

MILA 5000m Lauf 3. März 2010**MILA**

Rang	Nr	Name	Vorname	Ort	Jg	1	2	3	4	5	6	7	8	9	10	11	12	13	Gesamtzeit
1.	8	Török	Zoltan	Heerbrugg	1979	00:36	01:16	01:20	01:22	01:23	01:24	01:24	01:24	01:25	01:26	01:25	01:26	01:21	17:13
2.	2	Hüppi	Ramon	Marbach	1984	00:42	01:22	01:25	01:25	01:25	01:23	01:25	01:27	01:26	01:28	01:29	01:30	01:27	17:54
3.	16	Weiler	Andreas	Altstätten	1967	00:42	01:24	01:28	01:29	01:31	01:31	01:30	01:29	01:28	01:29	01:30	01:28	01:18	18:17
4.	28	Halter	Markus	Balgach	1967	00:42	01:23	01:25	01:29	01:31	01:31	01:32	01:29	01:29	01:29	01:30	01:28	01:22	18:21
5.	6	Benz	Felix	Heerbrugg	1960	00:39	01:24	01:28	01:29	01:31	01:32	01:32	01:31	01:28	01:29	01:31	01:31	01:26	18:28
6.	34	Stutz	Reto	Berneck	1977	00:44	01:25	01:29	01:29	01:31	01:30	01:31	01:34	01:30	01:33	01:32	01:20	01:19	18:29
7.	4	Segmüller	Roland	Eichberg	1960	00:43	01:29	01:29	01:29	01:30	01:31	01:30	01:33	01:30	01:33	01:32	01:30	01:23	18:43
8.	20	Litscher	Berni	Berneck	1955	00:43	01:29	01:31	01:31	01:32	01:33	01:31	01:31	01:30	01:30	01:30	01:28	01:25	18:44
9.	12	Dür	Raphael	Rebstein	1985	00:44	01:29	01:30	01:30	01:32	01:32	01:32	01:35	01:33	01:33	01:33	01:34	01:29	19:08
10.	32	Hautle	Michael	Widnau	1979	00:45	01:29	01:32	01:31	01:32	01:34	01:34	01:33	01:33	01:33	01:35	01:33	01:25	19:09
11.	11	Lichtensteiger	Denise	Montlingen	1974	00:44	01:31	01:34	01:33	01:35	01:36	01:38	01:36	01:37	01:38	01:37	01:37	01:31	19:47
12.	10	Ammann	Mario	Berneck	1956	00:44	01:30	01:34	01:35	01:37	01:37	01:39	01:39	01:37	01:39	01:38	01:38	01:29	19:56
13.	30	Schawalder	Alexander	Widnau	1962	00:46	01:34	01:35	01:35	01:35	01:36	01:38	01:37	01:36	01:38	01:38	01:37	01:33	19:59
14.	9	Eugster	Albino	Widnau	1963	00:44	01:35	01:41	01:38	01:39	01:39	01:41	01:40	01:41	01:39	01:42	01:41	01:31	20:32
15.	18	Bühner	Frank	Balgach	1969	00:46	01:30	01:34	01:35	01:42	01:40	01:42	01:44	01:43	01:47	01:46	01:46	01:34	20:50
16.	17	Breitenmoser	Ignaz	Marbach	1959	00:46	01:38	01:40	01:41	01:43	01:43	01:44	01:44	01:43	01:43	01:41	01:42	01:34	21:02
17.	22	Wälter	Christof	Rebstein	1961	00:44	01:29	01:35	01:39	01:40	01:44	01:46	01:45	01:45	01:46	01:47	01:46	01:41	21:06
18.	15	Schmid	Moritz	Balgach	1959	00:46	01:34	01:40	01:38	01:40	01:42	01:45	01:47	01:47	01:45	01:46	01:44	01:41	21:14
19.	29	Stein	Werner	Balgach	1974	00:53	01:43	01:43	01:47	01:45	01:42	01:40	01:43	01:43	01:46	01:46	01:37	01:36	21:24
20.	7	Graber	Kurt	Kriessern	1957	00:48	01:40	01:39	01:40	01:43	01:45	01:46	01:45	01:46	01:45	01:45	01:43	01:40	21:27
21.	27	Gruber	Bernhard	Diepoldsau	1962	00:47	01:41	01:42	01:40	01:44	01:45	01:45	01:46	01:46	01:46	01:47	01:46	01:40	21:36
22.	3	Graf	Norbert	Altstätten	1952	00:50	01:43	01:46	01:46	01:49	01:46	01:44	01:44	01:44	01:44	01:42	01:43	01:37	21:38
23.	5	Lüchinger	Doris	Diepoldsau	1962	00:49	01:42	01:47	01:47	01:49	01:49	01:51	01:50	01:51	01:51	01:52	01:50	01:44	22:33
24.	19	Brocker	Robert	Lüchingen	1968	00:53	01:47	01:51	01:52	01:55	01:52	01:55	01:57	01:56	01:56	01:55	01:54	01:48	23:30
25.	1	Ebneter	Rina	Rüthi	1955	00:50	01:46	01:52	01:54	01:55	01:54	01:56	01:57	01:56	01:56	01:55	01:55	01:52	23:39
26.	31	Brunner	Heinz	Balgach	1960	00:52	01:51	01:53	01:53	01:53	01:56	01:58	01:57	01:57	01:57	01:56	01:56	01:54	23:53
27.	21	Jöhri	Bianca	Widnau	1979	00:52	01:53	01:55	01:57	02:00	02:03	02:05	02:06	02:03	02:04	02:04	02:03	01:58	25:02
28.	23	Hanimann	Christine	Widnau	1989	00:52	01:52	01:56	01:57	02:03	02:07	02:08	02:11	02:10	02:13	02:11	02:11	02:09	26:00