

Seite 2: Punkttabelle 5 - 20km

Puli 2018

Männer	M35 M18/19	M40 M16/17	Frauen	W35	W40	5	10	1h	15	20	W45	W50	W55	W60	W65	W70	W75	W80
				W18/19 M45 M14/15	W16/17 M50						W14/15 M55 M12/13	W12/13 M60	M65	M70	M75	M80	M85	M90
100	105	111	117	120	124	20:38	43:17	13706	1:05:56	1:29:35	129
99	104	110	116	119	123	20:45	43:33	13630	1:06:21	1:30:10	128
98	103	109	115	118	122	20:52	43:50	13554	1:06:47	1:30:45	127
97	102	108	114	117	121	21:00	44:07	13478	1:07:14	1:31:20	126
96	101	107	113	116	120	21:08	44:24	13402	1:07:41	1:31:55	125
95	100	106	112	115	119	21:16	44:41	13326	1:08:08	1:32:30	124
94	99	105	111	114	118	21:24	44:58	13250	1:08:36	1:33:05	123	129
93	98	104	110	113	117	21:33	45:16	13174	1:09:04	1:33:40	122	128
92	97	103	109	112	116	21:42	45:34	13098	1:09:32	1:34:15	121	127
91	96	102	108	111	115	21:51	45:52	13022	1:10:01	1:34:50	120	126
90	95	101	107	110	114	22:00	46:10	12946	1:10:30	1:35:25	119	125
89	94	100	106	109	113	22:09	46:28	12870	1:10:59	1:36:00	118	124
88	93	99	105	108	112	22:18	46:46	12794	1:11:28	1:36:40	117	123
87	92	98	104	107	111	22:27	47:04	12718	1:11:57	1:37:20	116	122	129
86	91	97	103	106	110	22:36	47:22	12642	1:12:26	1:38:00	115	121	128
85	90	96	102	105	109	22:45	47:40	12566	1:12:55	1:38:40	114	120	127
84	89	95	101	104	108	22:54	47:58	12492	1:13:24	1:39:20	113	119	126
83	88	94	100	103	107	23:03	48:16	12418	1:13:53	1:40:00	112	118	125
82	87	93	99	102	106	23:12	48:34	12344	1:14:22	1:40:40	111	117	124
81	86	92	98	101	105	23:21	48:52	12270	1:14:51	1:41:20	110	116	123
80	85	91	97	100	104	23:30	49:10	12196	1:15:20	1:42:00	109	115	122
79	84	90	96	99	103	23:39	49:28	12122	1:15:49	1:42:40	108	114	121	129
78	83	89	95	98	102	23:48	49:46	12048	1:16:18	1:43:20	107	113	120	128
77	82	88	94	97	101	23:57	50:04	11974	1:16:47	1:44:00	106	112	119	127
76	81	87	93	96	100	24:06	50:23	11900	1:17:16	1:44:45	105	111	118	126
75	80	86	92	95	99	24:15	50:42	11830	1:17:45	1:45:30	104	110	117	125
74	79	85	91	94	98	24:24	51:01	11760	1:18:14	1:46:15	103	109	116	124
73	78	84	90	93	97	24:33	51:20	11690	1:18:43	1:47:00	102	108	115	123
72	77	83	89	92	96	24:42	51:39	11620	1:19:12	1:47:45	101	107	114	122
71	76	82	88	91	95	24:51	51:58	11550	1:19:41	1:48:30	100	106	113	121
70	75	81	87	90	94	25:00	52:17	11484	1:20:10	1:49:15	99	105	112	120	129

Seite 3: Punkttabelle 5 - 20km

Puli 2018

Männer	M35 M18/19	M40 M16/17	Frauen			5 km	10 km	1h Stunde	15 km	20 km	W45	W50	W55	W60	W65	W70	W75	W80
			W18/19 M45 M14/15	W40 W16/17 M50	W14/15 M55 M12/13						W12/13 M60	M65	M70	M75	M80	M85	M90	
69	74	80	86	89	93	25:09	52:36	11418	1:20:40	1:50:00	98	104	111	119	128
68	73	79	85	88	92	25:18	52:55	11352	1:21:10	1:50:45	97	103	110	118	127
67	72	78	84	87	91	25:27	53:14	11286	1:21:40	1:51:30	96	102	109	117	126
66	71	77	83	86	90	25:36	53:33	11220	1:22:10	1:52:15	95	101	108	116	125
65	70	76	82	85	89	25:45	53:52	11154	1:22:40	1:53:00	94	100	107	115	124
64	69	75	81	84	88	25:54	54:11	11088	1:23:10	1:53:45	93	99	106	114	123
63	68	74	80	83	87	26:03	54:30	11022	1:23:40	1:54:30	92	98	105	113	122
62	67	73	79	82	86	26:12	54:49	10956	1:24:10	1:55:15	91	97	104	112	121
61	66	72	78	81	85	26:21	55:09	10890	1:24:40	1:56:00	90	96	103	111	120
60	65	71	77	80	84	26:30	55:29	10824	1:25:10	1:56:45	89	95	102	110	119
59	64	70	76	79	83	26:39	55:49	10758	1:25:40	1:57:30	88	94	101	109	118	129
58	63	69	75	78	82	26:48	56:09	10692	1:26:10	1:58:15	87	93	100	108	117	128
57	62	68	74	77	81	26:58	56:29	10626	1:26:40	1:59:00	86	92	99	107	116	127
56	61	67	73	76	80	27:08	56:49	10560	1:27:11	1:59:45	85	91	98	106	115	126
55	60	66	72	75	79	27:18	57:09	10494	1:27:43	2:00:30	84	90	97	105	114	125
54	59	65	71	74	78	27:28	57:29	10428	1:28:15	2:01:15	83	89	96	104	113	124
53	58	64	70	73	77	27:38	57:49	10362	1:28:47	2:02:00	82	88	95	103	112	123
52	57	63	69	72	76	27:48	58:09	10296	1:29:20	2:02:45	81	87	94	102	111	122
51	56	62	68	71	75	27:58	58:29	10230	1:29:53	2:03:30	80	86	93	101	110	121
50	55	61	67	70	74	28:08	58:49	10168	1:30:26	2:04:15	79	85	92	100	109	120
49	54	60	66	69	73	28:19	59:11	10106	1:31:00	2:05:00	78	84	91	99	108	119
48	53	59	65	68	72	28:30	59:33	10044	1:31:34	2:05:45	77	83	90	98	107	118
47	52	58	64	67	71	28:41	59:55	9982	1:32:08	2:06:30	76	82	89	97	106	117	129	...
46	51	57	63	66	70	28:52	1:00:17	9920	1:32:42	2:07:15	75	81	88	96	105	116	129	...
45	50	56	62	65	69	29:03	1:00:39	9860	1:33:16	2:08:00	74	80	87	95	104	115	128	...
44	49	55	61	64	68	29:14	1:01:01	9800	1:33:50	2:08:45	73	79	86	94	103	114	127	...
43	48	54	60	63	67	29:25	1:01:23	9740	1:34:25	2:09:30	72	78	85	93	102	113	126	...
42	47	53	59	62	66	29:36	1:01:45	9680	1:35:00	2:10:15	71	77	84	92	101	112	125	...
41	46	52	58	61	65	29:47	1:02:07	9622	1:35:36	2:11:00	70	76	83	91	100	111	124	...
40	45	51	57	60	64	29:58	1:02:29	9564	1:36:12	2:11:45	69	75	82	90	99	110	123	...
39	44	50	56	59	63	30:09	1:02:52	9506	1:36:48	2:12:30	68	74	81	89	98	109	122	...

Seite 4: Punkttabelle 5 - 20km

Puli 2018

Männer	M35 M18/19	M40 M16/17	Frauen	W35	W40	5	10	1h	15	20	W45	W50	W55	W60	W65	W70	W75	W80
				W18/19 M45 M14/15	W16/17 M50						W14/15 M55 M12/13	W12/13 M60 M65	M70	M75	M80	M85	M90	
38	43	49	55	58	62	30:20	1:03:15	9448	1:37:24	2:13:24	67	73	80	88	97	108	121	...
37	42	48	54	57	61	30:32	1:03:38	9390	1:38:00	2:14:12	66	72	79	87	96	107	120	...
36	41	47	53	56	60	30:44	1:04:02	9335	1:38:36	2:15:00	65	71	78	86	95	106	119	...
35	40	46	52	55	59	30:56	1:04:26	9280	1:39:12	2:15:48	64	70	77	85	94	105	118	...
34	39	45	51	54	58	31:08	1:04:50	9225	1:39:48	2:16:36	63	69	76	84	93	104	117	...
33	38	44	50	53	57	31:20	1:05:14	9170	1:40:24	2:17:24	62	68	75	83	92	103	116	...
32	37	43	49	52	56	31:32	1:05:38	9120	1:41:00	2:18:14	61	67	74	82	91	102	115	...
31	36	42	48	51	55	31:44	1:06:02	9070	1:41:36	2:19:04	60	66	73	81	90	101	114	129
30	35	41	47	50	54	31:56	1:06:26	9020	1:42:12	2:19:54	59	65	72	80	89	100	113	128
29	34	40	46	49	53	32:08	1:06:50	8970	1:42:48	2:20:46	58	64	71	79	88	99	112	127
28	33	39	45	48	52	32:20	1:07:16	8925	1:43:25	2:21:38	57	63	70	78	87	98	111	126
27	32	38	44	47	51	32:32	1:07:41	8880	1:44:02	2:22:30	56	62	69	77	86	97	110	125
26	31	37	43	46	50	32:44	1:08:06	8835	1:44:40	2:23:22	55	61	68	76	85	96	109	124
25	30	36	42	45	49	32:56	1:08:31	8790	1:45:18	2:24:14	54	60	67	75	84	95	108	123
24	29	35	41	44	48	33:08	1:08:56	8752	1:45:56	2:25:08	53	59	66	74	83	94	107	122
23	28	34	40	43	47	33:20	1:09:21	8714	1:46:34	2:26:02	52	58	65	73	82	93	106	121
22	27	33	39	42	46	33:32	1:09:47	8676	1:47:12	2:26:56	51	57	64	72	81	92	105	120
21	26	32	38	41	45	33:44	1:10:13	8638	1:47:51	2:27:50	50	56	63	71	80	91	104	119
20	25	31	37	40	44	33:56	1:10:39	8600	1:48:30	2:28:44	49	55	62	70	79	90	103	118
19	24	30	36	39	43	34:08	1:11:05	8562	1:49:09	2:29:38	48	54	61	69	78	89	102	117
18	23	29	35	38	42	34:20	1:11:31	8524	1:49:48	2:30:34	47	53	60	68	77	88	101	116
17	22	28	34	37	41	34:32	1:11:57	8486	1:50:27	2:31:30	46	52	59	67	76	87	100	115
16	21	27	33	36	40	34:44	1:12:23	8448	1:51:06	2:32:26	45	51	58	66	75	86	99	114
15	20	26	32	35	39	34:56	1:12:49	8410	1:51:45	2:33:22	44	50	57	65	74	85	98	113
14	19	25	31	34	38	35:08	1:13:15	8372	1:52:24	2:34:18	43	49	56	64	73	84	97	112
13	18	24	30	33	37	35:20	1:13:41	8334	1:53:03	2:35:14	42	48	55	63	72	83	96	111
12	17	23	29	32	36	35:32	1:14:07	8296	1:53:42	2:36:10	41	47	54	62	71	82	95	110
11	16	22	28	31	35	35:44	1:14:33	8258	1:54:21	2:37:06	40	46	53	61	70	81	94	109
10	15	21	27	30	34	35:56	1:14:59	8220	1:55:00	2:38:02	39	45	52	60	69	80	93	108
9	14	20	26	29	33	36:08	1:15:25	8182	1:55:40	2:38:58	38	44	51	59	68	79	92	107
8	13	19	25	28	32	36:20	1:15:51	8144	1:56:20	2:39:54	37	43	50	58	67	78	91	106

Seite 5: Punkttabelle 5 - 20km

Puli 2018

Männer	M35 M18/19	M40 M16/17	Frauen	W35	W40	5	10	1h	15	20	W45	W50	W55	W60	W65	W70	W75	W80
				W18/19 M45 M14/15	W16/17 M50						W14/15 M55 M12/13	W12/13 M60	M65	M70	M75	M80	M85	M90
7	12	18	24	27	31	36:33	1:16:17	8106	1:57:00	2:40:50	36	42	49	57	66	77	90	105
6	11	17	23	26	30	36:46	1:16:43	8068	1:57:40	2:41:46	35	41	48	56	65	76	89	104
5	10	16	22	25	29	36:59	1:17:09	8030	1:58:20	2:42:42	34	40	47	55	64	75	88	103
4	9	15	21	24	28	37:12	1:17:35	7992	1:59:00	2:43:38	33	39	46	54	63	74	87	102
3	8	14	20	23	27	37:25	1:18:01	7954	1:59:40	2:44:34	32	38	45	53	62	73	86	101
2	7	13	19	22	26	37:38	1:18:27	7916	2:00:20	2:45:30	31	37	44	52	61	72	85	100
1	6	12	18	21	25	37:51	1:18:53	7878	2:01:00	2:46:26	30	36	43	51	60	71	84	99
...	5	11	17	20	24	38:04	1:19:19	7840	2:01:40	2:47:22	29	35	42	50	59	70	83	98
...	4	10	16	19	23	38:17	1:19:45	7802	2:02:20	2:48:18	28	34	41	49	58	69	82	97
...	3	9	15	18	22	38:30	1:20:11	7764	2:03:00	2:49:14	27	33	40	48	57	68	81	96
...	2	8	14	17	21	38:43	1:20:37	7726	2:03:40	2:50:10	26	32	39	47	56	67	80	95
...	1	7	13	16	20	38:56	1:21:03	7688	2:04:20	2:51:06	25	31	38	46	55	66	79	94
...	...	6	12	15	19	39:10	1:21:29	7650	2:05:00	2:52:02	24	30	37	45	54	65	78	93
...	...	5	11	14	18	39:24	1:21:55	7612	2:05:40	2:52:58	23	29	36	44	53	64	77	92
...	...	4	10	13	17	39:38	1:22:21	7574	2:06:20	2:53:54	22	28	35	43	52	63	76	91
...	...	3	9	12	16	39:52	1:22:47	7536	2:07:00	2:54:50	21	27	34	42	51	62	75	90
...	...	2	8	11	15	40:06	1:23:13	7498	2:07:40	2:55:46	20	26	33	41	50	61	74	89
...	...	1	7	10	14	40:20	1:23:39	7460	2:08:20	2:56:42	19	25	32	40	49	60	73	88
...	6	9	13	40:34	1:24:05	7422	2:09:00	2:57:38	18	24	31	39	48	59	72	87
...	5	8	12	40:48	1:24:31	7384	2:09:40	2:58:34	17	23	30	38	47	58	71	86
...	4	7	11	41:02	1:24:57	7346	2:10:20	2:59:30	16	22	29	37	46	57	70	85
...	3	6	10	41:16	1:25:23	7308	2:11:00	3:00:26	15	21	28	36	45	56	69	84
...	2	5	9	41:30	1:25:49	7270	2:11:40	3:01:22	14	20	27	35	44	55	68	83
...	1	4	8	41:44	1:26:15	7232	2:12:20	3:02:18	13	19	26	34	43	54	67	82
...	3	7	41:58	1:26:41	7194	2:13:00	3:03:14	12	18	25	33	42	53	66	81
...	2	6	42:12	1:27:07	7156	2:13:40	3:04:10	11	17	24	32	41	52	65	80
...	1	5	42:26	1:27:33	7118	2:14:20	3:05:06	10	16	23	31	40	51	64	79
...	4	42:40	1:27:59	7080	2:15:00	3:06:02	9	15	22	30	39	50	63	78
...	3	42:55	1:28:25	7042	2:15:40	3:06:58	8	14	21	29	38	49	62	77
...	2	43:10	1:28:51	7004	2:16:20	3:07:54	7	13	20	28	37	48	61	76
...	1	43:25	1:29:17	6966	2:17:00	3:08:50	6	12	19	27	36	47	60	75

Seite 6: Punkttabelle 5 - 20km

Puli 2018

Männer	M35 M18/19	M40 M16/17	Frauen	W35 W18/19 M45 M14/15	W40 W16/17 M50	5 km	10 km	1h Stunde	15 km	20 km	W45	W50	W55	W60	W65	W70	W75	W80
											W14/15 M55 M12/13	W12/13 M60	M65	M70	M75	M80	M85	M90
...	43:40	1:29:43	6928	2:17:40	03:09:46	5	11	18	26	35	46	59	74
...	43:55	1:30:09	6890	2:18:20	03:10:42	4	10	17	25	34	45	58	73
...	44:10	1:30:35	6852	2:19:00	03:11:38	3	9	16	24	33	44	57	72
...	44:25	1:31:01	6814	2:19:40	03:12:34	2	8	15	23	32	43	56	71
...	44:40	1:31:27	6776	2:20:20	03:13:30	1	7	14	22	31	42	55	70
...	44:55	1:31:53	6738	2:21:00	03:14:26	...	6	13	21	30	41	54	69
...	45:10	1:32:19	6700	2:21:40	03:15:22	...	5	12	20	29	40	53	68
...	45:25	1:32:45	6662	2:22:20	03:16:18	...	4	11	19	28	39	52	67
...	45:40	1:33:11	6624	2:23:00	03:17:14	...	3	10	18	27	38	51	66
...	45:55	1:33:37	6586	2:23:40	03:18:10	...	2	9	17	26	37	50	65
...	46:10	1:34:03	6548	2:24:20	03:19:06	...	1	8	16	25	36	49	64
...	46:25	1:34:29	6510	2:25:00	03:20:02	7	15	24	35	48	63
...	46:40	1:34:55	6472	2:25:40	03:20:58	6	14	23	34	47	62
...	46:55	1:35:21	6434	2:26:20	03:21:54	5	13	22	33	46	61
...	47:10	1:35:47	6396	2:27:00	03:22:50	4	12	21	32	45	60
...	47:25	1:36:13	6358	2:27:40	03:23:46	3	11	20	31	44	59
...	47:40	1:36:39	6320	2:28:20	03:24:42	2	10	19	30	43	58
...	47:55	1:37:05	6282	2:29:00	03:25:38	1	9	18	29	42	57
...	48:10	1:37:31	6244	2:29:40	03:26:34	8	17	28	41	56
...	48:25	1:37:57	6206	2:30:20	03:27:30	7	16	27	40	55
...	48:40	1:38:23	6168	2:31:00	03:28:26	6	15	26	39	54
...	48:55	1:38:49	6130	2:31:40	03:29:22	5	14	25	38	53
...	49:10	1:39:15	6092	2:32:20	03:30:18	4	13	24	37	52
...	49:25	1:39:41	6054	2:33:00	03:31:14	3	12	23	36	51
...	49:40	1:40:07	6016	2:33:40	03:32:10	2	11	22	35	50
...	49:55	1:40:33	5978	2:34:20	03:33:06	1	10	21	34	49
...	50:10	1:40:59	5940	2:35:00	03:34:02	9	20	33	48
...	50:25	1:41:25	5902	2:35:40	03:34:58	8	19	32	47



Die Punkttabelle 2018 wurde neu für das GEHSPORTNETZWERK (GSN) gestaltet.
 In Zusammenarbeit mit Han Holtzlag, Niederlande, viel Freude, Euer Udo Schaeffer