

Silvesterlauf Erdpress 2020

ORIGINAL STRAVA				BERECHNUNGEN DISTANZ UND HOEHENMETER							
Titel	Zeit	Distanz	Höhenmeter	Zeit hh:mm:ss	Dist anz	Hm positiv	Zeit 5,1 km	Hm 5,1 km	Gutschrift 0,9 s / hm	Zeit flache Strecke	Platz
Vinzent Klaus 1992 LC Wolkersdorf	16:36	5,10 km	7 m	00:16:36	5,1	7	00:16:36	7	00:00:07	00:16:29	1
Lukas Schubtschik 1991 Komaru Runners Hohenau	19:59	5,11 km	90 m	00:19:59	5,11	90	00:19:57	90	00:01:30	00:18:27	2
Mayer Philipp 1996 LC Wolkersdorf	18:35	5,07 km	3 m	00:18:35	5,07	3	00:18:42	3	00:00:03	00:18:39	3
Leo Hederer 1971 ULT Deutsch-Wagram	22:23	5,12 km	195 m	00:22:23	5,12	195	00:22:18	194	00:03:14	00:19:04	4
Reinhard Müller 1977 LC Erdpress	20:24	5,02 km	95 m	00:20:24	5,02	95	00:20:44	97	00:01:37	00:19:07	5
Alexander Fuß 1991 LC Wolkersdorf	19:49	5,10 km	20 m	00:19:49	5,1	20	00:19:49	20	00:00:20	00:19:29	6
Kathrin Polke, 1997, LAC Harlekin	21:48	5,11 km	128 m	00:21:48	5,11	128	00:21:45	128	00:02:08	00:19:38	7
Christoph Wiesinger 1984 LC Wolkersdorf	19:40	5,10 km	0 m	00:19:40	5,10	0	00:19:40	0	00:00:00	00:19:40	8
Stefan Schamböck 1991 LC Wolkersdorf	19:47	5,10 km	0 m	00:19:47	5,10	0	00:19:47	0	00:00:00	00:19:47	9
Helmut Pesau 1977 SV Falkenstein	24:34:00	5,11 km	282 m	00:24:34	5,11	282	00:24:31	281	00:04:41	00:19:50	10
Helmut Müllner 1977 LC Erdpress	22:47	5,11 km	160 m	00:22:47	5,11	160	00:22:44	160	00:02:40	00:20:05	11
Christian Messinger 1975 Tri Team Katzelsdorf	20:29	5,12 km	13 m	00:20:29	5,12	13	00:20:24	13	00:00:13	00:20:11	12
Ben Balik 2008 LC Wolkersdorf	21:13	5,10 km	60 m	00:21:13	5,1	60	00:21:13	60	00:01:00	00:20:13	13
Christian Bruckner 1964 TRI Team Neudorf	20:34	5,10 km	6 m	00:20:34	5,1	6	00:20:34	6	00:00:06	00:20:28	14
Harald Paulhart 1982 Tri Team Katzelsdorf	20:57	5,10 km	13 m	00:20:57	5,1	13	00:20:57	13	00:00:13	00:20:44	15
Angelika Artner 1983 LAC Harlekin	21:03	5,09 km	7 m	00:21:03	5,09	7	00:21:05	7	00:00:07	00:20:58	16
Leo Hederer 1971 ULT Deutsch-Wagram	26:31:00	5,12 km	325 m	00:26:31	5,12	325	00:26:25	324	00:05:24	00:21:01	17
Günther Wrana 1976 MBA Matzen	23:10	5,27 km	79 m	00:23:10	5,27	79	00:22:25	76	00:01:16	00:21:09	18
Andreas Busch 1983 HSV Didi's Hornets	21:40	5,11 km	17 m	00:21:40	5,11	17	00:21:37	17	00:00:17	00:21:20	19
Braher Gregor, 1998, LC Erdpress	21:32	5,11 km	5 m	00:21:32	5,11	5	00:21:29	5	00:00:05	00:21:24	20
Günther Vock 1977 Raggendorf	22:18	5,16 km	21 m	00:22:18	5,16	21	00:22:02	21	00:00:21	00:21:42	21
Michael Untermayer 1980 LC Erdpress	22:01	5,09 km	18 m	00:22:01	5,09	18	00:22:04	18	00:00:18	00:21:46	22
Thomas Müller 1992 LC Erdpress	24:17:00	5,10 km	124 m	00:24:17	5,1	124	00:24:17	124	00:02:04	00:22:13	23

Elmar Bohrer 1977 Tri Team Katzelsdorf	22:35	5,11 km	12 m	00:22:35	5,11	12	00:22:32	12	00:00:12	00:22:20	24
Thomas Pribitzer	23:30	5,23 km	22 m	00:23:30	5,23	22	00:22:55	21	00:00:21	00:22:33	25
Herbert Schamböck 1965 LC Wolkersdorf	22:25	5,06 km	0 m	00:22:25	5,06	0	00:22:36	0	00:00:00	00:22:36	26
Günther Vock 1974 LC Cafe Haferl	23:05	5,09 km	20 m	00:23:05	5,09	20	00:23:08	20	00:00:20	00:22:48	27
Florian Mitsch 1987 LC Erdpress	24:15:00	5,02 km	95 m	00:24:15	5,02	95	00:24:38	97	00:01:37	00:23:02	28
Christine van Linthoudt 1994 ULT Deutsch-Wagram	23:47	5,20 km	0 m	00:23:47	5,2	0	00:23:20	0	00:00:00	00:23:20	29
Riedl Julian, 2000, LC Erdpress	23:35	5,11 km	0 m	00:23:35	5,11	0	00:23:32	0	00:00:00	00:23:32	30
Hans Newetschny 1954 ULT Deutsch-Wagram	24:05:00	5,14 km	17 m	00:24:05	5,14	17	00:23:54	17	00:00:17	00:23:37	31
Susanne Peroutka	25:39:00	5,43 km	23 m	00:25:39	5,43	23	00:24:05	22	00:00:22	00:23:44	32
Wilfried Weinzerl * 1964 * 1. Laufclub Parndorf	24:19:00	5,21 km	0 m	00:24:19	5,21	0	00:23:48	0	00:00:00	00:23:48	33
Markus Uhrmacher 1991 SC Hohenruppersdorf	25:25:00	5,21 km	57 m	00:25:25	5,21	57	00:24:53	56	00:00:56	00:23:57	34
Siegfried Vock 1964 LC Cafe Haferl	25:01:00	5,16 km	41 m	00:25:01	5,16	41	00:24:44	41	00:00:41	00:24:03	35
Günter Pauser 1963 ULT Deutsch-Wagram	24:09:00	5,10 km	0 m	00:24:09	5,1	0	00:24:09	0	00:00:00	00:24:09	36
Gerald Kleindienst 1961 ULT Deutsch-Wagram	24:26:00	5,11 km	0 m	00:24:26	5,11	0	00:24:23	0	00:00:00	00:24:23	37
Philipp Forreth 2004 De Kruta ham	34:04:00	6,97 km	10 m	00:34:04	6,97	10	00:24:56	7	00:00:07	00:24:48	38
Erwin Schmatzberger 1963 Klement	27:11:00	5,16 km	108 m	00:27:11	5,16	108	00:26:52	107	00:01:47	00:25:05	39
Wiesner Peter 1974 Texaner	30:46:00	5,10 km	323 m	00:30:46	5,1	323	00:30:46	323	00:05:23	00:25:23	40
Leopold Franz 1954 LC Cafe Haferl	26:11:00	5,10 km	0 m	00:26:11	5,1	0	00:26:11	0	00:00:00	00:26:11	41
Gerhard Pauser 1961 ULT Deutsch Wagram	27:01:00	5,12 km	5 m	00:27:01	5,12	5	00:26:55	5	00:00:05	00:26:50	42
Dieter Koch, 1971, LAC Harlekin	27:22:00	5,05 km	27 m	00:27:22	5,05	27	00:27:38	27	00:00:27	00:27:11	43
Sabine Schiller	27:36:00	5,16 km	0 m	00:27:36	5,16	0	00:27:17	0	00:00:00	00:27:17	44
Roland Münzker 1978 LC Erdpress	39:31:00	6,96 km	117 m	00:39:31	6,96	117	00:28:57	86	00:01:26	00:27:32	45
Roman Würrer 1979 LC Erdpress	39:31:00	6,96 km	117 m	00:39:31	6,96	117	00:28:57	86	00:01:26	00:27:32	46
Katharina van Linthoudt 1995 ULT Deutsch-Wagram	27:43:00	5,12 km	0 m	00:27:43	5,12	0	00:27:37	0	00:00:00	00:27:37	47
Uschi Jaros 1964	27:55:00	5,10 km	10 m	00:27:55	5,1	10	00:27:55	10	00:00:10	00:27:45	48
Fellner Leopold - 1951 - LC Cafe Haferl	27:58:00	5,11 km	6 m	00:27:58	5,11	6	00:27:55	6	00:00:06	00:27:49	49
Thomas Newetschny 1980 ULT Deutsch-Wargram	28:17:00	5,15 km	4 m	00:28:17	5,15	4	00:28:01	4	00:00:04	00:27:57	50
Schuckert Corinna, 2000, LC Erdpress	28:28:00	5,12 km	15 m	00:28:28	5,12	15	00:28:21	15	00:00:15	00:28:06	51
Dietrich Leopold 1957 LAC Harlekin	30:23:00	5,06 km	77 m	00:30:23	5,06	77	00:30:37	78	00:01:18	00:29:20	52

Anita Specht 2000 ULT Deutsch Wagram	30:10:00	5,10 km	0 m	00:30:10	5,1	0	00:30:10	0	00:00:00	00:30:10	53
Richard Wrabel 1956 LC Strasshof	31:22:00	5,16 km	5 m	00:31:22	5,16	5	00:31:00	5	00:00:05	00:30:55	54
Alexander Wrana 1973	33:46:00	5,10 km	131 m	00:33:46	5,1	131	00:33:46	131	00:02:11	00:31:35	55
Maximilian Müller 2012 LC Erdpress	32:44:00	4,94 km	104 m	00:32:44	4,94	104	00:33:48	107	00:01:47	00:32:00	56
Roswitha van Linthoudt 1954 ULT Deutsch-Wagram	32:22:00	5,10 km	15 m	00:32:22	5,1	15	00:32:22	15	00:00:15	00:32:07	57
Wilma Schram 1951 LC Cafe Haferl	35:20:00	5,11 km	115 m	00:35:20	5,11	115	00:35:16	115	00:01:55	00:33:21	58
Alfred Lukas 1945 LC Strasshof	37:42:00	5,18 km	167 m	00:37:42	5,18	167	00:37:07	164	00:02:44	00:34:23	59
Susanne Stalzer 1983 de Kruta ham	36:53:00	5,38 km	23 m	00:36:53	5,38	23	00:34:58	22	00:00:22	00:34:36	60

<https://www.greif.de/hoeihenmeter-laufzeit-rechner.html>

berg	flach	höhenmeter	differenz	diff je hm	
	00:20:00	00:19:14	50	00:00:46	00:00,9
	00:20:00	00:18:32	100	00:01:28	00:00,9
	00:20:00	00:17:17	200	00:02:43	00:00,8
	00:20:00	00:16:11	300	00:03:49	00:00,8
	00:20:00	00:15:13	400	00:04:47	00:00,7