

XXX. Internationaler 100km-Lauf von Grünheide/Kienbaum

Gesamteinlauf Marathon

RANKING	NO.	NAME	CLUB	RESULT	
				TOTAL	AGE CLAAS
1	1. M45	90 Torsten Bönig 00:09:55 (0:09:55) 00:32:36 (0:22:41) 02:03:25 (0:22:33) 02:26:06 (0:22:41)	Potsdamer Laufclub 00:55:25 (0:22:49) 01:18:12 (0:22:47) 02:48:53 (0:22:48) 03:11:59 (0:23:07)	03:11:59	
2	1. M40	95 Thilo Krause 00:10:29 (0:10:29) 00:34:34 (0:24:06) 02:14:41 (0:25:20) 02:40:57 (0:26:16)	MSV Tripoint FF/O 00:59:14 (0:24:40) 01:24:06 (0:24:53) 03:08:31 (0:27:34) 03:36:07 (0:27:37)	03:36:07	
3	2. M40	98 Sascha Pantel 00:11:41 (0:11:41) 00:37:36 (0:25:55) 02:22:51 (0:26:39) 02:49:18 (0:26:27)	LG Nord Berlin 01:04:00 (0:26:25) 01:30:12 (0:26:12) 03:14:32 (0:25:14) 03:39:30 (0:24:59)	03:39:30	
4	1. M50	94 Udo Bandke 00:12:27 (0:12:27) 00:40:19 (0:27:53) 02:30:23 (0:27:07) 02:57:20 (0:26:58)	Döbra 01:08:26 (0:28:07) 01:35:56 (0:27:30) 03:26:11 (0:28:52) 03:55:07 (0:28:56)	03:55:07	
5	1. M20	88 Stefan Bicher 00:12:43 (0:12:43) 00:40:39 (0:27:57) 02:38:46 (0:29:45) 03:08:48 (0:30:03)	DEG-Renner 01:12:01 (0:31:22) 01:40:27 (0:28:26) 03:39:06 (0:30:18) 04:09:14 (0:30:08)	04:09:14	
6	1. M55	89 Dieter Fromme 00:13:07 (0:13:07) 00:43:13 (0:30:06) 02:50:06 (0:32:13) 03:23:02 (0:32:57)	Berlin 01:14:08 (0:30:55) 01:46:15 (0:32:08) 03:56:10 (0:33:08) 04:30:38 (0:34:28)	04:30:38	
7	1. W35	93 Peggy Syp 00:13:16 (0:13:16) 00:43:42 (0:30:26) 02:55:07 (0:34:06) 03:29:41 (0:34:34)	Gruenheide 01:16:02 (0:32:21) 01:48:04 (0:32:02) 04:05:34 (0:35:54) 04:42:08 (0:36:34)	04:42:08	
8	3. M40	92 Frank Schönemann 00:13:12 (0:13:12) 00:44:13 (0:31:02) 03:03:54 (0:39:29) 03:42:43 (0:38:49)	Team Erdinger alkoholfrei 01:16:23 (0:32:10) 01:51:03 (0:34:41) 04:19:58 (0:37:16) 04:56:05 (0:36:07)	04:56:05	
9	1. M60	87 Frank Lehnert 00:19:10 (0:19:10) 00:51:23 (0:32:13) 03:17:37 (0:38:31) 03:56:27 (0:38:50)	Borussia Friedrichsfelde 01:25:02 (0:33:40) 02:00:34 (0:35:33) 04:36:29 (0:40:03) 05:14:57 (0:38:29)	05:14:57	
10	1. M70	96 Karl-Heinz Hesselbarth 00:13:56 (0:13:56) 00:45:56 (0:32:01) 03:05:37 (0:38:28) 03:45:53 (0:40:17)	GMRLV Berlin 01:18:07 (0:32:11) 01:52:48 (0:34:41) 04:31:24 (0:45:31) 05:15:49 (0:44:26)	05:15:49	
11	1. W40	99 Kerstin Peschel 00:14:45 (0:14:45) 00:47:37 (0:32:53) 03:12:59 (0:40:43) 03:51:52 (0:38:53)	LG Havelblitze 01:21:44 (0:34:08) 01:56:35 (0:34:52) 04:34:02 (0:42:11) 05:18:31 (0:44:30)	05:18:31	
		91 Silvio Gadow 00:13:12 (0:13:12) 00:42:26 (0:29:15) 02:43:39 (0:31:16)	LC Ron-Hill Berlin 01:11:05 (0:28:39) 01:43:12 (0:32:08) 02:12:24 (0:29:12)		