

12. Delta Stundenlauf

Veranstalter: LC Wels/Land

Datum: Sonntag, 05. März 2023

Ergebnisliste: 4h U50w

Distanz 38,032 km

Schnitt 9,4 km/h

Pl.	Nr	Name	Jg.	Nat.	Gruppe	Mannschaft	Zeit		
1.	403	RAABER Doris	1979	AUT	4h U50w	Gesunde Gemeinde Hartkirchen	13R 4:03:45,76		
		<i>Rd.1: 0:16:13,36</i>				<i>Rd.2: 0:16:11,62</i>	<i>Rd.3: 0:16:07,22</i>	<i>Rd.4: 0:16:20,15</i>	<i>Rd.5: 0:16:36,04</i>
		<i>Rd.6: 0:17:06,80</i>				<i>Rd.7: 0:17:14,78</i>	<i>Rd.8: 0:17:31,46</i>	<i>Rd.9: 0:25:16,32</i>	<i>Rd.10: 0:19:10,70</i>
		<i>Rd.11: 0:20:14,17</i>				<i>Rd.12: 0:25:10,66</i>	<i>Rd.13: 0:20:32,43</i>		
2.	401	WIESINGER Bianca	1991	AUT	4h U50w	Die Finisher	13R 4:12:03,16		
		<i>Rd.1: 0:18:53,20</i>				<i>Rd.2: 0:18:48,77</i>	<i>Rd.3: 0:18:58,31</i>	<i>Rd.4: 0:18:49,32</i>	<i>Rd.5: 0:18:57,19</i>
		<i>Rd.6: 0:18:40,49</i>				<i>Rd.7: 0:18:58,70</i>	<i>Rd.8: 0:19:18,22</i>	<i>Rd.9: 0:19:43,34</i>	<i>Rd.10: 0:20:09,29</i>
		<i>Rd.11: 0:20:07,97</i>				<i>Rd.12: 0:19:59,17</i>	<i>Rd.13: 0:20:39,13</i>		
3.	405	ZELENKA Zsuzsanna	1980	HUN	4h U50w	Wolferrn	12R 4:05:32,02		
		<i>Rd.1: 0:19:32,17</i>				<i>Rd.2: 0:19:36,96</i>	<i>Rd.3: 0:23:36,54</i>	<i>Rd.4: 0:19:15,09</i>	<i>Rd.5: 0:19:40,00</i>
		<i>Rd.6: 0:19:49,80</i>				<i>Rd.7: 0:20:39,21</i>	<i>Rd.8: 0:21:20,01</i>	<i>Rd.9: 0:20:50,50</i>	<i>Rd.10: 0:20:15,53</i>
		<i>Rd.11: 0:20:34,80</i>				<i>Rd.12: 0:20:21,35</i>			
4.	402	MAYR Bettina	1988	AUT	4h U50w	Die Finisher	11R 4:03:30,15		
		<i>Rd.1: 0:19:09,10</i>				<i>Rd.2: 0:19:34,67</i>	<i>Rd.3: 0:22:31,92</i>	<i>Rd.4: 0:22:39,39</i>	<i>Rd.5: 0:22:16,86</i>
		<i>Rd.6: 0:22:14,02</i>				<i>Rd.7: 0:21:54,44</i>	<i>Rd.8: 0:23:34,65</i>	<i>Rd.9: 0:24:00,79</i>	<i>Rd.10: 0:22:58,93</i>
		<i>Rd.11: 0:22:35,34</i>							
5.	407	WALDENBERGER Margit	1976	AUT	4h U50w	LC MKW Hausruck	10R 3:32:35,78		
		<i>Rd.1: 0:19:24,52</i>				<i>Rd.2: 0:20:03,85</i>	<i>Rd.3: 0:20:11,30</i>	<i>Rd.4: 0:21:03,74</i>	<i>Rd.5: 0:20:54,00</i>
		<i>Rd.6: 0:27:08,14</i>				<i>Rd.7: 0:21:42,08</i>	<i>Rd.8: 0:21:41,22</i>	<i>Rd.9: 0:19:01,26</i>	<i>Rd.10: 0:21:25,63</i>
6.	408	WALDENBERGER Viktoria	2002	AUT	4h U50w	LC MKW Hausruck	10R 3:52:31,21		
		<i>Rd.1: 0:19:24,61</i>				<i>Rd.2: 0:20:07,33</i>	<i>Rd.3: 0:20:07,91</i>	<i>Rd.4: 0:21:03,72</i>	<i>Rd.5: 0:20:54,03</i>
		<i>Rd.6: 0:27:08,74</i>				<i>Rd.7: 0:21:41,69</i>	<i>Rd.8: 0:33:05,06</i>	<i>Rd.9: 0:26:10,77</i>	<i>Rd.10: 0:22:47,30</i>
7.	404	HOCHMAYR Sabine	1976	AUT	4h U50w	Ultra Turteles	9R 3:59:10,62		
		<i>Rd.1: 0:22:58,25</i>				<i>Rd.2: 0:23:58,96</i>	<i>Rd.3: 0:24:14,64</i>	<i>Rd.4: 0:25:11,90</i>	<i>Rd.5: 0:25:40,33</i>
		<i>Rd.6: 0:27:49,11</i>				<i>Rd.7: 0:27:51,24</i>	<i>Rd.8: 0:32:06,83</i>	<i>Rd.9: 0:29:19,33</i>	

Anzahl der Starter: 7

Nicht am Start: 1

Ergebnisliste: 4h U50m

Distanz 52,659 km

Schnitt 13,2 km/h

Pl.	Nr	Name	Jg.	Nat.	Gruppe	Mannschaft	Zeit		
1.	413	WEISS Alexander	1977	AUT	4h U50m	LG Kirchdorf	18R 4:00:10,57		
		<i>Rd.1: 0:12:18,70</i>				<i>Rd.2: 0:12:42,86</i>	<i>Rd.3: 0:12:29,43</i>	<i>Rd.4: 0:12:36,82</i>	<i>Rd.5: 0:13:06,67</i>
		<i>Rd.6: 0:13:07,77</i>				<i>Rd.7: 0:13:14,49</i>	<i>Rd.8: 0:12:59,45</i>	<i>Rd.9: 0:13:00,21</i>	<i>Rd.10: 0:13:45,13</i>
		<i>Rd.11: 0:13:26,09</i>				<i>Rd.12: 0:14:27,18</i>	<i>Rd.13: 0:14:09,69</i>	<i>Rd.14: 0:14:51,68</i>	<i>Rd.15: 0:13:50,11</i>
		<i>Rd.16: 0:14:24,38</i>				<i>Rd.17: 0:13:31,02</i>	<i>Rd.18: 0:12:08,82</i>		
2.	416	BAMBERGER Michael	1996	AUT	4h U50m	Laufwunder Steyr	18R 4:09:05,12		
		<i>Rd.1: 0:14:11,38</i>				<i>Rd.2: 0:13:59,20</i>	<i>Rd.3: 0:14:01,47</i>	<i>Rd.4: 0:13:53,31</i>	<i>Rd.5: 0:14:03,01</i>
		<i>Rd.6: 0:14:10,83</i>				<i>Rd.7: 0:14:17,07</i>	<i>Rd.8: 0:14:08,74</i>	<i>Rd.9: 0:13:54,88</i>	<i>Rd.10: 0:14:06,06</i>
		<i>Rd.11: 0:14:10,69</i>				<i>Rd.12: 0:13:58,67</i>	<i>Rd.13: 0:14:10,70</i>	<i>Rd.14: 0:14:18,01</i>	<i>Rd.15: 0:13:31,69</i>
		<i>Rd.16: 0:11:56,48</i>				<i>Rd.17: 0:12:34,59</i>	<i>Rd.18: 0:13:38,26</i>		
3.	415	STEINER Thomas	1992	AUT	4h U50m	LAC Nationalpark Molln	17R 4:00:43,62		
		<i>Rd.1: 0:14:11,88</i>				<i>Rd.2: 0:13:58,65</i>	<i>Rd.3: 0:14:01,41</i>	<i>Rd.4: 0:13:53,61</i>	<i>Rd.5: 0:14:03,00</i>
		<i>Rd.6: 0:14:11,00</i>				<i>Rd.7: 0:14:16,40</i>	<i>Rd.8: 0:14:10,18</i>	<i>Rd.9: 0:13:54,22</i>	<i>Rd.10: 0:14:06,83</i>
		<i>Rd.11: 0:14:11,50</i>				<i>Rd.12: 0:13:59,65</i>	<i>Rd.13: 0:14:10,70</i>	<i>Rd.14: 0:14:18,50</i>	<i>Rd.15: 0:14:22,86</i>
		<i>Rd.16: 0:14:43,43</i>				<i>Rd.17: 0:14:09,71</i>			
4.	411	HERPER Johannes	1982	AUT	4h U50m	HSV Triathlon Kärnten	17R 4:01:17,41		
		<i>Rd.1: 0:14:06,28</i>				<i>Rd.2: 0:14:01,77</i>	<i>Rd.3: 0:13:57,38</i>	<i>Rd.4: 0:13:55,15</i>	<i>Rd.5: 0:14:01,14</i>
		<i>Rd.6: 0:14:16,83</i>				<i>Rd.7: 0:14:18,18</i>	<i>Rd.8: 0:14:07,91</i>	<i>Rd.9: 0:13:55,87</i>	<i>Rd.10: 0:14:06,53</i>
		<i>Rd.11: 0:14:10,20</i>				<i>Rd.12: 0:13:59,31</i>	<i>Rd.13: 0:14:10,71</i>	<i>Rd.14: 0:14:19,32</i>	<i>Rd.15: 0:14:22,28</i>
		<i>Rd.16: 0:14:51,36</i>				<i>Rd.17: 0:14:37,12</i>			

5.	409 PLURSCH Mario	1980	AUT	4h U50m	UFM-Bruckmühl	16R 4:11:07,75
	<i>Rd.1: 0:14:48,29</i>	<i>Rd.2: 0:15:13,77</i>	<i>Rd.3: 0:15:28,58</i>	<i>Rd.4: 0:15:37,04</i>	<i>Rd.5: 0:15:31,51</i>	
	<i>Rd.6: 0:15:41,20</i>	<i>Rd.7: 0:15:41,68</i>	<i>Rd.8: 0:15:40,66</i>	<i>Rd.9: 0:15:53,46</i>	<i>Rd.10: 0:15:46,64</i>	
	<i>Rd.11: 0:15:50,68</i>	<i>Rd.12: 0:16:08,62</i>	<i>Rd.13: 0:16:05,07</i>	<i>Rd.14: 0:16:20,80</i>	<i>Rd.15: 0:16:11,39</i>	
	<i>Rd.16: 0:15:08,29</i>					
6.	414 KURZMANN Thomas	1986	AUT	4h U50m	ASKÖ Marchtrenk	14R 3:35:44,17
	<i>Rd.1: 0:15:38,18</i>	<i>Rd.2: 0:15:10,41</i>	<i>Rd.3: 0:14:44,72</i>	<i>Rd.4: 0:14:39,97</i>	<i>Rd.5: 0:14:38,34</i>	
	<i>Rd.6: 0:14:52,22</i>	<i>Rd.7: 0:14:38,52</i>	<i>Rd.8: 0:14:40,33</i>	<i>Rd.9: 0:14:47,46</i>	<i>Rd.10: 0:15:05,34</i>	
	<i>Rd.11: 0:16:10,40</i>	<i>Rd.12: 0:16:11,62</i>	<i>Rd.13: 0:15:58,85</i>	<i>Rd.14: 0:18:27,74</i>		
7.	410 PESL Kristof	1989	AUT	4h U50m	Trirun Linz	14R 3:42:24,28
	<i>Rd.1: 0:15:42,92</i>	<i>Rd.2: 0:15:36,27</i>	<i>Rd.3: 0:14:57,41</i>	<i>Rd.4: 0:15:13,09</i>	<i>Rd.5: 0:15:38,66</i>	
	<i>Rd.6: 0:16:10,62</i>	<i>Rd.7: 0:15:36,86</i>	<i>Rd.8: 0:15:59,73</i>	<i>Rd.9: 0:16:08,36</i>	<i>Rd.10: 0:16:08,60</i>	
	<i>Rd.11: 0:16:06,05</i>	<i>Rd.12: 0:16:54,49</i>	<i>Rd.13: 0:16:22,81</i>	<i>Rd.14: 0:15:48,36</i>		
8.	412 MISRA Christopher	1992	AUT	4h U50m	Hervis	13R 4:12:04,38
	<i>Rd.1: 0:17:35,56</i>	<i>Rd.2: 0:16:41,93</i>	<i>Rd.3: 0:16:25,62</i>	<i>Rd.4: 0:16:09,86</i>	<i>Rd.5: 0:16:04,42</i>	
	<i>Rd.6: 0:16:28,35</i>	<i>Rd.7: 0:17:06,82</i>	<i>Rd.8: 0:22:28,40</i>	<i>Rd.9: 0:20:49,96</i>	<i>Rd.10: 0:22:56,36</i>	
	<i>Rd.11: 0:22:17,57</i>	<i>Rd.12: 0:24:03,44</i>	<i>Rd.13: 0:22:56,04</i>			

Anzahl der Starter: 8

Ergebnisliste: 4h 50+ w

Distanz 46,808 km
Schnitt 11,4 km/h

Pl.	Nr	Name	Jg.	Nat.	Gruppe	Mannschaft	Zeit
1.	418	WEISSINGER-LUSENBERGER A	1969	AUT	4h 50+ w	Tri Team 1.USC Traun	16R 4:06:18,23
		<i>Rd.1: 0:14:08,92</i>	<i>Rd.2: 0:14:11,25</i>	<i>Rd.3: 0:14:33,68</i>	<i>Rd.4: 0:14:45,51</i>	<i>Rd.5: 0:14:43,37</i>	
		<i>Rd.6: 0:14:53,63</i>	<i>Rd.7: 0:14:55,06</i>	<i>Rd.8: 0:14:50,21</i>	<i>Rd.9: 0:15:10,15</i>	<i>Rd.10: 0:15:31,46</i>	
		<i>Rd.11: 0:15:53,48</i>	<i>Rd.12: 0:16:08,18</i>	<i>Rd.13: 0:16:47,50</i>	<i>Rd.14: 0:16:28,16</i>	<i>Rd.15: 0:16:42,05</i>	
		<i>Rd.16: 0:16:35,54</i>					
2.	419	FRITZ Ilse	1962	AUT	4h 50+ w	ASKÖ Laufwunder Steyr	15R 4:01:53,83
		<i>Rd.1: 0:15:37,01</i>	<i>Rd.2: 0:15:29,01</i>	<i>Rd.3: 0:15:14,22</i>	<i>Rd.4: 0:15:15,16</i>	<i>Rd.5: 0:15:31,54</i>	
		<i>Rd.6: 0:15:35,66</i>	<i>Rd.7: 0:15:22,92</i>	<i>Rd.8: 0:15:39,55</i>	<i>Rd.9: 0:17:00,77</i>	<i>Rd.10: 0:15:59,28</i>	
		<i>Rd.11: 0:17:01,32</i>	<i>Rd.12: 0:16:28,62</i>	<i>Rd.13: 0:16:38,57</i>	<i>Rd.14: 0:18:14,85</i>	<i>Rd.15: 0:16:45,29</i>	
3.	417	HUDE Petra	1969	AUT	4h 50+ w	LC MKW Hausruck	12R 4:01:15,23
		<i>Rd.1: 0:19:23,68</i>	<i>Rd.2: 0:20:08,23</i>	<i>Rd.3: 0:20:07,62</i>	<i>Rd.4: 0:20:49,43</i>	<i>Rd.5: 0:19:54,27</i>	
		<i>Rd.6: 0:20:21,44</i>	<i>Rd.7: 0:20:48,76</i>	<i>Rd.8: 0:20:48,00</i>	<i>Rd.9: 0:20:42,22</i>	<i>Rd.10: 0:19:38,34</i>	
		<i>Rd.11: 0:19:16,31</i>	<i>Rd.12: 0:19:16,89</i>				

Anzahl der Starter: 3

Ergebnisliste: 4h 50+ m

Distanz 46,808 km
Schnitt 11,1 km/h

Pl.	Nr	Name	Jg.	Nat.	Gruppe	Mannschaft	Zeit
1.	422	RENNER Karl	1963	AUT	4h 50+ m	Ultra Turtles	16R 4:12:09,99
		<i>Rd.1: 0:15:44,68</i>	<i>Rd.2: 0:15:39,14</i>	<i>Rd.3: 0:15:35,74</i>	<i>Rd.4: 0:15:41,96</i>	<i>Rd.5: 0:15:46,81</i>	
		<i>Rd.6: 0:15:43,64</i>	<i>Rd.7: 0:15:47,13</i>	<i>Rd.8: 0:15:46,54</i>	<i>Rd.9: 0:15:52,86</i>	<i>Rd.10: 0:15:53,01</i>	
		<i>Rd.11: 0:15:49,04</i>	<i>Rd.12: 0:15:45,86</i>	<i>Rd.13: 0:15:45,74</i>	<i>Rd.14: 0:15:47,51</i>	<i>Rd.15: 0:15:53,03</i>	
		<i>Rd.16: 0:15:37,22</i>					
2.	430	KNY Gerald	1968	AUT	4h 50+ m	www.bessergehen.at	15R 4:01:13,14
		<i>Rd.1: 0:15:49,66</i>	<i>Rd.2: 0:15:25,82</i>	<i>Rd.3: 0:15:31,70</i>	<i>Rd.4: 0:16:40,65</i>	<i>Rd.5: 0:15:49,40</i>	
		<i>Rd.6: 0:16:48,03</i>	<i>Rd.7: 0:16:20,12</i>	<i>Rd.8: 0:16:24,57</i>	<i>Rd.9: 0:15:59,51</i>	<i>Rd.10: 0:16:44,89</i>	
		<i>Rd.11: 0:15:47,01</i>	<i>Rd.12: 0:16:30,19</i>	<i>Rd.13: 0:16:07,00</i>	<i>Rd.14: 0:16:24,44</i>	<i>Rd.15: 0:14:50,08</i>	
3.	421	BART Ernst	1970	AUT	4h 50+ m	ASKÖ Laufwunder Steyr	14R 4:01:54,12
		<i>Rd.1: 0:17:35,23</i>	<i>Rd.2: 0:17:47,19</i>	<i>Rd.3: 0:17:37,77</i>	<i>Rd.4: 0:17:11,89</i>	<i>Rd.5: 0:16:54,85</i>	
		<i>Rd.6: 0:17:10,21</i>	<i>Rd.7: 0:17:03,65</i>	<i>Rd.8: 0:17:21,84</i>	<i>Rd.9: 0:17:50,86</i>	<i>Rd.10: 0:17:18,21</i>	
		<i>Rd.11: 0:17:01,19</i>	<i>Rd.12: 0:17:08,56</i>	<i>Rd.13: 0:16:55,63</i>	<i>Rd.14: 0:16:56,99</i>		
4.	424	HOFFMANN Gerhard	1965	AUT	4h 50+ m	run2gether	14R 4:06:46,71
		<i>Rd.1: 0:18:44,99</i>	<i>Rd.2: 0:18:45,64</i>	<i>Rd.3: 0:18:08,84</i>	<i>Rd.4: 0:18:04,93</i>	<i>Rd.5: 0:17:32,78</i>	
		<i>Rd.6: 0:17:31,85</i>	<i>Rd.7: 0:17:57,21</i>	<i>Rd.8: 0:17:57,79</i>	<i>Rd.9: 0:17:32,33</i>	<i>Rd.10: 0:16:42,81</i>	
		<i>Rd.11: 0:16:29,23</i>	<i>Rd.12: 0:16:34,88</i>	<i>Rd.13: 0:17:08,49</i>	<i>Rd.14: 0:17:34,88</i>		

5.	428 RAXENDORFER Fritz	1960	AUT	4h 50+ m	Union Neuhofen		14R 4:10:56,49
	<i>Rd.1: 0:18:55,77</i>	<i>Rd.2: 0:18:46,05</i>			<i>Rd.3: 0:18:58,41</i>	<i>Rd.4: 0:18:49,54</i>	<i>Rd.5: 0:18:57,09</i>
	<i>Rd.6: 0:18:40,74</i>	<i>Rd.7: 0:18:58,49</i>			<i>Rd.8: 0:18:25,59</i>	<i>Rd.9: 0:18:01,83</i>	<i>Rd.10: 0:17:23,56</i>
	<i>Rd.11: 0:16:05,59</i>	<i>Rd.12: 0:16:02,29</i>			<i>Rd.13: 0:16:31,19</i>	<i>Rd.14: 0:16:20,30</i>	
6.	426 PILZ Günter	1961	AUT	4h 50+ m	UltraPilz		14R 4:17:15,29
	<i>Rd.1: 0:17:32,21</i>	<i>Rd.2: 0:17:23,93</i>			<i>Rd.3: 0:17:14,27</i>	<i>Rd.4: 0:18:42,08</i>	<i>Rd.5: 0:17:37,03</i>
	<i>Rd.6: 0:18:06,36</i>	<i>Rd.7: 0:17:15,31</i>			<i>Rd.8: 0:18:04,28</i>	<i>Rd.9: 0:18:43,44</i>	<i>Rd.10: 0:18:27,75</i>
	<i>Rd.11: 0:19:42,76</i>	<i>Rd.12: 0:19:05,13</i>			<i>Rd.13: 0:18:53,62</i>	<i>Rd.14: 0:20:27,08</i>	
7.	429 NEUNHÄUSERER Paul	1971	AUT	4h 50+ m	LC MKW Hausruck		13R 4:01:19,35
	<i>Rd.1: 0:16:47,10</i>	<i>Rd.2: 0:16:31,72</i>			<i>Rd.3: 0:17:01,47</i>	<i>Rd.4: 0:17:44,79</i>	<i>Rd.5: 0:17:40,03</i>
	<i>Rd.6: 0:18:14,53</i>	<i>Rd.7: 0:18:07,72</i>			<i>Rd.8: 0:20:43,76</i>	<i>Rd.9: 0:19:29,96</i>	<i>Rd.10: 0:20:42,56</i>
	<i>Rd.11: 0:19:38,44</i>	<i>Rd.12: 0:19:16,44</i>			<i>Rd.13: 0:19:20,78</i>		
8.	425 HUBER Gottfried	1956	AUT	4h 50+ m	LT-Hargelsberg		13R 4:11:17,15
	<i>Rd.1: 0:18:32,76</i>	<i>Rd.2: 0:18:13,71</i>			<i>Rd.3: 0:17:57,54</i>	<i>Rd.4: 0:17:37,28</i>	<i>Rd.5: 0:17:50,06</i>
	<i>Rd.6: 0:18:36,69</i>	<i>Rd.7: 0:18:44,41</i>			<i>Rd.8: 0:20:48,22</i>	<i>Rd.9: 0:20:35,18</i>	<i>Rd.10: 0:21:09,27</i>
	<i>Rd.11: 0:20:57,15</i>	<i>Rd.12: 0:20:41,93</i>			<i>Rd.13: 0:19:32,91</i>		
9.	427 STERNBAUER Rudi	1970	AUT	4h 50+ m	MMS Haag am Hausruck		12R 3:20:01,26
	<i>Rd.1: 0:15:52,20</i>	<i>Rd.2: 0:15:38,98</i>			<i>Rd.3: 0:16:01,08</i>	<i>Rd.4: 0:15:37,42</i>	<i>Rd.5: 0:16:06,89</i>
	<i>Rd.6: 0:16:13,02</i>	<i>Rd.7: 0:16:44,36</i>			<i>Rd.8: 0:16:37,90</i>	<i>Rd.9: 0:17:08,11</i>	<i>Rd.10: 0:17:32,88</i>
	<i>Rd.11: 0:17:59,79</i>	<i>Rd.12: 0:18:28,58</i>					
10.	423 DICK Gerhard	1972	AUT	4h 50+ m	Lc MKW Hausruck		7R 2:35:01,36
	<i>Rd.1: 0:19:09,35</i>	<i>Rd.2: 0:20:19,17</i>			<i>Rd.3: 0:24:25,48</i>	<i>Rd.4: 0:21:51,49</i>	<i>Rd.5: 0:21:36,20</i>
	<i>Rd.6: 0:21:56,78</i>	<i>Rd.7: 0:25:42,85</i>					

Anzahl der Starter: 10
Nicht am Start: 1