

XXVIII. Internationaler 100km-Lauf von Grünheide/Kienbaum

Wertung 50 km - Männer

Rg.	Stnr.	Name, Vorname	Jahrgang	Verein	5km (Runde 1)	10km (Runde 2)	15km (Runde 3)	20km (Runde 4)	25km (Runde 5)	30km (Runde 6)	35km (Runde 7)	40km (Runde 8)	45km (Runde 9)	50km (Runde 10)
6	902	Sowada, Peter	1961	Berlin	00:24:14 (00:24:14)	00:49:32 (00:25:18)	01:15:36 (00:26:04)	01:41:37 (00:26:01)	02:07:58 (00:26:21)	02:35:42 (00:27:44)	03:03:52 (00:28:10)	03:32:22 (00:28:30)	04:01:04 (00:28:42)	04:29:12 (00:28:08)
1	903	Wild, Karlheinz	1956	LT Rangsdorf	00:19:29 (00:19:29)	00:38:59 (00:19:30)	00:58:52 (00:19:53)	01:19:07 (00:20:15)	01:39:36 (00:20:29)	02:00:07 (00:20:31)	02:21:01 (00:20:54)	02:42:15 (00:21:14)	03:03:25 (00:21:10)	03:24:53 (00:21:28)
	904	Giesen, Frank	1970	VfL Sudenburg v 1912 e.V.										
	905	Hempel, Thomas	1963	Frankfurt (Oder)										
15	906	Hesselbarth, Karl-Heinz	1937	GMRLV	00:30:52 (00:30:52)	01:01:57 (00:31:05)	01:33:53 (00:31:56)	02:05:39 (00:31:46)	02:38:31 (00:32:52)	03:13:46 (00:35:15)	03:51:29 (00:37:43)	04:29:46 (00:38:17)	05:09:37 (00:39:51)	05:51:52 (00:42:15)
14	907	Labs, Michael	1961	DUV	00:29:14 (00:29:14)	00:59:11 (00:29:57)	01:29:14 (00:30:03)	02:00:27 (00:31:13)	02:32:13 (00:31:46)	03:08:01 (00:35:48)	03:39:16 (00:31:15)	04:09:41 (00:30:25)	04:41:32 (00:31:51)	05:12:28 (00:30:56)
12	908	Preißler, Lothar	1946	100 Marathon Club Deutschland e.V.	00:27:31 (00:27:31)	00:54:59 (00:27:28)	01:22:26 (00:27:27)	01:51:01 (00:28:35)	02:19:43 (00:28:42)	02:49:39 (00:29:56)	03:21:17 (00:31:38)	03:53:21 (00:32:04)	04:24:56 (00:31:35)	04:56:37 (00:31:41)
16	911	Schulz, Klaus	1940	SCMT	00:36:19 (00:36:19)	01:15:28 (00:39:09)	01:54:20 (00:38:52)	02:34:15 (00:39:55)	03:14:31 (00:40:16)	04:00:27 (00:45:56)	04:46:35 (00:46:08)	05:31:39 (00:45:04)	06:18:38 (00:46:59)	07:03:16 (00:44:38)
5	913	Winkler, Roland	1947	SCC Berlin	00:24:13 (00:24:13)	00:48:12 (00:23:59)	01:12:19 (00:24:07)	01:36:36 (00:24:17)	02:01:22 (00:24:46)	02:27:14 (00:25:52)	02:54:43 (00:27:29)	03:23:47 (00:29:04)	03:54:25 (00:30:38)	04:23:57 (00:29:32)
13	914	Kläsener, Ralf	1968	LG Ahlen	00:29:14 (00:29:14)	00:58:29 (00:29:15)	01:28:05 (00:29:36)	01:57:41 (00:29:36)	02:27:42 (00:30:01)	02:57:49 (00:30:07)	03:28:53 (00:31:04)	04:00:24 (00:31:31)	04:34:53 (00:34:29)	05:08:15 (00:33:22)
	916	Schmitz, Egbert	1965	DeltaStudio Ahlen	00:29:51 (00:29:51)	00:59:28 (00:29:37)	01:30:50 (00:31:22)	02:01:32 (00:30:42)	02:33:44 (00:32:12)	03:07:32 (00:33:48)	03:43:49 (00:36:17)			
	917	Kösling, Holger	1958	100MC	00:30:40 (00:30:40)	01:03:59 (00:33:19)	01:35:29 (00:31:30)	02:06:38 (00:31:09)	02:38:04 (00:31:26)	03:11:00 (00:32:56)	03:45:31 (00:34:31)	04:21:59 (00:36:28)	04:59:28 (00:37:29)	
4	919	Ehlich, Markus	1964	Lüttringhauser TV	00:23:20 (00:23:20)	00:45:23 (00:22:03)	01:06:53 (00:21:30)	01:28:34 (00:21:41)	01:50:52 (00:22:18)	02:14:12 (00:23:20)	02:38:35 (00:24:23)	03:03:42 (00:25:07)	03:29:55 (00:26:13)	03:56:15 (00:26:20)
3	920	Mascher, Karl	1952	VfL Tegel Berlin	00:22:38 (00:22:38)	00:44:55 (00:22:17)	01:07:15 (00:22:20)	01:29:33 (00:22:18)	01:51:38 (00:22:05)	02:13:48 (00:22:10)	02:36:17 (00:22:29)	02:59:56 (00:23:39)	03:25:08 (00:25:12)	03:50:19 (00:25:11)
11	923	Braun, Andreas	1951	LT Bernd Hübner	00:28:48 (00:28:48)	00:57:21 (00:28:33)	01:26:38 (00:29:17)	01:55:55 (00:29:17)	02:25:02 (00:29:07)	02:54:36 (00:29:34)	03:24:58 (00:30:22)	03:55:32 (00:30:34)	04:24:58 (00:29:26)	04:54:47 (00:29:49)
7	924	Seiler, Heiko	1971	TSG Seelow										

	00:24:50 (00:24:50) 02:31:21 (00:26:57)	00:50:10 (00:25:20) 02:59:44 (00:28:23)	01:14:45 (00:24:35) 03:29:31 (00:29:47)	01:39:09 (00:24:24) 04:02:36 (00:33:05)	02:04:24 (00:25:15) 04:36:54 (00:34:18)
925	Keplin, Mario 00:26:16 (00:26:16) 02:42:38 (00:28:26)	1969 00:53:11 (00:26:55) 03:10:53 (00:28:15)	RSV Werner Otto Berlin 01:20:17 (00:27:06)	01:46:58 (00:26:41)	02:14:12 (00:27:14)
2	928 Sörensen, Karsten 00:20:24 (00:20:24) 02:04:41 (00:21:10)	1965 00:40:53 (00:20:29) 02:26:07 (00:21:26)	LG Nord Berlin 01:01:34 (00:20:41) 02:48:29 (00:22:22)	01:22:44 (00:21:10) 03:11:56 (00:23:27)	01:43:31 (00:20:47) 03:35:57 (00:24:01)
10	929 Petermann, Maik 00:27:43 (00:27:43) 02:44:21 (00:27:31)	1973 00:54:46 (00:27:03) 03:12:26 (00:28:05)	n.s.k.berlin 01:21:58 (00:27:12) 03:41:45 (00:29:19)	01:49:22 (00:27:24) 04:10:36 (00:28:51)	02:16:50 (00:27:28) 04:40:08 (00:29:32)
	930 Scholz, Detlef 00:23:58 (00:23:58) 02:30:16 (00:28:32)	1962 00:48:11 (00:24:13)	Volkssport Berlin 01:12:25 (00:24:14)	01:36:35 (00:24:10)	02:01:44 (00:25:09)
8	933 Schulz, Thomas 00:20:43 (00:20:43) 02:45:21 (00:28:57)	1970 00:50:38 (00:29:55) 03:14:18 (00:28:57)	1. FC Union Berlin 01:18:36 (00:27:58) 03:43:22 (00:29:04)	01:47:00 (00:28:24) 04:11:06 (00:27:44)	02:16:24 (00:29:24) 04:39:34 (00:28:28)
9	934 Koch, Heico 00:20:43 (00:20:43) 02:45:21 (00:28:56)	1971 00:50:38 (00:29:55) 03:14:19 (00:28:58)	Volkssport Berlin 01:18:37 (00:27:59) 03:43:23 (00:29:04)	01:47:01 (00:28:24) 04:11:08 (00:27:45)	02:16:25 (00:29:24) 04:39:36 (00:28:28)