

## Birkenwäldchenlauf, 24. März 2019

## Ergebnisliste 10 km

Platz	latz A	Nachname	Vorname	Jahrg.	AK	Verein	Zeit	Rückstand	km-Schnitt
1	1	Hellmuth	Louis	1995	MHK	LAC Olympia 88 Berlin	0:33:45,0	+ 00:00,0	3:22,5 min/km
2	1	Wegener	Gerit	1981	M35	Die Laufpartner	0:34:07,0	+ 00:22,0	3:24,7 min/km
3	2	Simpore	Moctare	1998	MHK	Berliner Turnerschaft	0:34:36,0	+ 00:51,0	3:27,6 min/km
4	1	Specht	Ole	2001	mJgd	LG Süd Berlin	0:35:57,0	+ 02:12,0	3:35,7 min/km
5	1	Pick	Dominik	1979	M40	LG Nord Ultrateam	0:36:03,0	+ 02:18,0	3:36,3 min/km
6	1	Gehde	Denis	1988	M30	SV Berlin-Buch	0:36:26,0	+ 02:41,0	3:38,6 min/km
7	2	Hammer	Felix	1987	M30	FH Runners Berlin	0:36:59,0	+ 03:14,0	3:41,9 min/km
8	2	Schwartz	Matthias	1981	M35	Berliner Turnerschaft	0:37:32,0	+ 03:47,0	3:45,2 min/km
9	1	Dreßler	Almut	1990	WHK	LG Nord Berlin Ultrateam	0:37:53,0	+ 04:08,0	3:47,3 min/km
10	1	Chambers	Christopher	1969	M50	LG Mauerweg Berlin e.V.	0:38:02,0	+ 04:17,0	3:48,2 min/km
11	3	Barsig	Jonas	1999	MHK	LC Ron-Hill Berlin	0:38:11,0	+ 04:26,0	3:49,1 min/km
12	2	Junge	Michael	1976	M40	KnB e.V.	0:38:20,0	+ 04:35,0	3:50,0 min/km
13	1	Pfäffle	Malin	1979	W40	Die Laufpartner	0:38:21,0	+ 04:36,0	3:50,1 min/km
14	1	Nordwig	Steffen	1973	M45	Runnies United	0:38:22,0	+ 04:37,0	3:50,2 min/km
15	4	Giehl	Johannes	1990	MHK	0	0:38:27,0	+ 04:42,0	3:50,7 min/km
16	1	Sbierski-Kind	Julia	1986	W30	SCC Berlin	0:39:11,0	+ 05:26,0	3:55,1 min/km
17	3	Fukuhara	Kento	1985	M30	0	0:39:18,0	+ 05:33,0	3:55,8 min/km
18	2	Tetzel	Jürgen	1965	M50	LC RON-HILL Berlin	0:39:24,0	+ 05:39,0	3:56,4 min/km
19	1	Janssen	Heere	1960	M55	Berliner Turnerschaft	0:39:30,0	+ 05:45,0	3:57,0 min/km
20	2	Standring	Michael	1962	M55	LC Ron Hill	0:39:43,0	+ 05:58,0	3:58,3 min/km
21	4	Antpöhler	Carlino	1985	M30	Adidas Runners Berlin	0:39:54,0	+ 06:09,0	3:59,4 min/km
22	3	Moormann	Thomas	1968	M50	Die Laufpartner	0:40:01,0	+ 06:16,0	4:00,1 min/km
23	5	Seel	Sebastian	1986	M30	0	0:40:02,0	+ 06:17,0	4:00,2 min/km
24	3	Just	Patrick	1980	M35	TVB 09	0:40:04,0	+ 06:19,0	4:00,4 min/km
25	4	Kemmler	Roman	1981	M35	0	0:40:06,0	+ 06:21,0	4:00,6 min/km
26	2	Oheim	Frank	1974	M45	0	0:40:07,0	+ 06:22,0	4:00,7 min/km
27	3	De Prest	Mathias	1978	M40	LG Mauerweg Berlin e.V.	0:40:28,0	+ 06:43,0	4:02,8 min/km
28	5	Boenke	Marius	1981	M35	Die Laufpartner	0:40:39,0	+ 06:54,0	4:03,9 min/km
29	3	Ambos	Andreas	1971	M45	SCC	0:40:56,0	+ 07:11,0	4:05,6 min/km
30	6	Rüttinger	Elias	1989	M30	0	0:41:00,0	+ 07:15,0	4:06,0 min/km
31	3	Stenzel	Dierk	1961	M55	Sparta Schöneberg	0:41:02,0	+ 07:17,0	4:06,2 min/km
32	4	Lehmann	Gideon	1971	M45	44 Runners	0:41:09,0	+ 07:24,0	4:06,9 min/km
33	7	Bergau	Denes	1986	M30	BSG Berliner Sparkasse	0:41:20,0	+ 07:35,0	4:08,0 min/km
34	4	Spohn	Oliver	1969	M50	SCC Berlin	0:41:24,0	+ 07:39,0	4:08,4 min/km
35	5	Haller	Olaf	1970	M45	0	0:41:40,0	+ 07:55,0	4:10,0 min/km
36	6	Schmuck	Michael	1972	M45	0	0:41:57,0	+ 08:12,0	4:11,7 min/km
37	4	Röpstorf	Peter	1960	M55	LG Pegasos Berlin	0:42:07,0	+ 08:22,0	4:12,7 min/km
38	1	Baumgardt	Peter	1959	M60	SCC Berlin	0:42:22,0	+ 08:37,0	4:14,2 min/km
39	8	Grosse	Benjamin	1987	M30	0	0:42:24,0	+ 08:39,0	4:14,4 min/km
40	4	Schulze	Daniel	1978	M40	0	0:42:27,0	+ 08:42,0	4:14,7 min/km
41	1	Jezek	Julia	1983	W35	Die Laufpartner	0:42:33,0	+ 08:48,0	4:15,3 min/km
42	2	Dittmar	Uri	2001	mJgd	BSBV 1991 e.V.	0:42:34,0	+ 08:49,0	4:15,4 min/km
43	5	Voigtländer	Thoralf	1963	M55	TVB 09	0:42:35,0	+ 08:50,0	4:15,5 min/km
44	1	Lesser-Kaßbohm	Christine	1971	W45	0	0:42:36,0	+ 08:51,0	4:15,6 min/km
45	2	Westphal	Sophie	1996	WHK	0	0:42:38,0	+ 08:53,0	4:15,8 min/km

46	2	Ladwig	Marcus	1959	M60	KSV 90 Pankow	0:42:49,0	+ 09:04,0	4:16,9 min/km
47	6	Franck	Johannes	1981	M35	Die Laufpartner	0:42:50,0	+ 09:05,0	4:17,0 min/km
48	5	Miels	Matthias	1969	M50	BSG Berliner Sparkasse	0:42:52,0	+ 09:07,0	4:17,2 min/km
49	2	Stephan	Anne	1985	W30	Die Laufpartner	0:42:53,0	+ 09:08,0	4:17,3 min/km
50	7	Löber	Jan	1983	M35	0	0:42:53,0	+ 09:08,0	4:17,3 min/km
51	6	Demmig	Ralf	1961	M55	Die-Lauf-ABC-ler	0:43:07,0	+ 09:22,0	4:18,7 min/km
52	8	Ian	Blevins	1983	M35	0	0:43:11,0	+ 09:26,0	4:19,1 min/km
53	3	Kernn	Uwe	1955	M60	LG Pegasos	0:43:16,0	+ 09:31,0	4:19,6 min/km
54	6	Hahn	Carsten	1965	M50	Team Tibet	0:43:38,0	+ 09:53,0	4:21,8 min/km
55	1	Lewanzik	Günter	1953	M65	ProSport Berlin 24 e. V.	0:43:41,0	+ 09:56,0	4:22,1 min/km
56	2	Weiler	Inken	1970	W45	0	0:44:15,0	+ 10:30,0	4:25,5 min/km
57	4	Schweers	Detlef	1959	M60	0	0:44:18,0	+ 10:33,0	4:25,8 min/km
58	7	Menschner	Uwe	1961	M55	KSV 90 Pankow	0:44:40,0	+ 10:55,0	4:28,0 min/km
59	1	Ungewickell	Antje	1967	W50	LTC Berlin / TuS Neukölln	0:44:59,0	+ 11:14,0	4:29,9 min/km
60	7	Lutz	Tim	1967	M50	0	0:45:01,0	+ 11:16,0	4:30,1 min/km
61	9	Krauser	Sebastian	1980	M35	Leidig24 Triathlon Team	0:45:01,0	+ 11:16,0	4:30,1 min/km
62	2	Pretzschner	Ekkehard	1954	M65	KSV 90 Pankow	0:45:07,0	+ 11:22,0	4:30,7 min/km
63	3	Lacher	Sophie	1995	WHK	VfL Tegel	0:45:08,0	+ 11:23,0	4:30,8 min/km
64	5	Delas	Marc	1994	MHK	Laufklub Berlin e.V.	0:45:14,0	+ 11:29,0	4:31,4 min/km
65	8	Oltmanns	Peter	1964	M55	SCC Berlin	0:45:39,0	+ 11:54,0	4:33,9 min/km
66	1	Kyborg	Horst	1947	M70	SC Siemensstadt Berlin	0:45:44,0	+ 11:59,0	4:34,4 min/km
67	9	Dictus	Dennis	1989	M30	Laufklub Berlin e.V.	0:46:00,0	+ 12:15,0	4:36,0 min/km
68	8	Kuntze	Mike	1968	M50	Berlin	0:46:01,0	+ 12:16,0	4:36,1 min/km
69	5	Bohnke	Michael	1977	M40	Laufklub Berlin e.V.	0:46:15,0	+ 12:30,0	4:37,5 min/km
70	5	Zedel	Andre	1959	M60	KSV-90Berlin	0:46:22,0	+ 12:37,0	4:38,2 min/km
71	10	Mielke	David	1988	M30	0	0:46:26,0	+ 12:41,0	4:38,6 min/km
72	9	Piontek	Bernd	1963	M55	SCC	0:46:41,0	+ 12:56,0	4:40,1 min/km
73	6	Stumpf	Gottfried	1957	M60	SCC Berlin	0:47:00,0	+ 13:15,0	4:42,0 min/km
74	10	Weller	Michael	1960	M55	LG Mauerweg Berlin e.V.	0:47:09,0	+ 13:24,0	4:42,9 min/km
75	11	Kleiber	Andreas	1963	M55	SCC Berlin	0:47:12,0	+ 13:27,0	4:43,2 min/km
76	12	Gaede	Marcus	1964	M55	LC Ron-Hill Berlin	0:47:16,0	+ 13:31,0	4:43,6 min/km
77	3	Berger	Horst	1953	M65	WSV Rot Weiß	0:47:23,0	+ 13:38,0	4:44,3 min/km
78	9	Specht	Volker	1967	M50	LG Süd Berlin	0:47:30,0	+ 13:45,0	4:45,0 min/km
79	10	Rohr	Thomas	1965	M50	0	0:47:34,0	+ 13:49,0	4:45,4 min/km
80	11	König	Guido	1969	M50	Mariendorf / Berlin	0:47:57,0	+ 14:12,0	4:47,7 min/km
81	12	Stockmeier	Jörg	1966	M50	BSG Berliner Sparkasse	0:47:59,0	+ 14:14,0	4:47,9 min/km
82	10	Falkenberg	Rainer	1980	M35	Pro Sport Berlin 24 e.V.	0:48:01,0	+ 14:16,0	4:48,1 min/km
83	2	Brähler	Myriam	1976	W40	Lichtenrader Löwen	0:48:02,0	+ 14:17,0	4:48,2 min/km
84	6	Bischoff	Ronny	1979	M40	Team Selbstläufer	0:48:05,0	+ 14:20,0	4:48,5 min/km
85	7	Hrzan	Frank	1976	M40	Laufklub Berlin	0:48:07,0	+ 14:22,0	4:48,7 min/km
86	3	Kinkel	Sandra	1975	W40	Die Laufpartner	0:48:14,0	+ 14:29,0	4:49,4 min/km
87	2	Günnewig	Katja	1969	W50	LG Süd Berlin	0:48:21,0	+ 14:36,0	4:50,1 min/km
88	11	Collas Joo	Percy Orlando	1980	M35	Die Prinzenfamilie	0:48:28,0	+ 14:43,0	4:50,8 min/km
89	11	Krause	Patrick	1985	M30	ProSport Berlin 24 e. V.	0:48:38,0	+ 14:53,0	4:51,8 min/km
90	8	Frettlöh	Andreas	1978	M40	ASV Berlin	0:49:03,0	+ 15:18,0	4:54,3 min/km
91	3	Zimmermann	Lydia	1986	W30	Leidig24 Triathlon Team	0:49:38,0	+ 15:53,0	4:57,8 min/km
92	7	Hilbig	Olaf	1970	M45	SSV Lichtenrade	0:49:54,0	+ 16:09,0	4:59,4 min/km
93	12	Rieckmann	Mathis	1983	M35	0	0:49:58,0	+ 16:13,0	4:59,8 min/km
94	13	Reisbach	Tobias	1982	M35	0	0:50:10,0	+ 16:25,0	5:01,0 min/km
95	3	Germeyer	Wiebke	1974	W45	BSG Berliner Sparkasse	0:50:24,0	+ 16:39,0	5:02,4 min/km

96	4	Pöschel	Babett	1975	W40	Die Laufpartner	0:50:26,0	+ 16:41,0	5:02,6 min/km
97	4	von der Lippe	Elena	1973	W45	Die Laufpartner	0:50:28,0	+ 16:43,0	5:02,8 min/km
98	4	Nadeborn	Anne	1967	W50	TVB '09	0:50:29,0	+ 16:44,0	5:02,9 min/km
99	6	Giehl	Matthis	1997	MHK	0	0:50:32,0	+ 16:47,0	5:03,2 min/km
100	8	Osswald	René	1974	M45	0	0:51:07,0	+ 17:22,0	5:06,7 min/km
101	5	Wasmer	Isabelle	1978	W40	0	0:51:12,0	+ 17:27,0	5:07,2 min/km
102	4	Weinhold	Peter	1953	M65	SCC Berlin	0:51:18,0	+ 17:33,0	5:07,8 min/km
103	9	Üsbilek	Mustafa	1970	M45	0	0:52:02,0	+ 18:17,0	5:12,2 min/km
104	2	Pempe	Alina	1982	W35	Pro Sport Berlin 24 e.V.	0:52:07,0	+ 18:22,0	5:12,7 min/km
105	1	Röpstorf	Evgeniya	1958	W60	LG Pegasos berlin	0:52:08,0	+ 18:23,0	5:12,8 min/km
106	3	Tripolszky	Tanja	1968	W50	Leidig24 Triathlon-Team	0:52:08,0	+ 18:23,0	5:12,8 min/km
107	4	Brödel	Sophie	1987	W30	Berliner Turnerschaft	0:52:17,0	+ 18:32,0	5:13,7 min/km
108	13	Hoffmann	Holger	1969	M50	SCC Berlin	0:52:20,0	+ 18:35,0	5:14,0 min/km
109	2	Kernn	Cordula	1957	W60	LG Pegasos	0:52:31,0	+ 18:46,0	5:15,1 min/km
110	14	Fuchs	Matthias	1967	M50	SCC Berlin	0:52:35,0	+ 18:50,0	5:15,5 min/km
111	1	Przibilla	Elisa	1961	W55	SCC Berlin	0:52:39,0	+ 18:54,0	5:15,9 min/km
112	7	Rämisch	Berthold	1958	M60	LC Ron Hill	0:52:41,0	+ 18:56,0	5:16,1 min/km
113	6	Hamada	Chiharu	1979	W40	0	0:52:43,0	+ 18:58,0	5:16,3 min/km
114	5	Mach	Nicole	1974	W45	0	0:52:52,0	+ 19:07,0	5:17,2 min/km
115	9	Raffel	Wolf-Ulrich	1975	M40	Lichtenrader Löwen	0:52:56,0	+ 19:11,0	5:17,6 min/km
116	13	Wawrzinek	Peter	1961	M55	BSG Berlin Hyp. e.V.	0:53:01,0	+ 19:16,0	5:18,1 min/km
117	3	Rintisch	Gudrun	1957	W60	LG Nord	0:53:07,0	+ 19:22,0	5:18,7 min/km
118	7	Brunner	Jana	1978	W40	KSV 90 Pankow	0:53:10,0	+ 19:25,0	5:19,0 min/km
119	8	Muschinski	Lothar	1956	M60	Team Wadenkrampf Berlin	0:53:21,0	+ 19:36,0	5:20,1 min/km
120	6	Hecht	Susanne	1973	W45	Leidig24 Triathlon Team	0:53:27,0	+ 19:42,0	5:20,7 min/km
121	9	Golombeck	Manfred	1959	M60	Berlin-Müggelheim	0:53:36,0	+ 19:51,0	5:21,6 min/km
122	3	Heber	Noelle	1982	W35	0	0:53:42,0	+ 19:57,0	5:22,2 min/km
123	4	Barthel	Nelia	1957	W60	SCC Berlin	0:54:04,0	+ 20:19,0	5:24,4 min/km
124	7	Brandl	Yvonne	1973	W45	Laufen gegen Leiden	0:54:05,0	+ 20:20,0	5:24,5 min/km
125	8	Adriani	Hendrikje	1976	W40	0	0:54:16,0	+ 20:31,0	5:25,6 min/km
126	1	Beyer	Konrad	1942	M75	TuS Neukölln Berlin	0:54:41,0	+ 20:56,0	5:28,1 min/km
127	9	Thum	Martha	1977	W40	Lichtenrader Löwen	0:54:47,0	+ 21:02,0	5:28,7 min/km
128	2	Oelwein	Udo	1941	M75	VfL Tegel	0:54:50,0	+ 21:05,0	5:29,0 min/km
129	14	Kaiser	Matthias	1984	M35	0	0:54:55,0	+ 21:10,0	5:29,5 min/km
130	4	Gockel	Britta	1999	WHK	0	0:54:59,0	+ 21:14,0	5:29,9 min/km
131	7	Pieper	Hendrik	1999	MHK	0	0:55:00,0	+ 21:15,0	5:30,0 min/km
132	14	Drechsel	Michael-Josef	1961	M55	SG Deutsche Bank Potsdam	0:55:23,0	+ 21:38,0	5:32,3 min/km
133	10	Pohl	Wolfgang	1957	M60	0	0:55:37,0	+ 21:52,0	5:33,7 min/km
134	15	Cleef	Peter	1963	M55	0	0:55:39,0	+ 21:54,0	5:33,9 min/km
135	2	Stüken	Karl	1946	M70	Berlin Runners	0:56:01,0	+ 22:16,0	5:36,1 min/km
136	10	Pick	Karolina	1979	W40	0	0:56:02,0	+ 22:17,0	5:36,2 min/km
137	5	Szelies	Elmar	1954	M65	RVP Saffonia e.V.	0:56:03,0	+ 22:18,0	5:36,3 min/km
138	4	Sauermann	Ina	1981	W35	0	0:56:05,0	+ 22:20,0	5:36,5 min/km
139	3	Peters	Hans-Joachim	1940	M75	SG Grüne Trift Berlin	0:56:29,0	+ 22:44,0	5:38,9 min/km
140	3	Noack	Hans-Dieter	1948	M70	0	0:56:36,0	+ 22:51,0	5:39,6 min/km
141	6	Polcuch	Konrad	1953	M65	0	0:56:48,0	+ 23:03,0	5:40,8 min/km
142	5	Spitzcok von Brisi	Rosa	1995	WHK	0	0:57:09,0	+ 23:24,0	5:42,9 min/km
143	8	Stopin	Andrii	1996	MHK	0	0:57:11,0	+ 23:26,0	5:43,1 min/km
144	15	Liebold	Stefan	1983	M35	0	0:57:24,0	+ 23:39,0	5:44,4 min/km
145	1	Schellenberg	Hans-Georg	1938	M80	Französisch Buchholz	0:57:28,0	+ 23:43,0	5:44,8 min/km

146	4	Roloff	Hartmut	1948	M70	Vfl Tegel 1891	0:57:41,0	+ 23:56,0	5:46,1 min/km
147	11	Hirschmeier	Alina	1978	W40	0	0:58:18,0	+ 24:33,0	5:49,8 min/km
148	4	Kaiser	Heike	1967	W50	0	0:58:31,0	+ 24:46,0	5:51,1 min/km
149	5	Michalk	Jürgen	1948	M70	SG BMF 07	0:58:44,0	+ 24:59,0	5:52,4 min/km
150	15	Schulz	Stefan	1965	M50	0	0:58:54,0	+ 25:09,0	5:53,4 min/km
151	16	Strangmeier	Michael	1967	M50	Weltraumjogger	0:58:55,0	+ 25:10,0	5:53,5 min/km
152	16	Schmidt	Andreas	1982	M35	0	0:59:43,0	+ 25:58,0	5:58,3 min/km
153	17	Lang	Florian	1983	M35	Pro Sport Berlin 24 e.V.	1:00:21,0	+ 26:36,0	6:02,1 min/km
154	6	Reis	Tina	1992	WHK	0	1:00:53,0	+ 27:08,0	6:05,3 min/km
155	11	Petri	Günter	1957	M60	0	1:00:59,0	+ 27:14,0	6:05,9 min/km
156	6	Udelnow	Alex	1948	M70	0	1:01:03,0	+ 27:18,0	6:06,3 min/km
157	12	Gierlich	Wolfgang	1958	M60	0	1:01:08,0	+ 27:23,0	6:06,8 min/km
158	1	Beck	Susanne	1954	W65	SCC Berlin	1:01:18,0	+ 27:33,0	6:07,8 min/km
159	5	Weinhold	Heidrun	1955	W60	SCC Berlin	1:01:19,0	+ 27:34,0	6:07,9 min/km
160	5	Wagner	Annette	1965	W50	SCC Berlin	1:02:00,0	+ 28:15,0	6:12,0 min/km
161	1	Wolf	Christa	1943	W75	0	1:03:47,0	+ 30:02,0	6:22,7 min/km
162	7	Wisniewski	Rainer	1954	M65	Lustige Schleicher Berlin	1:04:31,0	+ 30:46,0	6:27,1 min/km
163	18	Wisniewski	Ulf	1983	M35	Lustige Schleicher Berlin	1:04:32,0	+ 30:47,0	6:27,2 min/km
164	5	Vogel	Louisa	1989	W30	0	1:05:38,0	+ 31:53,0	6:33,8 min/km
165	17	Vogel	Sven	1967	M50	0	1:05:39,0	+ 31:54,0	6:33,9 min/km
166	6	Kromberg	Katja	1966	W50	Berliner Laufmasche	1:06:18,0	+ 32:33,0	6:37,8 min/km
167	8	Janssen	Meike	1971	W45	0	1:06:43,0	+ 32:58,0	6:40,3 min/km
168	6	Deptala	Julia	1986	W30	0	1:08:31,0	+ 34:46,0	6:51,1 min/km
169	5	Switala	Anna	1983	W35	0	1:08:32,0	+ 34:47,0	6:51,2 min/km
170	9	Funke	Dorothea	1973	W45	SCC Berlin	1:09:06,0	+ 35:21,0	6:54,6 min/km
171	2	Riedel	Annelie	1963	W55	SCC Berlin	1:10:02,0	+ 36:17,0	7:00,2 min/km
172	7	Waibel	Helgrid	1969	W50	Sportfreunde Waibel	1:10:15,0	+ 36:30,0	7:01,5 min/km
173	18	Waibel	Torsten	1967	M50	Sportfreunde Waibel	1:10:16,0	+ 36:31,0	7:01,6 min/km
174	10	Schmidt	Viviane Sandr	1970	W45	0	1:11:01,0	+ 37:16,0	7:06,1 min/km
175	2	Eichner	Sigrid	1940	W75	LG Mauerweg Berlin e.V.	1:19:30,0	+ 45:45,0	7:57,0 min/km
176	3	Dubois	Edith	1942	W75	WIB-LT	1:19:34,0	+ 45:49,0	7:57,4 min/km
177	11	Montilla	Melania	1972	W45	Berlin Lichtenberg	1:19:52,0	+ 46:07,0	7:59,2 min/km
178	1	Niederhafner	Renate	1945	W70	0	1:44:15,0	+ 10:30,0	10:25,5 min/km