

# VfL Sylvesterlauf 2020



3 und 5 km

29.12. bis 02.01.21



## Ergebnisse

### 3000m

Vorname	Name	Sex		Distanz	Zeit	Schnitt
Lukas	Bugar	m	2007	3	11:13,0	03:44,3
Benedikt	Göller	m		3	14:39,2	04:53,1
<i>Melre</i>	<i>Hanke</i>	<i>w</i>	<i>2007</i>	<i>3</i>	<i>15:23,0</i>	<i>05:07,7</i>
Finn	Glasser	m		3	20:00,0	06:40,0

### 5000m

Nils	Haase	m	1989	5	18:03,0	03:36,6
Lukas	Bugar	m	2007	5	18:04,0	03:36,8
Sebastian	Meiss	m	2004	5	18:45,0	03:45,0
Lennart	Mohrhard	m	2005	5	20:56,0	04:11,2
Dirk	Olenike	m	1973	5	21:34,0	04:18,8
<i>Philine</i>	<i>Herd</i>	<i>w</i>	<i>2004</i>	<i>5</i>	<i>21:51,0</i>	<i>04:22,2</i>
Felix	Schreiber	m		5	22:16,0	04:27,2
Tim	Kreher	m	1982	5	22:30,0	04:30,0
Jannik	Breitske	m		5	22:52,0	04:34,4
Mike	Theis	m		5	23:32,0	04:42,4
<i>Martina</i>	<i>Kreher</i>	<i>w</i>		<i>5</i>	<i>23:40,0</i>	<i>04:44,0</i>
Andreas	Carl	m		5	24:07,0	04:49,4
Werner	Haase	m		5	24:13,0	04:50,6
Leonhard	Wegers	m	2004	5	25:16,0	05:03,2
Ingo	Göller	m		5	25:29,5	05:05,9
Sigi	Kleinheinz	m		5	25:30,0	05:06,0
Joshua	Herd	m	2007	5	28:31,0	05:42,2
Marc	Schmiedchen	m		5	29:00,0	05:48,0
<i>Anja</i>	<i>Bugar</i>	<i>w</i>		<i>5</i>	<i>29:24,2</i>	<i>05:52,8</i>
Georg	Euteneuer	m		5	29:45,0	05:57,0
Volker	Brand	m	1957	5	29:56,0	05:59,2
Stefan	Scharf	m		5	30:56,0	06:11,2
<i>Jolie</i>	<i>Scharf</i>	<i>w</i>	<i>2005</i>	<i>5</i>	<i>31:04,0</i>	<i>06:12,8</i>
<i>Simone</i>	<i>Ziebart</i>	<i>w</i>		<i>5</i>	<i>38:17,0</i>	<i>07:39,4 Walking</i>
<i>Waltraud</i>	<i>Kropp</i>	<i>w</i>		<i>5</i>	<i>42:20,0</i>	<i>08:28,0 Walking</i>
<i>Petra</i>	<i>Klink</i>	<i>w</i>		<i>5</i>	<i>49:21,0</i>	<i>09:52,2 Walking</i>

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