

Emder Bahnserie Teil 2

Zieleinlaufliste 5000 m



17.06.2025, Emden

Platz	Startnr	Name	Jahrg	m/w	AK	Verein	Zeit	Pace
5000 m								
1.	369	Finn Kersten	2005	m	1. MJ	TSV Sellstedt	15:58,2	3:11
2.	371	Rouven-Manuel Miede	2001	m	1. M	Emder Laufgemeinschaft	16:06,7	3:13
3.	390	Fabian Weermann	2005	m	2. MJ	Braunschweiger Laufclub/TuS Hinte	16:56,0	3:23
4.	370	Morten Weber	2000	m	2. M	ATS Buntentor Bremen	17:19,1	3:27
5.	386	Jan-Aiko van Hove	1997	m	3. M	Emder Laufgemeinschaft	17:47,9	3:33
6.	381	Vanessa Busse	2001	w	1. W	Emder Laufgemeinschaft	20:59,2	4:11
7.	384	Kai Tamminga	1974	m	1. M50	Emder Laufgemeinschaft	21:49,4	4:21
8.	393	Jens Zielazo	1991	m	1. M30	Emder Laufgemeinschaft	23:16,9	4:39
9.	392	Marion Baumann	1971	w	1. W50	TuS Zetel	23:36,4	4:43

Emder Laufgemeinschaft e.V.

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Rundenzeiten 5000 m



17.06.2025, Emden

Name	R1 Pace	R2 Pace	R3 Pace	R4 Pace	R5 Pace	R6 Pace	R7 Pace	R8 Pace	R9 Pace	R10 Pace	R11 Pace	R12 Pace	R13 Pace	Brutto Pace
5000 m														
Finn Kersten	00:39,6 3:17	01:13,7 3:04	01:19,2 3:18	01:16,2 3:10	01:18,6 3:16	01:15,6 3:08	01:17,4 3:13	01:18,6 3:16	01:17,8 3:14	01:18,8 3:17	01:17,5 3:13	01:15,5 3:08	01:09,7 2:54	15:58,2 3:11
Rouven-Manuel Miede	00:39,2 3:15	01:13,9 3:04	01:19,1 3:17	01:16,5 3:11	01:18,4 3:15	01:15,5 3:08	01:17,9 3:14	01:18,1 3:15	01:18,4 3:16	01:18,2 3:15	01:18,7 3:16	01:18,4 3:15	01:14,4 3:06	16:06,7 3:13
Fabian Weermann	00:40,8 3:23	01:19,5 3:18	01:19,9 3:19	01:20,8 3:21	01:22,2 3:25	01:22,2 3:25	01:22,5 3:26	01:24,0 3:30	01:21,4 3:23	01:21,5 3:23	01:23,0 3:27	01:22,4 3:25	01:15,8 3:09	16:56,0 3:23
Morten Weber	00:40,9 3:24	01:19,1 3:17	01:19,9 3:19	01:20,9 3:22	01:22,2 3:25	01:22,1 3:25	01:22,5 3:26	01:24,0 3:30	01:24,7 3:31	01:26,1 3:35	01:26,8 3:37	01:26,0 3:35	01:23,9 3:29	17:19,1 3:27
Jan-Aiko van Hove	00:41,7 3:28	01:26,1 3:35	01:24,3 3:30	01:25,1 3:32	01:26,0 3:34	01:26,0 3:34	01:25,2 3:33	01:26,7 3:36	01:26,7 3:36	01:26,9 3:37	01:26,2 3:35	01:25,0 3:32	01:22,0 3:24	17:47,9 3:33
Vanessa Busse	00:52,1 4:20	01:48,5 4:31	01:46,0 4:24	01:44,7 4:21	01:44,7 4:21	01:43,4 4:18	01:43,9 4:19	01:41,8 4:14	01:40,8 4:11	01:31,2 3:48	01:35,0 3:57	01:35,8 3:59	01:31,3 3:48	20:59,2 4:11
Kai Tamminga	00:50,6 4:12	01:42,6 4:16	01:42,8 4:16	01:44,0 4:19	01:45,1 4:22	01:44,3 4:20	01:44,4 4:20	01:45,2 4:22	01:45,4 4:23	01:47,6 4:28	01:47,9 4:29	01:47,7 4:29	01:41,8 4:14	21:49,4 4:21
Jens Zielazo	00:49,0 4:04	01:38,5 4:06	01:39,9 4:09	01:49,9 4:34	01:51,2 4:38	01:52,8 4:41	01:56,0 4:49	01:54,9 4:47	01:58,5 4:56	01:59,3 4:58	02:00,6 5:01	01:57,4 4:53	01:48,9 4:32	23:16,9 4:39
Marion Baumann	00:56,4 4:41	01:51,4 4:38	01:51,7 4:39	01:52,2 4:40	01:53,6 4:43	01:53,0 4:42	01:54,6 4:46	01:54,8 4:46	01:55,1 4:47	01:54,9 4:47	01:55,2 4:47	01:55,2 4:48	01:48,3 4:30	23:36,4 4:43
Hanna van Hove	00:52,6 4:22	01:48,5 4:31	01:45,9 4:24	01:44,5 4:21	01:44,9 4:22	01:43,3 4:18	01:43,8 4:19	01:41,9 4:14	01:45,5 4:23	0:00	0:00	0:00	0:00	
Benedict Töpfer	00:39,8 3:18	01:13,7 3:04	01:19,3 3:18	01:16,4 3:10	01:20,5 3:21	01:25,6 3:33	01:32,4 3:51	0:00	0:00	0:00	0:00	0:00	0:00	

Emder Laufgemeinschaft e.V.