

Birkenwäldchenlauf, 20. März 2016

Ergebnisliste 10 km

Platz	Platz AK	Nachname	Vorname	Jg	AK	Verein	Zeit	Rückstand	km-Schnitt
1	1	Bolm	Oliver	86	M30	LTC Berlin	0:34:13,0	+ 00:00,0	3:25,3 min/km
2	1	Ahlburg	Martin	88	MHK	Die Laufpartner	0:34:17,0	+ 00:04,0	3:25,7 min/km
3	2	Rueß	Dominik	82	M30	Triathlon Verein 09 e.V.	0:35:20,0	+ 01:07,0	3:32,0 min/km
4	1	Pick	Dominik	79	M35	LG Nord Berlin	0:35:35,0	+ 01:22,0	3:33,5 min/km
4	2	Dauter	Alex	88	MHK	LG Nord Berlin Ultrateam	0:35:35,0	+ 01:22,0	3:33,5 min/km
6	3	Filippov	Viacheslav	83	M30	MSU Ski Team	0:35:45,0	+ 01:32,0	3:34,5 min/km
7	3	Sult	Benjamin	89	MHK	Die Laufpartner	0:36:05,0	+ 01:52,0	3:36,5 min/km
8	1	Mäde	Stefan	66	M50	Zeppelin Team OSC Potsdam	0:36:11,0	+ 01:58,0	3:37,1 min/km
9	2	Obersteller	Marcel	77	M35	-	0:37:08,0	+ 02:55,0	3:42,8 min/km
10	3	Schwartz	Matthias	81	M35	Bln. Turnerschaft	0:37:44,0	+ 03:31,0	3:46,4 min/km
11	1	Stephan	Torsten	76	M40	SCC Berlin	0:37:56,0	+ 03:43,0	3:47,6 min/km
12	4	Kranz	Renè	80	M35	LC Ron Hill	0:38:15,0	+ 04:02,0	3:49,5 min/km
13	5	De Prest	Mathias	78	M35	LG Mauerweg Berlin	0:38:23,0	+ 04:10,0	3:50,3 min/km
14	4	Goll	Kai	86	M30	Schöneberger Inselläufer	0:38:40,0	+ 04:27,0	3:52,0 min/km
15	4	Schrader	André	89	MHK	LAC Fun mol.e.V.	0:38:42,0	+ 04:29,0	3:52,2 min/km
16	2	Baselt	Jens	64	M50	KSV 90 Pankow	0:38:46,0	+ 04:33,0	3:52,6 min/km
17	3	Standring	Michael	62	M50	LC Ron Hill	0:38:50,0	+ 04:37,0	3:53,0 min/km
18	4	Tetzel	Jürgen	65	M50	LC Ron Hill	0:38:56,0	+ 04:43,0	3:53,6 min/km
19	5	Träger	Malte	88	MHK	-	0:39:00,0	+ 04:47,0	3:54,0 min/km
20	1	Demmig	Ralf	61	M55	die-lauf-abc-ler	0:39:19,0	+ 05:06,0	3:55,9 min/km
21	5	Schnurr	Matthias	86	M30	-	0:39:32,0	+ 05:19,0	3:57,2 min/km
22	1	Lißner	Lilly	90	WHK	OSV Friesen	0:39:52,0	+ 05:39,0	3:59,2 min/km
23	6	Renner	Stefan	79	M35	-	0:40:12,0	+ 05:59,0	4:01,2 min/km
24	6	Willies	Janek	83	M30	Lauffreunde Lasker	0:40:22,0	+ 06:09,0	4:02,2 min/km
25	5	Dundr	André	66	M50	die-lauf-abc-ler	0:40:24,0	+ 06:11,0	4:02,4 min/km
26	2	Schuberth	Sandra	88	WHK	Lauftraining.com	0:40:27,0	+ 06:14,0	4:02,7 min/km
27	6	Dermitzel	Renè	62	M50	OSC Berlin	0:40:30,0	+ 06:17,0	4:03,0 min/km

27	6	Richter	Uwe	62	M50	OSC Berlin	0:40:30,0	+ 06:17,0	4:03,0 min/km
29	8	Jabbusch	Robert	66	M50	-	0:40:46,0	+ 06:33,0	4:04,6 min/km
30	7	Buttkus	Sebastian	82	M30	-	0:40:55,0	+ 06:42,0	4:05,5 min/km
31	2	Rudat	Steffen	75	M40	Zeppelin Team OSC Potsdam	0:41:00,0	+ 06:47,0	4:06,0 min/km
32	2	Ladwig	Marcus	59	M55	KSV 90 Pankow	0:41:05,0	+ 06:52,0	4:06,5 min/km
33	8	Tabbert	Falco	86	M30	-	0:41:07,0	+ 06:54,0	4:06,7 min/km
34	3	Dreßler	Almut	90	WHK	Die Laufpartner	0:41:09,0	+ 06:56,0	4:06,9 min/km
35	9	Möller	Kristoffer	84	M30	Lauffreunde Lasker	0:41:14,0	+ 07:01,0	4:07,4 min/km
36	6	Sckarbath	Denis	92	MHK	SCC Berlin	0:41:18,0	+ 07:05,0	4:07,8 min/km
37	3	Röpstorf	Peter	60	M55	-	0:41:27,0	+ 07:14,0	4:08,7 min/km
38	1	Pretzschner	Ekkehard	54	M60	KSV 90 Pankow	0:41:29,0	+ 07:16,0	4:08,9 min/km
39	10	Jachalski	Sebastian	84	M30	KSV 90 Pankow	0:41:40,0	+ 07:27,0	4:10,0 min/km
40	1	Maecker	Antonia	69	W45	PSB 24 Berlin	0:41:46,0	+ 07:33,0	4:10,6 min/km
41	7	Mücksch	Janek	96	MHK	-	0:42:18,0	+ 08:05,0	4:13,8 min/km
42	2	Lewanzik	Günter	53	M60	PSB 24 Berlin	0:42:40,0	+ 08:27,0	4:16,0 min/km
43	9	Labenz	Jens	65	M50	LC Ron Hill	0:42:42,0	+ 08:29,0	4:16,2 min/km
44	1	Grigalat	Katrin	75	W40	Die Laufpartner	0:42:49,0	+ 08:36,0	4:16,9 min/km
45	1	Krebs	Peter	67	M45	ASK Berlin	0:42:54,0	+ 08:41,0	4:17,4 min/km
46	3	Müller	Paul	52	M60	VfL Tegel 1891	0:43:02,0	+ 08:49,0	4:18,2 min/km
47	10	Oltmanns	Peter	64	M50	SCB Berlin	0:43:16,0	+ 09:03,0	4:19,6 min/km
48	4	Kernn	Uwe	55	M60	LG Pegasos	0:43:19,0	+ 09:06,0	4:19,9 min/km
49	2	Miels	Matthias	69	M45	BSG Bln. Sparkasse	0:43:23,0	+ 09:10,0	4:20,3 min/km
50	3	Kruhl Habakuk	Olaf	73	M40	-	0:43:26,0	+ 09:13,0	4:20,6 min/km
51	7	Maciosek	Björn	80	M35	-	0:43:35,0	+ 09:22,0	4:21,5 min/km
52	4	Schweers	Detlef	59	M55	-	0:43:53,0	+ 09:40,0	4:23,3 min/km
53	11	Goll	Steffen	66	M50	PSB 24 Berlin	0:43:57,0	+ 09:44,0	4:23,7 min/km
54	1	Saibert	Maike	85	W30	-	0:44:28,0	+ 10:15,0	4:26,8 min/km
55	4	Thiel	Sebastian	75	M40	-	0:44:37,0	+ 10:24,0	4:27,7 min/km
56	8	Boenke	Marius	81	M35	Die Laufpartner	0:45:39,0	+ 11:26,0	4:33,9 min/km
57	11	Kunath	Stefan	85	M30	-	0:45:46,0	+ 11:33,0	4:34,6 min/km
58	12	Lüder	Steffen	66	M50	LC Ron Hill	0:45:53,0	+ 11:40,0	4:35,3 min/km
59	1	Schulz	Ullica	62	W50	Die Laufpartner	0:45:54,0	+ 11:41,0	4:35,4 min/km
60	2	Münster	Amrei	86	W30	SCC Berlin	0:45:55,0	+ 11:42,0	4:35,5 min/km

61	1	Kretschmer	Manfred	0	M70	PSB 24 Berlin	0:46:00,0	+ 11:47,0	4:36,0 min/km
62	12	Godskesen	Torben	82	M30	-	0:46:07,0	+ 11:54,0	4:36,7 min/km
63	1	Kyborg	Horst	47	M65	SC Siemensstadt	0:46:12,0	+ 11:59,0	4:37,2 min/km
64	9	Lenicke	Mathias	77	M35	-	0:46:15,0	+ 12:02,0	4:37,5 min/km
65	5	Dassler	Carsten	73	M40	-	0:46:28,0	+ 12:15,0	4:38,8 min/km
66	3	Hoffmann	Holger	69	M45	SCC Berlin	0:46:29,0	+ 12:16,0	4:38,9 min/km
67	10	Weiser	Matthias	80	M35	LG Mauerweg Berlin	0:46:30,0	+ 12:17,0	4:39,0 min/km
68	13	Nitsch	Axel	66	M50	-	0:46:33,0	+ 12:20,0	4:39,3 min/km
69	4	Kautzsch	Tabea	87	WHK	-	0:46:35,0	+ 12:22,0	4:39,5 min/km
70	2	Wildner	Martina	68	W45	LG Süd	0:46:47,0	+ 12:34,0	4:40,7 min/km
71	5	Wöstmann	Corinna	88	WHK	-	0:47:01,0	+ 12:48,0	4:42,1 min/km
72	14	Piontek	Bernd	63	M50	SCC Berlin	0:47:02,0	+ 12:49,0	4:42,2 min/km
73	4	Specht	Volker	67	M45	-	0:47:05,0	+ 12:52,0	4:42,5 min/km
74	3	Kasten	Nicole	86	W30	-	0:47:22,0	+ 13:09,0	4:44,2 min/km
75	5	Bolm	Thomas	58	M55	VfL Tegel 1891	0:47:23,0	+ 13:10,0	4:44,3 min/km
76	5	Frohnmeier	Holger	69	M45	Die Laufpartner	0:47:31,0	+ 13:18,0	4:45,1 min/km
77	15	Stoltz	Andreas	64	M50	LC Ron Hill	0:47:41,0	+ 13:28,0	4:46,1 min/km
78	6	Schulz	Lothar	75	M40	Triathlon Verein 09 e.V.	0:47:44,0	+ 13:31,0	4:46,4 min/km
79	13	Priebe	Sören	86	M30	WC Neuenhagen	0:48:27,0	+ 14:14,0	4:50,7 min/km
80	16	Kleiber	Andreas	63	M50	-	0:48:36,0	+ 14:23,0	4:51,6 min/km
81	6	Striß	Matthias	69	M45	-	0:48:37,0	+ 14:24,0	4:51,7 min/km
82	1	Tanneberger	Diana	86	W35	Die Laufpartner	0:48:41,0	+ 14:28,0	4:52,1 min/km
83	1	Schwarz	Marion	57	W55	LG Pegasos	0:48:46,0	+ 14:33,0	4:52,6 min/km
84	11	Mittelstädt	Christian	81	M35	-	0:48:51,0	+ 14:38,0	4:53,1 min/km
85	2	Bröhl	Hans-Peter	48	M65	LG Nord Berlin	0:48:54,0	+ 14:41,0	4:53,4 min/km
86	12	Völkner	Christian	78	M35	-	0:48:55,0	+ 14:42,0	4:53,5 min/km
87	5	Rymarowicz	Peter	54	M60	LC Ron Hill	0:48:59,0	+ 14:46,0	4:53,9 min/km
88	6	Golombek	Manfred	59	M55	Bln. Müggelheim	0:49:04,0	+ 14:51,0	4:54,4 min/km
89	2	Kernn	Cordula	57	W55	LG Pegasos	0:49:07,0	+ 14:54,0	4:54,7 min/km
90	7	Rämisch	Bertold	58	M55	LC Ron Hill	0:49:14,0	+ 15:01,0	4:55,4 min/km
91	8	Platz	Volker	59	M55	RC Endspurt Herford	0:49:22,0	+ 15:09,0	4:56,2 min/km
92	6	Schmidt-Matt	Robert	54	M60	FC Internationale	0:49:27,0	+ 15:14,0	4:56,7 min/km
93	13	Falkenberg	Rainer	80	M35	-	0:49:31,0	+ 15:18,0	4:57,1 min/km

94	2	Gomoll	Ilka	72	W40	LC Ron Hill	0:49:32,0	+ 15:19,0	4:57,2 min/km
95	7	Muschinski	Lothar	56	M60	Team Wadenkrampf Berlin	0:49:36,0	+ 15:23,0	4:57,6 min/km
96	8	Schwanhold	Clemens	88	MHK	-	0:49:41,0	+ 15:28,0	4:58,1 min/km
97	4	Heimes	Ulrike	82	W30	-	0:49:42,0	+ 15:29,0	4:58,2 min/km
98	17	Fliß	Andreas	64	M50	LG Pegasos	0:49:47,0	+ 15:34,0	4:58,7 min/km
99	9	Schnur	Harald	59	M55	-	0:49:49,0	+ 15:36,0	4:58,9 min/km
100	7	Nitsch	Volker	68	M45	-	0:49:53,0	+ 15:40,0	4:59,3 min/km
101	5	Schulz	Maria	84	W30	BSV Friesen	0:49:59,0	+ 15:46,0	4:59,9 min/km
102	6	Geiger	Ulrike	83	W30	-	0:50:01,0	+ 15:48,0	5:00,1 min/km
103	3	Günnewig	Katja	69	W45	LG Süd	0:50:02,0	+ 15:49,0	5:00,2 min/km
104	14	Müntz	Daniel	82	M30	-	0:50:26,0	+ 16:13,0	5:02,6 min/km
105	2	Metcalf	Jen	79	W35	Die Laufpartner	0:50:27,0	+ 16:14,0	5:02,7 min/km
106	6	Lalla	Sarah	91	WHK	-	0:50:48,0	+ 16:35,0	5:04,8 min/km
107	1	Börner	Bettina	56	W60	LC Stolpertruppe Berlin	0:50:57,0	+ 16:44,0	5:05,7 min/km
108	3	Przibilla	Elisa	61	W55	SCC Berlin	0:51:25,0	+ 17:12,0	5:08,5 min/km
109	3	Palm	Udo	49	M65	LC Ron Hill	0:51:32,0	+ 17:19,0	5:09,2 min/km
110	14	Steinbeck	Matthias	80	M35	-	0:51:35,0	+ 17:22,0	5:09,5 min/km
111	7	Pempe	Alina	82	W30	-	0:51:41,0	+ 17:28,0	5:10,1 min/km
112	9	Rosenzweig	Lars	87	MHK	Bierfreund APP	0:51:46,0	+ 17:33,0	5:10,6 min/km
113	15	Schuhmacher	Mathias	86	M30	Hellersdorfer Maulwürfe	0:51:49,0	+ 17:36,0	5:10,9 min/km
114	10	Wardius	Frank	61	M55	F.C.Wiese Berlin	0:51:50,0	+ 17:37,0	5:11,0 min/km
115	4	Krögler	Bettina	69	W45	BSG Berliner Sparkasse	0:51:52,0	+ 17:39,0	5:11,2 min/km
116	3	Mertens	Katrin	74	W40	-	0:52:00,0	+ 17:47,0	5:12,0 min/km
117	4	Sieg	Henry	50	M65	-	0:52:02,0	+ 17:49,0	5:12,2 min/km
118	8	Kretschmar	Thomas	69	M45	-	0:52:06,0	+ 17:53,0	5:12,6 min/km
119	4	Röpstorf	Evgeniya	58	W55	-	0:52:14,0	+ 18:01,0	5:13,4 min/km
120	7	Pickel	Robert	75	M40	-	0:52:23,0	+ 18:10,0	5:14,3 min/km
121	8	Klammt	Veronika	84	W30	Berliner Turnerschaft	0:52:27,0	+ 18:14,0	5:14,7 min/km
122	9	Wilby	Leah Marlene	83	W30	-	0:52:29,0	+ 18:16,0	5:14,9 min/km
123	5	Barthel	Nelia	57	W55	SCC Berlin	0:52:31,0	+ 18:18,0	5:15,1 min/km
124	2	Ballay-Schmidt	Marie	53	W60	LG Nord Berlin	0:52:36,0	+ 18:23,0	5:15,6 min/km
125	2	Hallas	Günter	42	M70	LG Nord Berlin	0:52:37,0	+ 18:24,0	5:15,7 min/km
126	16	Scharnofske	Moritz	84	M30	-	0:52:42,0	+ 18:29,0	5:16,2 min/km

127	1	Wildenhein	Gert	41	M75	-	0:52:44,0	+ 18:31,0	5:16,4 min/km
128	7	Brödel	Sophie	87	WHK	-	0:52:49,0	+ 18:36,0	5:16,9 min/km
129	11	Schlegel	Harri	58	M55	-	0:53:10,0	+ 18:57,0	5:19,0 min/km
130	8	Raffel	Wolf-Ulrich	75	M40	Lichtenrader Löwen	0:53:15,0	+ 19:02,0	5:19,5 min/km
131	8	Keslar	Emily	88	WHK	-	0:53:35,0	+ 19:22,0	5:21,5 min/km
132	5	Huber	Helmut	49	M65	LC Ron Hill	0:53:56,0	+ 19:43,0	5:23,6 min/km
133	2	Schellenberg	Hans-Georg	38	M75	-	0:54:11,0	+ 19:58,0	5:25,1 min/km
134	12	Kampet	Tobias	61	M55	VfL Tegel 1891	0:54:15,0	+ 20:02,0	5:25,5 min/km
135	9	Mäcker	Carol	74	M40	-	0:54:20,0	+ 20:07,0	5:26,0 min/km
136	3	Schwitalla	Joachim	46	M70	Hupsis Lauftreff	0:54:26,0	+ 20:13,0	5:26,6 min/km
137	9	Lossen	Tilman	70	M45	-	0:54:30,0	+ 20:17,0	5:27,0 min/km
138	10	Knapp	Stefanie	84	W30	-	0:54:32,0	+ 20:19,0	5:27,2 min/km
139	6	Sroka	Jürgen	49	M65	-	0:55:30,0	+ 21:17,0	5:33,0 min/km
140	7	Roloff	Hartmut	48	M65	VfL Tegel 1891	0:55:48,0	+ 21:35,0	5:34,8 min/km
141	4	Schulz	Fritz	42	M70	Die Laufpartner	0:55:56,0	+ 21:43,0	5:35,6 min/km
142	5	Beyer	Konrad	42	M70	TuS Neukölln Berlin	0:56:02,0	+ 21:49,0	5:36,2 min/km
143	4	Mahnke	Conny	76	W40	Rangsdorf	0:56:09,0	+ 21:56,0	5:36,9 min/km
144	10	Ristau	Heiko	68	M45	Rangsdorf	0:56:11,0	+ 21:58,0	5:37,1 min/km
145	8	Michalk	Jürgen	48	M65	Die Laufpartner	0:56:29,0	+ 22:16,0	5:38,9 min/km
145	3	Peters	Hans-Joachim	40	M75	-	0:57:29,0	+ 23:16,0	5:44,9 min/km
147	9	Asche	Hartmut	51	M65	Die Laufpartner	0:57:40,0	+ 23:27,0	5:46,0 min/km
148	4	Oelwein	Udo	41	M75	VfL Tegel 1891	0:57:50,0	+ 23:37,0	5:47,0 min/km
149	5	Gacon	Heike	68	W45	-	0:58:30,0	+ 24:17,0	5:51,0 min/km
150	6	Kretschmar	Birgit	71	W45	-	0:58:33,0	+ 24:20,0	5:51,3 min/km
151	3	Boxan	Yvonne	79	W35	Lichtenrader Löwen	0:58:42,0	+ 24:29,0	5:52,2 min/km
152	6	Maier	Franz E.	46	M70	BSG Sparkasse	0:59:05,0	+ 24:52,0	5:54,5 min/km
153	13	Gerjets	Enno	59	M55	TCB Berlin	0:59:25,0	+ 25:12,0	5:56,5 min/km
154	8	Polcuch	Konrad	53	M60	KSV 90 Pankow	0:59:34,0	+ 25:21,0	5:57,4 min/km
155	9	Nitsch	Svende	96	WHK	-	0:59:42,0	+ 25:29,0	5:58,2 min/km
156	4	Kischel	Mandy	79	W35	-	0:59:44,0	+ 25:31,0	5:58,4 min/km
157	11	Steffen	Olga	85	W30	-	0:59:51,0	+ 25:38,0	5:59,1 min/km
158	12	Freudenthal	Manja	86	W30	-	0:59:54,0	+ 25:41,0	5:59,4 min/km
159	2	Hanse	Irmgard	66	W50	LG Nord Berlin	0:59:58,0	+ 25:45,0	5:59,8 min/km

160	18	Hennemann	Mike	62	M50	-	1:00:25,0	+ 26:12,0	6:02,5 min/km
161	14	Hoffmann	Wolfgang	58	M55	Team Wadenkrampf Berlin	1:00:33,0	+ 26:20,0	6:03,3 min/km
161	10	Tappe	Dieter	51	M65	DAV	1:00:33,0	+ 26:20,0	6:03,3 min/km
163	11	Godau	Bernd	51	M65	SC Borussia Friedrichsfelde	1:01:02,0	+ 26:49,0	6:06,2 min/km
164	15	Przibilla	Tino	60	M55	FC Barcelona	1:01:48,0	+ 27:35,0	6:10,8 min/km
165	1	Schmidt	Sigrid	47	W65	LT Bernd Hübner	1:02:49,0	+ 28:36,0	6:16,9 min/km
166	6	Wagner	Angela	58	W55	Die Laufpartner	1:03:05,0	+ 28:52,0	6:18,5 min/km
167	5	Peschke	Werner	39	M75	-	1:03:08,0	+ 28:55,0	6:18,8 min/km
168	9	Wisniewski	Rainer	54	M60	-	1:03:09,0	+ 28:56,0	6:18,9 min/km
169	17	Wisniewski	Ulf	83	M30	I run for Life	1:03:11,0	+ 28:58,0	6:19,1 min/km
170	5	Krüger	Steffi	79	W35	-	1:04:02,0	+ 29:49,0	6:24,2 min/km
171	12	Noack	Hans-Dieter	48	M65	-	1:04:25,0	+ 30:12,0	6:26,5 min/km
172	11	Schwarz	Uwe	67	M45	-	1:04:52,0	+ 30:39,0	6:29,2 min/km
173	6	Schmidt	Manfred	41	M75	LT Bernd Hübner	1:05:07,0	+ 30:54,0	6:30,7 min/km
174	3	Blume	Anke	63	W50	LG Buchsbaum	1:05:10,0	+ 30:57,0	6:31,0 min/km
175	10	Yordan	Marinov	72	M40	-	1:05:58,0	+ 31:45,0	6:35,8 min/km
176	10	Zipress	Peter	52	M60	Die Laufpartner	1:06:08,0	+ 31:55,0	6:36,8 min/km
177	13	Baginova	Lucia	86	W30	-	1:06:41,0	+ 32:28,0	6:40,1 min/km
177	6	Lukanova	Lucia	77	W35	-	1:06:41,0	+ 32:28,0	6:40,1 min/km
179	10	Vormbrock	Lena	87	WHK	-	1:08:03,0	+ 33:50,0	6:48,3 min/km
180	10	Sibbersen	Martin	89	MHK	-	1:08:03,0	+ 33:50,0	6:48,3 min/km
181	3	Schlüter	Ina	56	W60	LC Ron Hill	1:09:03,0	+ 34:50,0	6:54,3 min/km
182	7	Ziems	Helge	41	M75	LC Ron Hill	1:10:27,0	+ 36:14,0	7:02,7 min/km
183	4	Schubarth	Bettina	62	W50	-	1:11:14,0	+ 37:01,0	7:07,4 min/km
184	1	Hartog	Herbert	35	M80	BSG BVG 08	1:17:32,0	+ 43:19,0	7:45,2 min/km
185	2	Hoffmann	Peter	33	M80	TIB	1:20:22,0	+ 46:09,0	8:02,2 min/km
186	7	Matthes	Rainer	45	M70	-	1:21:06,0	+ 46:53,0	8:06,6 min/km
187	1	Eichner	Sigrid	40	W75	LG Mauerweg Berlin	1:25:41,0	+ 51:28,0	8:34,1 min/km
188	1	Niederhafner	Renate	45	W70	SCC Rennschnecken	1:31:47,0	+ 57:34,0	9:10,7 min/km
189	3	Schulze	Horst	34	M80	PSV Ahorn	1:34:40,0	+ 01:00:27,0	9:28,0 min/km