

## Birkenwäldchenlauf, 25. März 2018

## Ergebnisliste 10 km

Platz	AK	Nachname	Vorname	Jahr	AK	Verein	Zeit	Rückstand	km-Schnitt
1	1	Hellmuth	Louis	1995	MHK	LAC Olympia 88 Berlin	0:35:55,0	+ 00:00,0	3:35,5 min/km
2	1	Pelayo	Ismaek	1983	M35	-	0:36:18,0	+ 00:23,0	3:37,8 min/km
3	2	Dinter	Dennis	1981	M35	A3K Berlin	0:36:27,0	+ 00:32,0	3:38,7 min/km
4	1	Gehde	Denis	1988	M30	SV Berlin Buch	0:36:33,0	+ 00:38,0	3:39,3 min/km
4	2	Karymov	Martin	1993	MHK	-	0:36:42,0	+ 00:47,0	3:40,2 min/km
6	3	Sult	Benjamin	1989	MHK	LEIDIG24 Triathlon Team	0:36:45,0	+ 00:50,0	3:40,5 min/km
7	1	Gingold	Lukas	1978	M40	TRI-Finisher Berlin	0:36:55,0	+ 01:00,0	3:41,5 min/km
8	3	Kurt	Sebastian	1980	M35	TVB 09	0:37:01,0	+ 01:06,0	3:42,1 min/km
9	4	Schwartz	Matthias	1981	M35	Berliner Turnerschaft	0:37:47,0	+ 01:52,0	3:46,7 min/km
10	1	Barsig	Jonas	1999	MJU20	LC Ron-Hill	0:37:49,0	+ 01:54,0	3:46,9 min/km
11	4	Volkenandt	John	1993	MHK	Rigas Stradina Universitate	0:37:50,0	+ 01:55,0	3:47,0 min/km
12	2	Plamann	Frank	1976	M40	-	0:38:06,0	+ 02:11,0	3:48,6 min/km
13	1	van Elk	Denise	1991	WHK	TIB 1848	0:38:21,0	+ 02:26,0	3:50,1 min/km
14	5	Brandenburg	Lennart	1990	MHK	TG Südwestberlin	0:39:47,0	+ 03:52,0	3:58,7 min/km
15	1	Janssen	Heere	1960	M55	Berliner Turnerschaft	0:39:53,0	+ 03:58,0	3:59,3 min/km
16	1	Tetzel	Jürgen	1965	M50	LC Ron Hill	0:40:01,0	+ 04:06,0	4:00,1 min/km
17	2	Krahe	Alexander	1966	M50	Berliner Turnerschaft	0:40:18,0	+ 04:23,0	4:01,8 min/km
18	5	Boenke	Marius	1981	M35	Die Laufpartner	0:40:44,0	+ 04:49,0	4:04,4 min/km
19	1	Homar	Thomas	1971	M45	langener-lauftreff	0:40:45,0	+ 04:50,0	4:04,5 min/km
20	3	Kollock, Dr.	Ronny	1978	M40	Die KamiKatzen	0:40:46,0	+ 04:51,0	4:04,6 min/km
21	3	Sirin	Alper	1965	M50	Rote Socken e.V.	0:41:07,0	+ 05:12,0	4:06,7 min/km
22	6	Neugebauer	Stefan	1982	M35	-	0:41:28,0	+ 05:33,0	4:08,8 min/km
23	7	Pittoun	Pierre	1982	M35	SCC Maulwurf	0:41:28,0	+ 05:33,0	4:08,8 min/km
24	6	Mührel	Linus	1990	MHK	TG Südwest Berlin	0:41:32,0	+ 05:37,0	4:09,2 min/km
25	4	Moormann	Thomas	1968	M50	Die Laufpartner	0:41:51,0	+ 05:56,0	4:11,1 min/km
26	1	Maecker	Antonia	1969	W45	OSC Berlin	0:41:56,0	+ 06:01,0	4:11,6 min/km
27	2	Möller	Kristoffer	1984	M30	Lauffreunde Lasker	0:42:03,0	+ 06:08,0	4:12,3 min/km
28	1	Schwerin	Anja	1975	W40	Desert Road Runners	0:42:35,0	+ 06:40,0	4:15,5 min/km
29	8	Drimal	Peter	1979	M35	Laufklub Berlin	0:42:38,0	+ 06:43,0	4:15,8 min/km
30	2	Ehrhardt	Axel	1961	M55	VfL Tegel 1891	0:42:41,0	+ 06:46,0	4:16,1 min/km
31	2	Kunz	Michael	1970	M45	-	0:42:42,0	+ 06:47,0	4:16,2 min/km
32	3	Stolle	Guido	1972	M45	RSL 07	0:42:44,0	+ 06:49,0	4:16,4 min/km
33	1	Gusenburger	Alexa	2000	WJU20	-	0:42:47,0	+ 06:52,0	4:16,7 min/km
34	3	Standring	Michael	1962	M55	LC Ron-Hill-Berlin	0:42:48,0	+ 06:53,0	4:16,8 min/km
35	4	Röding	Niko	1974	M40	-	0:42:53,0	+ 06:58,0	4:17,3 min/km
36	4	Röpstorf, Dr.	Peter	1960	M55	Team Erdinger Alkoholfrei	0:43:04,0	+ 07:09,0	4:18,4 min/km
37	1	Kernn	Uwe	1955	M60	LG Pegaos	0:43:22,0	+ 07:27,0	4:20,2 min/km
38	5	Demmig	Ralf	1961	M55	Die-Lauf-ABC-Ler	0:43:26,0	+ 07:31,0	4:20,6 min/km
39	4	Spohn	Oliver	1969	M45	SCC Berlin	0:43:32,0	+ 07:37,0	4:21,2 min/km
40	5	Schwerdtfeger	David	1978	M40	TG Südwest Berlin	0:43:41,0	+ 07:46,0	4:22,1 min/km
41	1	Kulow	Anicó	1986	W30	Berliner Turnerschaft	0:43:44,0	+ 07:49,0	4:22,4 min/km
42	5	Nagorsen	Andreas	1972	M45	Laufklub Berlin	0:43:47,0	+ 07:52,0	4:22,7 min/km
43	5	Jabusch	Robert	1966	M50	-	0:43:51,0	+ 07:56,0	4:23,1 min/km
44	1	Grünbaum	Vivien	1968	W50	SV Friedrichstadt Berlin	0:43:59,0	+ 08:04,0	4:23,9 min/km
45	6	Stolz	Andreas	1964	M50	LC Ron-Hill-Berlin	0:44:25,0	+ 08:30,0	4:26,5 min/km

46	2	Palm	Melanie	1977	W40	VfL Tegel 1891	0:44:27,0	+ 08:32,0	4:26,7 min/km
47	6	Schweers	Detlef	1962	M55	-	0:44:42,0	+ 08:47,0	4:28,2 min/km
48	6	Oberthür	Alexander	1973	M45	ProSport Berlin 24	0:44:44,0	+ 08:49,0	4:28,4 min/km
49	7	Auerbach	Christian	1965	M50	ProSport Berlin 24	0:44:53,0	+ 08:58,0	4:29,3 min/km
50	1	Müller	Paul	1952	M65	VfL Tegel 1891	0:44:58,0	+ 09:03,0	4:29,8 min/km
51	2	Sattler	Frank	1958	M60	SV Blau-Weiß Petershagen	0:45:02,0	+ 09:07,0	4:30,2 min/km
52	2	Lewanzik	Günter	1953	M65	ProSport Berlin 24	0:45:09,0	+ 09:14,0	4:30,9 min/km
53	3	Hamann	Steffen	1985	M30	Lauffreunde Lasker	0:45:11,0	+ 09:16,0	4:31,1 min/km
54	4	Seel	Sebastian	1986	M30	-	0:45:17,0	+ 09:22,0	4:31,7 min/km
55	7	Schleifer	Robert	1990	MHK	Revolutionäre Laufgruppe A	0:45:20,0	+ 09:25,0	4:32,0 min/km
56	7	Zedel	Andre	1959	M55	KSV90 Berlin	0:45:31,0	+ 09:36,0	4:33,1 min/km
57	7	Schneider	Sven	1972	M45	Triathlon Verein Berlin 09	0:45:34,0	+ 09:39,0	4:33,4 min/km
58	5	Stettin	Christoph	1984	M30	-	0:45:48,0	+ 09:53,0	4:34,8 min/km
59	8	Eichhorst	Rainer	1963	M55	-	0:45:50,0	+ 09:55,0	4:35,0 min/km
60	6	Thiel	Sebastian	1975	M40	-	0:45:56,0	+ 10:01,0	4:35,6 min/km
61	1	Jacobs	Sylvia	1962	W55	LC Ron Hill	0:45:58,0	+ 10:03,0	4:35,8 min/km
62	8	Talke	Jens	1969	M45	Polizei Berlin	0:46:00,0	+ 10:05,0	4:36,0 min/km
63	9	Kergel	Uli	1962	M55	LC Ron Hill	0:46:02,0	+ 10:07,0	4:36,2 min/km
64	9	Just	Matthias	1979	M35	adidas Runner's Berlin	0:46:13,0	+ 10:18,0	4:37,3 min/km
65	10	Maier	Armin	1960	M55	Jelly Bears Berlin	0:46:15,0	+ 10:20,0	4:37,5 min/km
66	1	Kyborg	Horst	1947	M70	SC Siemensstadt Berlin	0:46:19,0	+ 10:24,0	4:37,9 min/km
67	8	Specht, Dr.	Volker	1967	M50	LG Süd Berlin	0:46:39,0	+ 10:44,0	4:39,9 min/km
68	11	Weller	Michael	1960	M55	LG Mauerweg	0:46:40,0	+ 10:45,0	4:40,0 min/km
69	3	Voß	Herbert	1958	M60	-	0:46:43,0	+ 10:48,0	4:40,3 min/km
70	2	Schadow	Laura	1986	W30	LLG Luckenwalde	0:46:47,0	+ 10:52,0	4:40,7 min/km
71	12	Stelzl	Maximilian	1962	M55	beweglich eV	0:46:48,0	+ 10:53,0	4:40,8 min/km
72	10	Kührt	Matthias	1981	M35	-	0:46:50,0	+ 10:55,0	4:41,0 min/km
73	7	Fruth	Sven	1978	M40	Berliner Turnerschaft	0:47:21,0	+ 11:26,0	4:44,1 min/km
74	1	Bartko	Nicole	1979	W35	Berliner TSC Triathlon	0:47:29,0	+ 11:34,0	4:44,9 min/km
75	13	Piontek	Bernd	1963	M55	SCC Berlin	0:47:32,0	+ 11:37,0	4:45,2 min/km
76	3	Berger	Horst	1953	M65	Weißenseer Sportverein Ro	0:47:40,0	+ 11:45,0	4:46,0 min/km
77	9	Kuntze	Mike	1968	M50	-	0:47:41,0	+ 11:46,0	4:46,1 min/km
78	4	Schatz	Michael	1957	M60	SCC Berlin	0:48:10,0	+ 12:15,0	4:49,0 min/km
79	8	Pöhler	Steffen	1975	M40	-	0:48:23,0	+ 12:28,0	4:50,3 min/km
80	9	Hrzan	Frank	1976	M40	Laufklub Berlin	0:48:25,0	+ 12:30,0	4:50,5 min/km
81	9	Wittmann	Eike	1972	M45	-	0:48:26,0	+ 12:31,0	4:50,6 min/km
82	14	Menschner	Uwe	1961	M55	KSV 90 Pankow	0:48:43,0	+ 12:48,0	4:52,3 min/km
83	3	Neugebauer	Mareike	1986	W30	-	0:48:56,0	+ 13:01,0	4:53,6 min/km
84	11	Falkenberg	Rainer	1980	M35	-	0:49:00,0	+ 13:05,0	4:54,0 min/km
85	1	Schwarz	Marion	1957	W60	LG Pegasos	0:49:23,0	+ 13:28,0	4:56,3 min/km
86	10	Stockmeier	Jörg	1966	M50	BSG Berliner Sparkasse	0:49:26,0	+ 13:31,0	4:56,6 min/km
87	12	Giertz	Roberto	1983	M35	Berliner Turnerschaft	0:49:43,0	+ 13:48,0	4:58,3 min/km
88	2	Nadeborn	Anne	1967	W50	Triathlon Verein Berlin '09	0:49:58,0	+ 14:03,0	4:59,8 min/km
89	1	Voß	Tobias	2001	MJU18	-	0:49:59,0	+ 14:04,0	4:59,9 min/km
90	3	Bethge	Annette	1968	W50	LC Ron Hill Berlin	0:50:19,0	+ 14:24,0	5:01,9 min/km
91	10	Kaiser	Tim-Markus	1978	M40	-	0:50:20,0	+ 14:25,0	5:02,0 min/km
92	13	Stender	Jan	1979	M35	-	0:50:21,0	+ 14:26,0	5:02,1 min/km
93	15	Zickermann	Frank	1959	M55	SCC	0:50:25,0	+ 14:30,0	5:02,5 min/km
94	2	Pempe	Alina	1982	W35	-	0:50:27,0	+ 14:32,0	5:02,7 min/km
95	10	Hilbig	Olaf	1970	M45	SSV Lichtenrade	0:50:30,0	+ 14:35,0	5:03,0 min/km

96	11	Ziener	Kai-Uwe	1964	M50	BSG Berliner Sparkasse	0:50:32,0	+ 14:37,0	5:03,2 min/km
97	5	Jäger	Winfried	1957	M60	-	0:50:33,0	+ 14:38,0	5:03,3 min/km
98	6	Rämisch	Berthold	1958	M60	LC Ron-Hill-Berlin	0:50:46,0	+ 14:51,0	5:04,6 min/km
99	2	Choi	Mira	1971	W45	-	0:51:04,0	+ 15:09,0	5:06,4 min/km
100	11	Krämer	Timo	1974	M40	Berlin	0:51:05,0	+ 15:10,0	5:06,5 min/km
101	16	Möhr	Norbert	1962	M55	Berliner TSC Triathlon	0:51:07,0	+ 15:12,0	5:06,7 min/km
102	3	Päschel	Babett	1975	W40	Die Laufpartner	0:51:08,0	+ 15:13,0	5:06,8 min/km
103	2	Michalk	Jürgen	1948	M70	SG BMF 07	0:51:16,0	+ 15:21,0	5:07,6 min/km
104	3	Meister	Birgit	1970	W45	Ludwigsfelder Leichtathlete	0:51:27,0	+ 15:32,0	5:08,7 min/km
105	4	Christiansen	Katja	1987	W30	-	0:51:28,0	+ 15:33,0	5:08,8 min/km
106	5	Kleefeld	Marthe	1987	W30	Laufklub Berlin	0:51:31,0	+ 15:36,0	5:09,1 min/km
107	4	Schreiner	Anja	1978	W40	Laufklub Berlin	0:51:32,0	+ 15:37,0	5:09,2 min/km
108	4	Günnewig, Dr.	Katja	1969	W45	LG Süd Berlin	0:51:34,0	+ 15:39,0	5:09,4 min/km
109	2	Klatt-D Souza	Sophia	1994	WHK	Leidig24 Triathlon Team	0:51:35,0	+ 15:40,0	5:09,5 min/km
110	12	Beinlich	Jörg	1965	M50	tsv rudow rudow	0:51:42,0	+ 15:47,0	5:10,2 min/km
111	6	Roller	Renée	1988	W30	-	0:51:43,0	+ 15:48,0	5:10,3 min/km
112	5	Becker	Claudia	1977	W40	Berliner Turnerschaft	0:51:45,0	+ 15:50,0	5:10,5 min/km
113	13	Fuchs	Matthias	1967	M50	SCC Berlin	0:52:27,0	+ 16:32,0	5:14,7 min/km
114	5	Klose	Babette	1970	W45	-	0:52:39,0	+ 16:44,0	5:15,9 min/km
115	3	Gerigk	Johannes	1948	M70	-	0:52:41,0	+ 16:46,0	5:16,1 min/km
116	14	Matthes	Bodo	1964	M50	LC Ron-Hill-Berlin	0:52:43,0	+ 16:48,0	5:16,3 min/km
117	2	Röpstorf, Dr.	Evgeniya	1958	W60	Team Erdinger Alkoholfrei	0:52:45,0	+ 16:50,0	5:16,5 min/km
118	4	Edzards	Gesa	1968	W50	LG Nord Berlin	0:52:46,0	+ 16:51,0	5:16,6 min/km
119	7	Mulsow	Katharina	1986	W30	-	0:53:03,0	+ 17:08,0	5:18,3 min/km
120	15	Bolle	Rainer	1962	M50	Lebenshilfe Berlin	0:53:05,0	+ 17:10,0	5:18,5 min/km
121	16	Schilling	Michael	1967	M50	Die Laupartner	0:53:19,0	+ 17:24,0	5:19,9 min/km
122	12	Fischer	Jan	1974	M40	Nichts läuft mehr	0:53:44,0	+ 17:49,0	5:22,4 min/km
123	6	Marini	Ann	1970	W45	-	0:53:56,0	+ 18:01,0	5:23,6 min/km
124	17	Drechsel	Michael-Josef	1961	M55	SG Deutsche Bank Potsdam	0:54:00,0	+ 18:05,0	5:24,0 min/km
125	4	Huber	Helmut	1949	M65	LC Ron Hill	0:54:03,0	+ 18:08,0	5:24,3 min/km
126	14	Reisbach	Tobias	1982	M35	-	0:54:05,0	+ 18:10,0	5:24,5 min/km
127	8	Nöhren	Gesa	1988	W30	-	0:54:24,0	+ 18:29,0	5:26,4 min/km
128	5	Tripolszky	Tanja	1968	W50	Leidig24 Triathlon Team	0:54:32,0	+ 18:37,0	5:27,2 min/km
129	3	Riedel	Jana	1980	W35	-	0:54:43,0	+ 18:48,0	5:28,3 min/km
130	15	Euler	Steffen	1980	M35	SCBG Grünau	0:54:44,0	+ 18:49,0	5:28,4 min/km
131	6	Germeyer	Wiebke	1974	W40	BSG Berliner Sparkasse	0:54:46,0	+ 18:51,0	5:28,6 min/km
132	2	Lindemann	Heike	1961	W55	LC Ron Hill	0:54:50,0	+ 18:55,0	5:29,0 min/km
133	5	Sieg	Henry	1950	M65	-	0:55:00,0	+ 19:05,0	5:30,0 min/km
134	11	Hoffmann	Holger	1969	M45	SCC Berlin	0:55:04,0	+ 19:09,0	5:30,4 min/km
135	4	Hinz	Sabine	1982	W35	-	0:55:22,0	+ 19:27,0	5:32,2 min/km
136	5	Wolf	Dana	1981	W35	LC Ron-Hill	0:55:28,0	+ 19:33,0	5:32,8 min/km
137	16	Wolf	Sascha	1983	M35	LC Ron-Hill	0:55:28,0	+ 19:33,0	5:32,8 min/km
138	6	Palm	Udo	1949	M65	LC RON-HILL Berlin	0:55:31,0	+ 19:36,0	5:33,1 min/km
139	13	Augsten	Sascha	1977	M40	-	0:55:36,0	+ 19:41,0	5:33,6 min/km
140	1	Oelwein	Udo	1941	M75	VfL Tegel 1891 e.V.	0:55:54,0	+ 19:59,0	5:35,4 min/km
141	14	Raffel	Wolf-Ulrich	1975	M40	Lichtenrader Löwen	0:56:00,0	+ 20:05,0	5:36,0 min/km
142	9	Fiacca	Elisa	1986	W30	Triathlon Verein Berlin 09	0:56:05,0	+ 20:10,0	5:36,5 min/km
143	17	Kretschmar	Thomas	1969	M50	Berlin	0:56:31,0	+ 20:36,0	5:39,1 min/km
144	1	Schellenberg	Hans-Georg	1938	M80	-	0:56:47,0	+ 20:52,0	5:40,7 min/km
145	7	Rau	Miriam	1971	W45	SSV Lichtenrade	0:56:51,0	+ 20:56,0	5:41,1 min/km

146	2	Wildenhein	Gert	1941	M75	-	0:57:08,0	+ 21:13,0	5:42,8 min/km
147	6	Sauermann	Ina	1981	W35	-	0:57:30,0	+ 21:35,0	5:45,0 min/km
148	7	Riemann	Sandra	1977	W40	Laufklub Berlin	0:57:38,0	+ 21:43,0	5:45,8 min/km
149	18	Malitzki	Martin	1968	M50	Laufklub Berlin	0:57:39,0	+ 21:44,0	5:45,9 min/km
150	3	Hallas	Günter	1942	M75	LG Nord	0:57:40,0	+ 21:45,0	5:46,0 min/km
151	12	Mewes	Dirk Alexander	1973	M45	BSG Berliner Sparkasse	0:57:41,0	+ 21:46,0	5:46,1 min/km
152	8	Krögler	Bettina	1969	W45	BSG Berliner Sparkasse	0:57:51,0	+ 21:56,0	5:47,1 min/km
153	4	Roloff	Hartmut	1948	M70	VFL Tegel 1891	0:57:58,0	+ 22:03,0	5:47,8 min/km
154	7	Asche	Hartmut	1951	M65	Die Laufpartner	0:58:05,0	+ 22:10,0	5:48,5 min/km
155	8	Hirschmeier	Alina	1978	W40	-	0:58:14,0	+ 22:19,0	5:49,4 min/km
156	8	Sedlag-Loy	Wilfried	1950	M65	TiB Berlin	0:58:32,0	+ 22:37,0	5:51,2 min/km
157	6	Michel	Julia	1966	W50	TiB 1848 Berlin	0:59:48,0	+ 23:53,0	5:58,8 min/km
158	17	Wisniewski	Ulf	1983	M35	Team Erdinger Alkoholfrei	1:00:02,0	+ 24:07,0	6:00,2 min/km
159	19	Strese	André	1966	M50	VfL Tegel 1891	1:00:03,0	+ 24:08,0	6:00,3 min/km
160	3	Frank	Jacqueline	1989	WHK	Laufen gegen Leiden	1:00:04,0	+ 24:09,0	6:00,4 min/km
161	7	Witte	Elke	1965	W50	SSV Lichtenrade	1:00:05,0	+ 24:10,0	6:00,5 min/km
162	4	Eisenberger	Lisa	1992	WHK	SCC	1:00:11,0	+ 24:16,0	6:01,1 min/km
163	9	Polcuch	Konrad	1953	M65	KSV 90 Pankow	1:00:52,0	+ 24:57,0	6:05,2 min/km
164	9	Kretschmar	Birgit	1971	W45	-	1:00:59,0	+ 25:04,0	6:05,9 min/km
165	7	Mattuschka	Christin	1982	W35	-	1:01:06,0	+ 25:11,0	6:06,6 min/km
166	10	Lemke	Maria	1986	W30	-	1:03:07,0	+ 27:12,0	6:18,7 min/km
167	4	Schamp	Peter	1939	M75	SCC Berlin	1:07:16,0	+ 31:21,0	6:43,6 min/km
168	3	Birke	Katrin	1959	W55	Laufklub Berlin	1:12:56,0	+ 37:01,0	7:17,6 min/km
169	10	Funke	Dorothea	1973	W45	SCC Berlin	1:13:00,0	+ 37:05,0	7:18,0 min/km
170	11	Ristau	Sabrina	1973	W45	Laufklub Berlin	1:16:23,0	+ 40:28,0	7:38,3 min/km
171	7	Röder	Michael	1958	M60	Team Erdinger Alkoholfrei	1:16:26,0	+ 40:31,0	7:38,6 min/km
172	1	Bader	Erhard	1933	M85	LC Ron Hill	1:20:45,0	+ 44:50,0	8:04,5 min/km
173	1	Dubois	Edith	1942	W75	WIB-LT	1:21:08,0	+ 45:13,0	8:06,8 min/km
174	2	Eichner	Sigrid	1940	W75	LG Mauerweg Berlin e.V.	1:33:47,0	+ 57:52,0	9:22,7 min/km
175	1	Niederhafner	Renate	1945	W70	SCC Rennschnecken	1:44:47,0	+ 01:08:52,0	10:28,7 min/km