

XXXV. Internationaler 100km-Lauf von Grünheide/Störitz am 28.03.2015



Ergebnisliste nach Geschlecht mit AK-Wertung - 50 km

Pl.	AK	Snr.	Name	Verein (Wohnort)	NAT	Ziel
50 km						
Frauen						
1.	1. WHK	1037	FRANKE, Evelyn	(Berlin)	GER	4:11:30
			00:25:10 (25:10)	00:50:05 (24:55)	01:14:47 (24:42)	01:39:39 (24:53)
			02:30:05 (25:23)	02:55:51 (25:46)	03:21:11 (25:21)	03:46:56 (25:45)
						02:04:42 (25:04)
						04:11:30 (24:35)
2.	1. W45	1030	WAHL, Marita	Blankenfelde-Mahlow	GER	4:20:46
			00:26:22 (26:22)	00:53:18 (26:57)	01:20:02 (26:44)	01:46:05 (26:04)
			02:38:16 (26:02)	03:03:59 (25:43)	03:29:47 (25:49)	03:55:36 (25:49)
						02:12:14 (26:10)
						04:20:46 (25:11)
3.	1. W40	1047	VON BRONK, Claudia	(Langenhagen)	GER	4:33:59
			00:26:23 (26:23)	00:52:36 (26:14)	01:19:00 (26:24)	01:45:37 (26:38)
			02:39:49 (27:13)	03:07:22 (27:34)	03:35:39 (28:17)	04:04:26 (28:47)
						02:12:37 (27:00)
						04:33:59 (29:33)
4.	2. W45	1057	ELSNER, Steffi	(Hoppegarten)	GER	4:44:49
			00:29:25 (29:25)	00:58:02 (28:38)	01:26:20 (28:18)	01:54:37 (28:18)
			02:50:53 (28:00)	03:19:22 (28:29)	03:47:59 (28:38)	04:16:22 (28:23)
						02:22:53 (28:16)
						04:44:49 (28:28)
5.	1. W35	1002	BARNACK, Anja	Berlin	GER	4:53:02
			00:29:57 (29:57)	00:59:09 (29:12)	01:28:12 (29:04)	01:57:16 (29:05)
			02:55:46 (29:21)	03:24:52 (29:06)	03:54:24 (29:32)	04:24:25 (30:01)
						02:26:26 (29:10)
						04:53:02 (28:38)
6.	1. W50	1055	STEIN, Kerstin	Karower Dachse	GER	4:58:15
			00:28:17 (28:17)	00:56:44 (28:28)	01:25:05 (28:21)	01:53:38 (28:34)
			02:53:20 (30:05)	03:23:56 (30:36)	03:56:03 (32:08)	04:28:03 (32:00)
						02:23:16 (29:39)
						04:58:15 (30:13)
7.	3. W45	1045	STUTZKE, Silke	LG Nord Berlin	GER	5:04:28
			00:29:24 (29:24)	00:59:26 (30:03)	01:29:32 (30:06)	01:59:17 (29:45)
			03:01:57 (31:59)	03:32:54 (30:58)	04:05:15 (32:21)	04:35:42 (30:27)
						02:29:58 (30:42)
						05:04:28 (28:47)
8.	2. W50	1016	GERSTMANN, Silke	Teufel-Team	GER	5:16:31
			00:29:45 (29:45)	00:58:41 (28:56)	01:27:50 (29:10)	01:57:32 (29:43)
			03:01:40 (31:30)	03:35:54 (34:14)	04:08:34 (32:41)	04:42:41 (34:08)
						02:30:10 (32:38)
						05:16:31 (33:50)
9.	2. W35	1009	BUTZEK, Tanja	FuTeam Berlin	GER	5:27:55
			00:29:43 (29:43)	00:58:49 (29:07)	01:28:52 (30:03)	02:00:17 (31:25)
			03:07:14 (34:10)	03:41:28 (34:14)	04:16:26 (34:59)	04:51:38 (35:12)
						02:33:04 (32:48)
						05:27:55 (36:18)
10.	3. W50	1027	SETZEFAND, Marion	LG Mauerweg	GER	5:44:14
			00:32:49 (32:49)	01:05:36 (32:48)	01:38:21 (32:45)	02:11:52 (33:32)
			03:19:05 (33:59)	03:54:52 (35:48)	04:29:21 (34:29)	05:06:16 (36:56)
						02:45:06 (33:15)
						05:44:14 (37:58)
11.	4. W50	1012	DILLING, Daniela	LG Nord Berlin	GER	5:47:05
			00:32:36 (32:36)	01:04:36 (32:01)	01:36:57 (32:21)	02:09:19 (32:22)
			03:17:18 (34:27)	03:52:40 (35:23)	04:28:35 (35:55)	05:07:24 (38:49)
						02:42:52 (33:34)
						05:47:05 (39:41)
12.	4. W45	1053	HENSCHEL, Krystina	Ultra Motten Potsdam	GER	6:26:23
			00:32:11 (32:11)	01:05:02 (32:52)	01:37:50 (32:49)	02:11:37 (33:47)
			03:27:30 (39:18)	04:11:18 (43:48)	04:57:44 (46:27)	05:44:35 (46:52)
						02:48:12 (36:36)
						06:26:23 (41:48)
13.	1. W60	1032	EBERLE, Gunla	100 - Marathon Club	GER	8:46:07
			00:46:43 (46:43)	01:34:49 (48:06)	02:23:43 (48:55)	03:11:47 (48:04)
			04:53:13 (51:04)	05:49:57 (56:45)	06:47:46 (57:49)	07:49:42 (61:56)
						04:02:10 (50:23)
						08:46:07 (56:26)
	W35	1054	KUETER, Sandra	(Berlin)	GER	DNF
			00:28:47 (28:47)	00:57:27 (28:40)	01:26:14 (28:47)	01:55:13 (28:59)
			02:54:20 (28:47)	03:23:00 (28:40)	()	()
						()
Männer						
1.	1. MHK	1031	WIESSNER, Enrico	FH Runners Berlin	GER	3:27:59
			00:20:38 (20:38)	00:41:02 (20:24)	01:01:34 (20:33)	01:22:11 (20:37)
			02:02:47 (20:19)	02:23:20 (20:33)	02:44:00 (20:41)	03:06:12 (22:12)
						01:42:29 (20:19)
						03:27:59 (21:48)
2.	1. M45	1048	VANICEK, Michael	LG Nord Berlin Ultrateam	GER	3:31:28
			00:21:47 (21:47)	00:42:42 (20:56)	01:03:34 (20:52)	01:24:11 (20:37)
			02:06:19 (21:06)	02:27:32 (21:13)	02:48:47 (21:16)	03:10:04 (21:17)
						01:45:14 (21:04)
						03:31:28 (21:24)
3.	2. M45	1051	TEICHERT, Gerd	TSG Seelow	GER	3:54:17
			00:23:45 (23:45)	00:47:12 (23:28)	01:10:49 (23:37)	01:33:48 (22:59)
			02:19:01 (22:51)	02:42:24 (23:23)	03:06:06 (23:42)	03:29:56 (23:51)
						01:56:11 (22:23)
						03:54:17 (24:21)
4.	1. M40	1049	BECKER, Martin	SV Berlin Chemie Adlershof	GER	4:03:26
			00:23:17 (23:17)	00:46:22 (23:05)	01:09:10 (22:48)	01:31:45 (22:35)
			02:18:28 (23:40)	02:42:34 (24:07)	03:08:00 (25:27)	03:35:06 (27:06)
						01:54:49 (23:05)
						04:03:26 (28:20)
5.	2. MHK	1046	MEIKSTAT, Gunnar	LG KMGs Mahlsdorf	GER	4:07:46
			00:25:00 (25:00)	00:49:11 (24:12)	01:13:30 (24:19)	01:37:41 (24:12)
			02:26:55 (24:36)	02:51:36 (24:42)	03:16:57 (25:22)	03:42:20 (25:23)
						02:02:19 (24:38)
						04:07:46 (25:27)
6.	1. M35	1050	DIETTERLE, Daniel	SV 1919 Woltersdorf	GER	4:18:44
			00:25:06 (25:06)	00:49:20 (24:14)	01:13:04 (23:44)	01:37:18 (24:14)
			02:27:52 (25:19)	02:53:48 (25:57)	03:20:57 (27:09)	03:48:45 (27:49)
						02:02:33 (25:16)
						04:18:44 (29:59)
7.	1. M65	1035	DIERKOPF, Hans-Joachim	LG Nord Berlin	GER	4:22:32
			00:25:20 (25:20)	00:50:37 (25:18)	01:16:14 (25:38)	01:41:55 (25:42)
			02:33:58 (26:06)	03:00:40 (26:43)	03:27:55 (27:15)	03:55:08 (27:14)
						02:07:52 (25:57)
						04:22:32 (27:24)
8.	3. MHK	1006	BOGACZ, Rico	Delmenhorst	GER	4:23:10
			00:25:00 (25:00)	00:49:24 (24:25)	01:13:48 (24:25)	01:38:47 (25:00)
			02:29:22 (25:28)	02:55:15 (25:54)	03:22:32 (27:17)	03:51:50 (29:19)
						02:03:54 (25:07)
						04:23:10 (31:21)

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Pl.	AK	Snr.	Name	Verein (Wohnort)	NAT	Ziel
9.	1. M50	1014	FENNIG, Steffen 00:28:41 (28:41) 02:52:17 (30:00)	München 00:57:26 (28:45) 03:21:48 (29:31)	GER	4:55:04 01:25:36 (28:11) 03:52:22 (30:34) 01:54:08 (28:33) 04:23:38 (31:16) 02:22:18 (28:11) 04:55:04 (31:27)
10.	2. M50	1056	STEIN, Frank 00:28:17 (28:17) 02:53:20 (30:05)	Karower Dachse 00:56:44 (28:28) 03:23:56 (30:36)	GER	4:58:34 01:25:05 (28:21) 03:56:03 (32:08) 01:53:38 (28:33) 04:28:02 (32:00) 02:23:16 (29:39) 04:58:34 (30:32)
11.	1. M55	1018	INGWERSEN, Maik 00:30:29 (30:29) 02:52:20 (28:33)	SV Potsdam 00:58:38 (28:09) 03:21:10 (28:50)	GER	5:05:55 01:26:48 (28:11) 03:53:42 (32:32) 01:55:13 (28:25) 04:28:26 (34:45) 02:23:48 (28:35) 05:05:55 (37:29)
12.	1. M60	1020	ROHWEDDER, Karl 00:27:25 (27:25) 02:51:40 (30:28)	100 Marathon Club 00:55:22 (27:57) 03:23:12 (31:33)	GER	5:09:37 01:23:30 (28:08) 03:57:24 (34:12) 01:51:48 (28:19) 04:33:33 (36:10) 02:21:13 (29:25) 05:09:37 (36:04)
13.	3. M50	1017	MOSCHELL, Thomas 00:29:45 (29:45) 03:01:40 (31:30)	Teufel-Team 00:58:41 (28:57) 03:35:54 (34:15)	GER	5:16:31 01:27:50 (29:09) 04:08:33 (32:40) 01:57:33 (29:43) 04:42:41 (34:08) 02:30:10 (32:38) 05:16:31 (33:50)
14.	2. M40	1026	SEEWALD, Matthias 00:29:29 (29:29) 03:03:08 (31:33)	DUV Berlin 00:59:00 (29:31) 03:35:08 (32:00)	GER	5:16:33 01:29:17 (30:18) 04:08:11 (33:03) 02:00:16 (31:00) 04:42:19 (34:09) 02:31:36 (31:21) 05:16:33 (34:15)
15.	2. M65	1042	BOSSE, Reinhard 00:28:52 (28:52) 02:56:45 (30:57)	DUV Oberkrämer 00:57:51 (28:59) 03:32:41 (35:57)	GER	5:17:05 01:26:56 (29:06) 04:05:32 (32:51) 01:56:25 (29:29) 04:39:56 (34:25) 02:25:48 (29:24) 05:17:05 (37:10)
16.	3. M45	1039	ZACHER-RÖDEL, Roland 00:30:32 (30:32) 03:00:27 (30:11)	DUV 01:00:43 (30:11) 03:31:25 (30:58)	GER	5:18:13 01:30:48 (30:06) 04:04:24 (33:00) 02:00:33 (29:45) 04:43:31 (39:08) 02:30:17 (29:44) 05:18:13 (34:43)
17.	2. M55	1028	SOBIERAJCZYK, Michael 00:30:08 (30:08) 02:59:31 (29:12)	Hohen Neuendorf 01:00:34 (30:27) 03:31:28 (31:58)	GER	5:20:46 01:30:37 (30:03) 04:06:13 (34:45) 02:00:32 (29:56) 04:43:45 (37:32) 02:30:20 (29:49) 05:20:46 (37:02)
18.	4. M45	1040	HOFFMANN, Jens 00:29:48 (29:48) 03:06:29 (33:53)	Roda-Harrier 00:58:48 (29:01) 03:42:05 (35:37)	GER	5:29:32 01:27:59 (29:12) 04:18:48 (36:43) 01:59:14 (31:15) 04:54:45 (35:58) 02:32:36 (33:22) 05:29:32 (34:48)
19.	2. M60	1007	BORK, Roland 00:30:05 (30:05) 03:07:58 (33:03)	Schönefeld 01:00:19 (30:15) 03:42:07 (34:09)	GER	5:38:26 01:33:37 (33:18) 04:21:13 (39:07) 02:04:13 (30:37) 04:59:43 (38:31) 02:34:55 (30:43) 05:38:26 (38:43)
20.	1. M70	1034	STEUK, Ekkehard 00:31:38 (31:38) 03:32:47 (39:10)	LG Auensee Leipzig 01:04:52 (33:15) 04:11:25 (38:39)	GER	6:11:41 01:40:21 (35:29) 04:50:24 (38:59) 02:16:00 (35:40) 05:29:19 (38:55) 02:53:37 (37:37) 06:11:41 (42:22)
21.	3. M40	1044	RICHTER, Andreas 00:35:09 (35:09) 03:36:28 (36:09)	Jonny's Kickboxstudio 01:11:07 (35:59) 04:13:25 (36:57)	GER	6:12:55 01:51:18 (40:11) 04:51:22 (37:57) 02:25:30 (34:12) 05:30:13 (38:52) 03:00:20 (34:50) 06:12:55 (42:43)
22.	3. M60	1033	EBERLE, Dietrich 00:46:44 (46:44) 04:50:32 (49:23)	100 Marathon Club 01:34:53 (48:10) 05:40:29 (49:57)	GER	8:21:23 02:23:03 (48:10) 06:32:54 (52:26) 03:11:56 (48:54) 07:27:40 (54:46) 04:01:10 (49:14) 08:21:23 (53:43)

Anzahl Teilnehmer: 36