

MILA 5000m Lauf

Rang	Nr	Name	Vorname	Ort	Jg	1	2	3	4	5	6	7	8	9	10	11	12	13	Gesamtzeit
1.	22	Ghulam	Kalim	Heerbrugg	1985	00:41	01:18	01:20	01:22	01:23	01:23	01:24	01:24	01:25	01:26	01:27	01:25	01:22	17:20
2.	20	Török	Zoltan	Heerbrugg	1979	00:42	01:23	01:26	01:26	01:28	01:29	01:29	01:29	01:28	01:28	01:28	01:28	01:26	18:10
3.	10	Tropiano	Donato	Balgach	1967	00:42	01:26	01:27	01:29	01:28	01:29	01:31	01:31	01:31	01:32	01:32	01:31	01:24	18:33
4.	16	Weiler	Andreas	Altstätten	1967	00:45	01:27	01:29	01:30	01:32	01:32	01:30	01:30	01:31	01:30	01:29	01:29	01:21	18:35
5.	6	Benz	Felix	Heerbrugg	1960	00:45	01:24	01:29	01:29	01:30	01:31	01:32	01:31	01:32	01:31	01:31	01:29	01:24	18:37
6.	2	Bischofberger	Guido	Oberegg	1968	00:45	01:27	01:29	01:30	01:32	01:32	01:31	01:30	01:31	01:31	01:30	01:31	01:25	18:43
7.	4	Segmüller	Roland	Eichberg	1960	00:43	01:26	01:28	01:31	01:33	01:33	01:31	01:31	01:32	01:33	01:33	01:32	01:25	18:53
8.	11	Lichtensteiger	Denise	Montlingen	1974	00:51	01:36	01:38	01:36	01:38	01:39	01:37	01:38	01:38	01:39	01:37	01:39	01:32	20:17
9.	8	Büchel	Helmut	Heerbrugg	1964	00:49	01:37	01:38	01:40	01:39	01:41	01:38	01:36	01:38	01:40	01:40	01:40	01:32	20:28
10.	23	Keller	René	Diepoldsau	1973	00:47	01:38	01:38	01:39	01:39	01:42	01:41	01:39	01:43	01:42	01:40	01:45	01:33	20:47
11.	18	Bühner	Frank	Balgach	1969	00:48	01:37	01:37	01:40	01:39	01:41	01:41	01:40	01:43	01:44	01:45	01:48	01:31	20:54
12.	14	Lindenmann	Elmar	Diepoldsau	1963	00:50	01:36	01:38	01:39	01:39	01:41	01:40	01:40	01:41	01:42	01:42	01:44	01:41	20:54
13.	17	Wälter	Christof	Rebstein	1961	00:51	01:35	01:38	01:37	01:38	01:40	01:40	01:43	01:44	01:45	01:46	01:44	01:35	20:56
14.	1	Mafli	Hans	Widnau	1961	00:49	01:34	01:37	01:38	01:39	01:39	01:41	01:40	01:42	01:43	01:46	01:47	01:45	21:00
15.	15	Schmid	Moritz	Balgach	1959	00:50	01:34	01:37	01:38	01:39	01:40	01:42	01:45	01:47	01:48	01:44	01:47	01:37	21:08
16.	9	Eugster	Albino	Widnau	1963	00:52	01:42	01:45	01:41	01:45	01:42	01:44	01:43	01:42	01:42	01:43	01:45	01:22	21:08
17.	3	Graf	Norbert	Altstätten	1952	00:52	01:40	01:43	01:45	01:46	01:45	01:45	01:45	01:46	01:47	01:46	01:43	01:32	21:34
18.	7	Keller	Erwin	Diepoldsau	1942	00:50	01:39	01:43	01:46	01:46	01:46	01:46	01:46	01:46	01:46	01:46	01:42	01:39	21:41
19.	13	Lüchinger	Doris	Diepoldsau	1962	00:51	01:42	01:45	01:47	01:47	01:47	01:49	01:49	01:50	01:49	01:49	01:49	01:41	22:15
20.	19	Brocker	Robert	Lüchingen	1968	00:53	01:44	01:48	01:50	01:50	01:51	01:53	01:54	01:54	01:54	01:53	01:54	01:48	23:05
21.	12	Schmidheiny	Stephan	Widnau	1961	00:52	01:42	01:45	01:47	01:48	01:51	01:55	01:54	01:57	02:00	02:00	02:00	01:56	23:26
22.	5	Ebnetter	Rina	Rüthi	1955	00:52	01:44	01:50	01:53	01:55	01:54	01:56	01:54	01:56	01:56	01:57	01:55	01:49	23:32
