

1. Nikolauslauf Norden - 10. Dezember 2011 - 10km Lauf

Ergebnisliste Männer

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	439	Steinke Peter	VfL Germania Leer	0:35:25	1970 M40	1	0:35:25	11:34 * 11:56 * 11:54	3:35 min/km
2	343	Naue Torsten	*Sandstedt	0:35:50	1965 M45	1	0:35:51	11:44 * 11:59 * 12:07	3:37 min/km
3	389	Redmers Christian	MTV Aurich	0:38:04	1990 MHK	1	0:38:05	12:18 * 12:48 * 12:57	3:51 min/km
4	411	Schipper Thade	TV Norden	0:38:20	1995 MJB	1	0:38:20	11:55 * 13:09 * 13:16	3:52 min/km
5	264	Köhler Jan-Aiko	Emder LG	0:38:37	1997 MSA	1	0:38:40	13:02 * 12:48 * 12:46	3:54 min/km
6	316	Meenken Janno	Dachdeckerei Stöbener	0:39:24	1994 MJB	2	0:39:26	12:20 * 13:25 * 13:38	3:59 min/km
7	272	Köster Clemens	MTV Aurich	0:39:27	1973 M35	1	0:39:29	12:54 * 13:20 * 13:13	3:59 min/km
8	493	Wilts Martin	*Aurich	0:39:40	1972 M35	2	0:39:42	13:03 * 13:15 * 13:20	4:00 min/km
9	134	Folkerts Andreas	pewsum	0:39:52	1971 M40	2	0:39:58	13:25 * 13:25 * 13:02	4:02 min/km
10	124	Ferneding Andréé	Team Laufrausch e.V.	0:39:55	1959 M50	1	0:39:58	13:25 * 13:25 * 13:04	4:02 min/km
11	514	Klüver Bernhard	*Krummhörn	0:39:58	1969 M	0	0:39:59	13:00 * 13:30 * 13:27	4:02 min/km
12	214	Hoffmann Karl-Heinz	Team Laufrausch e.V.	0:40:02	1958 M50	2	0:40:04	13:08 * 13:19 * 13:34	4:03 min/km
13	382	Potritt Thomas	TV Norden	0:40:06	1971 M40	3	0:40:09	12:59 * 13:26 * 13:40	4:03 min/km
14	74	Carls Christoph	TV Norden	0:40:10	1964 M45	2	0:40:12	13:09 * 13:25 * 13:35	4:03 min/km
15	190	Heinken Matthias	*Norden	0:40:12	1993 MJA	1	0:40:15	13:05 * 13:43 * 13:23	4:04 min/km
16	355	Niemöller Edgar	TUS Ofen	0:40:27	1969 M40	4	0:42:10	13:19 * 13:34 * 13:33	4:05 min/km
17	4	Akkermann Michael	Lauftreff Jennelt	0:40:39	1970 M40	5	0:40:44	13:21 * 13:39 * 13:38	4:06 min/km
18	106	Eden Kurt	TV Norden	0:41:02	1958 M50	3	0:41:04	13:16 * 13:56 * 13:49	4:09 min/km
19	253	Kathmann Aloys	TuS Norderney	0:41:57	1953 M55	1	0:41:58	13:35 * 14:05 * 14:15	4:14 min/km
20	292	Langensiepen Jannis	*Aurich	0:42:07	1994 MJB	3	0:42:36	15:55 * 13:51 * 12:20	4:15 min/km
21	152	Gerling Holger	*Werne	0:42:22	1969 M40	6	0:42:47	15:32 * 13:43 * 13:06	4:17 min/km
22	502	Mohrherr Tim	UNI Osnabrück	0:42:42	1985 MHK	2	0:42:44	13:39 * 14:25 * 14:38	4:19 min/km
23	386	Räth Matthias	*Norden	0:43:00	1965 M45	3	0:43:01	13:23 * 14:28 * 15:07	4:21 min/km
24	400	Rotte Uwe	*Ihlow	0:43:02	1960 M50	4	0:43:10	15:19 * 14:01 * 13:42	4:21 min/km
24	302	Lenzdorf Dennis	Team ERDINGER	0:43:02	1978 M30	1	0:43:16	14:50 * 14:26 * 13:45	4:21 min/km
26	69	Buse Michael	TV Norden	0:43:21	1972 M35	3	0:43:32	14:23 * 14:25 * 14:32	4:23 min/km
27	164	Grigat Uwe	*Hage	0:43:55	1968 M40	7	0:44:04	14:48 * 14:38 * 14:28	4:26 min/km
28	497	Wolken Gerd	Ulpts Architekten	0:44:06	1965 M45	4	0:44:15	14:26 * 14:42 * 14:57	4:27 min/km
29	451	Teuber Bernd	Team Laufrausch e.V.	0:44:21	1965 M45	5	0:44:28	14:42 * 14:53 * 14:45	4:29 min/km
30	105	Ebel Carsten	Emden	0:44:27	1966 M45	6	0:44:31	14:30 * 14:46 * 15:10	4:29 min/km
31	68	Busboom Wilfried	*Detern	0:44:31	1971 M40	8	0:44:54	14:41 * 15:03 * 14:47	4:30 min/km
32	399	Rosenhöfel Erik	Team Laufrausch e.V.	0:44:48	1975 M35	4	0:44:55	14:46 * 14:57 * 15:04	4:32 min/km
33	155	Glamann-Schulzek Graf	TV Norden	0:44:50	1965 M45	7	0:45:21	15:11 * 14:57 * 14:42	4:32 min/km
34	436	Sporré Jürgen	Borussia	0:45:01	1955 M55	2	0:45:10	15:02 * 15:07 * 14:51	4:33 min/km
35	467	Van der Kamp Hans	*Emden	0:45:02	1956 M55	3	0:45:10	15:02 * 15:08 * 14:51	4:33 min/km
36	388	Rausch Gerhard	TV Norden	0:46:06	1968 M40	9	0:46:34	15:28 * 15:21 * 15:16	4:39 min/km
37	166	Grünebast Günther	MTV Aurich	0:46:27	1965 M45	8	0:46:38	14:57 * 15:39 * 15:50	4:42 min/km
38	315	Mauson Peter	KGS Hage-Norden	0:47:27	1949 M60	1	0:47:51	16:24 * 15:37 * 15:25	4:48 min/km
39	392	Rößing Hermann	WfbM BBB	0:47:33	1965 M45	9	0:47:38	15:53 * 15:56 * 15:42	4:48 min/km
40	415	Schmidt Hartmut	tbd radsport-team	0:47:58	1962 M45	10	0:48:27	15:44 * 16:09 * 16:04	4:51 min/km
41	244	Janßen Dieter	*Moordorf	0:48:03	1966 M45	11	0:48:18	15:59 * 15:55 * 16:08	4:51 min/km
42	267	Kölber Richard	TV Norden	0:48:10	1966 M45	12	0:48:40	16:17 * 15:49 * 16:03	4:52 min/km
43	492	Willms Johann	*Krummhörn	0:48:26	1956 M55	4	0:48:44	16:41 * 15:56 * 15:49	4:54 min/km
44	375	Poguntke Martin	TV Norden	0:49:06	1963 M45	13	0:49:41	17:49 * 15:39 * 15:37	4:58 min/km
45	342	Nanninga Jochen	TV Norden	0:49:11	1967 M40	10	0:49:40	16:31 * 16:38 * 16:01	4:58 min/km
46	248	Joachim Hans-Hermann	Team Erdinger Alkoholfrei	0:49:14	1950 M60	2	0:49:47	17:01 * 16:12 * 15:59	4:58 min/km
47	103	Drewezke Sven	*Jever	0:49:29	1973 M35	5	0:50:03	17:16 * 16:08 * 16:03	4:60 min/km
48	127	Fischer Helmut	Störtebeker Loopers TVM	0:49:38	1964 M45	14	0:49:50	16:48 * 16:37 * 16:12	5:01 min/km
49	178	Harms Johann	Karkörper Moorloopers	0:49:50	1957 M50	5	0:50:38	17:37 * 16:31 * 15:41	5:02 min/km
50	278	Kramer Stefan	*Emden	0:49:50	1968 M40	11	0:50:28	17:08 * 16:22 * 16:20	5:02 min/km
51	201	Hilger Karsten	TV Norden	0:49:56	1968 M40	12	0:50:07	15:19 * 16:15 * 18:20	5:03 min/km
52	442	Streckel Peter	SV Hage	0:49:57	1954 M55	5	0:50:30	16:20 * 16:43 * 16:52	5:03 min/km
53	460	Ubben Ehlke	MTV Aurich	0:49:58	1962 M45	15	0:50:08	16:19 * 17:02 * 16:36	5:03 min/km

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54	289	Kurzewitz Björn	*Hamburg	0:50:04	1974 M35	6	0:50:19	16:01 * 17:21 * 16:41	5:03 min/km
55	13	Baalmann Josef	LT TuS Aurich-Ost	0:50:14	1961 M50	6	0:50:32	16:12 * 16:49 * 17:12	5:04 min/km
56	450	Tertilt Rainer	LT TuS Aurich Ost	0:50:27	1968 M40	13	0:50:55	16:47 * 17:04 * 16:35	5:06 min/km
57	240	Janssen Matthias	LT TuS Aurich Ost	0:50:29	1974 M35	7	0:50:58	16:46 * 17:05 * 16:37	5:06 min/km
58	262	Koch Ralf	*Aurich	0:50:30	1970 M40	14	0:51:11	17:23 * 16:45 * 16:21	5:06 min/km
59	257	Klinkenberg Enno	TV Norden	0:50:43	1949 M60	3	0:50:58	16:56 * 16:55 * 16:50	5:07 min/km
60	490	Willems Heinrich	*Berumbur	0:50:47	1959 M50	7	0:51:17	16:55 * 17:01 * 16:50	5:08 min/km
61	314	Maschke Jannis	MTV Aurich	0:50:50	1978 M30	2	0:51:14	17:41 * 16:36 * 16:31	5:08 min/km
62	89	Dettmer Thorsten	Leinerstift e.V.	0:50:51	1965 M45	16	0:51:12	19:02 * 16:06 * 15:42	5:08 min/km
63	470	Vennen Rolf	EWE-Wattloopers	0:51:04	1962 M45	17	0:51:50	17:37 * 16:57 * 16:30	5:10 min/km
64	473	Voß Friedrich	*Krummhörn	0:51:11	1961 M50	8	0:51:29	17:15 * 16:42 * 17:12	5:10 min/km
65	31	Berlin Henry	Ihrhove 07	0:51:27	1957 M50	9	0:52:14	17:15 * 16:54 * 17:18	5:12 min/km
66	117	Falkenberg Helmut	TV Norden	0:51:28	1965 M45	18	0:51:39	16:59 * 17:19 * 17:09	5:12 min/km
67	114	Engelmann Wolter	TV Norden	0:51:37	1946 M65	1	0:51:43	17:24 * 17:07 * 17:05	5:13 min/km
68	329	Meyer Wolfgang	Emder LG	0:51:47	1963 M45	19	0:52:17	18:28 * 16:40 * 16:39	5:14 min/km
69	44	Böhm Jörg	*Schortens	0:51:49	1965 M45	20	0:52:28	17:30 * 17:20 * 16:58	5:14 min/km
70	426	Schulz Michael	LT TuS Aurich-Ost	0:52:05	1962 M45	21	0:52:35	17:31 * 17:08 * 17:26	5:16 min/km
71	294	Leeling Frank	Emder LG	0:52:23	1968 M40	15	0:52:45	18:04 * 17:17 * 17:00	5:18 min/km
72	444	Stüben Martin	Störtebeker Loopers TVM	0:52:30	1968 M40	16	0:52:41	18:29 * 17:03 * 16:57	5:18 min/km
73	165	Groß Sven	WfbM BBB	0:52:32	1991 MHK	3	0:52:39	19:27 * 16:24 * 16:40	5:18 min/km
74	54	Borchers Torben	Team Laufrausch	0:52:55	1976 M35	8	0:53:08	18:00 * 17:20 * 17:34	5:21 min/km
75	469	Varga Erwin	*Berumerfehn	0:52:55	1969 M40	17	0:53:13	18:07 * 17:48 * 16:59	5:21 min/km
76	498	Wolter Dr. Ekkehart	*Norden	0:53:10	1953 M55	6	0:53:46	18:34 * 17:36 * 16:59	5:22 min/km
77	139	Fröhling Rudolf	*Norden	0:53:10	1963 M45	22	0:53:46	18:33 * 17:36 * 17:00	5:22 min/km
78	510	Funk Karl-Heinz	OLB Norden	0:53:11	1970 M40	18	0:53:42	18:19 * 17:29 * 17:22	5:22 min/km
79	222	Hook Michael	SV Dornum -Wattn	0:53:12	1966 M45	23	0:54:05	18:29 * 17:26 * 17:16	5:22 min/km
80	204	Hinderks Focko	TuS Pewsum	0:53:16	2001 MSC	1	0:53:33	16:18 * 18:21 * 18:36	5:23 min/km
81	456	Trauernicht Jens	LG Doepke läuft	0:53:23	1963 M45	24	0:53:40	17:32 * 17:32 * 18:19	5:24 min/km
82	363	Olthoff Uwe	*Uthwerdum	0:53:29	1968 M40	19	0:54:00	18:56 * 17:31 * 17:01	5:24 min/km
83	477	Waldmann Frank	*Großefehn	0:53:32	1955 M55	7	0:53:57	17:36 * 17:50 * 18:05	5:25 min/km
84	162	Grensemann Gerrit	Bundesagentur für Arbeit	0:53:33	1968 M40	20	0:53:56	17:36 * 17:52 * 18:04	5:25 min/km
85	110	Eiser Kai	*Jever	0:53:40	1977 M30	3	0:54:14	18:14 * 17:58 * 17:26	5:25 min/km
86	508	Blase Rüdiger	SRT Race-Miner	0:53:43	1953 M55	8	0:54:26	18:38 * 17:43 * 17:21	5:26 min/km
87	205	Hinderks Stefan	*Pewsum	0:53:56	1977 M30	4	0:54:15	18:14 * 17:54 * 17:48	5:27 min/km
88	22	Beekhuis Gottfried	SV Dornum	0:54:08	1954 M55	9	0:55:00	18:15 * 17:34 * 18:18	5:28 min/km
89	203	Hilpert Frank	*Norden	0:54:28	1967 M40	21	0:54:41	18:30 * 18:11 * 17:46	5:30 min/km
90	459	Triebner Michael	*Krummhoern	0:54:38	1974 M35	9	0:54:57	18:43 * 18:08 * 17:46	5:31 min/km
91	475	Wagenaar Berthold	*Krummhörn	0:54:38	1972 M35	10	0:54:56	18:43 * 18:07 * 17:47	5:31 min/km
92	154	Giesenberg Georg	TTV Großheide	0:55:29	1949 M60	4	0:56:19	18:50 * 18:33 * 18:06	5:36 min/km
93	485	Wessels Helmut	PRO ET CONTRA	0:55:30	1965 M45	25	0:56:19	18:44 * 18:45 * 18:01	5:36 min/km
94	398	Roschkowski Nico	Leinerstift e.V.	0:55:30	1997 MSA	2	0:55:49	19:07 * 18:19 * 18:03	5:36 min/km
95	90	Diehl Peter	Leinerstift e.V.	0:56:00	1977 M30	5	0:56:18	19:09 * 18:33 * 18:17	5:39 min/km
96	116	Erdmann Dieter	SuS Berumerfehn e. V.	0:56:02	1949 M60	5	0:56:56	19:06 * 18:48 * 18:08	5:40 min/km
97	322	Mennenga Andre	Emder LG	0:56:25	1961 M50	10	0:56:47	19:16 * 18:46 * 18:22	5:42 min/km
98	184	Heckhoff Andreas	VfL Germania Leer	0:57:11	1964 M45	26	0:58:06	20:17 * 18:47 * 18:06	5:47 min/km
99	102	Dreischmeier Eckhardt	*Norden	0:57:11	1967 M40	22	0:57:46	20:08 * 18:58 * 18:04	5:47 min/km
100	276	Kramer Alexander	EWE-Wattloopers	0:57:29	1971 M40	23	0:58:14	19:55 * 19:17 * 18:16	5:48 min/km
101	478	Wallis Daniel	LG Harlingerland	0:57:54	1994 MJB	4	0:58:21	20:17 * 18:49 * 18:46	5:51 min/km
102	157	Glinkowski Michael	JAA Emden	0:58:30	1969 M40	24	0:59:19	19:37 * 19:39 * 19:14	5:55 min/km
103	453	Thiele Andreas	Doepke1	0:58:55	1963 M45	27	0:59:23	19:16 * 19:26 * 20:12	5:57 min/km
104	236	Janssen Holger	Tus Esens	0:59:10	1963 M45	28	0:59:53	19:54 * 19:50 * 19:26	5:59 min/km
105	153	Giesenberg Adelbert	*Utarp	0:59:11	1960 M50	11	0:59:54	19:54 * 19:48 * 19:28	5:59 min/km
106	430	Sick Jens	J A A Emden	1:00:11	1965 M45	29	1:01:00	19:36 * 19:57 * 20:36	6:05 min/km
107	413	Schlecht Michael	WfbM BBB	1:00:22	1989 MHK	4	1:00:27	19:09 * 21:04 * 20:08	6:06 min/km
108	5	Albers Heio	Harmonic Brass München	1:00:23	1946 M65	2	1:01:04	20:24 * 20:00 * 19:58	6:06 min/km
109	159	Goudschaal Karl-Heinz	*Norden	1:02:35	1968 M40	25	1:03:08	20:54 * 22:07 * 19:33	6:19 min/km

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110	112	Engeldinger Jens	WfbM BBB	1:03:01	1990 MHK	5	1:03:06	19:02 *	21:58 *	22:00	6:22 min/km
111	465	Uphoff Christian	Leinerstift e.V.	1:07:01	1990 MHK	6	1:07:19	20:42 *	23:45 *	22:33	6:46 min/km
112	138	Friedrichs Wolfgang	TV Norden	1:07:10	1964 M45	30	1:07:21	19:01 *	16:45 *	31:24	6:47 min/km

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Ergebnisliste Frauen

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Total.	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	AK-Platz	Bruttozeit	Rundenzeiten	Geschwindigkeit
1	250	Kanditt Katja	Mönchengladbacher LG	0:40:01	1977 W30	1	0:40:03	13:05 * 13:25 * 13:29	4:03 min/km
2	107	Ehrhardt Anita	*Oldenburg	0:41:23	1977 W30	2	0:41:27	13:44 * 13:52 * 13:46	4:11 min/km
3	15	Barfknecht Tomke	Lg Harlingerland	0:42:51	1985 WHK	1	0:43:19	15:56 * 13:52 * 13:02	4:20 min/km
4	161	Graf Karin	*Dornum	0:43:03	1969 W40	1	0:43:11	14:11 * 14:21 * 14:30	4:21 min/km
5	86	Dekker Anja	*Ihlow	0:45:41	1971 W40	2	0:45:49	15:20 * 15:11 * 15:09	4:37 min/km
6	296	Leinen Petra	TuS Norderney	0:46:23	1960 W50	1	0:46:32	15:29 * 15:29 * 15:24	4:41 min/km
7	297	Lengerhuis Insa	TuS Norderney	0:48:59	1968 W40	3	0:49:08	16:18 * 16:22 * 16:18	4:57 min/km
8	511	Frerichs Silke	OLB Norden	0:49:11	1978 W30	3	0:49:42	16:28 * 16:12 * 16:30	4:58 min/km
9	301	Lenz Kim	*Emden	0:49:50	1982 WHK	2	0:50:28	17:08 * 16:22 * 16:19	5:02 min/km
10	357	Nothnagel Kathrin	MTV Aurich	0:49:58	1975 W35	1	0:50:08	16:20 * 17:01 * 16:36	5:03 min/km
11	417	Schmidt Kerstin	Fortuna Logabirum	0:51:05	1965 W45	1	0:51:50	17:39 * 16:55 * 16:30	5:10 min/km
12	447	Süßen Sonja	LT Tus Aurich-Ost	0:51:21	1978 W30	4	0:51:51	17:35 * 16:52 * 16:52	5:11 min/km
13	215	Hoffmann Luise	privat	0:51:34	1958 W50	2	0:51:43	17:07 * 17:24 * 17:02	5:13 min/km
14	273	Kohlenberg Inse	*Papenburg	0:51:44	1950 W60	1	0:52:09	17:21 * 17:14 * 17:08	5:14 min/km
15	2	Aden Frauke	LG Großefehn	0:52:50	1971 W40	4	0:53:16	18:30 * 17:25 * 16:54	5:20 min/km
16	501	Aden Melanie	LG Großefehn	0:52:51	1972 W35	2	0:53:16	18:30 * 17:27 * 16:53	5:20 min/km
17	500	Ziemann Pia-Natascha	*Krummhörn	0:54:28	1966 W45	2	0:54:51	17:59 * 18:05 * 18:24	5:30 min/km
18	193	Henseler Monika	MTV Aurich	0:54:29	1968 W40	5	0:54:52	18:24 * 17:59 * 18:05	5:30 min/km
19	208	Höfker Inka	MTV Aurich	0:54:35	1972 W35	3	0:54:52	18:30 * 18:00 * 18:05	5:31 min/km
20	369	Otto Silke	VfL Berumbur	0:54:48	1968 W40	6	0:55:20	18:52 * 18:07 * 17:48	5:32 min/km
21	486	Wessels Silke	PRO ET CONTRA	0:55:30	1974 W35	4	0:56:19	18:44 * 18:45 * 18:01	5:36 min/km
22	8	Albrecht Sylke	Team LauFRAUsch e.V.	0:55:30	1962 W45	3	0:55:40	18:46 * 18:28 * 18:15	5:36 min/km
23	280	Kröger Marion	Team LauFRAUsch e.V.	0:55:31	1960 W50	3	0:55:40	18:47 * 18:27 * 18:16	5:37 min/km
24	480	Weber Birgit	Emder LG	0:56:25	1958 W50	4	0:56:47	19:16 * 18:46 * 18:22	5:42 min/km
25	321	Memmen Gisela	*Norden	0:56:40	1952 W55	1	0:57:13	18:49 * 18:47 * 19:03	5:43 min/km
26	339	Nagler Lydia	*Norden	0:57:00	1985 WHK	3	0:57:42	19:54 * 18:47 * 18:18	5:46 min/km
27	188	Heckhoff Ulrike	VfL Germania Leer	0:57:10	1965 W45	4	0:58:06	20:16 * 18:47 * 18:06	5:47 min/km
28	364	Ommen Angelika	Störtebeker Loopers TVM	0:57:25	1971 W40	7	0:57:37	18:56 * 19:18 * 19:10	5:48 min/km
29	34	Betten Ingrid	Störtebeker Loopers TVM	0:57:26	1970 W40	8	0:57:38	19:23 * 19:09 * 18:53	5:48 min/km
30	10	Arends Sandra	TV Norden	0:57:39	1977 W30	5	0:58:17	19:47 * 18:42 * 19:09	5:49 min/km
31	115	Entgelmeier	*Aurich	0:57:52	1993 WJA	1	0:58:21	20:15 * 18:49 * 18:47	5:51 min/km
32	504	Krupp Sibilla	*Norderney	0:59:46	1961 W50	5	1:00:03	20:17 * 19:58 * 19:30	6:02 min/km
33	435	Spillner Thea	RVB Fresena eG	0:59:52	1956 W55	2	1:00:44	20:39 * 19:35 * 19:38	6:03 min/km
34	495	Wirgenings Ursula	MTV Aurich	1:00:59	1965 W45	5	1:01:19	19:29 * 20:16 * 21:13	6:10 min/km
35	32	Berlin Simone	Ihrhove 07	1:01:42	1963 W45	6	1:02:29	20:45 * 20:13 * 20:43	6:14 min/km
36	75	Casjens Maren	psv ihlow	1:04:05	1984 WHK	4	1:04:31	21:16 * 21:29 * 21:20	6:28 min/km
37	349	Neugebauer Bärbel	TV Norden	1:04:36	1965 W45	7	1:05:27	21:12 * 21:23 * 22:00	6:32 min/km
38	234	Janssen Bärbel	TV Norden	1:04:39	1938 W70	1	1:05:27	21:15 * 21:23 * 22:00	6:32 min/km