

XXXV. Internationaler 100km-Lauf von Grünheide/Störitz am 28.03.2015



Ergebnisliste nach Geschlecht mit AK-Wertung - 100 km

Pl.	AK	Snr.	Name	Verein (Wohnort)	NAT	Ziel
100 km						
Frauen						
1.	1. W50	136	BRINCK, Mette	DUUL	GER	10:49:35
			00:28:25 (28:25)	00:57:46 (29:22)	01:26:59 (29:13)	01:55:33 (28:35)
			02:53:49 (29:11)	03:22:58 (29:09)	03:54:04 (31:07)	04:24:34 (30:31)
			05:26:29 (32:07)	05:57:47 (31:18)	06:29:21 (31:34)	07:02:31 (33:11)
			08:14:05 (37:06)	08:52:12 (38:07)	09:30:50 (38:38)	10:10:12 (39:23)
2.	2. W50	4	BALKE, Cornelia	100 Marathon Club	GER	10:58:14
			00:27:25 (27:25)	00:55:22 (27:57)	01:23:30 (28:08)	01:51:48 (28:18)
			02:51:35 (29:03)	03:22:36 (31:01)	03:55:02 (32:27)	04:27:04 (32:03)
			05:34:04 (33:56)	06:10:48 (36:45)	06:45:51 (35:03)	07:22:08 (36:18)
			08:34:42 (36:44)	09:09:23 (34:42)	09:47:26 (38:04)	10:23:04 (35:38)
3.	1. W40	248	SZIEGOLEIT, Friederike	LG Mauerweg	GER	11:41:54
			00:30:03 (30:03)	00:59:54 (29:51)	01:31:08 (31:15)	02:03:19 (32:12)
			03:08:45 (33:13)	03:43:07 (34:23)	04:19:12 (36:06)	04:54:30 (35:18)
			06:06:44 (35:24)	06:43:39 (36:55)	07:20:51 (37:13)	07:58:39 (37:48)
			09:15:50 (36:37)	09:53:01 (37:12)	10:28:55 (35:54)	11:05:10 (36:15)
4.	1. W60	298	FEURICH, Cornelia	Hamburg	GER	12:13:39
			00:36:45 (36:45)	01:09:36 (32:51)	01:42:04 (32:28)	02:15:19 (33:16)
			03:24:34 (33:29)	03:59:31 (34:58)	04:32:34 (33:03)	05:08:35 (36:02)
			06:21:50 (37:07)	07:04:06 (42:17)	07:45:46 (41:40)	08:22:38 (36:53)
			09:39:49 (39:39)	10:17:55 (38:06)	10:56:33 (38:39)	11:36:32 (39:59)
	W60	173	HERGER, Ursula	Gurtnehlen	SUI	DNF
			00:28:11 (28:11)	00:56:14 (28:04)	01:26:28 (30:15)	01:56:56 (30:28)
			02:56:03 (31:37)	03:27:49 (31:47)	03:57:17 (29:28)	04:25:19 (28:03)
			0	0	0	0
			0	0	0	0
	W75	299	EICHNER, Sigrid	100 Marathon Club	GER	DNF
			00:42:17 (42:17)	01:24:49 (42:32)	02:07:23 (42:34)	02:50:51 (43:28)
			04:21:39 (46:39)	05:12:32 (50:53)	06:01:56 (49:24)	06:54:34 (52:38)
			0	0	0	0
			0	0	0	0
	WHK	200	KUMMER, Laura	Teichwiesen Friends	GER	DNF
			00:28:36 (28:36)	00:58:50 (30:14)	01:29:51 (31:01)	02:02:43 (32:52)
			03:13:51 (34:32)	03:51:49 (37:58)	04:35:05 (43:16)	05:18:31 (43:26)
			0	0	0	0
			0	0	0	0
Männer						
1.	1. M40	234	JÄHNICKE, Marc-Cornelius	(Berlin)	GER	7:58:23
			00:23:21 (23:21)	00:47:33 (24:12)	01:10:49 (23:17)	01:34:07 (23:18)
			02:20:53 (23:24)	02:43:50 (22:58)	03:07:15 (23:25)	03:30:25 (23:11)
			04:17:19 (23:35)	04:40:39 (23:21)	05:04:33 (23:55)	05:28:35 (24:02)
			06:18:33 (25:32)	06:44:14 (25:42)	07:10:05 (25:52)	07:34:13 (24:08)
2.	2. M40	231	MATHIEU, Stéphane	Kekes du Bocage	FRA	7:59:14
			00:23:19 (23:19)	00:46:37 (23:19)	01:10:16 (23:39)	01:34:02 (23:47)
			02:20:41 (23:19)	02:43:49 (23:08)	03:07:09 (23:21)	03:30:24 (23:15)
			04:17:04 (23:29)	04:40:39 (23:35)	05:05:13 (24:35)	05:29:29 (24:17)
			06:19:50 (25:04)	06:45:01 (25:12)	07:10:29 (25:28)	07:34:42 (24:13)
3.	1. M50	142	BULTMANN, Jürgen	VC Nienburg	GER	9:08:16
			00:25:04 (25:04)	00:50:19 (25:15)	01:16:05 (25:46)	01:41:07 (25:03)
			02:31:55 (25:26)	02:57:12 (25:18)	03:26:11 (28:59)	03:51:15 (25:04)
			04:44:40 (26:55)	05:12:19 (27:40)	05:40:51 (28:32)	06:10:40 (29:49)
			07:11:52 (29:54)	07:41:49 (29:57)	08:11:53 (30:05)	08:40:56 (29:03)
4.	1. M55	221	WIDERA, Burkhard	TV Hohne	GER	9:10:37
			00:26:44 (26:44)	00:53:11 (26:27)	01:19:40 (26:29)	01:46:02 (26:23)
			02:38:52 (26:29)	03:05:35 (26:43)	03:31:57 (26:23)	03:58:58 (27:01)
			04:53:00 (27:18)	05:20:42 (27:42)	05:48:57 (28:15)	06:17:39 (28:43)
			07:16:01 (29:03)	07:44:31 (28:30)	08:13:03 (28:33)	08:42:05 (29:02)
5.	2. M50	178	JESPER, Eifving	DUUL	DEN	9:23:55
			00:27:37 (27:37)	00:54:58 (27:22)	01:24:01 (29:03)	01:50:55 (26:55)
			02:43:50 (26:23)	03:10:41 (26:52)	03:37:18 (26:38)	04:03:53 (26:35)
			04:59:01 (28:14)	05:26:37 (27:37)	05:54:42 (28:05)	06:23:10 (28:28)
			07:20:47 (28:52)	07:49:52 (29:05)	08:25:21 (35:30)	08:57:54 (32:34)
6.	1. MJ U18	239	GÖBEL, Thore	LSG Schwarzwald Marathon	GER	9:32:51
			00:27:43 (27:43)	00:55:24 (27:42)	01:23:31 (28:08)	01:51:26 (27:55)
			02:45:20 (27:05)	03:13:25 (28:05)	03:41:09 (27:45)	04:09:03 (27:54)
			05:05:31 (28:14)	05:34:59 (29:28)	06:04:56 (29:57)	06:35:15 (30:19)
			07:34:31 (29:26)	08:04:11 (29:40)	08:34:27 (30:16)	09:03:53 (29:27)

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Ergebnisliste nach Geschlecht mit AK-Wertung - 100 km

Pl.	AK	Snr.	Name	Verein (Wohnort)	NAT	Ziel
7.	3. M50	238	GÖBEL, Dietmar 00:27:43 (27:43) 02:45:20 (27:05) 05:05:32 (28:14) 07:34:32 (29:26)	LSG Schwarzwald Marathon 00:55:25 (27:42) 03:13:25 (28:05) 05:34:59 (29:28) 08:04:11 (29:40)	GER	9:32:51 01:23:32 (28:07) 03:41:09 (27:45) 06:04:56 (29:57) 08:34:27 (30:16) 01:51:26 (27:55) 04:09:02 (27:54) 06:35:15 (30:20) 09:03:53 (29:27) 02:18:16 (26:50) 04:37:18 (28:16) 07:05:06 (29:52) 09:32:51 (28:58)
8.	4. M50	164	GRUHN, Frank 00:27:21 (27:21) 02:46:00 (27:40) 05:05:00 (28:15) 07:39:56 (32:04)	100 Marathon Club 00:55:30 (28:09) 03:13:25 (27:25) 05:34:03 (29:04) 08:12:33 (32:37)	GER	9:50:19 01:23:47 (28:18) 03:41:10 (27:46) 06:05:08 (31:05) 08:45:06 (32:34) 01:50:20 (26:34) 04:09:03 (27:53) 06:36:49 (31:42) 09:17:48 (32:43) 02:18:21 (28:01) 04:36:45 (27:43) 07:07:53 (31:04) 09:50:19 (32:31)
9.	2. M55	245	HOPP, Michael 00:27:20 (27:20) 02:46:16 (27:56) 05:10:45 (29:03) 07:44:19 (31:38)	ESV Lok Potsdam 00:54:56 (27:36) 03:14:44 (28:28) 05:40:55 (30:10) 08:15:43 (31:24)	GER	9:50:54 01:22:34 (27:39) 03:43:12 (28:29) 06:11:22 (30:28) 08:47:46 (32:03) 01:50:20 (27:46) 04:11:59 (28:47) 06:41:59 (30:37) 09:19:36 (31:51) 02:18:21 (28:01) 04:41:43 (29:45) 07:12:42 (30:44) 09:50:54 (31:18)
10.	3. M40	228	SCHMIDT, Thomas 00:25:14 (25:14) 02:32:05 (26:36) 04:44:05 (27:33) 07:37:26 (41:47)	DUV 00:50:39 (25:25) 02:57:39 (25:35) 05:11:44 (27:40) 08:11:34 (34:08)	GER	9:57:03 01:15:47 (25:09) 03:24:22 (26:43) 05:45:17 (33:34) 08:43:20 (31:47) 01:40:45 (24:58) 03:50:31 (26:10) 06:20:12 (34:55) 09:21:41 (38:21) 02:05:30 (24:45) 04:16:32 (26:01) 06:55:40 (35:29) 09:57:03 (35:23)
11.	4. M40	222	WOITYNEK, Martin 00:27:20 (27:20) 02:46:08 (27:48) 05:11:09 (29:44) 07:48:05 (32:54)	KSP Kniebeuge 98 e.V. 00:54:56 (27:36) 03:14:39 (28:31) 05:41:05 (29:57) 08:21:10 (33:05)	GER	9:57:39 01:22:34 (27:39) 03:42:50 (28:12) 06:12:30 (31:25) 08:53:02 (31:53) 01:50:20 (27:46) 04:11:55 (29:06) 06:43:29 (31:00) 09:26:05 (33:03) 02:18:21 (28:01) 04:41:26 (29:31) 07:15:11 (31:42) 09:57:39 (31:42)
12.	5. M50	235	LEHMANN, Rüdiger 00:27:57 (27:57) 02:53:55 (29:12) 05:21:23 (29:49) 07:52:54 (30:36)	Laufgruppe Mohorn 00:57:10 (29:14) 03:22:55 (29:01) 05:51:14 (29:52) 08:23:44 (30:50)	GER	9:58:32 01:26:08 (28:59) 03:52:13 (29:18) 06:21:03 (29:50) 08:55:10 (31:26) 01:55:30 (29:22) 04:22:01 (29:49) 06:51:32 (30:29) 09:26:46 (31:36) 02:24:44 (29:15) 04:51:35 (29:34) 07:22:18 (30:47) 09:58:32 (31:47)
13.	3. M55	159	FRUNZKE, Thomas 00:28:17 (28:17) 02:48:30 (28:14) 05:14:21 (29:21) 07:56:49 (33:04)	Storkow 00:56:22 (28:05) 03:17:07 (28:38) 05:44:39 (30:19) 08:30:11 (33:23)	GER	10:07:28 01:24:15 (27:54) 03:46:29 (29:22) 06:15:04 (30:26) 09:03:04 (32:54) 01:52:13 (27:58) 04:15:32 (29:04) 06:50:28 (35:24) 09:35:42 (32:39) 02:20:17 (28:04) 04:45:01 (29:29) 07:23:45 (33:18) 10:07:28 (31:46)
14.	5. M40	194	KOKHOLM, Thomas Herbert 00:27:35 (27:35) 02:44:25 (26:48) 05:08:29 (32:37) 07:55:28 (35:53)	DUUL 00:54:53 (27:19) 03:10:39 (26:14) 05:40:59 (32:31) 08:38:11 (42:43)	DEN	10:25:25 01:23:59 (29:06) 03:37:31 (26:53) 06:14:30 (33:32) 09:17:22 (39:12) 01:50:52 (26:54) 04:05:41 (28:11) 06:48:03 (33:33) 09:55:49 (38:27) 02:17:38 (26:46) 04:35:52 (30:11) 07:19:36 (31:34) 10:25:25 (29:37)
15.	6. M40	219	THEMM, Thorsten 00:28:28 (28:28) 02:48:30 (27:39) 05:14:00 (30:10) 08:01:43 (39:56)	ALG VfL Bokel 00:55:59 (27:31) 03:17:07 (28:38) 05:44:43 (30:43) 08:38:42 (36:59)	GER	10:28:55 01:24:17 (28:18) 03:46:29 (29:22) 06:16:19 (31:37) 09:16:37 (37:56) 01:52:13 (27:57) 04:15:32 (29:04) 06:48:22 (32:04) 09:53:33 (36:57) 02:20:52 (28:39) 04:43:51 (28:20) 07:21:48 (33:26) 10:28:55 (35:23)
16.	7. M40	232	SPRINGFELDT, Maik 00:29:53 (29:53) 02:52:07 (29:05) 05:33:01 (33:10) 08:31:12 (35:22)	TV Fürstenwalde 00:58:25 (28:32) 03:22:30 (30:23) 06:07:18 (34:17) 09:04:57 (33:45)	GER	10:47:45 01:26:13 (27:49) 03:53:00 (30:31) 06:42:25 (35:08) 09:39:41 (34:45) 01:54:02 (27:49) 04:27:12 (34:12) 07:17:43 (35:18) 10:13:11 (33:31) 02:23:02 (29:01) 04:59:52 (32:41) 07:55:50 (38:08) 10:47:45 (34:34)
16.	1. M35	191	KLIMPEL, Oliver 00:27:35 (27:35) 02:45:20 (27:05) 05:18:37 (31:03) 08:31:12 (35:22)	Team Erdinger Alkoholfrei 00:55:07 (27:33) 03:12:38 (27:19) 06:07:18 (48:42) 09:04:57 (33:46)	GER	10:47:45 01:23:31 (28:24) 03:41:10 (28:32) 06:42:25 (35:08) 09:39:41 (34:44) 01:51:47 (28:16) 04:12:30 (31:21) 07:17:42 (35:18) 10:13:11 (33:31) 02:18:16 (26:30) 04:47:34 (35:05) 07:55:50 (38:08) 10:47:45 (34:34)
18.	6. M50	213	SKYTTE, Søren 00:28:05 (28:05) 02:53:48 (29:11) 05:26:32 (32:07) 08:14:05 (36:42)	DUUL 00:57:46 (29:41) 03:23:09 (29:21) 05:57:53 (31:21) 08:52:17 (38:12)	DEN	10:49:35 01:26:58 (29:13) 03:54:07 (30:59) 06:29:33 (31:41) 09:30:38 (38:22) 01:54:24 (27:26) 04:24:40 (30:33) 07:02:31 (32:58) 10:10:10 (39:33) 02:24:38 (30:15) 04:54:26 (29:47) 07:37:24 (34:54) 10:49:35 (32:25)
19.	1. M45	212	SCHULZ, Thomas 00:30:18 (30:18) 03:11:37 (32:53) 06:07:41 (33:33) 08:43:28 (30:21)	1.FC Union Berlin 01:01:18 (31:01) 03:45:58 (34:21) 06:39:21 (31:41) 09:14:47 (31:19)	GER	10:54:13 01:32:58 (31:40) 04:20:41 (34:44) 07:11:01 (31:40) 09:48:31 (33:45) 02:06:33 (33:36) 04:56:59 (36:18) 07:42:28 (31:28) 10:21:19 (32:49) 02:38:44 (32:12) 05:34:08 (37:10) 08:13:08 (30:40) 10:54:13 (32:55)
20.	8. M40	204	MARSCHALLEK, Stephan 00:27:35 (27:35) 02:57:33 (33:36) 05:39:26 (34:00) 08:39:55 (34:03)	TV Fürstenwalde 00:55:08 (27:33) 03:29:23 (31:51) 06:14:22 (34:57) 09:14:19 (34:25)	GER	10:59:51 01:23:31 (28:24) 04:00:22 (30:59) 06:50:28 (36:06) 09:51:09 (36:51) 01:54:02 (30:31) 04:35:44 (35:22) 07:33:10 (42:42) 10:25:38 (34:30) 02:23:57 (29:56) 05:05:27 (29:44) 08:05:52 (32:43) 10:59:51 (34:13)

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Ergebnisliste nach Geschlecht mit AK-Wertung - 100 km

Pl.	AK	Snr.	Name	Verein (Wohnort)	NAT	Ziel	
21.	7. M50	169	HARM, Sylvio	Berlin	GER	11:06:20	
			00:28:55 (28:55)	00:59:32 (30:37)	01:29:18 (29:47)	01:59:49 (30:31)	02:30:15 (30:27)
			03:01:07 (30:52)	03:32:02 (30:55)	04:02:53 (30:52)	04:36:05 (33:13)	05:08:01 (31:56)
			05:41:02 (33:01)	06:16:21 (35:20)	06:50:47 (34:26)	07:26:30 (35:43)	08:02:42 (36:13)
			08:38:28 (35:46)	09:14:41 (36:14)	09:51:46 (37:06)	10:28:20 (36:35)	11:06:20 (38:00)
22.	1. M60	50	BECK, Jürgen	Adler-Langlauf Bottrop	GER	11:15:48	
			00:29:43 (29:43)	00:59:00 (29:18)	01:28:55 (29:55)	01:58:44 (29:49)	02:29:20 (30:36)
			02:59:34 (30:15)	03:31:22 (31:48)	04:03:38 (32:17)	04:37:09 (33:32)	05:10:38 (33:29)
			05:45:12 (34:35)	06:18:54 (33:42)	06:54:28 (35:35)	07:30:52 (36:24)	08:08:37 (37:46)
			08:45:09 (36:32)	09:21:23 (36:15)	09:58:22 (36:59)	10:36:47 (38:26)	11:15:48 (39:02)
23.	9. M40	233	PANKSUS, Falk	LT. Altwarmbuechen	GER	11:24:23	
			00:31:03 (31:03)	01:01:19 (30:17)	01:32:57 (31:39)	02:04:26 (31:30)	02:35:44 (31:18)
			03:08:43 (32:59)	03:41:14 (32:32)	04:14:44 (33:30)	04:45:39 (30:56)	05:16:19 (30:40)
			05:46:50 (30:32)	06:17:11 (30:21)	06:48:22 (31:12)	07:25:25 (37:03)	08:01:43 (36:18)
			08:38:41 (36:59)	09:21:04 (42:23)	10:03:57 (42:54)	10:44:34 (40:38)	11:24:23 (39:49)
24.	8. M50	209	PORSTNER, Thomas	Rennsteiglaufverein	GER	11:47:54	
			00:29:14 (29:14)	00:59:55 (30:42)	01:29:18 (29:23)	01:59:48 (30:31)	02:30:28 (30:40)
			03:02:15 (31:47)	03:32:53 (30:39)	04:03:56 (31:03)	04:36:07 (32:12)	05:11:20 (35:13)
			05:54:48 (43:28)	06:30:29 (35:42)	07:06:44 (36:15)	07:43:44 (37:00)	08:24:29 (40:46)
			09:04:14 (39:45)	09:44:34 (40:21)	10:27:29 (42:55)	11:07:08 (39:39)	11:47:54 (40:47)
	M60	64	BOHN, Gunter	GMRV Kleinmachnow	GER	DNF	
			00:30:11 (30:11)	01:01:00 (30:50)	01:32:02 (31:03)	02:03:31 (31:29)	02:35:15 (31:45)
			03:08:23 (33:09)	03:41:16 (32:53)	04:16:10 (34:55)	04:50:30 (34:20)	05:25:06 (34:36)
			06:00:44 (35:38)	06:37:56 (37:13)	07:19:33 (41:37)	07:57:48 (38:16)	08:44:52 (47:04)
			09:22:27 (37:36)	10:04:55 (42:28)	10:45:39 (40:45)	11:24:57 (39:19)	()
	M60	155	FRIEDL, Mike	LG Mauerweg	GER	DNF	
			00:34:25 (34:25)	01:09:56 (35:32)	01:45:10 (35:14)	02:21:27 (36:18)	02:57:47 (36:20)
			03:33:27 (35:41)	04:08:56 (35:30)	04:46:32 (37:37)	05:25:08 (38:36)	06:04:24 (39:17)
			06:48:05 (43:42)	07:33:10 (45:05)	08:18:42 (45:33)	09:02:01 (43:20)	09:44:36 (42:35)
			10:27:55 (43:20)	11:13:20 (45:26)	()	()	()
	M60	217	STEINBRECHER, Diethard	100 Marathon Club	GER	DNF	
			00:31:39 (31:39)	01:03:32 (31:53)	01:38:00 (34:28)	02:09:47 (31:47)	02:42:52 (33:05)
			03:16:56 (34:04)	03:49:56 (33:00)	04:24:13 (34:17)	05:00:12 (35:59)	05:35:58 (35:46)
			06:14:04 (38:06)	06:53:04 (39:00)	07:32:22 (39:18)	08:12:52 (40:30)	08:53:07 (40:15)
			09:35:46 (42:39)	()	()	()	()
	M40	241	HOESSEL, Patrik	LG DUV	GER	DNF	
			00:28:47 (28:47)	00:57:27 (28:40)	01:26:14 (28:47)	01:55:13 (28:59)	02:25:33 (30:20)
			02:54:20 (28:47)	03:23:01 (28:41)	03:49:17 (26:16)	04:15:10 (25:53)	04:41:43 (26:33)
			05:07:35 (25:52)	05:32:31 (24:56)	05:58:02 (25:31)	06:24:40 (26:38)	06:51:22 (26:42)
			()	()	()	()	()
	M55	237	STENICKE, Thomas	SGW 05 Berlin	GER	DNF	
			00:31:03 (31:03)	01:03:00 (31:57)	01:34:12 (31:12)	02:05:21 (31:09)	02:45:44 (40:23)
			03:17:24 (31:40)	03:50:20 (32:56)	04:28:21 (38:01)	05:02:06 (33:45)	05:42:30 (40:24)
			06:25:13 (42:43)	07:00:21 (35:08)	07:45:24 (45:03)	08:22:18 (36:54)	09:05:25 (43:07)
			()	()	()	()	()
	M50	203	LEONARD, Peter	LSF Münster	GER	DNF	
			00:26:23 (26:23)	00:53:11 (26:48)	01:19:40 (26:29)	01:46:03 (26:23)	02:12:58 (26:55)
			02:39:14 (26:16)	03:05:40 (26:26)	03:31:57 (26:17)	03:58:23 (26:26)	04:25:35 (27:12)
			04:53:18 (27:43)	05:22:23 (29:05)	05:52:05 (29:42)	()	()
			()	()	()	()	()
	MHK	208	MÜHLBERG, Sven	Dresdner Ruderclub 1902	GER	DNF	
			00:28:57 (28:57)	00:57:41 (28:44)	01:26:36 (28:55)	01:56:07 (29:31)	02:24:47 (28:40)
			02:53:21 (28:34)	03:22:48 (29:27)	03:51:59 (29:11)	04:21:14 (29:15)	04:51:05 (29:51)
			05:21:27 (30:22)	()	()	()	()
			()	()	()	()	()
	M40	205	MOELLER, Kent	DUUL	DEN	DNF	
			00:28:29 (28:29)	00:56:46 (28:17)	01:25:10 (28:25)	01:53:52 (28:42)	02:24:15 (30:23)
			02:53:25 (29:11)	03:23:08 (29:44)	03:53:53 (30:45)	04:24:38 (30:46)	04:56:04 (31:26)
			()	()	()	()	()
			()	()	()	()	()
	M40	242	KOCH, Heiko	(Berlin)	GER	DNF	
			00:30:18 (30:18)	01:01:18 (31:00)	01:32:58 (31:40)	02:06:33 (33:35)	02:38:45 (32:12)
			03:11:38 (32:53)	03:45:59 (34:21)	04:20:42 (34:43)	04:57:00 (36:18)	05:34:09 (37:09)
			()	()	()	()	()
			()	()	()	()	()

Anzahl Teilnehmer: 40