



# 2020

## 35. Jahresmeisterschaft



Rang	Vorname	Name	Alter	Koeffizient	Anzahl	Tot. Punkte	Durchsch.	Wertungspkt.
1	Berni	Litscher	65	0.7817	7	6862	980.3	5967
2	Fabian	Benz	20	0.9605	7	6884	983.4	5961
3	Zoltan	Török	41	0.9356	8	7671	958.9	5884
4	Norbert	Amann	64	0.7914	8	7498	937.3	5795
5	Guido	Bischofberger	52	0.8742	7	6521	931.6	5701
6	Markus	Indermaur	54	0.8631	8	7327	915.9	5668
7	Laurent	Stauffer	65	0.7817	7	6436	919.4	5633
8	Therese	Stieger	44	0.9188	7	5707	815.3	5036
9	Ewald	Lenzi	56	0.8509	7	5613	801.9	4950
10	Paul	Nüesch	43	0.9244	8	6225	778.1	4908
11	Ismael	Albertin	39	0.9467	5	4817	963.4	4817
12	René	Frei	57	0.8451	6	4754	792.3	4754
13	Walter	Benz	52	0.8742	6	4026	671	4026
14	Andreas	Weiler	53	0.8686	4	3824	956	3824
15	Edith	Lüchinger	55	0.8575	4	3259	814.8	3259
16	Sandra	Lichtensteiger	51	0.8798	3	2967	989	2967
17	Rina	Ebnetter	65	0.7817	3	2673	891	2673
18	Mathias	Nüesch	38	0.9523	2	2000	1000	2000
19	Roland	Segmüller	60	0.8252	2	1810	905	1810
20	Jeannine	Oehler	54	0.8631	2	1529	764.5	1529
21	Reto	Moschen	55	0.8575	2	1513	756.5	1513
22	Moritz	Schmid	61	0.8175	2	1401	700.5	1401
23	Heinz	Brunner	60	0.8252	2	1021	510.5	1021
24	Manuel	Marquart	38	0.9523	1	1000	1000	1000
25	Denise	Lichtensteiger	46	0.9077	1	962	962	962
26	Fredy	Schmid	56	0.8509	1	875	875	875
27	Markus	Halter	53	0.8686	1	744	744	744
28	Helmut	Büchel	56	0.8509	1	732	732	732
29	Paul	Zeni	74	0.6593	1	688	688	688
30	Markus	Oehler	59	0.8324	1	613	613	613
31	Ramon	Hüppli	36	0.9634	1	559	559	559
32	Denise	Kägi	49	0.891	1	550	550	550
33	Martin	Sieber	59	0.8324	1	495	495	495
34	Jana	Novakova	34	0.9744	1	259	259	259

## Gesamtauswertung der Läufe

2020 (Durchschnitt)

06.Sept. 2021

Rang	Vorname	Name	Alter	Koeffizient	Anzahl	Tot. Punkte	Wertungspkt.	Durchsch.
1	Mathias	Nüesch	38	0.9523	2	2000	2000	1000
2	Manuel	Marquart	38	0.9523	1	1000	1000	1000
3	Sandra	Lichtensteiger	51	0.8798	3	2967	2967	989
4	Fabian	Benz	20	0.9605	7	6884	5961	983.4
5	Berni	Litscher	65	0.7817	7	6862	5967	980.3
6	Ismael	Albertin	39	0.9467	5	4817	4817	963.4
7	Denise	Lichtensteiger	46	0.9077	1	962	962	962
8	Zoltan	Török	41	0.9356	8	7671	5884	958.9
9	Andreas	Weiler	53	0.8686	4	3824	3824	956
10	Norbert	Amann	64	0.7914	8	7498	5795	937.3
11	Guido	Bischofberger	52	0.8742	7	6521	5701	931.6
12	Laurent	Stauffer	65	0.7817	7	6436	5633	919.4
13	Markus	Indermaur	54	0.8631	8	7327	5668	915.9
14	Roland	Segmüller	60	0.8252	2	1810	1810	905
15	Rina	Ebnetter	65	0.7817	3	2673	2673	891
16	Fredy	Schmid	56	0.8509	1	875	875	875
17	Therese	Stieger	44	0.9188	7	5707	5036	815.3
18	Edith	Lüchinger	55	0.8575	4	3259	3259	814.8
19	Ewald	Lenzi	56	0.8509	7	5613	4950	801.9
20	René	Frei	57	0.8451	6	4754	4754	792.3
21	Paul	Nüesch	43	0.9244	8	6225	4908	778.1
22	Jeannine	Oehler	54	0.8631	2	1529	1529	764.5
23	Reto	Moschen	55	0.8575	2	1513	1513	756.5
24	Markus	Halter	53	0.8686	1	744	744	744
25	Helmut	Büchel	56	0.8509	1	732	732	732
26	Moritz	Schmid	61	0.8175	2	1401	1401	700.5
27	Paul	Zeni	74	0.6593	1	688	688	688
28	Walter	Benz	52	0.8742	6	4026	4026	671
29	Markus	Oehler	59	0.8324	1	613	613	613
30	Ramon	Hüppi	36	0.9634	1	559	559	559
31	Denise	Kägi	49	0.891	1	550	550	550
32	Heinz	Brunner	60	0.8252	2	1021	1021	510.5
33	Martin	Sieber	59	0.8324	1	495	495	495
34	Jana	Novakova	34	0.9744	1	259	259	259

## MILA Einzelauswertung der Läufe 2020

06.Sept. 2021

1. Lustenauer Cross-Lauf				9km	0m Hdiff	Samstag, 7. Dezember 2019	
Rang	Vorname	Name	Laufzeit	Min/km	Faktorzeit	Punkte	
1	Berni	Litscher	00:38:07	00:04:14	00:29:48	1000	
2	Zoltan	Török	00:32:43	00:03:38	00:30:37	973	
3	Norbert	Amann	00:39:06	00:04:21	00:30:57	961	
4	Laurent	Stauffer	00:39:37	00:04:24	00:30:58	961	
5	Guido	Bischofberger	00:35:54	00:03:59	00:31:23	947	
6	Markus	Indermaur	00:37:05	00:04:07	00:32:00	926	
7	Fabian	Benz	00:33:25	00:03:43	00:32:06	923	
8	Ewald	Lenzi	00:39:38	00:04:24	00:33:43	868	
9	René	Frei	00:42:28	00:04:43	00:35:53	796	
10	Paul	Nüesch	00:39:19	00:04:22	00:36:21	780	

2. Lustenauer Cross-Lauf				4km	0m Hdiff	Samstag, 21. Dezember 2019	
Rang	Vorname	Name	Laufzeit	Min/km	Faktorzeit	Punkte	
1	Berni	Litscher	00:15:19	00:03:50	00:11:58	1000	
2	Ismael	Albertin	00:12:42	00:03:11	00:12:01	996	
3	Fabian	Benz	00:12:32	00:03:08	00:12:02	995	
4	Laurent	Stauffer	00:15:52	00:03:58	00:12:24	964	
5	Guido	Bischofberger	00:14:24	00:03:36	00:12:35	949	
6	Paul	Nüesch	00:14:49	00:03:42	00:13:42	856	
7	Therese	Stieger	00:17:26	00:04:22	00:13:56	837	
8	René	Frei	00:17:19	00:04:20	00:14:38	778	

Altacher Silvesterlauf				12.4 km	0m Hdiff	Sonntag, 29. Dezember 2019	
Rang	Vorname	Name	Laufzeit	Min/km	Faktorzeit	Punkte	
1	Manuel	Marquart	00:44:32	00:03:35	00:42:25	1000	
2	Norbert	Amann	00:53:50	00:04:20	00:42:36	995	
3	Therese	Stieger	00:59:15	00:04:47	00:47:20	884	
4	Edith	Lüchinger	01:07:30	00:05:27	00:50:20	813	
5	Jeannine	Oehler	01:08:39	00:05:32	00:51:31	785	
6	Markus	Oehler	01:10:41	00:05:42	00:58:50	613	

3. Lustenauer Cross-Lauf				15km	0m Hdiff	Samstag, 4. Januar 2020	
Rang	Vorname	Name	Laufzeit	Min/km	Faktorzeit	Punkte	
1	Berni	Litscher	01:07:01	00:04:28	00:52:23	1000	
2	Guido	Bischofberger	01:00:40	00:04:03	00:53:02	988	
3	Norbert	Amann	01:07:26	00:04:30	00:53:22	981	
4	Fabian	Benz	00:55:55	00:03:44	00:53:42	975	
5	Zoltan	Török	00:57:27	00:03:50	00:53:45	974	
6	Markus	Indermaur	01:03:56	00:04:16	00:55:11	947	
7	Laurent	Stauffer	01:11:36	00:04:46	00:55:58	932	
8	Ewald	Lenzi	01:12:05	00:04:48	01:01:20	829	
9	René	Frei	01:13:26	00:04:54	01:02:04	815	
10	Paul	Nüesch	01:09:44	00:04:39	01:04:28	770	
11	Walter	Benz	01:16:35	00:05:06	01:06:57	722	

4. Lustenauer Cross-Lauf			6km	0m Hdiff	Samstag, 18. Januar 2020	
Rang	Vorname	Name	Laufzeit	Min/km	Faktorzeit	Punkte
1	Fabian	Benz	00:20:08	00:03:21	00:19:20	1000
2	Berni	Litscher	00:24:52	00:04:09	00:19:26	995
3	Zoltan	Török	00:20:58	00:03:30	00:19:37	986
4	Andreas	Weiler	00:23:12	00:03:52	00:20:09	958
5	Markus	Indermaur	00:23:32	00:03:55	00:20:19	950
6	Laurent	Stauffer	00:26:25	00:04:24	00:20:39	932
7	Ewald	Lenzi	00:25:35	00:04:16	00:21:46	874
8	Therese	Stieger	00:27:57	00:04:40	00:22:20	845
9	Paul	Nüesch	00:24:48	00:04:08	00:22:56	815
10	Edith	Lüchinger	00:31:55	00:05:19	00:23:48	769
11	Walter	Benz	00:27:45	00:04:38	00:24:16	746

Mila-5000 Meter Lauf			5km	0m Hdiff	Mittwoch, 11. März 2020	
Rang	Vorname	Name	Laufzeit	Min/km	Faktorzeit	Punkte
1	Fabian	Benz	00:16:16	00:03:15	00:15:37	1000
2	Berni	Litscher	00:20:24	00:04:05	00:15:57	979
3	Zoltan	Török	00:17:05	00:03:25	00:15:59	977
4	Roland	Segmüller	00:19:23	00:03:53	00:16:00	976
5	Denise	Lichtensteiger	00:20:33	00:04:07	00:16:13	962
6	Ismael	Albertin	00:17:09	00:03:26	00:16:14	961
7	Andreas	Weiler	00:18:46	00:03:45	00:16:18	957
8	Laurent	Stauffer	00:21:35	00:04:19	00:16:52	920
9	Markus	Indermaur	00:19:34	00:03:55	00:16:53	919
10	Norbert	Amann	00:21:30	00:04:18	00:17:01	911
11	Rina	Ebneter	00:26:08	00:05:14	00:17:46	863
12	Paul	Nüesch	00:19:18	00:03:52	00:17:50	858
13	Ewald	Lenzi	00:21:20	00:04:16	00:18:09	838
14	Therese	Stieger	00:23:27	00:04:41	00:18:44	801
15	René	Frei	00:22:17	00:04:27	00:18:50	795
16	Moritz	Schmid	00:23:24	00:04:41	00:19:08	776
17	Reto	Moschen	00:22:23	00:04:29	00:19:12	772
18	Walter	Benz	00:22:07	00:04:25	00:19:20	763
19	Jeannine	Oehler	00:26:09	00:05:14	00:19:38	744
20	Paul	Zeni	00:31:06	00:06:13	00:20:30	688
21	Heinz	Brunner	00:26:56	00:05:23	00:22:14	577
22	Martin	Sieber	00:28:15	00:05:39	00:23:31	495
23	Jana	Novakova	00:32:06	00:06:25	00:27:12	259

5. Lustenauer Cross-Lauf			18km	0m Hdiff	Samstag, 1. Februar 2020	
Rang	Vorname	Name	Laufzeit	Min/km	Faktorzeit	Punkte
1	Zoltan	Török	01:06:09	00:03:41	01:01:53	1000
2	Ismael	Albertin	01:05:30	00:03:38	01:02:01	998
3	Fabian	Benz	01:05:00	00:03:37	01:02:26	991
4	Markus	Indermaur	01:15:50	00:04:13	01:05:27	942
5	Ewald	Lenzi	01:26:40	00:04:49	01:13:45	808
6	René	Frei	01:31:00	00:05:03	01:16:54	757
7	Paul	Nüesch	01:24:40	00:04:42	01:18:16	735

Schwamm-Lauf			8.9km	676m Hdiff	Mittwoch, 12. August 2020	
Rang	Vorname	Name	Laufzeit	Min/km	Faktorzeit	Punkte
1	Mathias	Nüesch	00:39:37	00:04:27	00:37:44	1000
2	Berni	Litscher	00:53:20	00:06:00	00:41:41	895
3	Zoltan	Török	00:44:36	00:05:01	00:41:44	894
4	Guido	Bischofberger	00:48:24	00:05:26	00:42:19	878
5	Ismael	Albertin	00:45:15	00:05:05	00:42:50	865
6	Norbert	Amann	00:55:04	00:06:11	00:43:35	845
7	Markus	Indermaur	00:51:07	00:05:45	00:44:07	831
8	Laurent	Stauffer	00:57:45	00:06:29	00:45:09	803
9	Ewald	Lenzi	00:59:17	00:06:40	00:50:27	663
10	Walter	Benz	01:01:43	00:06:56	00:53:57	570
11	Ramon	Hüppi	00:56:25	00:06:20	00:54:21	559

6. Lustenauer Cross-Lauf			9km	0m Hdiff	Samstag, 15. Februar 2020	
Rang	Vorname	Name	Laufzeit	Min/km	Faktorzeit	Punkte
1	Fabian	Benz	00:30:32	00:03:24	00:29:20	1000
2	Ismael	Albertin	00:31:05	00:03:27	00:29:26	997
3	Berni	Litscher	00:37:47	00:04:12	00:29:32	993
4	Zoltan	Török	00:32:09	00:03:34	00:30:05	974
5	Andreas	Weiler	00:35:09	00:03:54	00:30:32	959
6	Norbert	Amann	00:39:01	00:04:20	00:30:53	947
7	Guido	Bischofberger	00:35:36	00:03:57	00:31:07	939
8	Laurent	Stauffer	00:40:22	00:04:29	00:31:33	924
9	Paul	Nüesch	00:37:09	00:04:08	00:34:20	829
10	René	Frei	00:41:12	00:04:35	00:34:49	813
11	Therese	Stieger	00:44:17	00:04:55	00:35:23	794
12	Walter	Benz	00:42:42	00:04:45	00:37:20	727

Safier Berglauf			13.5km	1450m Hdiff	Samstag, 22. August 2020	
Rang	Vorname	Name	Laufzeit	Min/km	Faktorzeit	Punkte
1	Guido	Bischofberger	01:49:26	00:08:06	01:35:40	1000
2	Sandra	Lichtensteiger	02:09:00	00:09:33	01:38:41	968
3	Walter	Benz	02:44:23	00:12:11	02:23:42	498

Rund um Diepoldsau			12km	25m Hdiff	Mittwoch, 9. September 2020	
Rang	Vorname	Name	Laufzeit	Min/km	Faktorzeit	Punkte
1	Mathias	Nüesch	00:37:50	00:03:09	00:36:02	1000
2	Andreas	Weiler	00:43:32	00:03:38	00:37:49	950
3	Zoltan	Török	00:42:37	00:03:33	00:39:52	893
4	Fredy	Schmid	00:47:38	00:03:58	00:40:32	875
5	Norbert	Amann	00:52:00	00:04:20	00:41:09	858
6	Roland	Segmüller	00:50:54	00:04:15	00:42:00	834
7	Markus	Indermaur	00:48:56	00:04:05	00:42:14	828
8	Guido	Bischofberger	00:48:37	00:04:03	00:42:30	820
9	Markus	Halter	00:52:06	00:04:21	00:45:15	744
10	Reto	Moschen	00:52:54	00:04:25	00:45:22	741
11	Ewald	Lenzi	00:53:39	00:04:28	00:45:39	733
12	Helmut	Büchel	00:53:41	00:04:28	00:45:41	732
13	Therese	Stieger	00:59:56	00:05:00	00:47:53	671
14	Moritz	Schmid	01:00:36	00:05:03	00:49:32	625
15	Paul	Nüesch	00:55:15	00:04:36	00:51:04	582
16	Denise	Kägi	01:07:26	00:05:37	00:52:15	550
17	Heinz	Brunner	01:07:56	00:05:40	00:56:04	444

Altstätter Städtlilauf Spezial			4.8km	50m Hdiff	5.-12.09.2020	
Rang	Vorname	Name	Laufzeit	Min/km	Faktorzeit	Punkte
1	Norbert	Amann	00:23:23	00:04:52	00:18:30	1000
2	Sandra	Lichtensteiger	00:24:13	00:05:03	00:18:32	999
3	Markus	Indermaur	00:21:47	00:04:32	00:18:48	984
4	Rina	Ebnetter	00:28:20	00:05:54	00:19:16	959
5	Edith	Lüchinger	00:27:14	00:05:40	00:20:18	903
6	Therese	Stieger	00:26:04	00:05:26	00:20:50	875

Schnebelhorn Panoramatrail			21.1km	790m Hdiff	Sonntag, 19. September 2020	
Rang	Vorname	Name	Laufzeit	Min/km	Faktorzeit	Punkte
1	Sandra	Lichtensteiger	02:08:19	00:06:05	01:38:10	1000
2	Rina	Ebnetter	02:45:55	00:07:52	01:52:47	851
3	Edith	Lüchinger	02:41:21	00:07:39	02:00:19	774

## MILA Einzelauswertung nach Läufer 2020 06. Sept. 2021

Rang	Laufzeit	Min/km	Faktorzeit	Punkte	
<b>Albertin</b>		<b>Ismael</b>			
2	5. Lustenauer Cross-Lauf	01:05:30	00:03:38	01:02:01	998
2	6. Lustenauer Cross-Lauf	00:31:05	00:03:27	00:29:26	997
2	2. Lustenauer Cross-Lauf	00:12:42	00:03:11	00:12:01	996
6	Mila-5000 Meter Lauf	00:17:09	00:03:26	00:16:14	961
5	MILA Schwamm-Lauf	00:45:15	00:05:05	00:42:50	865
<b>Amann</b>		<b>Norbert</b>			
1	Altstätter Städtlilauf Spezial 5.-12.09.2020	00:23:23	00:04:52	00:18:30	1000
2	Altacher Silvesterlauf - langer Lauf	00:53:50	00:04:20	00:42:36	995
3	3. Lustenauer Cross-Lauf	01:07:26	00:04:30	00:53:22	981
3	1. Lustenauer Cross-Lauf	00:39:06	00:04:21	00:30:57	961
6	6. Lustenauer Cross-Lauf	00:39:01	00:04:20	00:30:53	947
10	Mila-5000 Meter Lauf	00:21:30	00:04:18	00:17:01	911
5	Rund um Diepoldsau	00:52:00	00:04:20	00:41:09	858
6	MILA Schwamm-Lauf	00:55:04	00:06:11	00:43:35	845
<b>Benz</b>		<b>Walter</b>			
18	Mila-5000 Meter Lauf	00:22:07	00:04:25	00:19:20	763
11	4. Lustenauer Cross-Lauf	00:27:45	00:04:38	00:24:16	746
12	6. Lustenauer Cross-Lauf	00:42:42	00:04:45	00:37:20	727
11	3. Lustenauer Cross-Lauf	01:16:35	00:05:06	01:06:57	722
10	MILA Schwamm-Lauf	01:01:43	00:06:56	00:53:57	570
3	Safier Berglauf	02:44:23	00:12:11	02:23:42	498
<b>Benz</b>		<b>Fabian</b>			
1	Mila-5000 Meter Lauf	00:16:16	00:03:15	00:15:37	1000
1	6. Lustenauer Cross-Lauf	00:30:32	00:03:24	00:29:20	1000
1	4. Lustenauer Cross-Lauf	00:20:08	00:03:21	00:19:20	1000
3	2. Lustenauer Cross-Lauf	00:12:32	00:03:08	00:12:02	995
3	5. Lustenauer Cross-Lauf	01:05:00	00:03:37	01:02:26	991
4	3. Lustenauer Cross-Lauf	00:55:55	00:03:44	00:53:42	975
7	1. Lustenauer Cross-Lauf	00:33:25	00:03:43	00:32:06	923
<b>Bischofberger</b>		<b>Guido</b>			
1	Safier Berglauf	01:49:26	00:08:06	01:35:40	1000
2	3. Lustenauer Cross-Lauf	01:00:40	00:04:03	00:53:02	988
5	2. Lustenauer Cross-Lauf	00:14:24	00:03:36	00:12:35	949
5	1. Lustenauer Cross-Lauf	00:35:54	00:03:59	00:31:23	947
7	6. Lustenauer Cross-Lauf	00:35:36	00:03:57	00:31:07	939
4	MILA Schwamm-Lauf	00:48:24	00:05:26	00:42:19	878
8	Rund um Diepoldsau	00:48:37	00:04:03	00:42:30	820
<b>Brunner</b>		<b>Heinz</b>			
21	Mila-5000 Meter Lauf	00:26:56	00:05:23	00:22:14	577
17	Rund um Diepoldsau	01:07:56	00:05:40	00:56:04	444

Rang		Laufzeit	Min/km	Faktorzeit	Punkte
	<b>Büchel</b> <b>Helmut</b>				
12	Rund um Diepoldsau	00:53:41	00:04:28	00:45:41	732
	<b>Ebnetzer</b> <b>Rina</b>				
4	Altstätter Städtlilauf Spezial 5.-12.09.2020	00:28:20	00:05:54	00:19:16	959
11	Mila-5000 Meter Lauf	00:26:08	00:05:14	00:17:46	863
2	Schnebelhorn Panoramatrail	02:45:55	00:07:52	01:52:47	851
	<b>Frei</b> <b>René</b>				
9	3. Lustenauer Cross-Lauf	01:13:26	00:04:54	01:02:04	815
10	6. Lustenauer Cross-Lauf	00:41:12	00:04:35	00:34:49	813
9	1. Lustenauer Cross-Lauf	00:42:28	00:04:43	00:35:53	796
15	Mila-5000 Meter Lauf	00:22:17	00:04:27	00:18:50	795
8	2. Lustenauer Cross-Lauf	00:17:19	00:04:20	00:14:38	778
6	5. Lustenauer Cross-Lauf	01:31:00	00:05:03	01:16:54	757
	<b>Halter</b> <b>Markus</b>				
9	Rund um Diepoldsau	00:52:06	00:04:21	00:45:15	744
	<b>Hüppi</b> <b>Ramon</b>				
11	MILA Schwamm-Lauf	00:56:25	00:06:20	00:54:21	559
	<b>Indermaur</b> <b>Markus</b>				
3	Altstätter Städtlilauf Spezial	00:21:47	00:04:32	00:18:48	984
5	4. Lustenauer Cross-Lauf	00:23:32	00:03:55	00:20:19	950
6	3. Lustenauer Cross-Lauf	01:03:56	00:04:16	00:55:11	947
4	5. Lustenauer Cross-Lauf	01:15:50	00:04:13	01:05:27	942
6	1. Lustenauer Cross-Lauf	00:37:05	00:04:07	00:32:00	926
9	Mila-5000 Meter Lauf	00:19:34	00:03:55	00:16:53	919
7	MILA Schwamm-Lauf	00:51:07	00:05:45	00:44:07	831
7	Rund um Diepoldsau	00:48:56	00:04:05	00:42:14	828
	<b>Kägi</b> <b>Denise</b>				
16	Rund um Diepoldsau	01:07:26	00:05:37	00:52:15	550
	<b>Lenzi</b> <b>Ewald</b>				
7	4. Lustenauer Cross-Lauf	00:25:35	00:04:16	00:21:46	874
8	1. Lustenauer Cross-Lauf	00:39:38	00:04:24	00:33:43	868
13	Mila-5000 Meter Lauf	00:21:20	00:04:16	00:18:09	838
8	3. Lustenauer Cross-Lauf	01:12:05	00:04:48	01:01:20	829
5	5. Lustenauer Cross-Lauf	01:26:40	00:04:49	01:13:45	808
11	Rund um Diepoldsau	00:53:39	00:04:28	00:45:39	733
9	MILA Schwamm-Lauf	00:59:17	00:06:40	00:50:27	663
	<b>Lichtensteiger</b> <b>Denise</b>				
5	Mila-5000 Meter Lauf	00:20:33	00:04:07	00:16:13	962
	<b>Lichtensteiger</b> <b>Sandra</b>				
1	Schnebelhorn Panoramatrail	02:08:19	00:06:05	01:38:10	1000
2	Altstätter Städtlilauf Spezial	00:24:13	00:05:03	00:18:32	999
2	Safier Berglauf	02:09:00	00:09:33	01:38:41	968

Rang	Lauf	Laufzeit	Min/km	Faktorzeit	Punkte
	<b>Litscher</b> <b>Berni</b>				
1	3. Lustenauer Cross-Lauf	01:07:01	00:04:28	00:52:23	1000
1	2. Lustenauer Cross-Lauf	00:15:19	00:03:50	00:11:58	1000
1	1. Lustenauer Cross-Lauf	00:38:07	00:04:14	00:29:48	1000
2	4. Lustenauer Cross-Lauf	00:24:52	00:04:09	00:19:26	995
3	6. Lustenauer Cross-Lauf	00:37:47	00:04:12	00:29:32	993
2	Mila-5000 Meter Lauf	00:20:24	00:04:05	00:15:57	979
2	MILA Schwamm-Lauf	00:53:20	00:06:00	00:41:41	895
	<b>Lüchinger</b> <b>Edith</b>				
5	Altstätter Städtlilauf Spezial	00:27:14	00:05:40	00:20:18	903
4	Altacher Silvesterlauf - langer Lauf	01:07:30	00:05:27	00:50:20	813
3	Schnebelhorn Panoramatrail	02:41:21	00:07:39	02:00:19	774
10	4. Lustenauer Cross-Lauf	00:31:55	00:05:19	00:23:48	769
	<b>Marquart</b> <b>Manuel</b>				
1	Altacher Silvesterlauf - langer Lauf	00:44:32	00:03:35	00:42:25	1000
	<b>Moschen</b> <b>Reto</b>				
17	Mila-5000 Meter Lauf	00:22:23	00:04:29	00:19:12	772
10	Rund um Diepoldsau	00:52:54	00:04:25	00:45:22	741
	<b>Novakova</b> <b>Jana</b>				
23	Mila-5000 Meter Lauf	00:32:06	00:06:25	00:27:12	259
	<b>Nüesch</b> <b>Mathias</b>				
1	Rund um Diepoldsau	00:37:50	00:03:09	00:36:02	1000
1	MILA Schwamm-Lauf	00:39:37	00:04:27	00:37:44	1000
	<b>Nüesch</b> <b>Paul</b>				
12	Mila-5000 Meter Lauf	00:19:18	00:03:52	00:17:50	858
6	2. Lustenauer Cross-Lauf	00:14:49	00:03:42	00:13:42	856
9	6. Lustenauer Cross-Lauf	00:37:09	00:04:08	00:34:20	829
9	4. Lustenauer Cross-Lauf	00:24:48	00:04:08	00:22:56	815
10	1. Lustenauer Cross-Lauf	00:39:19	00:04:22	00:36:21	780
10	3. Lustenauer Cross-Lauf	01:09:44	00:04:39	01:04:28	770
7	5. Lustenauer Cross-Lauf	01:24:40	00:04:42	01:18:16	735
15	Rund um Diepoldsau	00:55:15	00:04:36	00:51:04	582
	<b>Oehler</b> <b>Jeannine</b>				
5	Altacher Silvesterlauf - langer Lauf	01:08:39	00:05:32	00:51:31	785
19	Mila-5000 Meter Lauf	00:26:09	00:05:14	00:19:38	744
	<b>Oehler</b> <b>Markus</b>				
6	Altacher Silvesterlauf - langer Lauf	01:10:41	00:05:42	00:58:50	613
	<b>Schmid</b> <b>Fredy</b>				
4	Rund um Diepoldsau	00:47:38	00:03:58	00:40:32	875

Rang	Lauf		Laufzeit	Min/km	Faktorzeit	Punkte
	<b>Schmid</b>	<b>Moritz</b>				
16	Mila-5000 Meter Lauf		00:23:24	00:04:41	00:19:08	776
14	Rund um Diepoldsau		01:00:36	00:05:03	00:49:32	625
	<b>Segmüller</b>	<b>Roland</b>				
4	Mila-5000 Meter Lauf		00:19:23	00:03:53	00:16:00	976
6	Rund um Diepoldsau		00:50:54	00:04:15	00:42:00	834
	<b>Sieber</b>	<b>Martin</b>				
22	Mila-5000 Meter Lauf		00:28:15	00:05:39	00:23:31	495
	<b>Stauffer</b>	<b>Laurent</b>				
4	2. Lustenauer Cross-Lauf		00:15:52	00:03:58	00:12:24	964
4	1. Lustenauer Cross-Lauf		00:39:37	00:04:24	00:30:58	961
6	4. Lustenauer Cross-Lauf		00:26:25	00:04:24	00:20:39	932
7	3. Lustenauer Cross-Lauf		01:11:36	00:04:46	00:55:58	932
8	6. Lustenauer Cross-Lauf		00:40:22	00:04:29	00:31:33	924
8	Mila-5000 Meter Lauf		00:21:35	00:04:19	00:16:52	920
8	MILA Schwamm-Lauf		00:57:45	00:06:29	00:45:09	803
	<b>Stieger</b>	<b>Therese</b>				
3	Altacher Silvesterlauf - langer Lauf		00:59:15	00:04:47	00:47:20	884
6	Altstätter Städtlilaf Spezial		00:26:04	00:05:26	00:20:50	875
8	4. Lustenauer Cross-Lauf		00:27:57	00:04:40	00:22:20	845
7	2. Lustenauer Cross-Lauf		00:17:26	00:04:22	00:13:56	837
14	Mila-5000 Meter Lauf		00:23:27	00:04:41	00:18:44	801
11	6. Lustenauer Cross-Lauf		00:44:17	00:04:55	00:35:23	794
13	Rund um Diepoldsau		00:59:56	00:05:00	00:47:53	671
	<b>Török</b>	<b>Zoltan</b>				
1	5. Lustenauer Cross-Lauf		01:06:09	00:03:41	01:01:53	1000
3	4. Lustenauer Cross-Lauf		00:20:58	00:03:30	00:19:37	986
3	Mila-5000 Meter Lauf		00:17:05	00:03:25	00:15:59	977
5	3. Lustenauer Cross-Lauf		00:57:27	00:03:50	00:53:45	974
4	6. Lustenauer Cross-Lauf		00:32:09	00:03:34	00:30:05	974
2	1. Lustenauer Cross-Lauf		00:32:43	00:03:38	00:30:37	973
3	MILA Schwamm-Lauf		00:44:36	00:05:01	00:41:44	894
3	Rund um Diepoldsau		00:42:37	00:03:33	00:39:52	893
	<b>Weiler</b>	<b>Andreas</b>				
5	6. Lustenauer Cross-Lauf		00:35:09	00:03:54	00:30:32	959
4	4. Lustenauer Cross-Lauf		00:23:12	00:03:52	00:20:09	958
7	Mila-5000 Meter Lauf		00:18:46	00:03:45	00:16:18	957
2	Rund um Diepoldsau		00:43:32	00:03:38	00:37:49	950
	<b>Zeni</b>	<b>Paul</b>				
20	Mila-5000 Meter Lauf		00:31:06	00:06:13	00:20:30	688