

3km/3000m

Zeit	MU14	MU16	MU18	MU20	Männer	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
00:10:48					150										
00:10:51					149										
00:10:54					148										
00:10:57					147										
00:11:00					146										
00:11:03					145										
00:11:06					144										
00:11:09					143										
00:11:12					142										
00:11:15					141										
00:11:18					140										
00:11:21					139										
00:11:24					138										
00:11:27					137										
00:11:30				150	136	150									
00:11:33				149	135	149									
00:11:36				148	134	148									
00:11:39				147	133	147									
00:11:42				146	132	146									
00:11:45				145	131	145									
00:11:48				144	130	144									
00:11:51				143	129	143									
00:11:54				142	128	142									
00:11:57				141	127	141									
00:12:00			150	140	126	140	150								
00:12:03			149	139	125	139	149								
00:12:06			148	138	124	138	148								
00:12:09			147	137	123	137	147								
00:12:12			146	136	122	136	146								
00:12:15			145	135	121	135	145								
00:12:18			144	134	120	134	144								
00:12:21			143	133	119	133	143								
00:12:24			142	132	118	132	142								
00:12:27			141	131	117	131	141								
00:12:30		150	140	130	116	130	140	150							
00:12:33		149	139	129	115	129	139	149							
00:12:36		148	138	128	114	128	138	148							
00:12:39		147	137	127	113	127	137	147							
00:12:42		146	136	126	112	126	136	146							
00:12:45		145	135	125	111	125	135	145							
00:12:48		144	134	124	110	124	134	144							

3km/3000m

Zeit	MU14	MU16	MU18	MU20	Männer	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
00:12:51		143	133	123	109	123	133	143							
00:12:54		142	132	122	108	122	132	142							
00:12:57		141	131	121	107	121	131	141							
00:13:00		140	130	120	106	120	130	140	150						
00:13:03		139	129	119	105	119	129	139	149						
00:13:06		138	128	118	104	118	128	138	148						
00:13:09		137	127	117	103	117	127	137	147						
00:13:12		136	126	116	102	116	126	136	146						
00:13:15		135	125	115	101	115	125	135	145						
00:13:18		134	124	114	100	114	124	134	144						
00:13:21		133	123	113	99	113	123	133	143						
00:13:24		132	122	112	98	112	122	132	142						
00:13:27		131	121	111	97	111	121	131	141						
00:13:30	150	130	120	110	96	110	120	130	140	150					
00:13:33	149	129	119	109	95	109	119	129	139	149					
00:13:36	148	128	118	108	94	108	118	128	138	148					
00:13:39	147	127	117	107	93	107	117	127	137	147					
00:13:42	146	126	116	106	92	106	116	126	136	146					
00:13:45	145	125	115	105	91	105	115	125	135	145					
00:13:48	144	124	114	104	90	104	114	124	134	144					
00:13:51	143	123	113	103	89	103	113	123	133	143					
00:13:54	142	122	112	102	88	102	112	122	132	142					
00:13:57	141	121	111	101	87	101	111	121	131	141					
00:14:00	140	120	110	100	86	100	110	120	130	140	150				
00:14:03	139	119	109	99	85	99	109	119	129	139	149				
00:14:06	138	118	108	98	84	98	108	118	128	138	148				
00:14:09	137	117	107	97	83	97	107	117	127	137	147				
00:14:12	136	116	106	96	82	96	106	116	126	136	146				
00:14:15	135	115	105	95	81	95	105	115	125	135	145				
00:14:18	134	114	104	94	80	94	104	114	124	134	144				
00:14:21	133	113	103	93	79	93	103	113	123	133	143				
00:14:24	132	112	102	92	78	92	102	112	122	132	142				
00:14:27	131	111	101	91	77	91	101	111	121	131	141				
00:14:30	130	110	100	90	76	90	100	110	120	130	140	150			
00:14:33	129	109	99	89	75	89	99	109	119	129	139	149			
00:14:36	128	108	98	88	74	88	98	108	118	128	138	148			
00:14:39	127	107	97	87	73	87	97	107	117	127	137	147			
00:14:42	126	106	96	86	72	86	96	106	116	126	136	146			
00:14:45	125	105	95	85	71	85	95	105	115	125	135	145			
00:14:48	124	104	94	84	70	84	94	104	114	124	134	144			
00:14:51	123	103	93	83	69	83	93	103	113	123	133	143			

3km/3000m

Zeit	MU14	MU16	MU18	MU20	Männer	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
00:14:54	122	102	92	82	68	82	92	102	112	122	132	142			
00:14:57	121	101	91	81	67	81	91	101	111	121	131	141			
00:15:00	120	100	90	80	66	80	90	100	110	120	130	140	150		
00:15:03	119	99	89	79	65	79	89	99	109	119	129	139	149		
00:15:06	118	98	88	78	64	78	88	98	108	118	128	138	148		
00:15:09	117	97	87	77	63	77	87	97	107	117	127	137	147		
00:15:12	116	96	86	76	62	76	86	96	106	116	126	136	146		
00:15:15	115	95	85	75	61	75	85	95	105	115	125	135	145		
00:15:18	114	94	84	74	60	74	84	94	104	114	124	134	144		
00:15:21	113	93	83	73	59	73	83	93	103	113	123	133	143		
00:15:24	112	92	82	72	58	72	82	92	102	112	122	132	142		
00:15:27	111	91	81	71	57	71	81	91	101	111	121	131	141		
00:15:30	110	90	80	70	56	70	80	90	100	110	120	130	140	150	
00:15:33	109	89	79	69	55	69	79	89	99	109	119	129	139	149	
00:15:36	108	88	78	68	54	68	78	88	98	108	118	128	138	148	
00:15:39	107	87	77	67	53	67	77	87	97	107	117	127	137	147	
00:15:42	106	86	76	66	52	66	76	86	96	106	116	126	136	146	
00:15:45	105	85	75	65	51	65	75	85	95	105	115	125	135	145	
00:15:48	104	84	74	64	50	64	74	84	94	104	114	124	134	144	
00:15:51	103	83	73	63	49	63	73	83	93	103	113	123	133	143	
00:15:54	102	82	72	62	48	62	72	82	92	102	112	122	132	142	
00:15:57	101	81	71	61	47	61	71	81	91	101	111	121	131	141	
00:16:00	100	80	70	60	46	60	70	80	90	100	110	120	130	140	150
00:16:03	99	79	69	59	45	59	69	79	89	99	109	119	129	139	149
00:16:06	98	78	68	58	44	58	68	78	88	98	108	118	128	138	148
00:16:09	97	77	67	57	43	57	67	77	87	97	107	117	127	137	147
00:16:12	96	76	66	56	42	56	66	76	86	96	106	116	126	136	146
00:16:15	95	75	65	55	41	55	65	75	85	95	105	115	125	135	145
00:16:18	94	74	64	54	40	54	64	74	84	94	104	114	124	134	144
00:16:21	93	73	63	53	39	53	63	73	83	93	103	113	123	133	143
00:16:24	92	72	62	52	38	52	62	72	82	92	102	112	122	132	142
00:16:27	91	71	61	51	37	51	61	71	81	91	101	111	121	131	141
00:16:30	90	70	60	50	36	50	60	70	80	90	100	110	120	130	140
00:16:33	89	69	59	49	35	49	59	69	79	89	99	109	119	129	139
00:16:36	88	68	58	48	34	48	58	68	78	88	98	108	118	128	138
00:16:39	87	67	57	47	33	47	57	67	77	87	97	107	117	127	137
00:16:42	86	66	56	46	32	46	56	66	76	86	96	106	116	126	136
00:16:45	85	65	55	45	31	45	55	65	75	85	95	105	115	125	135
00:16:48	84	64	54	44	30	44	54	64	74	84	94	104	114	124	134
00:16:51	83	63	53	43	29	43	53	63	73	83	93	103	113	123	133
00:16:54	82	62	52	42	28	42	52	62	72	82	92	102	112	122	132

3km/3000m

Zeit	MU14	MU16	MU18	MU20	Männer	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
00:16:57	81	61	51	41	27	41	51	61	71	81	91	101	111	121	131
00:17:00	80	60	50	40	26	40	50	60	70	80	90	100	110	120	130
00:17:03	79	59	49	39	25	39	49	59	69	79	89	99	109	119	129
00:17:06	78	58	48	38	24	38	48	58	68	78	88	98	108	118	128
00:17:09	77	57	47	37	23	37	47	57	67	77	87	97	107	117	127
00:17:12	76	56	46	36	22	36	46	56	66	76	86	96	106	116	126
00:17:15	75	55	45	35	21	35	45	55	65	75	85	95	105	115	125
00:17:18	74	54	44	34	20	34	44	54	64	74	84	94	104	114	124
00:17:21	73	53	43	33	19	33	43	53	63	73	83	93	103	113	123
00:17:24	72	52	42	32	18	32	42	52	62	72	82	92	102	112	122
00:17:27	71	51	41	31	17	31	41	51	61	71	81	91	101	111	121
00:17:30	70	50	40	30	16	30	40	50	60	70	80	90	100	110	120
00:17:33	69	49	39	29	15	29	39	49	59	69	79	89	99	109	119
00:17:36	68	48	38	28	14	28	38	48	58	68	78	88	98	108	118
00:17:39	67	47	37	27	13	27	37	47	57	67	77	87	97	107	117
00:17:42	66	46	36	26	12	26	36	46	56	66	76	86	96	106	116
00:17:45	65	45	35	25	11	25	35	45	55	65	75	85	95	105	115
00:17:48	64	44	34	24	10	24	34	44	54	64	74	84	94	104	114
00:17:51	63	43	33	23	9	23	33	43	53	63	73	83	93	103	113
00:17:54	62	42	32	22	8	22	32	42	52	62	72	82	92	102	112
00:17:57	61	41	31	21	7	21	31	41	51	61	71	81	91	101	111
00:18:00	60	40	30	20	6	20	30	40	50	60	70	80	90	100	110
00:18:03	59	39	29	19	5	19	29	39	49	59	69	79	89	99	109
00:18:06	58	38	28	18	4	18	28	38	48	58	68	78	88	98	108
00:18:09	57	37	27	17	3	17	27	37	47	57	67	77	87	97	107
00:18:12	56	36	26	16	2	16	26	36	46	56	66	76	86	96	106
00:18:15	55	35	25	15	1	15	25	35	45	55	65	75	85	95	105
00:18:18	54	34	24	14		14	24	34	44	54	64	74	84	94	104
00:18:21	53	33	23	13		13	23	33	43	53	63	73	83	93	103
00:18:24	52	32	22	12		12	22	32	42	52	62	72	82	92	102
00:18:27	51	31	21	11		11	21	31	41	51	61	71	81	91	101
00:18:30	50	30	20	10		10	20	30	40	50	60	70	80	90	100
00:18:33	49	29	19	9		9	19	29	39	49	59	69	79	89	99
00:18:36	48	28	18	8		8	18	28	38	48	58	68	78	88	98
00:18:39	47	27	17	7		7	17	27	37	47	57	67	77	87	97
00:18:42	46	26	16	6		6	16	26	36	46	56	66	76	86	96
00:18:45	45	25	15	5		5	15	25	35	45	55	65	75	85	95
00:18:48	44	24	14	4		4	14	24	34	44	54	64	74	84	94
00:18:51	43	23	13	3		3	13	23	33	43	53	63	73	83	93
00:18:54	42	22	12	2		2	12	22	32	42	52	62	72	82	92
00:18:57	41	21	11	1		1	11	21	31	41	51	61	71	81	91

3km/3000m

Zeit	MU14	MU16	MU18	MU20	Männer	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
00:19:00	40	20	10				10	20	30	40	50	60	70	80	90
00:19:03	39	19	9				9	19	29	39	49	59	69	79	89
00:19:06	38	18	8				8	18	28	38	48	58	68	78	88
00:19:09	37	17	7				7	17	27	37	47	57	67	77	87
00:19:12	36	16	6				6	16	26	36	46	56	66	76	86
00:19:15	35	15	5				5	15	25	35	45	55	65	75	85
00:19:18	34	14	4				4	14	24	34	44	54	64	74	84
00:19:21	33	13	3				3	13	23	33	43	53	63	73	83
00:19:24	32	12	2				2	12	22	32	42	52	62	72	82
00:19:27	31	11	1				1	11	21	31	41	51	61	71	81
00:19:30	30	10						10	20	30	40	50	60	70	80
00:19:33	29	9						9	19	29	39	49	59	69	79
00:19:36	28	8						8	18	28	38	48	58	68	78
00:19:39	27	7						7	17	27	37	47	57	67	77
00:19:42	26	6						6	16	26	36	46	56	66	76
00:19:45	25	5						5	15	25	35	45	55	65	75
00:19:48	24	4						4	14	24	34	44	54	64	74
00:19:51	23	3						3	13	23	33	43	53	63	73
00:19:54	22	2						2	12	22	32	42	52	62	72
00:19:57	21	1						1	11	21	31	41	51	61	71
00:20:00	20								10	20	30	40	50	60	70
00:20:03	19								9	19	29	39	49	59	69
00:20:06	18								8	18	28	38	48	58	68
00:20:09	17								7	17	27	37	47	57	67
00:20:12	16								6	16	26	36	46	56	66
00:20:15	15								5	15	25	35	45	55	65
00:20:18	14								4	14	24	34	44	54	64
00:20:21	13								3	13	23	33	43	53	63
00:20:24	12								2	12	22	32	42	52	62
00:20:27	11								1	11	21	31	41	51	61
00:20:30	10									10	20	30	40	50	60
00:20:33	9									9	19	29	39	49	59
00:20:36	8									8	18	28	38	48	58
00:20:39	7									7	17	27	37	47	57
00:20:42	6									6	16	26	36	46	56
00:20:45	5									5	15	25	35	45	55
00:20:48	4									4	14	24	34	44	54
00:20:51	3									3	13	23	33	43	53
00:20:54	2									2	12	22	32	42	52
00:20:57	1									1	11	21	31	41	51
00:21:00											10	20	30	40	50

