

Luzerner Stadtlauf 2024

Ergebnisse

Row & Run Männer

| Rang | Name | Jg | Ort | Gruppe/Verein | Row | Run | Total* | Abstand | Startnr | Altersklasse |
|------|---------------------|----|-------------|---------------------|-------|-------|--------------|---------|---------|--------------|
| 1. | Helfenstein Jan | 93 | Neuenkirch | Featherweight Ro... | 03:27 | 12:36 | 19:30 | -- | 6304 | U40: 1. |
| 2. | Flühler Julian | 92 | Stans | Seeclub Stansstad | 03:13 | 14:53 | 21:19 | +1:49 | 6098 | U40: 2. |
| 3. | Lötscher Dominik | 84 | Ebikon | Swisslauftreff | 03:38 | 15:48 | 23:04 | +3:34 | 6179 | Ü40: 1. |
| 4. | Birrer Marco | 86 | Buchrain | STV Buchrain | 03:39 | 16:51 | 24:09 | +4:39 | 6023 | U40: 3. |
| 5. | Frik Silvan | 76 | Steinhausen | | 03:29 | 17:54 | 24:52 | +5:22 | 6105 | Ü40: 2. |
| 5. | Plüss Stefan | 87 | Wallisellen | Fun&Fitness@LMB | 03:39 | 17:34 | 24:52 | +5:22 | 6290 | U40: 4. |
| 7. | Sadeghi Flavio | 82 | Bellach | | 03:34 | 18:37 | 25:45 | +6:15 | 6349 | Ü40: 3. |
| 8. | Höhener Simon | 98 | Horw | | 03:38 | 18:41 | 25:57 | +6:27 | 6138 | U40: 5. |
| 9. | Planta Albert | 93 | Zürich | Fun&Fitness@LMB | 03:36 | 20:58 | 28:10 | +8:40 | 6329 | U40: 6. |
| 10. | Portenier Dominique | 97 | Zürich | | 03:43 | 20:55 | 28:21 | +8:51 | 6215 | U40: 7. |
| 11. | Vogel Luca | 97 | Zürich | | 03:47 | 21:35 | 29:09 | +9:39 | 6325 | U40: 8. |
| 12. | Ravi Deepak | 93 | Zürich | Fun&Fitness@LMB | 03:58 | 21:21 | 29:17 | +9:47 | 6291 | U40: 9. |
| 13. | Schulz Stefan G. | 55 | St. Erhard | | 04:28 | 22:06 | 31:02 | +11:32 | 6351 | Ü40: 4. |
| 14. | Sathvik R. | 99 | USA | | 03:58 | 24:32 | 32:28 | +12:58 | 40711 | U40: 10. |

DNS

| | | | | | | | | | | |
|--|-------------------|----|--------|--|--|--|--|--|------|-----|
| | Del Grosso Simone | 99 | Zürich | | | | | | 6083 | U40 |
|--|-------------------|----|--------|--|--|--|--|--|------|-----|

#15 Teilnehmende

*Die Ruderzeit zählt doppelt.