

Punktliste Geherpokal - *Version 2015*

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3 km				2km				1km				500m*				Schülerstrecken, 500m* = für Anfänger und U16 < 70P.				3 km				2km				1km				500m*							
																W U10		W10/11		W12/13		W14/15																	
Zeiten				Zeiten				Zeiten				Zeiten*						M U10		M10/11		M12/13		M14/15		Zeiten		Zeiten		Zeiten		Zeiten*							
28:36	18:45	8:59	4:29	2	28:36	18:45	8:59	4:29																											
28:28	18:41	8:56	4:28	3	28:28	18:41	8:56	4:28																											
28:20	18:37	8:53	4:27	4	28:20	18:37	8:53	4:27																											
28:12	18:33	8:50	4:25	5	28:12	18:33	8:50	4:25																											
28:04	18:29	8:47	4:24	6	28:04	18:29	8:47	4:24																											
27:56	18:25	8:44	4:22	7	27:56	18:25	8:44	4:22																											
27:48	18:21	8:41	4:21	8	1	27:48	18:21	8:41	4:21																											
27:40	18:17	8:38	4:19	9	2	27:40	18:17	8:38	4:19																											
27:32	18:13	8:35	4:18	10	3	27:32	18:13	8:35	4:18																											
27:24	18:09	8:32	4:16	11	4	27:24	18:09	8:32	4:16																											
27:16	18:05	8:29	4:15	12	5	27:16	18:05	8:29	4:15																											
27:08	17:56	8:26	4:13	13	6	27:08	17:56	8:26	4:13																											
27:00	17:48	8:23	4:12	14	7	1	27:00	17:48	8:23	4:12																											
26:52	17:40	8:20	4:10	15	8	2	26:52	17:40	8:20	4:10																											
26:44	17:32	8:17	4:09	16	9	3	26:44	17:32	8:17	4:09																											
26:36	17:24	8:14	4:07	17	10	4	26:36	17:24	8:14	4:07																											
26:28	17:16	8:11	4:06	18	11	5	26:28	17:16	8:11	4:06																											
26:20	17:08	8:08	4:04	19	12	6	26:20	17:08	8:08	4:04																											
26:12	17:00	8:05	4:03	20	13	7	1	...	26:12	17:00	8:05	4:03																											
26:04	16:54	8:02	4:01	21	14	8	2	...	26:04	16:54	8:02	4:01																											
25:56	16:47	7:59	4:00	22	15	9	3	...	25:56	16:47	7:59	4:00																											
25:48	16:40	7:56	3:58	23	16	10	4	...	25:48	16:40	7:56	3:58																											
25:40	16:33	7:53	3:57	24	17	11	5	...	25:40	16:33	7:53	3:57																											
25:32	16:27	7:50	3:55	25	18	12	6	1	25:32	16:27	7:50	3:55																											
25:24	16:21	7:47	3:54	26	19	13	7	2	25:24	16:21	7:47	3:54																											
25:16	16:14	7:44	3:52	27	20	14	8	3	25:16	16:14	7:44	3:52																											
25:08	16:07	7:41	3:50	28	21	15	9	4	25:08	16:07	7:41	3:50																											
25:00	16:00	7:38	3:49	29	22	16	10	5	25:00	16:00	7:38	3:49																											

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				Schülerstrecken, 500m* = für Anfänger und U16 < 70P.								
3 km	2km	1km	500m*	W U10	W10/11	W12/13	W14/15		3 km	2km	1km	500m*
Zeiten	Zeiten	Zeiten	Zeiten*		M U10	M10/11	M12/13	M14/15	Zeiten	Zeiten	Zeiten	Zeiten*
24:52	15:53	7:35	3:47	30	23	17	11	6	24:52	15:53	7:35	3:47
24:44	15:47	7:32	3:46	31	24	18	12	7	24:44	15:47	7:32	3:46
24:36	15:41	7:29	3:45	32	25	19	13	8	24:36	15:41	7:29	3:45
24:28	15:34	7:26	3:43	33	26	20	14	9	24:28	15:34	7:26	3:43
24:20	15:27	7:23	3:42	34	27	21	15	10	24:20	15:27	7:23	3:42
24:12	15:21	7:20	3:40	35	28	22	16	11	24:12	15:21	7:20	3:40
24:04	15:15	7:17	3:39	36	29	23	17	12	24:04	15:15	7:17	3:39
23:56	15:09	7:14	3:37	37	30	24	18	13	23:56	15:09	7:14	3:37
23:48	15:03	7:11	3:36	38	31	25	19	14	23:48	15:03	7:11	3:36
23:40	14:57	7:08	3:34	39	32	26	20	15	23:40	14:57	7:08	3:34
23:32	14:51	7:05	3:33	40	33	27	21	16	23:32	14:51	7:05	3:33
23:24	14:45	7:02	3:31	41	34	28	22	17	23:24	14:45	7:02	3:31
23:16	14:40	7:00	3:30	42	35	29	23	18	23:16	14:40	7:00	3:30
23:08	14:34	6:58	3:29	43	36	30	24	19	23:08	14:34	6:58	3:29
23:00	14:28	6:55	3:27	44	37	31	25	20	23:00	14:28	6:55	3:27
22:52	14:23	6:52	3:26	45	38	32	26	21	22:52	14:23	6:52	3:26
22:44	14:18	6:49	3:25	46	39	33	27	22	22:44	14:18	6:49	3:25
22:36	14:13	6:46	3:23	47	40	34	28	23	22:36	14:13	6:46	3:23
22:28	14:08	6:44	3:22	48	41	35	29	24	22:28	14:08	6:44	3:22
22:21	14:03	6:42	3:21	49	42	36	30	25	22:21	14:03	6:42	3:21
22:14	13:59	6:40	3:20	50	43	37	31	26	22:14	13:59	6:40	3:20
22:07	13:55	6:38	3:19	51	44	38	32	27	22:07	13:55	6:38	3:19
22:00	13:51	6:36	3:18	52	45	39	33	28	22:00	13:51	6:36	3:18
21:53	13:47	6:34	3:17	53	46	40	34	29	21:53	13:47	6:34	3:17
21:46	13:43	6:32	3:16	54	47	41	35	30	21:46	13:43	6:32	3:16
21:39	13:39	6:30	3:15	55	48	42	36	31	21:39	13:39	6:30	3:15
21:32	13:35	6:28	3:14	56	49	43	37	32	21:32	13:35	6:28	3:14

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3 km				2km				1km				500m*				Schülerstrecken, 500m* = für Anfänger und U16 < 70P.							
Zeiten		Zeiten		Zeiten		Zeiten*		W U10		W10/11		W12/13		W14/15		3 km		2km		1km		500m*	
								M U10		M10/11		M12/13		M14/15									
21:25	13:31	6:26	3:13	57	50	44	38	33	21:25	13:31	6:26	3:13											
21:18	13:27	6:24	3:12	58	51	45	39	34	21:18	13:27	6:24	3:12											
21:11	13:23	6:22	3:11	59	52	46	40	35	21:11	13:23	6:22	3:11											
21:04	13:19	6:20	3:10	60	53	47	41	36	21:04	13:19	6:20	3:10											
20:57	13:15	6:18	3:09	61	54	48	42	37	20:57	13:15	6:18	3:09											
20:50	13:11	6:16	3:08	62	55	49	43	38	20:50	13:11	6:16	3:08											
20:43	13:07	6:14	3:07	63	56	50	44	39	20:43	13:07	6:14	3:07											
20:36	13:03	6:12	3:06	64	57	51	45	40	20:36	13:03	6:12	3:06											
20:29	12:59	6:10	3:05	65	58	52	46	41	20:29	12:59	6:10	3:05											
20:22	12:55	6:08	3:04	66	59	53	47	42	20:22	12:55	6:08	3:04											
20:15	12:51	6:06	3:03	67	60	54	48	43	20:15	12:51	6:06	3:03											
20:08	12:47	6:04	3:02	68	61	55	49	44	20:08	12:47	6:04	3:02											
20:01	12:43	6:02	3:01	69	62	56	50	45	20:01	12:43	6:02	3:01											
19:54	12:39	6:00	3:00	70	63	57	51	46	19:54	12:39	6:00	3:00											
19:47	12:35	5:58	2:59	71	64	58	52	47	19:47	12:35	5:58	2:59											
19:40	12:31	5:56	2:58	72	65	59	53	48	19:40	12:31	5:56	2:58											
19:34	12:27	5:54	2:57	73	66	60	54	49	19:34	12:27	5:54	2:57											
19:28	12:23	5:52	2:56	74	67	61	55	50	19:28	12:23	5:52	2:56											
19:22	12:19	5:50	2:55	75	68	62	56	51	19:22	12:19	5:50	2:55											
19:16	12:15	5:48	2:54	76	69	63	57	52	19:16	12:15	5:48	2:54											
19:10	12:11	5:46	2:53	77	70	64	58	53	19:10	12:11	5:46	2:53											
19:04	12:07	5:44	2:52	78	71	65	59	54	19:04	12:07	5:44	2:52											
18:57	12:03	5:42	2:51	79	72	66	60	55	18:57	12:03	5:42	2:51											
18:50	11:59	5:40	2:50	80	73	67	61	56	18:50	11:59	5:40	2:50											
18:43	11:55	5:38	2:49	81	74	68	62	57	18:43	11:55	5:38	2:49											
18:36	11:51	5:36	2:48	82	75	69	63	58	18:36	11:51	5:36	2:48											
18:29	11:47	5:34	2:47	83	76	70	64	59	18:29	11:47	5:34	2:47											

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				Schülerstrecken, 500m* = für Anfänger und U16 < 70P.								
3 km	2km	1km	500m*	W U10	W10/11	W12/13	W14/15		3 km	2km	1km	500m*
Zeiten	Zeiten	Zeiten	Zeiten*		M U10	M10/11	M12/13	M14/15	Zeiten	Zeiten	Zeiten	Zeiten*
18:22	11:42	5:32	2:46	84	77	71	65	60	18:22	11:42	5:32	2:46
18:15	11:38	5:30	2:45	85	78	72	66	61	18:15	11:38	5:30	2:45
18:08	11:35	5:28	2:44	86	79	73	67	62	18:08	11:35	5:28	2:44
18:01	11:32	5:27	...	87	80	74	68	63	18:01	11:32	5:27	...
17:54	11:29	5:25	2:43	88	81	75	69	64	17:54	11:29	5:25	2:43
17:47	11:25	5:23	2:42	89	82	76	70	65	17:47	11:25	5:23	2:42
17:40	11:21	5:22	2:41	90	83	77	71	66	17:40	11:21	5:22	2:41
17:33	11:18	5:20	2:40	91	84	78	72	67	17:33	11:18	5:20	2:40
17:26	11:14	5:18	2:39	92	85	79	73	68	17:26	11:14	5:18	2:39
17:19	11:11	5:17	...	93	86	80	74	69	17:19	11:11	5:17	...
17:12	11:07	5:15	2:38	94	87	81	75	70	17:12	11:07	5:15	2:38
17:05	11:04	5:13	2:37	95	88	82	76	71	17:05	11:04	5:13	2:37
16:58	11:00	5:12	2:36	96	89	83	77	72	16:58	11:00	5:12	2:36
16:52	10:56	5:10	2:35	97	90	84	78	73	16:52	10:56	5:10	2:35
16:46	10:53	5:08	2:34	98	91	85	79	74	16:46	10:53	5:08	2:34
16:40	10:50	5:07	...	99	92	86	80	75	16:40	10:50	5:07	...
16:34	10:46	5:05	2:33	100	93	87	81	76	16:34	10:46	5:05	2:33
16:28	10:42	5:03	2:32	101	94	88	82	77	16:28	10:42	5:03	2:32
16:22	10:39	5:02	2:31	102	95	89	83	78	16:22	10:39	5:02	2:31
16:16	10:35	5:00	2:30	103	96	90	84	79	16:16	10:35	5:00	2:30
16:10	10:32	4:58	2:29	104	97	91	85	80	16:10	10:32	4:58	2:29
16:04	10:29	4:57		105	98	92	86	81	16:04	10:29	4:57	
15:58	10:25	4:55		106	99	93	87	82	15:58	10:25	4:55	
15:52	10:21	4:53		107	100	94	88	83	15:52	10:21	4:53	
15:46	10:18	4:52		108	101	95	89	84	15:46	10:18	4:52	
15:40	10:14	4:50		109	102	96	90	85	15:40	10:14	4:50	
15:35	10:11	4:48		110	103	97	91	86	15:35	10:11	4:48	

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				Schülerstrecken, 500m* = für Anfänger und U16 < 70P.								
3 km	2km	1km	500m*	W U10	W10/11	W12/13	W14/15	3 km	2km	1km	500m*	
					M U10	M10/11	M12/13	M14/15				
Zeiten	Zeiten	Zeiten	Zeiten*						Zeiten	Zeiten	Zeiten	Zeiten*
15:30	10:08	4:47		111	104	98	92	87	15:30	10:08	4:47	
15:25	10:04	4:45		112	105	99	93	88	15:25	10:04	4:45	
15:20	10:00	4:43		113	106	100	94	89	15:20	10:00	4:43	
15:15	9:57	4:42		114	107	101	95	90	15:15	9:57	4:42	
15:10	9:53	4:40		115	108	102	96	91	15:10	9:53	4:40	
15:05	9:49	4:38		116	109	103	97	92	15:05	9:49	4:38	
15:00	9:47	4:37		117	110	104	98	93	15:00	9:47	4:37	
14:55	9:43	4:35		118	111	105	99	94	14:55	9:43	4:35	
14:50	9:39	4:33		119	112	106	100	95	14:50	9:39	4:33	
14:45	9:36	4:32		120	113	107	101	96	14:45	9:36	4:32	
14:40	9:33	4:30		121	114	108	102	97	14:40	9:33	4:30	
14:35	9:29	4:28		122	115	109	103	98	14:35	9:29	4:28	
14:30	9:26	4:27		123	116	110	104	99	14:30	9:26	4:27	
14:25	9:22	4:25		124	117	111	105	100	14:25	9:22	4:25	
14:20	9:18	4:23		125	118	112	106	101	14:20	9:18	4:23	
14:15	9:15	4:22		126	119	113	107	102	14:15	9:15	4:22	
14:10	9:11	4:20		127	120	114	108	103	14:10	9:11	4:20	
14:05	9:07	4:18		128	121	115	109	104	14:05	9:07	4:18	
14:00	9:04	4:17		129	122	116	110	105	14:00	9:04	4:17	
13:55	9:00	4:15		...	123	117	111	106	13:55	9:00	4:15	
13:50	8:57	4:13		...	124	118	112	107	13:50	8:57	4:13	
13:45	8:53	4:12		...	125	119	113	108	13:45	8:53	4:12	
13:40	8:50	4:10		...	126	120	114	109	13:40	8:50	4:10	
13:35	8:47	4:08		115	110	13:35	8:47	4:08	
13:30	8:43	4:07		116	111	13:30	8:43	4:07	
13:25	8:40	4:05		117	112	13:25	8:40	4:05	
13:20	8:38	4:03		118	113	13:20	8:38	4:03	

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				Schülerstrecken, 500m* = für Anfänger und U16 < 70P.								
3 km	2km	1km	500m*	W U10	W10/11	W12/13	W14/15		3 km	2km	1km	500m*
Zeiten	Zeiten	Zeiten	Zeiten*		M U10	M10/11	M12/13	M14/15	Zeiten	Zeiten	Zeiten	Zeiten*
13:15	8:35	4:02		119	114	13:15	8:35	4:02	
13:10	8:32	4:00		120	115	13:10	8:32	4:00	
13:05	8:30	3:58		116	13:05	8:30	3:58	
13:00	8:28	3:57		117	13:00	8:28	3:57	
12:55	8:26	3:55		118	12:55	8:26	3:55	
12:50	8:24	3:53		119	12:50	8:24	3:53	
12:45	8:22	3:52		120	12:45	8:22	3:52	
12:40	8:20	3:50		121	12:40	8:20	3:50	
12:36	8:18	3:48		122	12:36	8:18	3:48	
12:32	8:16	3:47		123	12:32	8:16	3:47	
12:28	8:14	3:45		124	12:28	8:14	3:45	
12:24	8:12	3:44		125	12:24	8:12	3:44	
12:20	8:10	3:43		126	12:20	8:10	3:43	
12:16	8:08	3:42		127	12:16	8:08	3:42	
12:13	8:06	3:41		128	12:13	8:06	3:41	
12:10	8:04	3:40		129	12:10	8:04	3:40	