

20km	Punktliste Geherpokal -Version 2015													20 / 1
	W80	W75	W70	W65	W60	W55	W50	W45	W40	W35	Frauen			
							W12/13	W14/15	W16/17	W18/19				
							M12/13	M14/15			M16/17	M18/19		
Zeiten	M90	M85	M80	M75	M70	M65	M60	M55	M50	M45	M40	M35	Männer	Zeiten
3:25:10	46	33	21	10	1	3:25:10
3:24:20	47	34	22	11	2	3:24:20
3:23:30	48	35	23	12	3	3:23:30
3:22:40	49	36	24	13	4	3:22:40
3:21:50	50	37	25	14	5	3:21:50
3:21:00	51	38	26	15	6	3:21:00
3:20:10	52	39	27	16	7	3:20:10
3:19:20	53	40	28	17	8	1	3:19:20
3:18:30	54	41	29	18	9	2	3:18:30
3:17:40	55	42	30	19	10	3	3:17:40
3:16:50	56	43	31	20	11	4	3:16:50
3:16:00	57	44	32	21	12	5	3:16:00
3:15:10	58	45	33	22	13	6	3:15:10
3:14:20	59	46	34	23	14	7	1	3:14:20
3:13:30	60	47	35	24	15	8	2	3:13:30
3:12:40	61	48	36	25	16	9	3	3:12:40
3:11:50	62	49	37	26	17	10	4	3:11:50
3:11:00	63	50	38	27	18	11	5	3:11:00
3:10:10	64	51	39	28	19	12	6	3:10:10
3:09:20	65	52	40	29	20	13	7	1	3:09:20
3:08:30	66	53	41	30	21	14	8	2	3:08:30
3:07:40	67	54	42	31	22	15	9	3	3:07:40
3:06:50	68	55	43	32	23	16	10	4	3:06:50
3:06:00	69	56	44	33	24	17	11	5	3:06:00
3:05:10	70	57	45	34	25	18	12	6	1	3:05:10
3:04:20	71	58	46	35	26	19	13	7	2	3:04:20
3:03:30	72	59	47	36	27	20	14	8	3	3:03:30
3:02:40	73	60	48	37	28	21	15	9	4	3:02:40
3:01:50	74	61	49	38	29	22	16	10	5	1	3:01:50

20km	Punktliste Geherpokal -Version 2015													20 / 2
	W80	W75	W70	W65	W60	W55	W50	W45	W40	W35	Frauen			
							W12/13	W14/15	W16/17	W18/19				
							M12/13	M14/15			M16/17	M18/19		
Zeiten	M90	M85	M80	M75	M70	M65	M60	M55	M50	M45	M40	M35	Männer	Zeiten
3:01:00	75	62	50	39	30	23	17	11	6	2	3:01:00
3:00:10	76	63	51	40	31	24	18	12	7	3	3:00:10
2:59:20	77	64	52	41	32	25	19	13	8	4	2:59:20
2:58:30	78	65	53	42	33	26	20	14	9	5	1	2:58:30
2:57:40	79	66	54	43	34	27	21	15	10	6	2	2:57:40
2:56:50	80	67	55	44	35	28	22	16	11	7	3	2:56:50
2:56:00	81	68	56	45	36	29	23	17	12	8	4	2:56:00
2:55:10	82	69	57	46	37	30	24	18	13	9	5	2:55:10
2:54:20	83	70	58	47	38	31	25	19	14	10	6	2:54:20
2:53:30	84	71	59	48	39	32	26	20	15	11	7	2:53:30
2:52:40	85	72	60	49	40	33	27	21	16	12	8	2:52:40
2:51:50	86	73	61	50	41	34	28	22	17	13	9	2:51:50
2:51:00	87	74	62	51	42	35	29	23	18	14	10	2:51:00
2:50:10	88	75	63	52	43	36	30	24	19	15	11	2:50:10
2:49:20	89	76	64	53	44	37	31	25	20	16	12	1	...	2:49:20
2:48:30	90	77	65	54	45	38	32	26	21	17	13	2	...	2:48:30
2:47:40	91	78	66	55	46	39	33	27	22	18	14	3	...	2:47:40
2:46:50	92	79	67	56	47	40	34	28	23	19	15	4	...	2:46:50
2:46:00	93	80	68	57	48	41	35	29	24	20	16	5	...	2:46:00
2:45:10	94	81	69	58	49	42	36	30	25	21	17	6	...	2:45:10
2:44:20	95	82	70	59	50	43	37	31	26	22	18	7	1	2:44:20
2:43:30	96	83	71	60	51	44	38	32	27	23	19	8	2	2:43:30
2:42:40	97	84	72	61	52	45	39	33	28	24	20	9	3	2:42:40
2:41:50	98	85	73	62	53	46	40	34	29	25	21	10	4	2:41:50
2:41:00	99	86	74	63	54	47	41	35	30	26	22	11	5	2:41:00
2:40:10	100	87	75	64	55	48	42	36	31	27	23	12	6	2:40:10
2:39:20	101	88	76	65	56	49	43	37	32	28	24	13	7	2:39:20
2:38:30	102	89	77	66	57	50	44	38	33	29	25	14	8	2:38:30
2:37:40	103	90	78	67	58	51	45	39	34	30	26	15	9	2:37:40

20km	Punktliste Geherpokal -Version 2015													20 / 3
	W80	W75	W70	W65	W60	W55	W50	W45	W40	W35	Frauen			
							W12/13	W14/15	W16/17	W18/19		M16/17	M18/19	
Zeiten	M90	M85	M80	M75	M70	M65	M60	M55	M50	M45	M40	M35	Männer	Zeiten
2:36:50	104	91	79	68	59	52	46	40	35	31	27	16	10	2:36:50
2:36:00	105	92	80	69	60	53	47	41	36	32	28	17	11	2:36:00
2:35:10	106	93	81	70	61	54	48	42	37	33	29	18	12	2:35:10
2:34:20	107	94	82	71	62	55	49	43	38	34	30	19	13	2:34:20
2:33:30	108	95	83	72	63	56	50	44	39	35	31	20	14	2:33:30
2:32:40	109	96	84	73	64	57	51	45	40	36	32	21	15	2:32:40
2:31:50	110	97	85	74	65	58	52	46	41	37	33	22	16	2:31:50
2:31:00	111	98	86	75	66	59	53	47	42	38	34	23	17	2:31:00
2:30:10	112	99	87	76	67	60	54	48	43	39	35	24	18	2:30:10
2:29:20	113	100	88	77	68	61	55	49	44	40	36	25	19	2:29:20
2:28:30	114	101	89	78	69	62	56	50	45	41	37	26	20	2:28:30
2:27:40	115	102	90	79	70	63	57	51	46	42	38	27	21	2:27:40
2:26:50	116	103	91	80	71	64	58	52	47	43	39	28	22	2:26:50
2:26:00	117	104	92	81	72	65	59	53	48	44	40	29	23	2:26:00
2:25:10	118	105	93	82	73	66	60	54	49	45	41	30	24	2:25:10
2:24:20	119	106	94	83	74	67	61	55	50	46	42	31	25	2:24:20
2:23:31	120	107	95	84	75	68	62	56	51	47	43	32	26	2:23:31
2:22:42	121	108	96	85	76	69	63	57	52	48	44	33	27	2:22:42
2:21:53	122	109	97	86	77	70	64	58	53	49	45	34	28	2:21:53
2:21:04	123	110	98	87	78	71	65	59	54	50	46	35	29	2:21:04
2:20:15	124	111	99	88	79	72	66	60	55	51	47	36	30	2:20:15
2:19:26	125	112	100	89	80	73	67	61	56	52	48	37	31	2:19:26
2:18:37	126	113	101	90	81	74	68	62	57	53	49	38	32	2:18:37
2:17:48	127	114	102	91	82	75	69	63	58	54	50	39	33	2:17:48
2:16:59	128	115	103	92	83	76	70	64	59	55	51	40	34	2:16:59
2:16:10	129	116	104	93	84	77	71	65	60	56	52	41	35	2:16:10
2:15:21	...	117	105	94	85	78	72	66	61	57	53	42	36	2:15:21
2:14:33	...	118	106	95	86	79	73	67	62	58	54	43	37	2:14:33
2:13:45	...	119	107	96	87	80	74	68	63	59	55	44	38	2:13:45

20km	Punktliste Geherpokal -Version 2015													20 / 4
	W80	W75	W70	W65	W60	W55	W50	W45	W40	W35	Frauen			
							W12/13	W14/15	W16/17	W18/19				
							M12/13	M14/15			M16/17	M18/19		
Zeiten	M90	M85	M80	M75	M70	M65	M60	M55	M50	M45	M40	M35	Männer	Zeiten
2:12:57	...	120	108	97	88	81	75	69	64	60	56	45	39	2:12:57
2:12:09	...	121	109	98	89	82	76	70	65	61	57	46	40	2:12:09
2:11:21	...	122	110	99	90	83	77	71	66	62	58	47	41	2:11:21
2:10:43	...	123	111	100	91	84	78	72	67	63	59	48	42	2:10:43
2:09:55	...	124	112	101	92	85	79	73	68	64	60	49	43	2:09:55
2:09:07	...	125	113	102	93	86	80	74	69	65	61	50	44	2:09:07
2:08:20	...	126	114	103	94	87	81	75	70	66	62	51	45	2:08:20
2:07:33	...	127	115	104	95	88	82	76	71	67	63	52	46	2:07:33
2:06:46	...	128	116	105	96	89	83	77	72	68	64	53	47	2:06:46
2:05:59	...	129	117	106	97	90	84	78	73	69	65	54	48	2:05:59
2:05:12	118	107	98	91	85	79	74	70	66	55	49	2:05:12
2:04:26	119	108	99	92	86	80	75	71	67	56	50	2:04:26
2:03:40	120	109	100	93	87	81	76	72	68	57	51	2:03:40
2:02:54	121	110	101	94	88	82	77	73	69	58	52	2:02:54
2:02:08	122	111	102	95	89	83	78	74	70	59	53	2:02:08
2:01:22	123	112	103	96	90	84	79	75	71	60	54	2:01:22
2:00:36	124	113	104	97	91	85	80	76	72	61	55	2:00:36
1:59:50	125	114	105	98	92	86	81	77	73	62	56	1:59:50
1:59:05	126	115	106	99	93	87	82	78	74	63	57	1:59:05
1:58:20	127	116	107	100	94	88	83	79	75	64	58	1:58:20
1:57:35	128	117	108	101	95	89	84	80	76	65	59	1:57:35
1:56:50	129	118	109	102	96	90	85	81	77	66	60	1:56:50
1:56:06	119	110	103	97	91	86	82	78	67	61	1:56:06
1:55:22	120	111	104	98	92	87	83	79	68	62	1:55:22
1:54:38	121	112	105	99	93	88	84	80	69	63	1:54:38
1:53:54	122	113	106	100	94	89	85	81	70	64	1:53:54
1:53:10	123	114	107	101	95	90	86	82	71	65	1:53:10
1:52:27	124	115	108	102	96	91	87	83	72	66	1:52:27
1:51:44	125	116	109	103	97	92	88	84	73	67	1:51:44

20km	Punktliste Geherpokal -Version 2015													20 / 5
	W80	W75	W70	W65	W60	W55	W50	W45	W40	W35	Frauen			
							W12/13	W14/15	W16/17	W18/19				
							M12/13	M14/15			M16/17	M18/19		
Zeiten	M90	M85	M80	M75	M70	M65	M60	M55	M50	M45	M40	M35	Männer	Zeiten
1:51:01	126	117	110	104	98	93	89	85	74	68	1:51:01
1:50:19	127	118	111	105	99	94	90	86	75	69	1:50:19
1:49:37	128	119	112	106	100	95	91	87	76	70	1:49:37
1:48:55	129	120	113	107	101	96	92	88	77	71	1:48:55
1:48:13	121	114	108	102	97	93	89	78	72	1:48:13
1:47:32	122	115	109	103	98	94	90	79	73	1:47:32
1:46:51	123	116	110	104	99	95	91	80	74	1:46:51
1:46:10	124	117	111	105	100	96	92	81	75	1:46:10
1:45:30	125	118	112	106	101	97	93	82	76	1:45:30
1:44:50	126	119	113	107	102	98	94	83	77	1:44:50
1:44:10	127	120	114	108	103	99	95	84	78	1:44:10
1:43:31	128	121	115	109	104	100	96	85	79	1:43:31
1:42:52	129	122	116	110	105	101	97	86	80	1:42:52
1:42:13	123	117	111	106	102	98	87	81	1:42:13
1:41:34	124	118	112	107	103	99	88	82	1:41:34
1:40:56	125	119	113	108	104	100	89	83	1:40:56
1:40:18	126	120	114	109	105	101	90	84	1:40:18
1:39:41	127	121	115	110	106	102	91	85	1:39:41
1:39:04	128	122	116	111	107	103	92	86	1:39:04
1:38:27	129	123	117	112	108	104	93	87	1:38:27
1:37:50	124	118	113	109	105	94	88	1:37:50
1:37:13	125	119	114	110	106	95	89	1:37:13
1:36:35	126	120	115	111	107	96	90	1:36:35
1:35:59	127	121	116	112	108	97	91	1:35:59
1:35:23	128	122	117	113	109	98	92	1:35:23
1:34:47	129	123	118	114	110	99	93	1:34:47
1:34:11	124	119	115	111	100	94	1:34:11
1:33:35	125	120	116	112	101	95	1:33:35
1:33:00	126	121	117	113	102	96	1:33:00

20km	Punktliste Geherpokal -Version 2015													20 / 6
	W80	W75	W70	W65	W60	W55	W50 W12/13	W45 W14/15	W40 W16/17	W35 W18/19	Frauen			
Zeiten	M90	M85	M80	M75	M70	M65	M60	M55 M12/13	M50 M14/15	M45	M40 M16/17	M35 M18/19	Männer	Zeiten
1:32:25	127	122	118	114	103	97	1:32:25
1:31:50	128	123	119	115	104	98	1:31:50
1:31:15	129	124	120	116	105	99	1:31:15
1:30:40	125	121	117	106	100	1:30:40
1:30:05	126	122	118	107	101	1:30:05
1:29:30	127	123	119	108	102	1:29:30
1:28:56	128	124	120	109	103	1:28:56
1:28:22	129	125	121	110	104	1:28:22
1:27:48	126	122	111	105	1:27:48
1:27:15	127	123	112	106	1:27:15
1:26:42	128	124	113	107	1:26:42
1:26:09	129	125	114	108	1:26:09
1:25:36	126	115	109	1:25:36
1:25:04	127	116	110	1:25:04
1:24:32	128	117	111	1:24:32
1:24:00	129	118	112	1:24:00
1:23:29	119	113	1:23:29
1:22:58	120	114	1:22:58
1:22:28	121	115	1:22:28
1:21:58	122	116	1:21:58
1:21:28	123	117	1:21:28
1:20:59	124	118	1:20:59
1:20:30	125	119	1:20:30
1:20:01	126	120	1:20:01
1:19:33	127	121	1:19:33
1:19:05	128	122	1:19:05
1:18:38	129	123	1:18:38
1:18:11	124	1:18:11
1:17:44	125	1:17:44
1:17:18	126	1:17:18
1:16:52	127	1:16:52
1:16:26	128	1:16:26