

| Datum     | Ort                            | Distanz | Sandro | Corina | Deborah | Jessica | Silvan | Manuel | Total | Rang | Zeit     |
|-----------|--------------------------------|---------|--------|--------|---------|---------|--------|--------|-------|------|----------|
| 08-Jan-00 | Zürcher Neujahrslauf           | 1700    | 89-90  |        |         |         |        |        | 27    | 15   | 06:48.80 |
| 08-Jan-00 | Zürcher Neujahrslauf           | 1700    |        | 91-92  |         |         |        |        | 7     | 2    | 06:56.60 |
| 08-Jan-00 | Zürcher Neujahrslauf           | 1700    |        |        | 91-92   |         |        |        | 7     | 5    | 07:39.10 |
| 15-Jan-00 | Guggerlauf Remigen             | 1400    | 85-90  |        |         |         |        |        | 17    | 10   | 06:15.00 |
| 15-Jan-00 | Guggerlauf Remigen             | 1000    |        | 91-    |         |         |        |        | 16    | 1    | 03:28.00 |
| 15-Jan-00 | Guggerlauf Remigen             | 1000    |        |        | 91-     |         |        |        | 16    | 5    | 03:40.00 |
| 16-Jan-00 | Crosslauf Affoltern a Albis    | 1400    | 89-90  |        |         |         |        |        |       |      |          |
| 16-Jan-00 | Crosslauf Affoltern a Albis    | 1400    |        | 91-    |         |         |        |        | 9     | 3    | 06:59.00 |
| 16-Jan-00 | Crosslauf Affoltern a Albis    | 1400    |        |        | 91-     |         |        |        | 9     | 5    | 07:32.00 |
| 16-Jan-00 | Crosslauf Affoltern a Albis    | 1400    |        |        |         | 91-     |        |        | 9     | 9    | 10:46.00 |
| 30-Jan-00 | Crosslauf Hellbühl             | 1000    | 89-90  |        |         |         |        |        | 58    | 16   | 04:14.00 |
| 30-Jan-00 | Crosslauf Hellbühl             | 1000    |        | 91-    |         |         |        |        | 24    | 10   | 04:59.00 |
| 30-Jan-00 | Crosslauf Hellbühl             | 1000    |        |        | 91-     |         |        |        | 24    | 12   | 05:10.00 |
| 06-Feb-00 | Swisscross Bern                | 1000    |        | 91-    |         |         |        |        | 11    | 6    | 05:52.00 |
| 06-Feb-00 | Swisscross Bern                | 1000    |        |        | 91-     |         |        |        | 11    | 7    | 06:05.00 |
| 06-Feb-00 | Swisscross Bern                | 1000    |        |        |         | 91-     |        |        | 11    | 11   | 08:36.00 |
| 20-Feb-00 | Crosslauf Schongau             | 1000    | 89-90  |        |         |         |        |        | 62    | 43   | 04:54.00 |
| 20-Feb-00 | Crosslauf Schongau             | 1000    |        | 91-    |         |         |        |        | 24    | 6    | 04:38.00 |
| 20-Feb-00 | Crosslauf Schongau             | 1000    |        |        | 91-     |         |        |        | 24    | 14   | 04:55.00 |
| 26-Feb-00 | Bremgarter Reusslauf           | 1000    | 89-91  |        |         |         |        |        | 55    | 14   | 04:06.00 |
| 26-Feb-00 | Bremgarter Reusslauf           | 1000    |        | 89-91  |         |         |        |        | 28    | 11   | 04:40.00 |
| 26-Feb-00 | Bremgarter Reusslauf           | 500     |        |        | 92-     |         |        |        | 60    | 4    | 01:32.00 |
| 26-Feb-00 | Bremgarter Reusslauf           | 500     |        |        |         | 92-     |        |        | 60    | 25   | 01:55.00 |
| 04-Mrz-00 | Thuner Cross Schweizermeisters | 1500    | 89-90  |        |         |         |        |        | 67    | 31   | 07:15.00 |
| 04-Mrz-00 | Thuner Cross Schweizermeisters | 1000    |        | 91-92  |         |         |        |        | 31    | 15   | 04:57.60 |
| 04-Mrz-00 | Thuner Cross Schweizermeisters | 1000    |        |        | 91-92   |         |        |        | 31    | 21   | 05:14.40 |
| 04-Mrz-00 | Thuner Cross Schweizermeisters | 500     |        |        |         | 93-     |        |        | 9     | 9    | 03:42.10 |
| 18-Mrz-00 | Kerzerslauf                    | 1400    |        | 91-92  |         |         |        |        | 66    | 10   | 05:48.50 |
| 18-Mrz-00 | Kerzerslauf                    | 1400    |        |        | 91-92   |         |        |        | 66    | 16   | 06:09.03 |
| 18-Mrz-00 | Kerzerslauf                    | 400     |        |        |         | 93-96   |        |        | 94    | 38   | 01:27.30 |
| 19-Mrz-00 | Crosslauf Ruswil               | 1000    | 89-90  |        |         |         |        |        | 61    | 14   | 04:09.00 |
| 19-Mrz-00 | Crosslauf Ruswil               | 1000    |        | 91-92  |         |         |        |        | 26    | 3    | 04:29.00 |
| 19-Mrz-00 | Crosslauf Ruswil               | 1000    |        |        | 91-92   |         |        |        | 26    | 11   | 04:54.00 |
| 25-Mrz-00 | Männedorfer Waldlauf           | 2800    | 89-90  |        |         |         |        |        | 28    | 7    | 11:29.60 |
| 25-Mrz-00 | Männedorfer Waldlauf           | 2800    |        | 91-92  |         |         |        |        | 11    | 4    | 13:26.30 |
| 25-Mrz-00 | Männedorfer Waldlauf           | 2800    |        |        | 91-92   |         |        |        | 11    | 5    | 13:34.40 |
| 08-Apr-00 | GP Dübendorf                   | 1580    |        | 91-92  |         |         |        |        | 54    | 5    | 06:25.10 |
| 08-Apr-00 | GP Dübendorf                   | 1580    |        |        | 91-92   |         |        |        | 54    | 13   | 06:51.10 |

|           |                              |      |       |       |       |     |          |          |
|-----------|------------------------------|------|-------|-------|-------|-----|----------|----------|
| 09-Apr-00 | Crosslauf Erstfeld           | 1380 | 89-90 |       |       | 62  | 15       | 05:47.10 |
| 09-Apr-00 | Crosslauf Erstfeld           | 1380 |       | 91-   |       | 58  | <b>3</b> | 06:17.09 |
| 09-Apr-00 | Crosslauf Erstfeld           | 1380 |       |       | 91-   | 58  | 14       | 06:50.30 |
| 15-Apr-00 | Schwyzer Halbmarathon        | 1200 | 88-90 |       |       | 70  | 22       | 04:36.90 |
| 15-Apr-00 | Schwyzer Halbmarathon        | 800  |       | 91-   |       | 123 | <b>2</b> | 03:12.90 |
| 15-Apr-00 | Schwyzer Halbmarathon        | 800  |       |       | 91-   | 123 | 21       | 03:41.50 |
| 15-Apr-00 | Zumiker Lauf                 | 1300 | 89-90 |       |       | 35  | 11       | 05:10.20 |
| 15-Apr-00 | Zumiker Lauf                 | 1300 |       | 91-92 |       | 22  | 6        | 05:53.00 |
| 15-Apr-00 | Zumiker Lauf                 | 1300 |       |       | 91-92 | 22  | 11       | 06:15.30 |
| 22-Apr-00 | GP Fricktal Eiken            | 1600 | 89-90 |       |       | 90  | 14       | 06:24.60 |
| 22-Apr-00 | GP Fricktal Eiken            | 500  |       | 91-92 |       | 95  | <b>1</b> | 01:36.50 |
| 22-Apr-00 | GP Fricktal Eiken            | 500  |       |       | 91-92 | 95  | 35       | 01:58.00 |
| 22-Apr-00 | GP Fricktal Eiken            | 500  |       |       |       | 93- | 46       | 02:12.50 |
| 24-Apr-00 | Osterlauf Muri               | 900  | 88-90 |       |       | 35  | 7        | 03:40.80 |
| 24-Apr-00 | Osterlauf Muri               | 350  |       | 91-   |       | 32  | <b>2</b> | 01:05.10 |
| 24-Apr-00 | Osterlauf Muri               | 350  |       |       | 91-   | 32  | 18       | 01:23.60 |
| 29-Apr-00 | Oberrohrdorfer Frühlingslauf | 1400 | 88-89 |       |       | 27  | 6        | 05:31.00 |
| 29-Apr-00 | Oberrohrdorfer Frühlingslauf | 1000 |       | 90-91 |       | 24  | <b>2</b> | 03:57.00 |
| 29-Apr-00 | Oberrohrdorfer Frühlingslauf | 400  |       |       | 92-   | 40  | <b>2</b> | 01:23.00 |
| 06-Mai-00 | Luzerner Stadtlauf           | 1550 | 89-   |       |       | 329 | 6        | 05:31.80 |
| 06-Mai-00 | Luzerner Stadtlauf           | 1550 |       | 89-   |       | 243 | 26       | 06:26.30 |
| 06-Mai-00 | Luzerner Stadtlauf           | 1550 |       |       | 89-   | 243 | 96       | 07:13.80 |
| 13-Mai-00 | GP Bern                      | 2700 | 89-90 |       |       | 260 | 21       | 10:43.30 |
| 13-Mai-00 | GP Bern                      | 2700 |       | 91-92 |       | 141 | 16       | 12:17.40 |
| 13-Mai-00 | GP Bern                      | 2700 |       |       | 91-92 | 141 | 42       | 13:38.80 |
| 20-Mai-00 | Lenzburger Stadtlauf         | 2450 | 89-90 |       |       | 20  | 12       | 10:41.20 |
| 20-Mai-00 | Lenzburger Stadtlauf         | 1100 |       | 91-92 |       | 21  | 5        | 04:25.30 |
| 20-Mai-00 | Lenzburger Stadtlauf         | 1100 |       |       | 91-92 | 21  | 14       | 04:58.30 |
| 20-Mai-00 | Lenzburger Stadtlauf         | 550  |       |       |       | 93- | 21       | 02:34.60 |
| 20-Mai-00 | Lenzburger Stadtlauf         | 550  |       |       |       | 93- | 20       | 03:06.90 |
| 20-Mai-00 | Lenzburger Stadtlauf         | 550  |       |       |       | 93- | 20       | 03:12.60 |
| 26-Mai-00 | Bipper Geländelauf           | 1300 | 88-91 |       |       | 32  | 9        | 05:01.00 |
| 26-Mai-00 | Bipper Geländelauf           | 1300 |       | 88-91 |       | 40  | 25       | 05:30.00 |
| 26-Mai-00 | Bipper Geländelauf           | 300  |       |       | 92-   | 19  | 6        | 01:03.00 |
| 26-Mai-00 | Bipper Geländelauf           | 300  |       |       |       | 92- | 19       | 01:21.00 |
| 26-Mai-00 | Bipper Geländelauf           | 300  |       |       |       | 92- | 23       | 01:44.00 |
| 26-Mai-00 | Bipper Geländelauf           | 300  |       |       |       | 92- | 23       | 01:48.00 |
| 28-Mai-00 | GP Wilhelm Tell Attinghausen | 1150 | 89-90 |       |       | 47  | 14       | 04:49.98 |
| 28-Mai-00 | GP Wilhelm Tell Attinghausen | 1150 |       | 91-   |       | 56  | <b>3</b> | 05:07.25 |
| 28-Mai-00 | GP Wilhelm Tell Attinghausen | 1150 |       |       | 91-   | 56  | 12       | 05:32.17 |

|           |                              |      |       |       |       |       |     |    |          |          |
|-----------|------------------------------|------|-------|-------|-------|-------|-----|----|----------|----------|
| 28-Mai-00 | GP Wilhelm Tell Attinghausen | 250  |       |       | 93-   |       |     |    | <b>3</b> |          |
| 28-Mai-00 | GP Wilhelm Tell Attinghausen | 250  |       |       |       | 93-   |     |    |          |          |
| 28-Mai-00 | GP Wilhelm Tell Attinghausen | 250  |       |       |       |       | 93- |    |          |          |
| 01-Jun-00 | Auffahrtslauf Luzern         | 1700 | 88-90 |       |       |       |     | 7  | <b>2</b> | 07:54.58 |
| 01-Jun-00 | Auffahrtslauf Luzern         | 700  |       | 91-   |       |       |     | 16 | <b>2</b> | 03:09.69 |
| 01-Jun-00 | Auffahrtslauf Luzern         | 700  |       |       | 91-   |       |     | 16 | 6        | 03:29.86 |
| 01-Jun-00 | Auffahrtslauf Luzern         | 700  |       |       |       | 91-   |     | 16 | 14       | 04:37.72 |
| 01-Jun-00 | Auffahrtslauf Luzern         | 700  |       |       |       |       | 91- | 12 | 11       | 05:08.87 |
| 01-Jun-00 | Auffahrtslauf Luzern         | 700  |       |       |       |       |     | 12 | 10       | 05:02.51 |
| 02-Jun-00 | Aarelauf Wangen              | 1500 | 89-92 |       |       |       |     | 39 | <b>2</b> | 05:39.00 |
| 02-Jun-00 | Aarelauf Wangen              | 1500 |       | 89-92 |       |       |     | 23 | 9        | 06:18.00 |
| 02-Jun-00 | Aarelauf Wangen              | 1500 |       |       | 89-92 |       |     | 23 | 13       | 06:46.00 |
| 02-Jun-00 | Aarelauf Wangen              | 300  |       |       |       | 93-   |     | 29 | 7        | 01:35.00 |
| 02-Jun-00 | Aarelauf Wangen              | 300  |       |       |       |       | 93- | 30 | 28       | 02:33.00 |
| 02-Jun-00 | Aarelauf Wangen              | 300  |       |       |       |       |     | 30 | 25       | 02:08.00 |
| 03-Jun-00 | Hitzkircher Jugendlauf       | 1580 | 89-90 |       |       |       |     | 71 | 9        | 06:11.84 |
| 03-Jun-00 | Hitzkircher Jugendlauf       | 1037 |       | 91-92 |       |       |     | 70 | 4        | 04:11.96 |
| 03-Jun-00 | Hitzkircher Jugendlauf       | 1037 |       |       | 91-92 |       |     | 70 | 12       | 04:36.85 |
| 03-Jun-00 | Hitzkircher Jugendlauf       | 537  |       |       |       | 93-94 |     | 61 | 5        | 02:29.13 |
| 03-Jun-00 | Hitzkircher Jugendlauf       | 290  |       |       |       |       | 95- | 50 | 24       | 01:55.56 |
| 03-Jun-00 | Hitzkircher Jugendlauf       | 290  |       |       |       |       |     | 50 | 12       | 01:45.20 |
| 04-Jun-00 | Jugendlauf Seelisberg        | 1700 | 89-90 |       |       |       |     | 37 | 4        | 06:02.50 |
| 04-Jun-00 | Jugendlauf Seelisberg        | 1700 |       | 91-   |       |       |     | 39 | <b>1</b> | 06:54.50 |
| 04-Jun-00 | Jugendlauf Seelisberg        | 1700 |       |       | 91-   |       |     | 39 | 5        | 07:11.00 |
| 10-Jun-00 | Pfingstlauf Wohlen           | 1000 |       | 91-92 |       |       |     | 27 | 5        | 03:39.60 |
| 10-Jun-00 | Pfingstlauf Wohlen           | 1000 |       |       | 91-92 |       |     | 27 | 18       | 04:17.30 |
| 12-Jun-00 | Bannwiler Aaregeländelauf    | 1300 | 88-90 |       |       |       |     | 26 | 10       | 04:40.00 |
| 12-Jun-00 | Bannwiler Aaregeländelauf    | 700  |       | 91-93 |       |       |     | 28 | <b>1</b> | 02:33.00 |
| 12-Jun-00 | Bannwiler Aaregeländelauf    | 700  |       |       | 91-93 |       |     | 28 | 8        | 02:54.00 |
| 12-Jun-00 | Bannwiler Aaregeländelauf    | 150  |       |       |       | 94-   |     | 22 | <b>2</b> |          |
| 12-Jun-00 | Bannwiler Aaregeländelauf    | 150  |       |       |       |       | 94- | 28 | 18       |          |
| 12-Jun-00 | Bannwiler Aaregeländelauf    | 150  |       |       |       |       |     | 28 | 17       |          |
| 17-Jun-00 | Sihlwaldlauf Langnau a Albis | 1600 |       | 91-92 |       |       |     | 21 | <b>2</b> | 08:28.10 |
| 17-Jun-00 | Sihlwaldlauf Langnau a Albis | 1600 |       |       | 91-92 |       |     | 21 | 4        | 08:59.00 |
| 17-Jun-00 | Sihlwaldlauf Langnau a Albis | 400  |       |       |       | 93-   |     | 22 | 9        | 03:05.80 |
| 17-Jun-00 | Sihlwaldlauf Langnau a Albis | 400  |       |       |       |       | 93- | 38 | 29       | 03:54.00 |
| 17-Jun-00 | Sihlwaldlauf Langnau a Albis | 400  |       |       |       |       |     | 38 | 26       | 03:51.10 |
| 30-Jun-00 | Derendinger Abendlauf        | 2000 | 87-89 |       |       |       |     | 25 | 13       | 10:00.00 |
| 30-Jun-00 | Derendinger Abendlauf        | 1000 |       | 90-92 |       |       |     | 46 | 5        | 05:07.00 |
| 30-Jun-00 | Derendinger Abendlauf        | 1000 |       |       | 90-92 |       |     | 46 | 8        | 05:28.00 |

|           |                                |      |       |       |       |     |     |     |          |          |          |
|-----------|--------------------------------|------|-------|-------|-------|-----|-----|-----|----------|----------|----------|
| 30-Jun-00 | Derendinger Abendlauf          | 800  |       |       | 93-   |     | 23  | 14  | 05:39.00 |          |          |
| 30-Jun-00 | Derendinger Abendlauf          | 800  |       |       |       | 93- | 28  | 26  | 06:33.00 |          |          |
| 30-Jun-00 | Derendinger Abendlauf          | 800  |       |       |       |     | 93- | 28  | 23       | 06:12.00 |          |
| 07-Jul-00 | Homberglauf Beinwil            | 1000 | 89-90 |       |       |     | 14  | 5   | 05:40.47 |          |          |
| 07-Jul-00 | Homberglauf Beinwil            | 500  |       | 91-   |       |     | 14  | 2   | 02:22.29 |          |          |
| 07-Jul-00 | Homberglauf Beinwil            | 500  |       |       | 91-   |     | 14  | 10  | 02:55.69 |          |          |
| 07-Jul-00 | Homberglauf Beinwil            | 500  |       |       |       | 91- | 14  | 13  | 03:38.15 |          |          |
| 07-Jul-00 | Homberglauf Beinwil            | 500  |       |       |       |     | 91- | 17  | 17       | 04:25.49 |          |
| 07-Jul-00 | Homberglauf Beinwil            | 500  |       |       |       |     |     | 91- | 17       | 16       | 04:22.47 |
| 27-Aug-00 | Stauffberglauf                 | 2000 | 89-90 |       |       |     | 30  | 13  | 08:12.30 |          |          |
| 27-Aug-00 | Stauffberglauf                 | 700  |       | 91-92 |       |     | 18  | 4   | 02:41.40 |          |          |
| 27-Aug-00 | Stauffberglauf                 | 700  |       |       | 91-92 |     | 18  | 12  | 03:02.90 |          |          |
| 27-Aug-00 | Stauffberglauf                 | 700  |       |       |       | 93- | 22  | 18  | 03:53.20 |          |          |
| 27-Aug-00 | Stauffberglauf                 | 700  |       |       |       |     | 93- | 31  | 31       | 05:30.90 |          |
| 27-Aug-00 | Stauffberglauf                 | 700  |       |       |       |     |     | 93- | 31       | 30       | 05:28.30 |
| 06-Sep-00 | Sikingalauf Untersiggenthal    | 1200 | 88-89 |       |       |     | 17  | 5   | 04:32.00 |          |          |
| 06-Sep-00 | Sikingalauf Untersiggenthal    | 750  |       | 90-91 |       |     | 28  | 7   | 03:06.00 |          |          |
| 06-Sep-00 | Sikingalauf Untersiggenthal    | 750  |       |       | 92-93 |     | 29  | 4   | 03:17.00 |          |          |
| 06-Sep-00 | Sikingalauf Untersiggenthal    | 550  |       |       |       | 94- | 22  | 13  | 03:07.00 |          |          |
| 06-Sep-00 | Sikingalauf Untersiggenthal    | 550  |       |       |       |     | 94- | 22  | 19       | 04:02.00 |          |
| 06-Sep-00 | Sikingalauf Untersiggenthal    | 550  |       |       |       |     |     | 94- | 22       | 18       | 03:50.00 |
| 09-Sep-00 | Laufsporttag Affoltern a Albis | 1800 | 89-90 |       |       |     | 26  | 11  | 06:43.80 |          |          |
| 09-Sep-00 | Laufsporttag Affoltern a Albis | 1800 |       | 91-92 |       |     | 11  | 4   | 07:46.20 |          |          |
| 09-Sep-00 | Laufsporttag Affoltern a Albis | 1800 |       |       | 91-92 |     | 11  | 10  | 08:29.60 |          |          |
| 09-Sep-00 | Laufsporttag Affoltern a Albis | 800  |       |       |       | 93- | 20  | 14  | 05:44.60 |          |          |
| 09-Sep-00 | Laufsporttag Affoltern a Albis | 800  |       |       |       |     | 93- | 17  | 15       | 06:05.50 |          |
| 09-Sep-00 | Laufsporttag Affoltern a Albis | 800  |       |       |       |     |     | 93- | 17       | 14       | 06:00.50 |
| 10-Sep-00 | Aarberger Städtlilaufl         | 1100 | 89-90 |       |       |     | 71  | 6   | 04:07.46 |          |          |
| 10-Sep-00 | Aarberger Städtlilaufl         | 1100 |       | 91-   |       |     | 66  | 7   | 04:37.63 |          |          |
| 10-Sep-00 | Aarberger Städtlilaufl         | 1100 |       |       | 91-   |     | 66  | 31  | 05:10.87 |          |          |
| 10-Sep-00 | Aarberger Städtlilaufl         | 1100 |       |       |       | 91- | 66  | 63  | 06:40.38 |          |          |
| 10-Sep-00 | Aarberger Städtlilaufl         | 1100 |       |       |       |     | 91- | 71  | 68       | 06:56.09 |          |
| 10-Sep-00 | Aarberger Städtlilaufl         | 1100 |       |       |       |     |     | 91- | 71       | 70       | 07:02.64 |
| 16-Sep-00 | Ämmelauf Littau                | 1650 | 89-90 |       |       |     | 25  | 6   | 06:19.00 |          |          |
| 16-Sep-00 | Ämmelauf Littau                | 1650 |       | 91-92 |       |     | 21  | 2   | 06:47.00 |          |          |
| 16-Sep-00 | Ämmelauf Littau                | 1650 |       |       | 91-92 |     | 21  | 13  | 07:49.00 |          |          |
| 16-Sep-00 | Ämmelauf Littau                | 700  |       |       |       | 93- | 9   | 9   | 06:12.00 |          |          |
| 16-Sep-00 | Ämmelauf Littau                | 700  |       |       |       |     | 93- | 15  | 15       | 07:12.00 |          |
| 16-Sep-00 | Ämmelauf Littau                | 700  |       |       |       |     |     | 93- | 15       | 14       | 06:58.00 |
| 23-Sep-00 | Laufsporttag Winterthur        | 1500 | 89-90 |       |       |     | 29  | 7   | 05:45.00 |          |          |

|           |                         |      |         |         |       |     |     |     |    |          |
|-----------|-------------------------|------|---------|---------|-------|-----|-----|-----|----|----------|
| 23-Sep-00 | Laufsporttag Winterthur | 1500 |         | 91-92   |       |     |     | 29  | 7  | 06:25.60 |
| 23-Sep-00 | Laufsporttag Winterthur | 1500 |         |         | 91-92 |     |     | 29  | 14 | 07:03.30 |
| 23-Sep-00 | Laufsporttag Winterthur | 500  |         |         |       | 93- |     | 64  | 27 | 02:36.30 |
| 23-Sep-00 | Laufsporttag Winterthur | 500  |         |         |       |     | 93- | 57  | 40 | 03:18.10 |
| 23-Sep-00 | Laufsporttag Winterthur | 500  |         |         |       |     | 93- | 57  | 33 | 03:06.50 |
| 24-Sep-00 | Gohlgrabenlauf          | 2000 | 88-90   |         |       |     |     | 12  | 3  | 05:54.00 |
| 24-Sep-00 | Gohlgrabenlauf          | 1000 | plausch |         |       |     |     | 10  | 3  | 02:51.00 |
| 24-Sep-00 | Gohlgrabenlauf          | 1000 |         | 91-93   |       |     |     | 12  | 1  | 03:04.00 |
| 24-Sep-00 | Gohlgrabenlauf          | 1000 |         | plausch |       |     |     | 10  | 6  | 03:08.00 |
| 24-Sep-00 | Gohlgrabenlauf          | 1000 |         |         | 91-93 |     |     | 12  | 3  | 03:22.00 |
| 24-Sep-00 | Gohlgrabenlauf          | 100  |         |         |       | 94- |     |     | 1  |          |
| 24-Sep-00 | Gohlgrabenlauf          | 100  |         |         |       |     | 94- |     |    |          |
| 24-Sep-00 | Gohlgrabenlauf          | 100  |         |         |       |     | 94  |     |    |          |
| 07-Okt-00 | Laufenburger Stadtlauf  | 1680 | 89-90   |         |       |     |     | 10  | 2  | 06:27.00 |
| 07-Okt-00 | Laufenburger Stadtlauf  | 780  |         | 91-92   |       |     |     | 4   | 1  | 03:00.50 |
| 07-Okt-00 | Laufenburger Stadtlauf  | 780  |         |         | 91-92 |     |     | 4   | 4  | 03:15.50 |
| 07-Okt-00 | Laufenburger Stadtlauf  | 480  |         |         |       | 93- |     | 6   | 3  | 01:57.30 |
| 07-Okt-00 | Laufenburger Stadtlauf  | 480  |         |         |       |     | 93- | 13  | 13 | 02:32.40 |
| 07-Okt-00 | Laufenburger Stadtlauf  | 480  |         |         |       |     | 93- | 13  | 12 | 02:23.70 |
| 08-Okt-00 | Pfäffikerseelauf        | 1900 | 89-90   |         |       |     |     | 36  | 8  | 07:18.50 |
| 08-Okt-00 | Pfäffikerseelauf        | 1900 |         | 91-92   |       |     |     | 18  | 4  | 07:59.40 |
| 08-Okt-00 | Pfäffikerseelauf        | 1900 |         |         | 91-92 |     |     | 18  | 10 | 08:53.50 |
| 08-Okt-00 | Pfäffikerseelauf        | 300  |         |         |       | 93- |     | 43  | 17 | 01:14.50 |
| 08-Okt-00 | Pfäffikerseelauf        | 300  |         |         |       |     | 93- | 43  | 34 | 02:04.70 |
| 08-Okt-00 | Pfäffikerseelauf        | 300  |         |         |       |     | 93- | 43  | 31 | 01:57.50 |
| 14-Okt-00 | Hallwilerseelauf        | 1200 | 89-90   |         |       |     |     | 36  | 10 | 04:44.00 |
| 14-Okt-00 | Hallwilerseelauf        | 1200 |         | 91-     |       |     |     | 49  | 5  | 05:00.00 |
| 14-Okt-00 | Hallwilerseelauf        | 1200 |         |         | 91-   |     |     | 49  | 14 | 05:24.40 |
| 14-Okt-00 | Hallwilerseelauf        | 1200 |         |         |       | 91- |     | 49  | 41 | 06:43.00 |
| 14-Okt-00 | Hallwilerseelauf        | 1200 |         |         |       |     | 91- | 49  | 48 | 08:04.20 |
| 14-Okt-00 | Hallwilerseelauf        | 1200 |         |         |       |     | 91- | 49  | 49 | 08:12.70 |
| 21-Okt-00 | Uetliberglauf Zürich    | 2100 | 89-90   |         |       |     |     | 26  | 7  | 08:15.50 |
| 21-Okt-00 | Uetliberglauf Zürich    | 2100 |         | 91-92   |       |     |     | 14  | 5  | 09:14.80 |
| 21-Okt-00 | Uetliberglauf Zürich    | 2100 |         |         | 91-92 |     |     | 14  | 8  | 10:09.80 |
| 21-Okt-00 | Uetliberglauf Zürich    | 500  |         |         |       | 93- |     | 20  | 10 | 01:32.60 |
| 21-Okt-00 | Uetliberglauf Zürich    | 500  |         |         |       |     | 93- | 21  | 19 | 02:00.02 |
| 21-Okt-00 | Uetliberglauf Zürich    | 500  |         |         |       |     | 93- | 21  | 17 | 01:55.50 |
| 22-Okt-00 | Lausanne Mini Marathon  | 4200 | 88-89   |         |       |     |     | 106 | 20 | 17:21.50 |
| 22-Okt-00 | Lausanne Mini Marathon  | 4200 |         | 90-91   |       |     |     | 75  | 13 | 19:30.10 |
| 22-Okt-00 | Lausanne Mini Marathon  | 4200 |         |         | 92-93 |     |     | 60  | 10 | 20:55.60 |
| 05-Nov-00 | Aargauer Volkslauf      | 2000 | 89-90   |         |       |     |     | 42  | 12 | 07:55.90 |

|           |                        |      |       |       |       |     |     |     |          |          |
|-----------|------------------------|------|-------|-------|-------|-----|-----|-----|----------|----------|
| 05-Nov-00 | Aargauer Volkslauf     | 1090 |       | 91-   |       |     |     | 47  | 6        | 04:26.50 |
| 05-Nov-00 | Aargauer Volkslauf     | 1090 |       |       | 91-   |     |     | 47  | 23       | 04:54.20 |
| 05-Nov-00 | Aargauer Volkslauf     | 1090 |       |       |       | 91- |     | 47  | 46       | 06:19.00 |
| 05-Nov-00 | Aargauer Volkslauf     | 1090 |       |       |       |     | 91- | 52  | 48       | 06:57.80 |
| 05-Nov-00 | Aargauer Volkslauf     | 1090 |       |       |       |     |     | 52  | 40       | 06:59.40 |
| 11-Nov-00 | Kyburg Lauf            | 2100 | 88-90 |       |       |     |     | 34  | 4        | 08:19.60 |
| 11-Nov-00 | Kyburg Lauf            | 1400 |       | 91-93 |       |     |     | 23  | <b>1</b> | 06:06.70 |
| 11-Nov-00 | Kyburg Lauf            | 1400 |       |       | 91-93 |     |     | 23  | 9        | 06:55.20 |
| 11-Nov-00 | Kyburg Lauf            | 700  |       |       |       | 94- |     | 24  | 5        | 04:18.60 |
| 11-Nov-00 | Kyburg Lauf            | 700  |       |       |       |     | 94- | 34  | 23       | 05:26.40 |
| 11-Nov-00 | Kyburg Lauf            | 700  |       |       |       |     |     | 34  | 28       | 05:46.90 |
| 18-Nov-00 | Langenthaler Stadtlauf | 1250 | 89-90 |       |       |     |     | 33  | 7        | 04:21.90 |
| 18-Nov-00 | Langenthaler Stadtlauf | 1250 |       | 91-   |       |     |     | 40  | <b>3</b> | 04:40.30 |
| 18-Nov-00 | Langenthaler Stadtlauf | 1250 |       |       | 91-   |     |     | 40  | 16       | 05:19.60 |
| 25-Nov-00 | Basler Stadtlauf       | 1000 |       | 90-   |       |     |     | 252 | 9        | 03:55.90 |
| 25-Nov-00 | Basler Stadtlauf       | 1000 |       |       | 90-   |     |     | 252 | 56       | 04:30.60 |
| 02-Dez-00 | Jugendcross Langenthal | 2300 | 88-89 |       |       |     |     |     |          |          |
| 02-Dez-00 | Jugendcross Langenthal | 1550 |       | 90-91 |       |     |     | 27  | 8        | 07:09.05 |
| 02-Dez-00 | Jugendcross Langenthal | 1550 |       |       | 92-   |     |     | 9   | 5        | 07:48.33 |
| 09-Dez-00 | Crosslauf Biberist     | 2000 | 88-89 |       |       |     |     | 9   | 5        | 07:42.60 |
| 09-Dez-00 | Crosslauf Biberist     | 1000 |       | 90-   |       |     |     | 15  | 5        | 03:55.60 |
| 09-Dez-00 | Crosslauf Biberist     | 1000 |       |       | 90-   |     |     | 15  | 9        | 04:22.80 |
| 10-Dez-00 | Silvesterlauf Zürich   | 1400 | 88-89 |       |       |     |     | 138 | 16       | 04:22.40 |
| 10-Dez-00 | Silvesterlauf Zürich   | 1400 |       | 90-   |       |     |     | 143 | 4        | 04:43.60 |
| 10-Dez-00 | Silvesterlauf Zürich   | 1400 |       |       | 90-   |     |     | 143 | 17       | 05:18.60 |
| 31-Dez-00 | Gippinger Stauseelauf  | 1000 | 89-90 |       |       |     |     | 31  | 12       | 03:28.40 |
| 31-Dez-00 | Gippinger Stauseelauf  | 1000 |       | 91-   |       |     |     | 23  | <b>1</b> | 03:44.40 |
| 31-Dez-00 | Gippinger Stauseelauf  | 1000 |       |       | 91-   |     |     | 23  | 7        | 04:17.30 |
| 31-Dez-00 | Gippinger Stauseelauf  | 1000 |       |       |       | 91- |     | 23  | 21       | 05:36.70 |
| 31-Dez-00 | Gippinger Stauseelauf  | 1000 |       |       |       |     | 91- | 48  | 46       | 06:04.60 |
| 31-Dez-00 | Gippinger Stauseelauf  | 1000 |       |       |       |     |     | 48  | 47       | 06:34.60 |