



## 7. Staffel-Marathon Sprockhövel

20. September 2009

Männer - Teams

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| Pos | Startnr. | Staffel                           | Gesamtzeit | Läufer 1 | Läufer 2 | Läufer 3 | Läufer 4 | Läufer 5 | Min/km |       |       |       |       |      |
|-----|----------|-----------------------------------|------------|----------|----------|----------|----------|----------|--------|-------|-------|-------|-------|------|
| 1   | 79       | TG Harkort Wetter                 | 2:44:13    | 16:58    | 16:50    | 17:31    | 17:54    | 15:52    | 16:26  | 15:16 | 16:06 | 15:52 | 15:24 | 3,54 |
| 2   | 104      | SF Ennepetal 1                    | 2:47:31    | 15:44    | 16:44    | 16:42    | 16:52    | 16:57    | 17:22  | 16:33 | 17:17 | 16:34 | 16:43 | 3,58 |
| 3   | 81       | LGO Bochum 2                      | 2:51:51    | 16:06    | 17:17    | 16:15    | 16:27    | 17:33    | 18:18  | 17:06 | 18:27 | 16:42 | 17:36 | 4,04 |
| 4   | 21       | LT TV Hasslinghausen              | 2:53:30    | 15:46    | 16:50    | 19:07    | 19:43    | 16:38    | 17:39  | 18:12 | 18:31 | 15:15 | 15:45 | 4,07 |
| 5   | 113      | BTC - Herne / Herren I            | 2:53:55    | 18:03    | 18:57    | 16:50    | 17:11    | 17:08    | 17:57  | 17:16 | 18:24 | 15:52 | 16:12 | 4,07 |
| 6   | 69       | Tri-Team Sprockhövel              | 2:58:54    | 16:58    | 20:47    | 17:38    | 18:48    | 18:03    | 18:18  | 16:09 | 17:52 | 16:37 | 17:38 | 4,14 |
| 7   | 54       | Schwelmer Jungs                   | 3:06:08    | 17:14    | 18:38    | 18:47    | 20:04    | 19:39    | 19:19  | 17:37 | 18:21 | 17:52 | 18:33 | 4,25 |
| 8   | 86       | Quäl mich, Du S..                 | 3:08:24    | 18:37    | 19:37    | 18:25    | 18:45    | 17:20    | 19:12  | 20:04 | 20:38 | 17:34 | 18:06 | 4,28 |
| 9   | 42       | Barfuss Betlehem                  | 3:12:29    | 18:38    | 20:38    | 19:13    | 19:14    | 18:35    | 20:11  | 18:46 | 20:05 | 17:25 | 19:41 | 4,34 |
| 10  | 106      | SF Ennepetal 3                    | 3:12:58    | 16:57    | 17:53    | 18:12    | 18:45    | 22:41    | 26:13  | 18:44 | 18:58 | 17:16 | 17:15 | 4,34 |
| 11  | 50       | LT Beule Wuppertal                | 3:13:49    | 17:18    | 18:42    | 20:38    | 21:25    | 20:30    | 20:23  | 19:46 | 19:48 | 17:28 | 17:46 | 4,36 |
| 12  | 132      | PV-Tri-Wit orange Pack            | 3:18:22    | 20:13    | 21:53    | 18:58    | 19:40    | 21:09    | 21:49  | 19:18 | 19:01 | 17:29 | 18:48 | 4,42 |
| 13  | 128      | PV-Tri-Wit Orange Power           | 3:18:49    | 17:46    | 19:31    | 19:14    | 21:13    | 18:38    | 18:27  | 18:57 | 19:42 | 23:03 | 22:12 | 4,43 |
| 14  | 64       | Sparkassen-Runner Team 2          | 3:19:22    | 18:42    | 20:09    | 18:06    | 19:45    | 18:34    | 18:52  | 20:10 | 25:27 | 19:15 | 20:19 | 4,44 |
| 15  | 80       | LGO Bochum 1                      | 3:19:42    | 18:19    | 19:37    | 20:31    | 20:37    | 18:37    | 19:15  | 18:38 | 18:36 | 21:59 | 23:29 | 4,44 |
| 16  | 19       | Running Men                       | 3:20:01    | 16:28    | 17:25    | 20:06    | 21:09    | 22:10    | 18:10  | 25:52 | 22:20 | 18:12 | 18:06 | 4,44 |
| 17  | 84       | Ortho-Mobile                      | 3:20:49    | 17:43    | 18:02    | 19:11    | 20:09    | 19:43    | 20:49  | 20:21 | 19:29 | 21:59 | 23:18 | 4,46 |
| 18  | 37       | Zwei und Drei                     | 3:20:55    | 16:58    | 17:59    | 19:46    | 21:03    | 18:46    | 19:13  | 18:23 | 19:05 | 24:13 | 25:25 | 4,46 |
| 19  | 12       | Williams Brüder                   | 3:20:56    | 19:14    | 20:35    | 19:34    | 20:11    | 20:10    | 20:40  | 19:27 | 19:28 | 20:31 | 21:02 | 4,46 |
| 20  | 83       | WSW-Wupperläufer                  | 3:22:02    | 20:13    | 22:19    | 17:21    | 18:07    | 19:19    | 21:17  | 20:21 | 20:56 | 20:34 | 21:30 | 4,47 |
| 21  | 100      | Wicke-Räder                       | 3:22:03    | 21:06    | 22:55    | 18:47    | 18:44    | 19:53    | 19:42  | 21:52 | 22:17 | 17:57 | 18:43 | 4,47 |
| 22  | 43       | Running Cops Wetter               | 3:23:53    | 20:03    | 22:17    | 22:14    | 23:34    | 19:12    | 19:46  | 18:04 | 17:54 | 20:13 | 20:32 | 4,50 |
| 23  | 51       | Die weißen Kenianer               | 3:26:20    | 18:58    | 20:35    | 18:22    | 19:25    | 21:13    | 21:39  | 20:51 | 21:44 | 20:59 | 22:29 | 4,53 |
| 24  | 146      | Smoking Socks                     | 3:27:13    | 18:48    | 20:02    | 26:08    | 27:27    | 19:58    | 20:06  | 17:42 | 18:45 | 19:01 | 19:13 | 4,55 |
| 25  | 22       | LT TV Hasslinghausen 2            | 3:27:41    | 19:55    | 20:10    | 21:01    | 22:57    | 21:00    | 20:46  | 19:15 | 20:12 | 20:58 | 21:24 | 4,55 |
| 26  | 95       | Running Team Hochschule Bochum    | 3:28:31    | 18:47    | 21:32    | 21:17    | 20:49    | 20:31    | 20:45  | 19:32 | 20:10 | 21:53 | 23:12 | 4,57 |
| 27  | 110      | GHS - Ganz Harte Socken           | 3:28:36    | 19:43    | 23:20    | 20:40    | 20:51    | 20:54    | 21:04  | 19:34 | 20:02 | 21:03 | 21:21 | 4,57 |
| 28  | 23       | Ten feet Winz-Baak                | 3:29:06    | 19:46    | 20:19    | 19:24    | 20:20    | 20:56    | 21:05  | 20:14 | 20:43 | 23:49 | 22:26 | 4,57 |
| 29  | 129      | PV-Tri-Wit ca. 50                 | 3:30:11    | 19:21    | 20:53    | 20:19    | 21:16    | 21:32    | 21:32  | 20:45 | 21:14 | 20:59 | 22:14 | 4,59 |
| 30  | 16       | Imberg-Runners Affeln             | 3:30:28    | 19:42    | 21:34    | 21:04    | 22:15    | 21:54    | 24:00  | 19:38 | 20:55 | 19:12 | 20:09 | 4,59 |
| 31  | 85       | Deutsch-französische Freundschaft | 3:31:19    | 21:50    | 22:09    | 22:34    | 24:10    | 19:53    | 20:02  | 20:26 | 18:55 | 20:14 | 21:04 | 5,01 |
| 32  | 108      | Auf roten Socken durch die Sta    | 3:32:28    | 22:50    | 23:57    | 19:06    | 20:26    | 20:48    | 20:17  | 19:41 | 20:40 | 22:13 | 22:26 | 5,02 |
| 33  | 88       | Team Husch Husch                  | 3:34:18    | 19:36    | 21:57    | 19:25    | 20:10    | 24:15    | 25:16  | 21:19 | 21:43 | 20:18 | 20:15 | 5,05 |
| 34  | 48       | Fünf hoch Fünf                    | 3:35:18    | 19:56    | 21:33    | 21:00    | 21:42    | 24:32    | 25:39  | 20:06 | 21:03 | 19:34 | 20:08 | 5,06 |
| 35  | 67       | Running Stones                    | 3:38:20    | 22:42    | 24:06    | 20:28    | 20:58    | 22:41    | 23:38  | 22:09 | 21:39 | 19:01 | 20:54 | 5,10 |
| 36  | 149      | RTB Marathonteam                  | 3:38:38    | 18:36    | 20:31    | 23:24    | 25:04    | 22:57    | 22:57  | 23:19 | 22:52 | 19:29 | 19:24 | 5,11 |
| 37  | 141      | FL Erle                           | 3:39:28    | 23:43    | 26:10    | 21:12    | 20:31    | 22:04    | 22:06  | 19:38 | 20:45 | 21:29 | 21:44 | 5,12 |
| 38  | 118      | Après-Ski Weltmeister 2           | 3:40:22    | 20:59    | 22:31    | 22:15    | 23:17    | 20:05    | 20:21  | 22:39 | 23:43 | 21:22 | 23:05 | 5,13 |
| 39  | 87       | AVU Dreipunktteam                 | 3:40:22    | 28:38    | 32:56    | 21:13    | 21:13    | 19:50    | 20:45  | 19:31 | 20:38 | 17:19 | 18:15 | 5,13 |
| 40  | 101      | Wicke-Rollen                      | 3:40:33    | 19:58    | 22:15    | 20:57    | 25:49    | 23:42    | 24:24  | 22:09 | 22:38 | 18:22 | 20:14 | 5,14 |
| 41  | 11       | Laktatexpress                     | 3:40:52    | 19:29    | 20:42    | 20:24    | 21:55    | 22:10    | 23:23  | 24:53 | 25:54 | 21:11 | 20:46 | 5,14 |
| 42  | 147      | Five Live                         | 3:40:56    | 18:37    | 18:51    | 23:06    | 25:40    | 23:10    | 23:41  | 19:43 | 19:57 | 23:40 | 24:26 | 5,14 |
| 43  | 65       | Sparkassen-Runner Team 3          | 3:41:08    | 23:19    | 25:32    | 21:57    | 22:04    | 19:31    | 21:24  | 24:19 | 23:29 | 19:12 | 20:18 | 5,14 |
| 44  | 117      | Après-Ski Weltmeister 1           | 3:42:03    | 19:42    | 21:04    | 21:00    | 22:00    | 20:59    | 20:18  | 20:10 | 20:54 | 23:51 | 32:01 | 5,16 |
| 45  | 103      | KRAFT-Akt                         | 3:43:58    | 23:50    | 24:18    | 24:34    | 28:55    | 19:24    | 20:15  | 16:56 | 18:45 | 21:00 | 25:56 | 5,18 |
| 46  | 92       | For T-Plus                        | 3:44:17    | 22:20    | 23:13    | 24:48    | 24:57    | 19:07    | 19:53  | 19:29 | 20:17 | 22:53 | 27:17 | 5,19 |
| 47  | 40       | 3 Generations                     | 3:46:02    | 18:40    | 20:36    | 24:15    | 27:56    | 21:47    | 24:07  | 24:52 | 26:30 | 17:49 | 19:25 | 5,21 |
| 48  | 96       | Das Leben ist schön !             | 3:46:30    | 23:19    | 24:09    | 23:15    | 24:37    | 20:49    | 22:26  | 20:17 | 21:51 | 22:06 | 23:36 | 5,22 |
| 49  | 138      | Kemperdicker Flitzer              | 3:49:00    | 21:41    | 21:58    | 22:08    | 21:56    | 23:11    | 24:42  | 25:13 | 26:57 | 20:10 | 20:59 | 5,26 |
| 50  | 75       | Laufteam Hauhinco/Tiefenbach M    | 3:49:35    | 20:14    | 22:32    | 20:26    | 20:55    | 20:03    | 20:16  | 28:36 | 36:10 | 18:54 | 21:27 | 5,26 |
| 51  | 136      | Kemperdicker Silberpfeile         | 3:51:04    | 21:17    | 22:27    | 23:37    | 24:12    | 23:27    | 23:23  | 22:08 | 22:14 | 23:31 | 24:44 | 5,29 |
| 52  | 72       | Laufteam Hauhinco/Tiefenbach M    | 3:51:08    | 19:41    | 19:14    | 24:28    | 26:46    | 21:24    | 21:20  | 22:40 | 27:20 | 23:40 | 24:31 | 5,29 |
| 53  | 68       | wood runners                      | 3:51:21    | 19:38    | 22:07    | 21:01    | 30:20    | 22:55    | 21:29  | 22:03 | 23:05 | 23:37 | 25:02 | 5,29 |
| 54  | 58       | Obelix und seine Freunde          | 3:51:36    | 19:44    | 20:23    | 25:32    | 27:24    | 23:42    | 22:57  | 19:14 | 19:32 | 24:50 | 28:14 | 5,29 |
| 55  | 91       | Bahndamm-Bremser                  | 3:51:56    | 24:07    | 26:31    | 20:48    | 23:05    | 22:01    | 23:45  | 22:44 | 24:24 | 21:39 | 22:48 | 5,30 |
| 56  | 4        | LG Eiszapfen                      | 3:52:07    | 23:50    | 25:47    | 25:32    | 20:05    | 23:54    | 24:40  | 21:26 | 23:45 | 20:20 | 22:43 | 5,30 |
| 57  | 31       | Lauftiger                         | 3:52:30    | 22:33    | 23:18    | 22:38    | 23:29    | 25:42    | 26:53  | 22:59 | 24:47 | 19:46 | 20:21 | 5,31 |
| 58  | 61       | Sprockhöveler Skihasen            | 3:52:38    | 22:21    | 23:35    | 23:14    | 24:01    | 24:23    | 28:06  | 21:47 | 23:15 | 20:11 | 21:42 | 5,31 |



# 7. Staffel-Marathon Sprockhövel

## 20. September 2009

### Männer - Teams

gedruckt 20.09.2009 17:34:11

| Pos | Startnr. | Staffel                        | Gesamtzeit | Läufer 1 | Läufer 2 | Läufer 3 | Läufer 4 | Läufer 5 | Min/km |       |       |       |       |      |
|-----|----------|--------------------------------|------------|----------|----------|----------|----------|----------|--------|-------|-------|-------|-------|------|
| 59  | 148      | Die sozialistische Alternative | 3:52:59    | 21:43    | 23:53    | 19:10    | 19:57    | 22:41    | 27:52  | 21:39 | 22:44 | 25:11 | 28:04 | 5,31 |
| 60  | 18       | Die Königsblauen               | 3:54:10    | 21:29    | 23:26    | 24:24    | 24:42    | 21:24    | 24:59  | 18:58 | 20:00 | 25:52 | 28:52 | 5,33 |
| 61  | 24       | Dirty Shoes                    | 3:54:41    | 22:14    | 22:44    | 26:01    | 27:18    | 24:25    | 28:23  | 21:59 | 24:13 | 18:17 | 19:03 | 5,34 |
| 62  | 102      | Wicke-Stützräder               | 3:54:58    | 21:25    | 24:04    | 24:10    | 27:53    | 25:00    | 26:40  | 21:08 | 22:34 | 20:51 | 21:08 | 5,34 |
| 63  | 124      | Roudrunners                    | 3:57:13    | 20:37    | 23:40    | 26:15    | 25:37    | 21:50    | 24:24  | 19:11 | 35:56 | 20:28 | 19:11 | 5,37 |
| 64  | 1        | Die Spätzünder                 | 3:57:24    | 21:32    | 25:16    | 24:09    | 25:18    | 25:41    | 27:12  | 18:56 | 23:56 | 22:11 | 23:11 | 5,38 |
| 65  | 107      | Die sozialistische Alternative | 4:03:03    | 22:54    | 28:13    | 23:38    | 25:40    | 24:38    | 25:58  | 22:37 | 23:27 | 22:20 | 23:34 | 5,46 |
| 66  | 114      | BTC - Herne / HerrenII         | 4:03:25    | 21:39    | 25:32    | 21:10    | 22:06    | 22:47    | 23:46  | 22:10 | 23:21 | 38:03 | 22:47 | 5,46 |
| 67  | 44       | Team Hiddinghausen             | 4:04:46    | 21:20    | 20:16    | 31:04    | 31:15    | 23:31    | 26:30  | 21:33 | 22:13 | 22:56 | 24:03 | 5,48 |
| 68  | 73       | Laufteam Hauhinco/Tiefenbach M | 4:08:23    | 20:31    | 25:15    | 24:04    | 30:12    | 24:46    | 27:56  | 22:59 | 24:29 | 22:34 | 25:31 | 5,53 |
| 69  | 10       | HG-Schweißtechnik's AsphaltSch | 4:11:56    | 30:44    | 33:07    | 20:55    | 22:03    | 24:20    | 24:38  | 25:13 | 25:00 | 22:48 | 23:04 | 5,58 |
| 70  | 82       | Randstad Runners               | 4:13:14    | 28:36    | 32:57    | 22:45    | 23:51    | 22:28    | 23:47  | 21:59 | 25:26 | 24:22 | 26:58 | 6,00 |