

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

Langstrecken		Punktliste Geherpokal -Version 2015												Seite 2
30	35	W75	W70	W65	W60	W55	W50	W45	W40	W35	Frauen			50km
Zeiten	Zeiten	M85	M80	M75	M70	M65	M60	M55	M50	M45	M16/17	M18/19	Männer	
4:50:35	5:52	67	55	44	35	28	22	16	11	7	3	8:36
4:49:00	5:50	68	56	45	36	29	23	17	12	8	4	8:33:20
4:47:25	5:48	69	57	46	37	30	24	18	13	9	5	8:30:40
4:45:50	5:46	70	58	47	38	31	25	19	14	10	6	8:28
4:44:15	5:44	71	59	48	39	32	26	20	15	11	7	8:25:20
4:42:40	5:42	72	60	49	40	33	27	21	16	12	8	8:22:40
4:41:05	5:40	73	61	50	41	34	28	22	17	13	9	8:20
4:39:30	5:38	74	62	51	42	35	29	23	18	14	10	8:17:20
4:37:55	5:36	75	63	52	43	36	30	24	19	15	11	8:14:40
4:36:20	5:34	76	64	53	44	37	31	25	20	16	12	1	...	8:12
4:34:45	5:32	77	65	54	45	38	32	26	21	17	13	2	...	8:09:30
4:33:10	5:30	78	66	55	46	39	33	27	22	18	14	3	...	8:07
4:31:35	5:28	79	67	56	47	40	34	28	23	19	15	4	...	8:04:30
4:30:00	5:26	80	68	57	48	41	35	29	24	20	16	5	...	8:02
4:28:30	5:24	81	69	58	49	42	36	30	25	21	17	6	...	7:59:30
4:27:00	5:22	82	70	59	50	43	37	31	26	22	18	7	1	7:57
4:25:30	5:20	83	71	60	51	44	38	32	27	23	19	8	2	7:54:30
4:24:00	5:18	84	72	61	52	45	39	33	28	24	20	9	3	7:52
4:22:30	5:16	85	73	62	53	46	40	34	29	25	21	10	4	7:49:30
4:21:00	5:14	86	74	63	54	47	41	35	30	26	22	11	5	7:47
4:19:30	5:12	87	75	64	55	48	42	36	31	27	23	12	6	7:44:30
4:18:00	5:10	88	76	65	56	49	43	37	32	28	24	13	7	7:42
4:16:30	5:08	89	77	66	57	50	44	38	33	29	25	14	8	7:39:30
4:15:00	5:06	90	78	67	58	51	45	39	34	30	26	15	9	7:37
4:13:30	5:04	91	79	68	59	52	46	40	35	31	27	16	10	7:34:30
4:12:00	5:02	92	80	69	60	53	47	41	36	32	28	17	11	7:32
4:10:30	5:00	93	81	70	61	54	48	42	37	33	29	18	12	7:29:30
4:09:00	4:58	94	82	71	62	55	49	43	38	34	30	19	13	7:27
4:07:30	4:56	95	83	72	63	56	50	44	39	35	31	20	14	7:24:40
4:06:00	4:54	96	84	73	64	57	51	45	40	36	32	21	15	7:22:20

Langstrecken		Punktliste Geherpokal -Version 2015												Seite 3
30	35	W75	W70	W65	W60	W55	W50	W45	W40	W35	Frauen			50km
Zeiten	Zeiten	M85	M80	M75	M70	M65	M60	M55	M50	M45	W18/19	M16/17	M18/19	
4:04:30	4:52	97	85	74	65	58	52	46	41	37	33	22	16	7:20
4:03:00	4:50:20	98	86	75	66	59	53	47	42	38	34	23	17	7:17:40
4:01:30	4:48:40	99	87	76	67	60	54	48	43	39	35	24	18	7:15:20
3:59:00	4:47:00	100	88	77	68	61	55	49	44	40	36	25	19	7:13
3:57:35	4:45:20	101	89	78	69	62	56	50	45	41	37	26	20	7:10:40
3:56:10	4:43:40	102	90	79	70	63	57	51	46	42	38	27	21	7:08:20
3:54:45	4:42:00	103	91	80	71	64	58	52	47	43	39	28	22	7:06
3:53:20	4:40:20	104	92	81	72	65	59	53	48	44	40	29	23	7:03:40
3:51:55	4:38:40	105	93	82	73	66	60	54	49	45	41	30	24	7:01:20
3:50:30	4:37:00	106	94	83	74	67	61	55	50	46	42	31	25	6:59
3:49:05	4:35:20	107	95	84	75	68	62	56	51	47	43	32	26	6:56:40
3:47:40	4:33:40	108	96	85	76	69	63	57	52	48	44	33	27	6:54:20
3:46:15	4:32:00	109	97	86	77	70	64	58	53	49	45	34	28	6:52
3:45:25	4:30:20	110	98	87	78	71	65	59	54	50	46	35	29	6:49:40
3:44:00	4:28:40	111	99	88	79	72	66	60	55	51	47	36	30	6:47:20
3:42:40	4:27:00	112	100	89	80	73	67	61	56	52	48	37	31	6:45
3:41:20	4:25:20	113	101	90	81	74	68	62	57	53	49	38	32	6:42:40
3:40:00	4:23:40	114	102	91	82	75	69	63	58	54	50	39	33	6:40:20
3:38:40	4:22:00	115	103	92	83	76	70	64	59	55	51	40	34	6:38
3:37:20	4:20:20	116	104	93	84	77	71	65	60	56	52	41	35	6:35:40
3:36:00	4:18:40	117	105	94	85	78	72	66	61	57	53	42	36	6:33:20
3:34:40	4:17:00	118	106	95	86	79	73	67	62	58	54	43	37	6:31
3:33:20	4:15:20	119	107	96	87	80	74	68	63	59	55	44	38	6:28:50
3:32:00	4:13:40	120	108	97	88	81	75	69	64	60	56	45	39	6:26:40
3:30:40	4:12:00	121	109	98	89	82	76	70	65	61	57	46	40	6:24:30
3:29:20	4:10:20	122	110	99	90	83	77	71	66	62	58	47	41	6:22:20
3:28:00	4:08:40	123	111	100	91	84	78	72	67	63	59	48	42	6:20:10
3:26:45	4:07:00	124	112	101	92	85	79	73	68	64	60	49	43	6:18
3:25:30	4:05:20	125	113	102	93	86	80	74	69	65	61	50	44	6:15:50
3:24:15	4:03:40	126	114	103	94	87	81	75	70	66	62	51	45	6:13:40

Langstrecken		Punktliste Geherpokal -Version 2015												Seite 4
30	35	W75	W70	W65	W60	W55	W50	W45	W40	W35	Frauen			50km
Zeiten	Zeiten	M85	M80	M75	M70	M65	M60	M55	M50	M45	M18/19	M16/17	M18/19	
3:23:00	4:02:00	127	115	104	95	88	82	76	71	67	63	52	46	6:11:30
3:21:45	4:00:30	128	116	105	96	89	83	77	72	68	64	53	47	6:09:20
3:20:30	3:59:00	129	117	106	97	90	84	78	73	69	65	54	48	6:07:10
3:19:15	3:57:30	...	118	107	98	91	85	79	74	70	66	55	49	6:05
3:18:00	3:56:00	...	119	108	99	92	86	80	75	71	67	56	50	6:02.50
3:16:45	3:54:30	...	120	109	100	93	87	81	76	72	68	57	51	6:00:40
3:15:30	3:53:00	...	121	110	101	94	88	82	77	73	69	58	52	5:58:30
3:14:15	3:51:30	...	122	111	102	95	89	83	78	74	70	59	53	5:56.20
3:13:00	3:50:00	...	123	112	103	96	90	84	79	75	71	60	54	5:54:10
3:11:45	3:48:30	...	124	113	104	97	91	85	80	76	72	61	55	5:52
3:10:30	3:47:00	...	125	114	105	98	92	86	81	77	73	62	56	5:49:50
3:09:15	3:45:30	...	126	115	106	99	93	87	82	78	74	63	57	5:47:40
3:08:00	3:44:00	...	127	116	107	100	94	88	83	79	75	64	58	5:45:30
3:06:50	3:42:40	...	128	117	108	101	95	89	84	80	76	65	59	5:43:20
3:05:40	3:41:20	...	129	118	109	102	96	90	85	81	77	66	60	5:41:10
3:04:30	3:40:00	119	110	103	97	91	86	82	78	67	61	5:39
3:03:20	3:38:40	120	111	104	98	92	87	83	79	68	62	5:36:50
3:02:10	3:37:20	121	112	105	99	93	88	84	80	69	63	5:34:40
3:01:00	3:36:00	122	113	106	100	94	89	85	81	70	64	5:32:30
2:59:50	3:34:40	123	114	107	101	95	90	86	82	71	65	5:30:20
2:58:40	3:33:20	124	115	108	102	96	91	87	83	72	66	5:28:10
2:57:30	3:32:00	125	116	109	103	97	92	88	84	73	67	5:26
2:56:20	3:30:40	126	117	110	104	98	93	89	85	74	68	5:23:50
2:55:10	3:29:20	127	118	111	105	99	94	90	86	75	69	5:21:40
2:54:05	3:28:00	128	119	112	106	100	95	91	87	76	70	5:19:30
2:53:00	3:26:40	129	120	113	107	101	96	92	88	77	71	5:17:20
2:51:55	3:25:20	121	114	108	102	97	93	89	78	72	5:15.10
2:50:50	3:24:00	122	115	109	103	98	94	90	79	73	5:13
2:49:45	3:22:40	123	116	110	104	99	95	91	80	74	5:10:50
2:48:40	3:21:20	124	117	111	105	100	96	92	81	75	5:08:40

Langstrecken		Punktliste Geherpokal -Version 2015												Seite 5	
30	35	W75	W70	W65	W60	W55	W50	W45	W40	W35	Frauen			50km	
Zeiten	Zeiten	M85	M80	M75	M70	M65	M60	M55	M50	M45	W18/19	M16/17	M18/19		Männer
2:47:35	3:20:00	125	118	112	106	101	97	93	82	76	5:06:30	
2:46:30	3:18:40	126	119	113	107	102	98	94	83	77	5:04:20	
2:45:25	3:17:20	127	120	114	108	103	99	95	84	78	5:02:10	
2:44:20	3:16:00	128	121	115	109	104	100	96	85	79	5:00	
2:43:15	3:14:40	129	122	116	110	105	101	97	86	80	4:58	
2:42:10	3:13:20	123	117	111	106	102	98	87	81	4:56	
2:41:05	3:12:00	124	118	112	107	103	99	88	82	4:54	
2:40:00	3:10:40	125	119	113	108	104	100	89	83	4:52	
2:39:00	3:09:20	126	120	114	109	105	101	90	84	4:50	
2:38:00	3:08:00	127	121	115	110	106	102	91	85	4:48	
2:37:00	3:06:40	128	122	116	111	107	103	92	86	4:46	
2:36:00	3:05:00	129	123	117	112	108	104	93	87	4:44	
2:35:00	3:03:50	124	118	113	109	105	94	88	4:42	
2:34:00	3:02:40	125	119	114	110	106	95	89	4:40	
2:33:00	3:01:30	126	120	115	111	107	96	90	4:38	
2:32:00	3:00:20	127	121	116	112	108	97	91	4:36	
2:31:00	2:59:10	128	122	117	113	109	98	92	4:34	
2:30:00	2:58:00	129	123	118	114	110	99	93	4:32	
2:29:00	2:56:50	124	119	115	111	100	94	4:30	
2:28:00	2:55:40	125	120	116	112	101	95	4:28:10	
2:27:00	2:54:30	126	121	117	113	102	96	4:26:20	
2:26:05	2:53:20	127	122	118	114	103	97	4:24:30	
2:25:10	2:52:10	128	123	119	115	104	98	4:22:40	
2:24:15	2:51:00	129	124	120	116	105	99	4:20:50	
2:23:20	2:49:50	125	121	117	106	100	4:19	
2:22:25	2:48:40	126	122	118	107	101	4:17:10	
2:21:30	2:47:30	127	123	119	108	102	4:15:20	
2:20:35	2:46:20	128	124	120	109	103	4:13:40	
2:19:40	2:45:10	129	125	121	110	104	4:11:50	
2:18:45	2:44:00	126	122	111	105	4:10	

Langstrecken		Punktliste Geherpokal -Version 2015												Seite 6	
30	35	W75	W70	W65	W60	W55	W50	W45	W40	W35	Frauen			50km	
Zeiten	Zeiten	M85	M80	M75	M70	M65	M60	M55	M50	M45	W18/19	M16/17	M18/19	Männer	Zeiten
2:17:50	2:42:50	127	123	112	106	4:08:10	
2:16:55	2:41:40	128	124	113	107	4:06:20	
2:16:00	2:40:30	129	125	114	108	4:04:30	
2:15:05	2:39:20	126	115	109	4:02:40	
2:14:10	2:38:10	127	116	110	4:00:50	
2:13:15	2:37:00	128	117	111	3:59	
2:12:20	2:35:50	129	118	112	3:57:20	
2:11:25	2:34:40	119	113	3:55:40	
2:10:30	2:33:20	120	114	3:54	
2:09:35	2:32:10	121	115	3:52:20	
2:08:40	2:31:00	122	116	3:50:40	
2:07:45	2:30:00	123	117	3:49	
2:06:50	2:29:00	124	118	3:47:20	
2:05:55	2:28:00	125	119	3:45:40	
2:05:00	2:27:00	126	120	3:44	
2:04:10	2:26:00	127	121	3:42:20	
2:03:20	2:25:00	128	122	3:40:40	
2:02:30	2:24:00	129	123	3:39	
2:01:40	2:23:00	124	3:37:20	
2:00:50	2:22:00	125	3:35:40	
2:00:00	2:21:00	126	3:34	
1:59:10	2:20:00	127	3:32:20	
1:58:20	2:19:00	128	3:30:40	
1:57:30	2:18:00	129	3:29	