Rd 3: 0:09:58,95	Rd 4: 0:08:59,81
55.	322 JÄGER Julia	1983 W30	Gschwandt bei Gmunden	38:32,98 [+15:08,72]
	Rd 1: 0:09:46,61	Rd 2: 0:09:43,69	Rd 3: 0:09:43,34	Rd 4: 0:09:19,33
56.	323 LACHNER Sabine	1978 W30	Gschwandt bei Gmunden	38:40,19 [+15:15,93]
	Rd 1: 0:09:51,61	Rd 2: 0:09:42,30	Rd 3: 0:09:44,41	Rd 4: 0:09:21,86
57.	96 SPITALER Waltraud	1963 W50	Wolf Ladies	38:42,01 [+15:17,75]
	Rd 1: 0:09:02,55	Rd 2: 0:09:48,66	Rd 3: 0:10:05,73	Rd 4: 0:09:45,06
58.	168 TRAUTMANN Berta	1949 W60	UNION Vorchdorf	39:05,05 [+15:40,79]
	Rd 1: 0:09:04,94	Rd 2: 0:09:54,05	Rd 3: 0:10:07,51	Rd 4: 0:09:58,54
59.	45 THALLINGER Sabrina	1986 W20	Fit-For-Life	40:07,64 [+16:43,38]
	Rd 1: 0:09:35,77	Rd 2: 0:10:03,27	Rd 3: 0:10:11,84	Rd 4: 0:10:16,75

60.	62	HOFBAUER Natalie	1992	W20	Marathon Muffel	40:34,40 [+17:10,14]
		Rd 1: 0:08:44,16			Rd 2: 0:10:03,56	Rd 3: 0:10:48,85
						Rd 4: 0:10:57,82
61.	46	GAIGG Renate	1987	W20	Fit-For-Life	40:59,54 [+17:35,28]
		Rd 1: 0:09:37,17			Rd 2: 0:10:17,57	Rd 3: 0:10:41,35
						Rd 4: 0:10:23,43
62.	43	LOIBL Diana	1984	W20	Fit-For-Life	40:59,76 [+17:35,50]
		Rd 1: 0:09:52,46			Rd 2: 0:10:16,66	Rd 3: 0:10:26,32
						Rd 4: 0:10:24,30
63.	210	WEGHOFER Sabine	1965	W40	Hörsching	41:15,11 [+17:50,85]
		Rd 1: 0:09:27,40			Rd 2: 0:10:25,98	Rd 3: 0:10:36,93
						Rd 4: 0:10:44,78
64.	188	GUTENBERGER Vanessa Elisa	1992	W20	Steyrermühl	42:56,55 [+19:32,29]
		Rd 1: 0:09:35,06			Rd 2: 0:10:52,71	Rd 3: 0:11:17,37
						Rd 4: 0:11:11,40
65.	205	RATHNER Christine	1969	W40	Leonding	43:44,55 [+20:20,29]
		Rd 1: 0:09:18,57			Rd 2: 0:11:28,14	Rd 3: 0:11:34,18
						Rd 4: 0:11:23,65
66.	44	MÖRL Roswitha	1978	W30	Fit-For-Life	44:00,16 [+20:35,90]
		Rd 1: 0:09:52,38			Rd 2: 0:10:58,86	Rd 3: 0:11:50,27
						Rd 4: 0:11:18,63
67.	98	MIGLBAUER Elisabeth	1991	W20	Wolf Ladies	44:14,24 [+20:49,98]
		Rd 1: 0:10:08,09			Rd 2: 0:10:50,39	Rd 3: 0:11:40,78
						Rd 4: 0:11:34,96
68.	70	STEININGER Theresa	1993	W20	Running Monkeys	44:16,64 [+20:52,38]
		Rd 1: 0:10:04,84			Rd 2: 0:11:30,83	Rd 3: 0:12:06,38
						Rd 4: 0:10:34,57
69.	24	SCHWENINGER Sabine Dr	1984	W20	b´jak trainingszentrum	44:24,70 [+21:00,44]
		Rd 1: 0:07:56,77			Rd 2: 0:08:40,76	Rd 3: 0:08:35,98
						Rd 4: 0:19:11,18
70.	119	MAIR Erika	1964	W40	ASKÖ DELTA Fitness Marchtrenk	46:01,81 [+22:37,55]
		Rd 1: 0:10:28,62			Rd 2: 0:11:33,14	Rd 3: 0:12:14,13
						Rd 4: 0:11:45,90

Anzahl der Starter: 72

Ausgeschiedene Läufer: 2

Nicht am Start: 4

Ergebnisliste: Hauptlauf - Herren

Distanz 6,6 km
Schnitt 3:04 min/km

Pl.	Nr.	Name	Jg.	Gruppe	Mannschaft	Zeit
1.	11	KITHINJI Kenneth Kimathi	1990	M20	Run2gether	20:14,04
		Rd 1: 0:04:43,33			Rd 2: 0:05:05,74	Rd 3: 0:05:12,79
						Rd 4: 0:05:12,15
2.	73	PFLÜGL Christian	1978	M30	SK Vöest	20:43,14 [+0:29,10]
		Rd 1: 0:04:49,46			Rd 2: 0:05:12,63	Rd 3: 0:05:20,37
						Rd 4: 0:05:20,66
3.	140	SEID Endris	1989	M20	LCAV Doubrava	21:09,69 [+0:55,65]
		Rd 1: 0:04:50,13			Rd 2: 0:05:20,06	Rd 3: 0:05:34,92
						Rd 4: 0:05:24,57
4.	13	KOSGEI John Kiprop	1996	U20m	Run2gether	21:13,94 [+0:59,90]
		Rd 1: 0:04:43,02			Rd 2: 0:05:29,05	Rd 3: 0:05:37,62
						Rd 4: 0:05:24,25
5.	234	HAAS Christian	1977	M30	Team Zisser Enns	21:26,19 [+1:12,15]
		Rd 1: 0:04:58,03			Rd 2: 0:05:24,42	Rd 3: 0:05:30,56
						Rd 4: 0:05:33,18
6.	320	PFANDLBAUER Andi	1978	M30	Team Hervis Bad Ischl	22:28,88 [+2:14,84]
		Rd 1: 0:05:11,59			Rd 2: 0:05:39,51	Rd 3: 0:05:42,47
						Rd 4: 0:05:55,30
7.	124	AICHINGER Stefan	1985	M20	ASKÖ DELTA Fitness Marchtrenk	22:37,84 [+2:23,80]
		Rd 1: 0:05:11,39			Rd 2: 0:05:42,60	Rd 3: 0:05:49,24
						Rd 4: 0:05:54,59
8.	138	WÖFLINGSSEDER Leopold	1967	M40	LC Sicking	22:53,97 [+2:39,93]
		Rd 1: 0:05:25,34			Rd 2: 0:05:47,28	Rd 3: 0:05:51,74
						Rd 4: 0:05:49,60
9.	300	GUTTENBRUNNER Christian	1985	M20	Neuhofen an der Krems	23:05,95 [+2:51,91]
		Rd 1: 0:05:31,37			Rd 2: 0:05:54,30	Rd 3: 0:05:54,15
						Rd 4: 0:05:46,12
10.	215	PETROVICS Alex	1997	U20m	Slombathely Ungarn	23:15,28 [+3:01,24]
		Rd 1: 0:05:25,50			Rd 2: 0:05:51,05	Rd 3: 0:05:59,27
						Rd 4: 0:05:59,46
11.	250	SCHÖNHUBER Jürgen	1979	M30	Neukirchen läuft	23:36,41 [+3:22,37]
		Rd 1: 0:05:30,88			Rd 2: 0:06:04,88	Rd 3: 0:06:07,76
						Rd 4: 0:05:52,87
12.	53	STÖGER Adi Jun.	1987	M20	LC MKW Hausruck / Tri Team Wels	23:39,18 [+3:25,14]
		Rd 1: 0:05:36,46			Rd 2: 0:05:58,59	Rd 3: 0:06:03,54
						Rd 4: 0:06:00,57
13.	90	HAUSER Maximilian	1969	M40	ULC-Gampern	23:44,72 [+3:30,68]
		Rd 1: 0:05:34,96			Rd 2: 0:06:01,11	Rd 3: 0:06:07,02
						Rd 4: 0:06:01,61
14.	177	HARTL Hubert	1970	M40	UNION Vorchdorf	23:51,54 [+3:37,50]
		Rd 1: 0:05:47,65			Rd 2: 0:06:04,80	Rd 3: 0:06:05,78
						Rd 4: 0:05:53,29
15.	88	SCHICK Josef	1983	M30	ULC Gampern	23:53,79 [+3:39,75]
		Rd 1: 0:05:47,60			Rd 2: 0:06:04,45	Rd 3: 0:06:09,65
						Rd 4: 0:05:52,08
16.	192	RECHBERGER Christian	1967	M40	Wilhering	23:54,05 [+3:40,01]
		Rd 1: 0:05:35,60			Rd 2: 0:06:00,75	Rd 3: 0:06:14,32
						Rd 4: 0:06:03,36

17.	238	KELLERER Helmut	1970	M40	Tri Power Wimberger Haus Freistadt	"	"
		Rd 1: 0:05:36,16		Rd 2: 0:06:04,85	Rd 3: 0:06:14,41	Rd 4: 0:05:58,64	
18.	5	PAFFENWIMMER Oliver	1984	M20	LRC P.MAX Almtal	23:56,47	[+3:42,43]
		Rd 1: 0:05:40,16		Rd 2: 0:06:07,58	Rd 3: 0:06:11,82	Rd 4: 0:05:56,89	
19.	246	ÖTTL Michael	1977	M30	UNION Gmunden	23:59,89	[+3:45,85]
		Rd 1: 0:05:29,39		Rd 2: 0:06:05,58	Rd 3: 0:06:12,18	Rd 4: 0:06:12,73	
20.	122	FRÜHAUF Manuel	1975	M30	ASKÖ DELTA Fitness Marchtrenk	24:05,28	[+3:51,24]
		Rd 1: 0:05:51,20		Rd 2: 0:06:07,49	Rd 3: 0:06:10,26	Rd 4: 0:05:56,33	
21.	147	ZEHETNER Ernst	1974	M30	Neukirchen läuft	24:07,46	[+3:53,42]
		Rd 1: 0:05:30,00		Rd 2: 0:06:04,74	Rd 3: 0:06:15,59	Rd 4: 0:06:17,11	
22.	92	ZEINTL Andreas	1961	M50	Union Neuhofen / Krems	24:20,08	[+4:06,04]
		Rd 1: 0:05:52,85		Rd 2: 0:06:05,44	Rd 3: 0:06:14,08	Rd 4: 0:06:07,70	
23.	325	KOHLBAUER August	1972	M40	Pettenbach, Oberösterreich	24:36,53	[+4:22,49]
		Rd 1: 0:05:48,54		Rd 2: 0:06:11,82	Rd 3: 0:06:19,63	Rd 4: 0:06:16,52	
24.	84	LEHNER Christian	1977	M30	Tri Team Wels	24:39,41	[+4:25,37]
		Rd 1: 0:05:51,89		Rd 2: 0:06:09,03	Rd 3: 0:06:18,63	Rd 4: 0:06:19,85	
25.	150	OBERNDORFER Robert	1968	M40	Neukirchen läuft	24:45,39	[+4:31,35]
		Rd 1: 0:05:48,26		Rd 2: 0:06:11,72	Rd 3: 0:06:24,99	Rd 4: 0:06:20,41	
26.	233	MÜLLER-SCHELL Werner	1987	M20	Universität Salzburg	24:55,59	[+4:41,55]
		Rd 1: 0:05:39,68		Rd 2: 0:06:13,76	Rd 3: 0:06:33,77	Rd 4: 0:06:28,37	
27.	137	KIBLER Helmut	1977	M30	LC Sicking	24:59,17	[+4:45,13]
		Rd 1: 0:05:59,32		Rd 2: 0:06:18,04	Rd 3: 0:06:26,69	Rd 4: 0:06:15,10	
28.	55	GEBETSROITHER Werner	1988	M20	lc-sicking	25:00,07	[+4:46,03]
		Rd 1: 0:06:00,74		Rd 2: 0:06:17,63	Rd 3: 0:06:26,51	Rd 4: 0:06:15,18	
29.	244	TRDY Oliver	1972	M40	Racer Wels	25:03,57	[+4:49,53]
		Rd 1: 0:05:52,37		Rd 2: 0:06:16,92	Rd 3: 0:06:29,88	Rd 4: 0:06:24,39	
30.	231	HELLETZGRUBER Martin	1963	M50	Run2gether	25:05,98	[+4:51,94]
		Rd 1: 0:05:59,56		Rd 2: 0:06:17,42	Rd 3: 0:06:30,29	Rd 4: 0:06:18,69	
31.	134	BINDER-WIESINGER Manfred	1973	M40	LC MKW Hausruck	25:13,43	[+4:59,39]
		Rd 1: 0:05:58,35		Rd 2: 0:06:18,86	Rd 3: 0:06:28,81	Rd 4: 0:06:27,39	
32.	34	KROTTENTHALER Ferdinand	1974	M30	CLR Sauwald	25:13,78	[+4:59,74]
		Rd 1: 0:05:39,93		Rd 2: 0:06:14,11	Rd 3: 0:06:22,94	Rd 4: 0:06:56,79	
33.	321	JÄGER Robert	1980	M30	Union Möma Tri Gmunden	25:15,58	[+5:01,54]
		Rd 1: 0:05:49,32		Rd 2: 0:06:18,99	Rd 3: 0:06:31,27	Rd 4: 0:06:35,98	
34.	183	TIEFENTHALER Christian	1959	M50	UNION Vorchdorf	25:16,87	[+5:02,83]
		Rd 1: 0:06:07,21		Rd 2: 0:06:19,13	Rd 3: 0:06:27,41	Rd 4: 0:06:23,11	
35.	245	SCHANER Wolfgang	1982	M30	Blau-Gelb Silberholz-Schmalwieser	25:19,81	[+5:05,77]
		Rd 1: 0:06:04,48		Rd 2: 0:06:19,00	Rd 3: 0:06:29,40	Rd 4: 0:06:26,91	
36.	87	SCHIEMER Charly	1960	M50	UASC Attersee West	25:20,99	[+5:06,95]
		Rd 1: 0:06:02,68		Rd 2: 0:06:21,18	Rd 3: 0:06:29,58	Rd 4: 0:06:27,54	
37.	30	STARZENGRUBER Benedikt	1997	U20m	Blaugelb Offenhausen	25:28,57	[+5:14,53]
		Rd 1: 0:06:07,89		Rd 2: 0:06:21,60	Rd 3: 0:06:40,24	Rd 4: 0:06:18,83	
38.	77	KRINNINGER Klaus	1970	M40	SU IGLA long life	25:30,47	[+5:16,43]
		Rd 1: 0:05:54,33		Rd 2: 0:06:22,28	Rd 3: 0:06:30,33	Rd 4: 0:06:43,52	
39.	184	WINDISCHBAUER Karl	1967	M40	UNION Vorchdorf	25:31,19	[+5:17,15]
		Rd 1: 0:06:00,42		Rd 2: 0:06:28,50	Rd 3: 0:06:37,32	Rd 4: 0:06:24,93	
40.	49	FRAUENBERGER Alfred	1983	M30	Hervis Sports	25:34,08	[+5:20,04]
		Rd 1: 0:06:17,59		Rd 2: 0:06:25,71	Rd 3: 0:06:28,06	Rd 4: 0:06:22,71	
41.	197	CECON Johannes	1968	M40	Kirchham bei Vorchdorf	25:35,16	[+5:21,12]
		Rd 1: 0:06:03,51		Rd 2: 0:06:25,67	Rd 3: 0:06:34,22	Rd 4: 0:06:31,75	
42.	61	ROHRINGER Thomas	1986	M20	Löffler-Mauna Loa-DT Swiss	25:37,23	[+5:23,19]
		Rd 1: 0:05:48,96		Rd 2: 0:06:31,23	Rd 3: 0:06:42,53	Rd 4: 0:06:34,50	
43.	93	KREISEDER Christian	1979	M30	Union Tri&Bike Ohlsdorf	25:37,96	[+5:23,92]
		Rd 1: 0:05:57,81		Rd 2: 0:06:24,52	Rd 3: 0:06:37,28	Rd 4: 0:06:38,34	
44.	154	HIRMANN Gottfried	1970	M40	Team Zisser Enns	25:38,46	[+5:24,42]
		Rd 1: 0:05:51,45		Rd 2: 0:06:37,13	Rd 3: 0:06:39,97	Rd 4: 0:06:29,90	
45.	60	REITER Wolfgang	1986	M20	Löffler-Mauna Loa-DT Swiss	25:46,03	[+5:31,99]
		Rd 1: 0:05:58,83		Rd 2: 0:06:27,44	Rd 3: 0:06:43,10	Rd 4: 0:06:36,65	
46.	117	HAUSER Horst	1968	M40	www.techquadrat.at	25:51,54	[+5:37,50]
		Rd 1: 0:06:00,98		Rd 2: 0:06:27,17	Rd 3: 0:06:41,03	Rd 4: 0:06:42,35	
47.	236	EISL Wolfgang	1984	M20	LG St. Wolfgang	25:54,85	[+5:40,81]
		Rd 1: 0:06:00,11		Rd 2: 0:06:23,20	Rd 3: 0:06:44,73	Rd 4: 0:06:46,80	
48.	143	LAUBER Erich	1962	M50	Neukirchen läuft	25:58,48	[+5:44,44]
		Rd 1: 0:06:08,93		Rd 2: 0:06:32,50	Rd 3: 0:06:39,06	Rd 4: 0:06:37,96	

49.	95	ÖHLINGER Christian Claus	1964	M40	weisskirchen	26:02,00	[+5:47,96]
		Rd 1: 0:06:14,07			Rd 2: 0:06:28,84		
					Rd 3: 0:06:37,14		
					Rd 4: 0:06:41,93		
50.	194	STOCKMAIER Hubert Mag.	1956	M50	Steyr	26:04,73	[+5:50,69]
		Rd 1: 0:06:19,65			Rd 2: 0:06:36,83		
					Rd 3: 0:06:40,46		
					Rd 4: 0:06:27,79		
51.	67	BERNECKER Florian	1982	M30	Mountainbiker.at	26:07,15	[+5:53,11]
		Rd 1: 0:06:02,35			Rd 2: 0:06:31,19		
					Rd 3: 0:06:58,23		
					Rd 4: 0:06:35,36		
52.	225	SONNLEITNER Christian	1979	M30	Union Rohbach/Berg	26:11,47	[+5:57,43]
		Rd 1: 0:06:08,85			Rd 2: 0:06:32,27		
					Rd 3: 0:06:50,07		
					Rd 4: 0:06:40,27		
53.	157	GLACK Ernst	1959	M50	UNION Neuhofen	26:24,07	[+6:10,03]
		Rd 1: 0:06:09,39			Rd 2: 0:06:45,19		
					Rd 3: 0:06:48,42		
					Rd 4: 0:06:41,06		
54.	235	BRUDERHOFER Hermann	1969	M40	LCAV Doubrava	26:29,37	[+6:15,33]
		Rd 1: 0:06:13,28			Rd 2: 0:06:42,30		
					Rd 3: 0:06:49,22		
					Rd 4: 0:06:44,56		
55.	78	BAUMANN Hermann	1968	M40	SV Lacken	26:32,66	[+6:18,62]
		Rd 1: 0:06:17,28			Rd 2: 0:06:47,14		
					Rd 3: 0:06:54,29		
					Rd 4: 0:06:33,94		
56.	202	HAAS Christoph	1991	M20	Gschwandt bei Gmunden	26:34,73	[+6:20,69]
		Rd 1: 0:06:20,50			Rd 2: 0:06:44,83		
					Rd 3: 0:06:52,94		
					Rd 4: 0:06:36,45		
57.	171	WIESER Markus	1969	M40	UNION Vorchdorf	26:36,53	[+6:22,49]
		Rd 1: 0:06:07,63			Rd 2: 0:06:19,63		
					Rd 3: 0:06:38,56		
					Rd 4: 0:07:30,70		
58.	178	HEIDECKER Robert	1976	M30	UNION Vorchdorf	26:38,37	[+6:24,33]
		Rd 1: 0:06:10,62			Rd 2: 0:06:39,20		
					Rd 3: 0:06:58,10		
					Rd 4: 0:06:50,43		
59.	249	HELMBERGER Lukas	1994	U20m	LAC Nationalpark Molln	26:43,56	[+6:29,52]
		Rd 1: 0:06:15,90			Rd 2: 0:06:35,69		
					Rd 3: 0:06:51,20		
					Rd 4: 0:07:00,76		
60.	37	HAMADER Stefan	1983	M30	Dirty Trail Friends	26:54,95	[+6:40,91]
		Rd 1: 0:06:06,82			Rd 2: 0:06:56,31		
					Rd 3: 0:07:06,39		
					Rd 4: 0:06:45,42		
61.	228	MERINGER Georg Mag.	1965	M40	ASKÖ DELTA Fitness Marchtrenk	27:01,65	[+6:47,61]
		Rd 1: 0:06:19,36			Rd 2: 0:06:49,70		
					Rd 3: 0:06:58,21		
					Rd 4: 0:06:54,36		
62.	169	FELBERMAIR Helmut	1957	M50	UNION Vorchdorf	27:02,24	[+6:48,20]
		Rd 1: 0:06:28,96			Rd 2: 0:06:43,77		
					Rd 3: 0:06:52,53		
					Rd 4: 0:06:56,96		
63.	326	HELMBERGER Karl	1967	M40	Steinbach am Ziehberg	27:03,41	[+6:49,37]
		Rd 1: 0:06:22,41			Rd 2: 0:06:45,99		
					Rd 3: 0:06:59,42		
					Rd 4: 0:06:55,58		
64.	106	BRAND Karl	1977	M30	Wolf Runners	27:04,64	[+6:50,60]
		Rd 1: 0:06:23,99			Rd 2: 0:06:39,05		
					Rd 3: 0:07:03,64		
					Rd 4: 0:06:57,95		
65.	52	HIESMAYR Ernst	1949	M60	lac amateurs steyr	27:05,94	[+6:51,90]
		Rd 1: 0:06:16,13			Rd 2: 0:06:54,77		
					Rd 3: 0:06:57,79		
					Rd 4: 0:06:57,24		
66.	129	HARTMANN Manfred	1958	M50	ASKÖ DELTA Fitness Marchtrenk	27:19,59	[+7:05,55]
		Rd 1: 0:06:21,11			Rd 2: 0:07:01,05		
					Rd 3: 0:06:58,91		
					Rd 4: 0:06:58,50		
67.	127	HINTERMAYR Erich	1969	M40	ASKÖ DELTA Fitness Marchtrenk	27:20,20	[+7:06,16]
		Rd 1: 0:06:26,78			Rd 2: 0:06:56,72		
					Rd 3: 0:07:01,76		
					Rd 4: 0:06:54,94		
68.	105	LASSER Christian	1985	M20	Wolf Runners	27:24,99	[+7:10,95]
		Rd 1: 0:06:30,02			Rd 2: 0:06:57,88		
					Rd 3: 0:07:00,80		
					Rd 4: 0:06:56,27		
69.	195	DICKINGER Erich	1978	M30	Steinerkirchen an der Traun	27:34,20	[+7:20,16]
		Rd 1: 0:06:24,34			Rd 2: 0:06:46,14		
					Rd 3: 0:07:06,13		
					Rd 4: 0:07:17,59		
70.	201	OBERRADER Gerald	1958	M50	Linz	27:43,06	[+7:29,02]
		Rd 1: 0:06:35,81			Rd 2: 0:06:58,36		
					Rd 3: 0:07:11,62		
					Rd 4: 0:06:57,26		
71.	173	RADNER Günther	1975	M30	UNION Vorchdorf	27:43,38	[+7:29,34]
		Rd 1: 0:06:32,83			Rd 2: 0:06:51,83		
					Rd 3: 0:07:02,87		
					Rd 4: 0:07:15,84		
72.	101	KOLLER Harald	1969	M40	Wolf Runners	27:44,58	[+7:30,54]
		Rd 1: 0:06:28,57			Rd 2: 0:07:04,20		
					Rd 3: 0:07:11,94		
					Rd 4: 0:06:59,86		
73.	239	WIMBERGER Johannes	1965	M40	Tri Power Wimberger Haus Freistadt	27:44,92	[+7:30,88]
		Rd 1: 0:06:30,79			Rd 2: 0:07:00,06		
					Rd 3: 0:07:07,40		
					Rd 4: 0:07:06,65		
74.	68	HILLINGRATHNER Günther	1976	M30	MTB Steinerkirchen	27:45,60	[+7:31,56]
		Rd 1: 0:06:36,54			Rd 2: 0:06:58,20		
					Rd 3: 0:07:08,02		
					Rd 4: 0:07:02,83		
75.	42	HOLL Christian	1984	M20	Fit For Life	27:45,76	[+7:31,72]
		Rd 1: 0:06:28,66			Rd 2: 0:06:58,37		
					Rd 3: 0:07:04,85		
					Rd 4: 0:07:13,86		
76.	141	BERNECKER Willi	1953	M60	LG Kirchdorf	27:48,14	[+7:34,10]
		Rd 1: 0:06:23,21			Rd 2: 0:07:07,28		
					Rd 3: 0:07:12,30		
					Rd 4: 0:07:05,34		
77.	111	KAISER Stephan	1978	M30	Wolf Runners	27:51,15	[+7:37,11]
		Rd 1: 0:06:29,40			Rd 2: 0:07:01,99		
					Rd 3: 0:07:17,53		
					Rd 4: 0:07:02,21		
78.	63	PRAMBERGER Daniel	1990	M20	Marathon Muffel	27:55,27	[+7:41,23]
		Rd 1: 0:06:32,30			Rd 2: 0:07:08,93		
					Rd 3: 0:07:14,93		
					Rd 4: 0:06:59,10		
79.	16	NEUHOFER Walter	1991	M20	ASKÖ Steyermühl Papier	27:59,11	[+7:45,07]
		Rd 1: 0:06:23,62			Rd 2: 0:07:02,45		
					Rd 3: 0:07:19,04		
					Rd 4: 0:07:13,98		
80.	247	TISCHLER Patrik	1989	M20	ASKÖ DELTA Fitness Marchtrenk	28:00,51	[+7:46,47]
		Rd 1: 0:06:24,45			Rd 2: 0:06:49,54		
					Rd 3: 0:07:17,92		
					Rd 4: 0:07:28,59		

81.	35	MITTERMAYR Christoph	1976	M30	Dirty Trail Friends	28:03,38	[+7:49,34]
		Rd 1: 0:06:10,63			Rd 2: 0:07:07,01		
					Rd 3: 0:07:20,59		
					Rd 4: 0:07:25,13		
82.	36	VILSECKER Manfred	1982	M30	Dirty Trail Friends	28:09,49	[+7:55,45]
		Rd 1: 0:06:07,19			Rd 2: 0:07:01,55		
					Rd 3: 0:07:35,85		
					Rd 4: 0:07:24,89		
83.	152	ECKMAYR Günther	1976	M30	Neukirchen läuft	28:11,11	[+7:57,07]
		Rd 1: 0:06:48,92			Rd 2: 0:07:05,52		
					Rd 3: 0:07:12,83		
					Rd 4: 0:07:03,83		
84.	200	PESENDORFER Thomas	1971	M40	Pinsdorf	28:13,03	[+7:58,99]
		Rd 1: 0:06:43,06			Rd 2: 0:07:08,99		
					Rd 3: 0:07:12,75		
					Rd 4: 0:07:08,21		
85.	232	ENZENHOFER Manfred	1980	M30	URC Gallneukirchen	28:14,10	[+8:00,06]
		Rd 1: 0:06:29,28			Rd 2: 0:06:58,83		
					Rd 3: 0:07:20,59		
					Rd 4: 0:07:25,39		
86.	83	GROBALBER Dietmar	1974	M30	Team ERDINGER Alkoholfrei	28:16,18	[+8:02,14]
		Rd 1: 0:06:31,18			Rd 2: 0:07:01,94		
					Rd 3: 0:07:22,84		
					Rd 4: 0:07:20,20		
87.	66	HUEMER Florian	1982	M30	Mayr Schulmöbel	28:20,79	[+8:06,75]
		Rd 1: 0:06:58,71			Rd 2: 0:07:23,18		
					Rd 3: 0:07:20,50		
					Rd 4: 0:06:38,39		
88.	142	DORNER Thomas	1972	M40	Neukirchen läuft	28:28,10	[+8:14,06]
		Rd 1: 0:06:49,04			Rd 2: 0:07:04,68		
					Rd 3: 0:07:12,88		
					Rd 4: 0:07:21,49		
89.	33	GFELLNER Leopold	1961	M50	CLR Sauwald	28:28,51	[+8:14,47]
		Rd 1: 0:06:42,76			Rd 2: 0:07:06,45		
					Rd 3: 0:07:20,35		
					Rd 4: 0:07:18,94		
90.	4	RATHNER Wolfgang	1966	M40	LRC P.MAX Almtal	28:28,78	[+8:14,74]
		Rd 1: 0:06:43,80			Rd 2: 0:07:11,85		
					Rd 3: 0:07:19,45		
					Rd 4: 0:07:13,67		
91.	104	STADLER Johann	1956	M50	Wolf Runners	28:33,24	[+8:19,20]
		Rd 1: 0:06:35,80			Rd 2: 0:06:58,42		
					Rd 3: 0:07:34,65		
					Rd 4: 0:07:24,36		
92.	112	MAIER Matthias	1982	M30	Wolf Runners	28:43,27	[+8:29,23]
		Rd 1: 0:06:28,31			Rd 2: 0:07:03,84		
					Rd 3: 0:07:31,26		
					Rd 4: 0:07:39,84		
93.	29	REITER Andreas	1977	M30	bikes4you Bad Goisern	28:48,87	[+8:34,83]
		Rd 1: 0:06:25,77			Rd 2: 0:07:20,36		
					Rd 3: 0:07:29,10		
					Rd 4: 0:07:33,63		
94.	207	SCHLADER Florian	1991	M20	Vorchdorf	28:49,29	[+8:35,25]
		Rd 1: 0:07:12,01			Rd 2: 0:07:14,17		
					Rd 3: 0:07:21,55		
					Rd 4: 0:07:01,55		
95.	165	BREITWIESER Roman	1988	M20	UNION Pennewang	28:57,43	[+8:43,39]
		Rd 1: 0:06:42,02			Rd 2: 0:07:22,38		
					Rd 3: 0:07:34,66		
					Rd 4: 0:07:18,36		
96.	160	HUEMER David	1997	U20m	UNION Pennewang	29:02,57	[+8:48,53]
		Rd 1: 0:06:41,31			Rd 2: 0:07:24,29		
					Rd 3: 0:07:37,48		
					Rd 4: 0:07:19,49		
97.	198	HUMMER Christian	1979	M30	Linz	29:09,08	[+8:55,04]
		Rd 1: 0:06:43,73			Rd 2: 0:07:16,40		
					Rd 3: 0:07:34,60		
					Rd 4: 0:07:34,34		
98.	102	SANTNER Leonhard	1989	M20	Wolf Runners	29:11,86	[+8:57,82]
		Rd 1: 0:06:19,05			Rd 2: 0:07:29,07		
					Rd 3: 0:07:42,84		
					Rd 4: 0:07:40,89		
99.	240	LEOPOLDSEDER Martin	1959	M50	Tri Power Wimberger Haus Freistadt	29:14,48	[+9:00,44]
		Rd 1: 0:06:55,96			Rd 2: 0:07:18,04		
					Rd 3: 0:07:26,01		
					Rd 4: 0:07:34,46		
100.	223	BART Ernst	1970	M40	Laufwunder Steyr	29:16,98	[+9:02,94]
		Rd 1: 0:07:17,48			Rd 2: 0:07:19,52		
					Rd 3: 0:07:22,90		
					Rd 4: 0:07:17,07		
101.	214	DRACK Roman	1992	U20m	Scharnstein	29:17,30	[+9:03,26]
		Rd 1: 0:06:40,17			Rd 2: 0:07:12,26		
					Rd 3: 0:07:43,82		
					Rd 4: 0:07:41,03		
102.	212	KITTL René	1992	M20	Grünau	29:21,16	[+9:07,12]
		Rd 1: 0:07:20,32			Rd 2: 0:07:23,45		
					Rd 3: 0:07:30,91		
					Rd 4: 0:07:06,47		
103.	1	EBENFÜHRER Reini	1967	M40	LRC P.MAX Almtal	29:26,85	[+9:12,81]
		Rd 1: 0:06:58,61			Rd 2: 0:07:27,17		
					Rd 3: 0:07:28,83		
					Rd 4: 0:07:32,23		
104.	182	TREZZINGER Franz	1967	M40	UNION Vorchdorf	29:30,11	[+9:16,07]
		Rd 1: 0:07:28,61			Rd 2: 0:07:55,40		
					Rd 3: 0:07:38,54		
					Rd 4: 0:06:27,55		
105.	230	PETERSEN Marko	1971	M40	Hörsching	29:32,36	[+9:18,32]
		Rd 1: 0:06:51,28			Rd 2: 0:07:26,26		
					Rd 3: 0:07:43,40		
					Rd 4: 0:07:31,41		
106.	3	HÜTHMAYR Michael	1985	M20	LRC P.MAX Almtal	29:34,83	[+9:20,79]
		Rd 1: 0:07:20,53			Rd 2: 0:07:29,52		
					Rd 3: 0:07:26,01		
					Rd 4: 0:07:18,75		
107.	26	MARINGER Rupert	1957	M50	bicyclebrothers	29:38,24	[+9:24,20]
		Rd 1: 0:07:18,38			Rd 2: 0:07:29,28		
					Rd 3: 0:07:30,07		
					Rd 4: 0:07:20,49		
108.	162	FREIMÜLLER Tobias	1998	U20m	UNION Pennewang	29:44,33	[+9:30,29]
		Rd 1: 0:06:41,40			Rd 2: 0:07:29,63		
					Rd 3: 0:07:55,10		
					Rd 4: 0:07:38,19		
109.	190	BAMMER Dietmar	1977	M30	Scharnstein	30:05,85	[+9:51,81]
		Rd 1: 0:07:54,30			Rd 2: 0:07:36,93		
					Rd 3: 0:07:31,83		
					Rd 4: 0:07:02,77		
110.	318	KIENDLER Hermann	1963	M50	ASV Salzburg LA	30:07,12	[+9:53,08]
		Rd 1: 0:08:09,85			Rd 2: 0:07:09,87		
					Rd 3: 0:07:34,86		
					Rd 4: 0:07:12,52		
111.	243	STÖGER Jan	1981	M30	UNION Pennewang	30:08,90	[+9:54,86]
		Rd 1: 0:07:14,95			Rd 2: 0:07:38,09		
					Rd 3: 0:07:44,64		
					Rd 4: 0:07:31,21		
112.	114	MAIER Michael	1992	M20	Wolf Runners	30:12,19	[+9:58,15]
		Rd 1: 0:06:27,90			Rd 2: 0:07:37,81		
					Rd 3: 0:08:19,47		
					Rd 4: 0:07:47,00		

113.	79 RAMSAUER Johann	1970 M40	SV Lengau	30:15,28 [+10:01,24]
	Rd 1: 0:07:13,79	Rd 2: 0:07:36,55	Rd 3: 0:07:44,22	Rd 4: 0:07:40,71
114.	186 AUINGER Florian	1990 M20	WSV Scharnstein	30:17,19 [+10:03,15]
	Rd 1: 0:07:22,35	Rd 2: 0:07:43,27	Rd 3: 0:07:44,60	Rd 4: 0:07:26,95
115.	86 REDL Christian	1981 M30	TSV St. Konrad	30:18,05 [+10:04,01]
	Rd 1: 0:06:51,65	Rd 2: 0:07:22,88	Rd 3: 0:08:08,13	Rd 4: 0:07:55,37
116.	324 RAFFELSBERGER Franz	1962 M50	USC Grünau Asmag Kasberg	30:18,42 [+10:04,38]
	Rd 1: 0:07:54,37	Rd 2: 0:07:37,50	Rd 3: 0:07:31,53	Rd 4: 0:07:15,02
117.	242 PARZER Siegfried	1968 M40	Neukirchen läuft	30:27,11 [+10:13,07]
	Rd 1: 0:07:15,88	Rd 2: 0:07:41,14	Rd 3: 0:07:47,01	Rd 4: 0:07:43,07
118.	217 MÖSENER Johann	1966 M40	Wolf	30:28,28 [+10:14,24]
	Rd 1: 0:07:05,60	Rd 2: 0:07:37,74	Rd 3: 0:07:52,57	Rd 4: 0:07:52,37
119.	189 MITTERBÖCK Günther	1964 M40	Gunskirchen	30:28,47 [+10:14,43]
	Rd 1: 0:07:19,90	Rd 2: 0:07:38,37	Rd 3: 0:07:47,63	Rd 4: 0:07:42,56
120.	181 GASPERLMAIR Josef	1953 M60	UNION Vorchdorf	30:34,77 [+10:20,73]
	Rd 1: 0:07:23,25	Rd 2: 0:07:38,37	Rd 3: 0:07:53,98	Rd 4: 0:07:39,15
121.	196 SHANLEY Raymond	1978 M30	Edt bei Lambach	30:45,82 [+10:31,78]
	Rd 1: 0:06:58,53	Rd 2: 0:07:50,00	Rd 3: 0:08:04,23	Rd 4: 0:07:53,04
122.	167 KALTEIS Siegfried	1963 M50	UNION Pennewang	30:58,62 [+10:44,58]
	Rd 1: 0:07:06,69	Rd 2: 0:07:47,69	Rd 3: 0:08:02,93	Rd 4: 0:08:01,29
123.	19 AITZETMÜLLER Dominik	1990 M20	Asmag 1	31:10,50 [+10:56,46]
	Rd 1: 0:07:21,74	Rd 2: 0:07:51,17	Rd 3: 0:08:11,07	Rd 4: 0:07:46,51
124.	172 ETTLINGER Alfred	1958 M50	UNION Vorchdorf	31:29,57 [+11:15,53]
	Rd 1: 0:07:19,11	Rd 2: 0:07:53,05	Rd 3: 0:08:17,06	Rd 4: 0:08:00,35
125.	174 ETTLINGER Martin	1981 M30	UNION Vorchdorf	31:29,61 [+11:15,57]
	Rd 1: 0:07:20,77	Rd 2: 0:07:53,46	Rd 3: 0:08:16,48	Rd 4: 0:07:58,89
126.	123 SCHIROKY Heinz	1967 M40	ASKÖ DELTA Fitness Marchtrenk	31:39,46 [+11:25,42]
	Rd 1: 0:07:46,03	Rd 2: 0:07:59,81	Rd 3: 0:07:58,82	Rd 4: 0:07:54,79
127.	27 CECON Albert	1974 M30	bicyclebrothers	31:47,54 [+11:33,50]
	Rd 1: 0:07:48,45	Rd 2: 0:08:07,50	Rd 3: 0:08:09,45	Rd 4: 0:07:42,13
128.	131 MAIR Josef	1962 M50	ASKÖ DELTA Fitness Marchtrenk	31:57,41 [+11:43,37]
	Rd 1: 0:07:30,51	Rd 2: 0:08:02,59	Rd 3: 0:08:13,27	Rd 4: 0:08:11,02
129.	48 HENNETMAIR Klaus	1973 M40	FluxUnterwegs.de	32:00,13 [+11:46,09]
	Rd 1: 0:07:26,44	Rd 2: 0:08:00,71	Rd 3: 0:08:23,03	Rd 4: 0:08:09,94
130.	47 GEISENBERGER Albert	1972 M40	FluxUnterwegs.de	32:00,51 [+11:46,47]
	Rd 1: 0:07:26,40	Rd 2: 0:08:00,98	Rd 3: 0:08:22,17	Rd 4: 0:08:10,95
131.	237 HOLPIT Vincent	1977 M30	Bardejov, Slowakei	32:07,47 [+11:53,43]
	Rd 1: 0:06:34,04	Rd 2: 0:08:16,17	Rd 3: 0:08:34,92	Rd 4: 0:08:42,33
132.	75 WANSCH Wolfgang	1964 M40	Sportteam St. Georgen an der Gusen	32:11,29 [+11:57,25]
	Rd 1: 0:07:10,96	Rd 2: 0:08:15,85	Rd 3: 0:08:33,64	Rd 4: 0:08:10,83
133.	31 BRANDSTÄTTER Ronald	1973 M40	brandisbergblog.weebly.com	32:12,64 [+11:58,60]
	Rd 1: 0:07:40,36	Rd 2: 0:08:04,15	Rd 3: 0:08:17,22	Rd 4: 0:08:10,90
134.	72 BLUM Wilhelm	1938 M70	SK Vöest	32:20,47 [+12:06,43]
	Rd 1: 0:07:31,88	Rd 2: 0:08:11,70	Rd 3: 0:08:17,60	Rd 4: 0:08:19,27
135.	213 DRACK Thomas	1968 M40	Gramastetten	32:21,47 [+12:07,43]
	Rd 1: 0:07:27,35	Rd 2: 0:08:26,42	Rd 3: 0:08:17,68	Rd 4: 0:08:10,01
136.	103 BAUMGARTNER Andreas	1998 U20m	Wolf Runners	32:22,91 [+12:08,87]
	Rd 1: 0:07:41,35	Rd 2: 0:07:58,08	Rd 3: 0:08:30,77	Rd 4: 0:08:12,70
137.	211 STADLER Karl	1975 M30	LRC P.Max Almtal	32:23,45 [+12:09,41]
	Rd 1: 0:08:11,37	Rd 2: 0:08:07,49	Rd 3: 0:08:08,42	Rd 4: 0:07:56,16
138.	166 WAGNER Markus	1997 U20m	UNION Pennewang	32:30,90 [+12:16,86]
	Rd 1: 0:07:35,83	Rd 2: 0:08:09,55	Rd 3: 0:08:23,85	Rd 4: 0:08:21,65
139.	208 AUHUBER Andreas	1981 M30	Scharnstein	32:57,34 [+12:43,30]
	Rd 1: 0:08:02,64	Rd 2: 0:08:12,80	Rd 3: 0:08:17,17	Rd 4: 0:08:24,71
140.	7 STEINHÄUSLER Philipp	1993 M20	P.MAX	32:57,93 [+12:43,89]
	Rd 1: 0:07:44,33	Rd 2: 0:08:21,97	Rd 3: 0:08:32,75	Rd 4: 0:08:18,87
141.	209 SACKL Siegfried	1962 M50	Hörsching	33:00,89 [+12:46,85]
	Rd 1: 0:08:01,64	Rd 2: 0:08:22,77	Rd 3: 0:08:25,35	Rd 4: 0:08:11,12
142.	65 FASSER Daniel	1983 M30	Mayr Schulmöbel	33:15,55 [+13:01,51]
	Rd 1: 0:08:14,83	Rd 2: 0:08:12,34	Rd 3: 0:08:35,81	Rd 4: 0:08:12,57
143.	319 DIETL Bernhard	1979 M30	UNION Vorchdorf	33:32,52 [+13:18,48]
	Rd 1: 0:08:27,02	Rd 2: 0:08:13,67	Rd 3: 0:08:31,72	Rd 4: 0:08:20,10
144.	135 STEINBRUCKNER Günther	1963 M50	LC MKW Hausruck	33:54,66 [+13:40,62]
	Rd 1: 0:08:10,52	Rd 2: 0:08:27,82	Rd 3: 0:08:34,18	Rd 4: 0:08:42,13

145.	10	BUCHINGER Harald	1971	M40	P.MAX	34:36,42 [+14:22,38]
		Rd 1: 0:08:25,35	Rd 2: 0:08:45,78		Rd 3: 0:08:50,00	Rd 4: 0:08:35,28
146.	116	STEINHEIMER Markus	1973	M40	www.TaeKwonDo4You.at Wels	35:03,37 [+14:49,33]
		Rd 1: 0:08:26,82	Rd 2: 0:08:48,17		Rd 3: 0:08:51,58	Rd 4: 0:08:56,79
147.	8	STEINHÄUSLER Robert	1968	M40	P.MAX	35:36,86 [+15:22,82]
		Rd 1: 0:08:25,94	Rd 2: 0:08:53,10		Rd 3: 0:09:19,40	Rd 4: 0:08:58,41
148.	220	RATHNER Thomas	1997	U20m	Leonding	35:56,66 [+15:42,62]
		Rd 1: 0:07:59,43	Rd 2: 0:09:13,24		Rd 3: 0:09:44,71	Rd 4: 0:08:59,26
149.	120	REISCHL Sepp	1950	M60	ASKÖ DELTA Fitness Marchtrenk	35:59,54 [+15:45,50]
		Rd 1: 0:08:59,48	Rd 2: 0:09:02,56		Rd 3: 0:09:03,47	Rd 4: 0:08:54,02
150.	317	OBENDORFER Jonas	1998	U20m	Neukirchen läuft	36:12,78 [+15:58,74]
		Rd 1: 0:08:23,47	Rd 2: 0:08:55,55		Rd 3: 0:09:28,51	Rd 4: 0:09:25,24
151.	218	HAUSER Siegfried	1941	M70	HSV Linz	36:13,75 [+15:59,71]
		Rd 1: 0:08:43,29	Rd 2: 0:09:01,79		Rd 3: 0:09:17,89	Rd 4: 0:09:10,77
152.	110	STEINER Manfred	1957	M50	Wolf Runners	36:18,32 [+16:04,28]
		Rd 1: 0:08:45,22	Rd 2: 0:09:00,48		Rd 3: 0:09:09,17	Rd 4: 0:09:23,44
153.	203	FISCHER-RÜBIG Georg	1982	M30	Wels	36:35,91 [+16:21,87]
		Rd 1: 0:08:48,02	Rd 2: 0:09:03,22		Rd 3: 0:09:21,69	Rd 4: 0:09:22,97
154.	58	REITER Michael	1980	M30	Lebenshilfe Scharnstein	37:26,81 [+17:12,77]
		Rd 1: 0:11:35,01	Rd 2: 0:10:43,49		Rd 3: 0:07:38,65	Rd 4: 0:07:29,66
155.	40	RAFFELBERGER Rudolf	1968	M40	DSIA	37:53,74 [+17:39,70]
		Rd 1: 0:09:01,21	Rd 2: 0:09:23,70		Rd 3: 0:09:43,18	Rd 4: 0:09:45,64
156.	39	AUINGER Josef	1963	M50	DSIA	37:53,78 [+17:39,74]
		Rd 1: 0:09:02,19	Rd 2: 0:09:23,30		Rd 3: 0:09:43,09	Rd 4: 0:09:45,20
157.	23	BACHNER Martin	1966	M40	ATSV Stein	38:52,15 [+18:38,11]
		Rd 1: 0:08:45,39	Rd 2: 0:09:51,87		Rd 3: 0:09:57,25	Rd 4: 0:10:17,63
158.	38	RATHBERGER Johann	1956	M50	DSIA	42:02,14 [+21:48,10]
		Rd 1: 0:09:04,28	Rd 2: 0:10:19,24		Rd 3: 0:10:55,07	Rd 4: 0:11:43,54
159.	109	HUEMER Matthias	1979	M30	Wolf Runners	44:24,32 [+24:10,28]
		Rd 1: 0:07:34,79	Rd 2: 0:08:06,71		Rd 3: 0:08:23,11	Rd 4: 0:20:19,71
160.	74	WANSCH Walter	1966	M40	Sportteam St. Georgen an der Gusen	45:07,88 [+24:53,84]
		Rd 1: 0:07:40,95	Rd 2: 0:08:39,45		Rd 3: 0:08:21,15	Rd 4: 0:20:26,32

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