

33. Lauf "Rund um Nochern"

Volkslauf des VfL am Freitag, 05. August 2016



10.0 km Hauptlauf

Gesamtsieger: Björn Schröder 35:48

Gesamtsiegerin: Heike Rodenkirch 48:44

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|----|--------|----|-------------------|----------------|--------------------|----------|---|------|-----|----------------------|
| 29 | 1. W35 | 9 | 0:54:00,78 | 54:00 | Zils | Stefanie | w | 1981 | W35 | Niederbachheim |
| 21 | 1. W40 | 22 | 0:49:54,49 | 49:54 | Braband-Ziss | Vera | w | 1974 | W40 | Mirko's Running Team |
| 17 | 1. W45 | 28 | 0:48:44,64 | 48:44 | Rodenkirch | Heike | w | 1968 | W45 | TV Kördorf |
| 26 | 2. W45 | 48 | 0:52:47,11 | 52:47 | Guglielmino-Bingel | Bianca | w | 1971 | W45 | RSV Oranien Nassau |
| 30 | 3. W45 | 15 | 0:55:54,68 | 55:54 | Alberti | Simone | w | 1970 | W45 | Meddys LWT Koblenz |
| 39 | 4. W45 | 8 | 1:03:50,95 | 1:03:50 | Zils | Antje | w | 1969 | W45 | Niederbachheim |
| 40 | 5. W45 | 26 | 1:05:02,77 | 1:05:02 | Janzen | Natali | w | 1971 | W45 | SF Puderbach |
| 35 | 1. W50 | 24 | 1:02:15,91 | 1:02:15 | Schmidt | Tatjana | w | 1963 | W50 | SF Puderbach |
| 38 | 2. W50 | 25 | 1:03:40,04 | 1:03:40 | Schmidt | Swetlana | w | 1965 | W50 | SF Puderbach |
| 36 | 1. W55 | 27 | 1:02:40,72 | 1:02:40 | Kostin | Anna | w | 1960 | W55 | SF Puderbach |