

XXX. Internationaler 100km-Lauf von Grünheide/Kienbaum

Gesamteinlauf 50km

| RANKING | NO. | NAME | CLUB | RESULT | |
|---------|--------|---|--|--------------------|--------------------|
| | | | | TOTAL | AGE CLAAS |
| 1 | 1. M40 | 68 Jan Prochaska 00:23:59 (0:23:59) 00:47:44 (0:23:46) 02:20:39 (0:22:50) 02:43:28 (0:22:49) | LG Nord Ultrateam 01:11:43 (0:23:59) 01:34:56 (0:23:13) 03:06:06 (0:22:38) 03:28:02 (0:21:56) | 01:57:50 (0:22:55) | 03:49:23 (0:21:21) |
| 2 | 1. M45 | 70 Ralf Jürgens 00:24:00 (0:24:00) 00:47:28 (0:23:29) 02:18:39 (0:22:38) 02:41:21 (0:22:42) | Brieselang 01:10:36 (0:23:08) 01:33:20 (0:22:45) 03:04:18 (0:22:58) 03:27:49 (0:23:31) | 01:56:01 (0:22:42) | 03:51:40 (0:23:51) |
| 3 | 1. M30 | 61 Enrico Münn 00:24:01 (0:24:01) 00:47:29 (0:23:29) 02:18:38 (0:22:38) 02:41:52 (0:23:14) | Frankfurt O. 01:10:33 (0:23:04) 01:33:10 (0:22:38) 03:06:03 (0:24:12) 03:32:14 (0:26:11) | 01:56:00 (0:22:51) | 04:05:16 (0:33:03) |
| 4 | 1. M50 | 54 Volker Düring 00:24:01 (0:24:01) 00:47:45 (0:23:44) 02:26:15 (0:25:01) 02:51:21 (0:25:06) | LG Nord Berlin 01:12:10 (0:24:26) 01:36:39 (0:24:29) 03:17:34 (0:26:13) 03:44:12 (0:26:39) | 02:01:14 (0:24:36) | 04:11:05 (0:26:54) |
| 5 | 2. M30 | 71 Jörg Hiecke 00:25:38 (0:25:38) 00:51:16 (0:25:38) 02:31:34 (0:25:04) 02:56:48 (0:25:14) | ForumTeam 01:16:46 (0:25:30) 01:41:51 (0:25:06) 03:22:01 (0:25:14) 03:47:40 (0:25:40) | 02:06:30 (0:24:39) | 04:12:53 (0:25:13) |
| 6 | 2. M40 | 62 Gerd Teichert 00:27:38 (0:27:38) 00:54:15 (0:26:37) 02:40:44 (0:26:46) 03:06:24 (0:25:41) | TSG - Seelow 01:21:08 (0:26:53) 01:47:35 (0:26:27) 03:30:57 (0:24:33) 03:54:01 (0:23:04) | 02:13:59 (0:26:25) | 04:17:29 (0:23:29) |
| 7 | 1. W20 | 52 Susanne Scheffler 00:25:11 (0:25:11) 00:50:06 (0:24:55) 02:32:43 (0:26:12) 02:59:23 (0:26:40) | Schwedter Hasen 01:15:17 (0:25:12) 01:40:48 (0:25:31) 03:26:38 (0:27:16) 03:54:48 (0:28:10) | 02:06:31 (0:25:43) | 04:23:12 (0:28:25) |
| 8 | 1. M35 | 69 Henning Darowski 00:28:16 (0:28:16) 00:56:29 (0:28:13) 02:51:10 (0:28:04) 03:20:07 (0:28:58) | Schöneiche 01:24:35 (0:28:07) 01:54:27 (0:29:52) 03:48:58 (0:28:52) 04:12:58 (0:24:01) | 02:23:06 (0:28:40) | 04:36:24 (0:23:26) |
| 9 | 1. M55 | 60 Lutz Bester 00:26:15 (0:26:15) 00:52:25 (0:26:11) 02:37:26 (0:27:30) 03:05:53 (0:28:28) | LC Ron - Hill 01:18:52 (0:26:27) 01:44:43 (0:25:52) 03:36:35 (0:30:43) 04:09:02 (0:32:28) | 02:09:56 (0:25:14) | 04:41:34 (0:32:32) |
| 10 | 2. M35 | 58 Falk Panskus 00:28:38 (0:28:38) 00:57:01 (0:28:23) 02:50:46 (0:27:56) 03:19:07 (0:28:21) | Isernhagen 01:25:55 (0:28:54) 01:54:16 (0:28:22) 03:49:03 (0:29:57) 04:17:46 (0:28:43) | 02:22:50 (0:28:34) | 04:43:00 (0:25:14) |
| 11 | 3. M35 | 55 Jens Jaeger 00:28:15 (0:28:15) 00:56:36 (0:28:22) 02:50:31 (0:26:36) 03:16:52 (0:26:21) | Lok Zwickau 01:25:22 (0:28:46) 01:55:49 (0:30:27) 03:43:56 (0:27:05) 04:13:30 (0:29:35) | 02:23:55 (0:28:07) | 04:43:24 (0:29:55) |
| 12 | 2. M55 | 65 Ronald Musil 00:27:51 (0:27:51) 00:56:08 (0:28:17) 02:51:10 (0:28:05) 03:20:07 (0:28:58) | LG Mauerweg e.V. 01:24:23 (0:28:16) 01:54:26 (0:30:03) 03:49:03 (0:28:57) 04:18:59 (0:29:57) | 02:23:06 (0:28:40) | 04:49:23 (0:30:24) |
| 13 | 4. M35 | 74 Stephan Marschallek 00:27:24 (0:27:24) 00:54:15 (0:26:51) 02:41:18 (0:27:20) 03:11:50 (0:30:33) | BSG Pneumant Fürstenwalde 01:21:08 (0:26:54) 01:47:34 (0:26:27) 03:50:37 (0:38:48) 04:28:48 (0:38:11) | 02:13:59 (0:26:25) | 05:05:21 (0:36:33) |
| 14 | 3. M55 | 66 Wilfried Lübke 00:28:53 (0:28:53) 00:58:24 (0:29:32) 03:05:41 (0:33:45) 03:41:09 (0:35:29) | SCC Berlin 01:28:32 (0:30:08) 01:59:46 (0:31:15) 04:18:46 (0:37:37) 05:01:16 (0:42:30) | 02:31:57 (0:32:12) | 05:42:36 (0:41:20) |
| 15 | 1. W45 | 63 Bianka Angolini 00:30:55 (0:30:55) 01:02:48 (0:31:53) 03:17:37 (0:34:45) 03:55:49 (0:38:13) | Schlaubetal-Marathon-Verein 01:35:18 (0:32:30) 02:09:43 (0:34:26) 04:34:34 (0:38:45) 05:12:41 (0:38:08) | 02:42:52 (0:33:09) | 05:47:07 (0:34:26) |
| 16 | 2. W45 | 64 Ines Abel 00:34:03 (0:34:03) 01:08:59 (0:34:57) 03:35:56 (0:38:27) 04:15:47 (0:39:51) | Berlin 01:44:21 (0:35:22) 02:18:51 (0:34:30) 04:55:36 (0:39:49) 05:37:53 (0:42:18) | 02:57:30 (0:38:39) | 06:17:22 (0:39:30) |
| 17 | 3. W45 | 51 Silvia Koschwitz 00:52:24 (0:52:24) 01:50:50 (0:58:26) | Berliner Seehunde 02:48:27 (0:57:37) 03:49:37 (1:01:11) | 04:52:46 (1:03:09) | 10:34:49 |

XXX. Internationaler 100km-Lauf von Grünheide/Kienbaum

Gesamteinlauf 50km

| RANKING | NO. | NAME | CLUB | RESULT |
|-----------|-----|---------------------------------------|-------------------------------|--|
| TOTAL | AGE | CLAAS | | |
| | | 05:57:09 (1:04:24) | 07:02:36 (1:05:28) | 08:11:37 (1:09:01) 09:21:15 (1:09:38) 10:34:49 (1:13:35) |
| 53 | | Matthias Schodrowski | SC Tegeler Forst | |
| | | 00:26:30 (0:26:30) 00:54:07 (0:27:38) | 01:22:29 (0:28:22) | 01:51:33 (0:29:05) 02:21:30 (0:29:58) |
| | | 02:51:05 (0:29:35) | | |
| 57 | | Dr. Kai-Uwe Merz | GMRLV | |
| | | 00:48:34 (0:48:34) 01:31:06 (0:42:33) | 02:14:04 (0:42:59) | 02:57:21 (0:43:17) 03:40:04 (0:42:43) |
| | | 04:27:52 (0:47:49) | | |
| 59 | | Michael Labs | DUV Berlin | |
| | | 00:34:11 (0:34:11) 01:07:38 (0:33:27) | 01:42:16 (0:34:39) | 02:18:39 (0:36:23) 02:56:17 (0:37:38) |
| | | 03:39:14 (0:42:57) 04:28:46 (0:49:33) | | |
| 63 | | Hermann Riedel | LG Kapellen-Drusweiler | |
| | | 00:27:35 (0:27:35) 00:53:50 (0:26:15) | 01:20:17 (0:26:27) | 01:46:59 (0:26:43) 02:14:42 (0:27:44) |
| | | 02:43:42 (0:29:01) 03:18:26 (0:34:44) | | |
| 72 | | John Kupferschmidt | Berlin | |
| | | 00:39:11 (0:39:11) 01:18:05 (0:38:54) | 01:54:44 (0:36:40) | 02:29:53 (0:35:09) 03:08:04 (0:38:11) |
| | | 03:50:53 (0:42:50) | | |