

XXXI. Internationaler 100km-Lauf von Grünheide/Kienbaum

Gesamteinlauf 50km

RANKING	NO.	NAME	CLUB	NAT	RESULT	
TOTAL	AGE	CLAAS				
1	1. M35	215 Ronald Gasch	Chemnitzer LV Megware	GER	03:35:09	
		00:20:38 (0:20:38;)	00:41:39 (0:21:02;)	01:02:44 (0:21:05;)	01:23:22 (0:20:38;)	01:44:45 (0:21:23;)
		02:07:07 (0:22:23;)	02:28:43 (0:21:37;)	02:51:01 (0:22:18;)	03:12:59 (0:21:59;)	03:35:09 (0:22:11;)
2	1. M55	208 Hans-Dieter Jancker	SV Eibland Coswig-Meissen	GER	03:36:15	
		00:21:14 (0:21:14;)	00:42:53 (0:21:40;)	01:04:36 (0:21:43;)	01:26:12 (0:21:36;)	01:47:53 (0:21:41;)
		02:09:48 (0:21:55;)	02:31:38 (0:21:50;)	02:53:11 (0:21:34;)	03:14:54 (0:21:44;)	03:36:15 (0:21:21;)
3	1. W40	224 Elke Musial	LG Taucha/Leipzig	GER	03:46:04	
		00:23:04 (0:23:04;)	00:46:03 (0:22:59;)	01:08:52 (0:22:50;)	01:31:16 (0:22:24;)	01:53:30 (0:22:15;)
		02:15:56 (0:22:26;)	02:38:26 (0:22:31;)	03:01:03 (0:22:37;)	03:23:56 (0:22:54;)	03:46:04 (0:22:08;)
4	1. M40	231 Heico Koch	0	GER	03:50:49	
		00:23:05 (0:23:05;)	00:46:23 (0:23:18;)	01:08:53 (0:22:31;)	01:31:04 (0:22:12;)	01:53:28 (0:22:25;)
		02:16:09 (0:22:41;)	02:39:21 (0:23:12;)	03:02:39 (0:23:18;)	03:26:21 (0:23:43;)	03:50:49 (0:24:28;)
5	1. M45	222 Jan Prochaska	LG Nord Berlin	GER	03:51:10	
		00:23:45 (0:23:45;)	00:47:13 (0:23:28;)	01:11:18 (0:24:06;)	01:35:23 (0:24:06;)	01:59:18 (0:23:56;)
		02:23:09 (0:23:51;)	02:46:58 (0:23:50;)	03:08:58 (0:22:01;)	03:30:33 (0:21:36;)	03:51:10 (0:20:37;)
6	1. M30	218 Enrico Muenn	0	GER	03:55:29	
		00:25:45 (0:25:45;)	00:48:47 (0:23:02;)	01:11:32 (0:22:45;)	01:34:23 (0:22:52;)	01:57:37 (0:23:15;)
		02:20:52 (0:23:15;)	02:44:04 (0:23:13;)	03:07:25 (0:23:21;)	03:31:19 (0:23:55;)	03:55:29 (0:24:10;)
7	2. M40	232 Thomas Schulz	1. FC Union Berlin	GER	04:14:26	
		00:23:56 (0:23:56;)	00:47:52 (0:23:56;)	01:11:59 (0:24:07;)	01:36:12 (0:24:14;)	02:00:13 (0:24:01;)
		02:24:17 (0:24:05;)	02:49:06 (0:24:49;)	03:15:37 (0:26:32;)	03:44:32 (0:28:56;)	04:14:26 (0:29:54;)
8	1. M50	227 Stefan Darkow	0	GER	04:26:05	
		00:27:44 (0:27:44;)	00:54:19 (0:26:36;)	01:20:59 (0:26:40;)	01:46:59 (0:26:01;)	02:12:31 (0:25:32;)
		02:38:08 (0:25:37;)	03:04:15 (0:26:08;)	03:30:50 (0:26:35;)	03:58:12 (0:27:23;)	04:26:05 (0:27:54;)
9	3. M40	223 Sascha Pantel	LG Nord Berlin	GER	04:31:06	
		00:24:58 (0:24:58;)	00:51:19 (0:26:22;)	01:17:46 (0:26:27;)	01:44:17 (0:26:31;)	02:11:10 (0:26:54;)
		02:38:26 (0:27:17;)	03:06:11 (0:27:45;)	03:33:48 (0:27:37;)	04:02:59 (0:29:11;)	04:31:06 (0:28:08;)
10	1. M60	220 Klaus Hartmann	LT Gutsmuths Berlin	GER	04:33:01	
		00:28:26 (0:28:26;)	00:57:28 (0:29:02;)	01:26:44 (0:29:17;)	01:56:04 (0:29:21;)	02:23:46 (0:27:43;)
		02:50:18 (0:26:32;)	03:15:55 (0:25:38;)	03:41:29 (0:25:34;)	04:07:00 (0:25:32;)	04:33:01 (0:26:01;)
11	4. M40	205 Henning Darowski	Schöneiche	GER	04:34:17	
		00:27:06 (0:27:06;)	00:54:52 (0:27:46;)	01:23:05 (0:28:14;)	01:50:45 (0:27:41;)	02:18:41 (0:27:56;)
		02:46:24 (0:27:43;)	03:14:18 (0:27:55;)	03:41:49 (0:27:31;)	04:08:16 (0:26:28;)	04:34:17 (0:26:01;)
12	2. M50	221 Lutz Gründel	0	GER	04:36:46	
		00:28:26 (0:28:26;)	00:56:25 (0:27:59;)	01:24:06 (0:27:42;)	01:52:07 (0:28:01;)	02:19:32 (0:27:26;)
		02:46:43 (0:27:12;)	03:14:10 (0:27:27;)	03:41:34 (0:27:24;)	04:08:59 (0:27:25;)	04:36:46 (0:27:48;)
13	3. M50	211 Uwe Menschner	Tauchclub Oberspree	GER	04:38:16	
		00:28:26 (0:28:26;)	00:56:29 (0:28:03;)	01:25:04 (0:28:36;)	01:52:49 (0:27:46;)	02:20:28 (0:27:39;)
		02:48:46 (0:28:18;)	03:16:57 (0:28:12;)	03:45:34 (0:28:38;)	04:12:30 (0:26:56;)	04:38:16 (0:25:47;)
14	2. M45	216 Mario Ulbrich	SG Aufbau Mitte DD	GER	04:38:27	
		00:28:26 (0:28:26;)	00:57:28 (0:29:02;)	01:26:44 (0:29:16;)	01:56:05 (0:29:22;)	02:24:46 (0:28:41;)
		02:51:43 (0:26:58;)	03:18:48 (0:27:06;)	03:45:39 (0:26:51;)	04:12:34 (0:26:55;)	04:38:27 (0:25:54;)
15	4. M50	213 Włodzimierz Tarabasz	Krankentransport Gorris	POL	04:43:53	
		00:28:37 (0:28:37;)	00:58:13 (0:29:36;)	01:27:02 (0:28:50;)	01:55:13 (0:28:12;)	02:23:25 (0:28:13;)
		02:50:25 (0:27:01;)	03:17:44 (0:27:19;)	03:45:57 (0:28:14;)	04:14:49 (0:28:52;)	04:43:53 (0:29:05;)
16	1. W45	212 Silvia Rusche	SUS Olfen	GER	04:44:00	
		00:27:47 (0:27:47;)	00:55:43 (0:27:56;)	01:24:00 (0:28:18;)	01:51:39 (0:27:39;)	02:19:20 (0:27:41;)
		02:47:02 (0:27:42;)	03:15:15 (0:28:14;)	03:44:25 (0:29:11;)	04:13:49 (0:29:24;)	04:44:00 (0:30:11;)

XXXI. Internationaler 100km-Lauf von Grünheide/Kienbaum

Gesamteinlauf 50km

	RANKING	NO.	NAME	CLUB	NAT	RESULT
	TOTAL	AGE	CLAS			
17	5.	M40	228 Elger Scheibe	SV Berolina e.V.	GER	04:45:36 00:27:06 (0:27:06;) 00:54:52 (0:27:46;) 01:23:05 (0:28:13;) 01:50:42 (0:27:38;) 02:18:42 (0:28:00;) 02:46:26 (0:27:45;) 03:14:25 (0:28:00;) 03:43:42 (0:29:17;) 04:15:40 (0:31:59;) 04:45:36 (0:29:57;)
18	3.	M45	219 Benedikt Kastrop	TSVE 1890 Bielefeld e.V.	GER	04:49:11 00:28:50 (0:28:50;) 00:57:40 (0:28:50;) 01:25:52 (0:28:13;) 01:53:29 (0:27:37;) 02:21:18 (0:27:50;) 02:49:51 (0:28:34;) 03:18:54 (0:29:03;) 03:47:58 (0:29:05;) 04:19:55 (0:31:58;) 04:49:11 (0:29:16;)
19	5.	M50	207 Ulf Erd	Königs Wusterhausen	GER	04:54:32 00:30:01 (0:30:01;) 00:59:27 (0:29:26;) 01:28:39 (0:29:13;) 01:57:48 (0:29:09;) 02:27:50 (0:30:03;) 02:57:41 (0:29:51;) 03:27:17 (0:29:37;) 03:56:12 (0:28:55;) 04:25:37 (0:29:26;) 04:54:32 (0:28:56;)
20	2.	M55	217 Bernd Friedrich	LT Bernd Hübner	GER	04:54:48 00:28:48 (0:28:48;) 00:59:11 (0:30:23;) 01:28:51 (0:29:40;) 01:59:48 (0:30:57;) 02:29:46 (0:29:59;) 02:59:24 (0:29:38;) 03:28:35 (0:29:12;) 03:57:19 (0:28:44;) 04:26:14 (0:28:56;) 04:54:48 (0:28:34;)
21	4.	M45	202 Ronald Bartels	Harburger SC	GER	04:54:49 00:28:48 (0:28:48;) 00:59:11 (0:30:24;) 01:28:51 (0:29:40;) 01:59:48 (0:30:57;) 02:29:46 (0:29:59;) 02:59:23 (0:29:38;) 03:28:35 (0:29:12;) 03:57:19 (0:28:45;) 04:26:15 (0:28:56;) 04:54:49 (0:28:35;)
22	3.	M55	229 Gunter Bohn	GMRV Kleinmachnow	GER	04:57:20 00:28:01 (0:28:01;) 00:56:28 (0:28:27;) 01:24:53 (0:28:25;) 01:53:25 (0:28:33;) 02:22:39 (0:29:15;) 02:52:04 (0:29:25;) 03:23:22 (0:31:18;) 03:53:42 (0:30:21;) 04:25:55 (0:32:14;) 04:57:20 (0:31:25;)
23	2.	M30	204 Johannes Brandl	DUV	GER	04:58:10 00:57:31 (0:57:31;) 01:25:38 (0:28:07;) 01:51:31 (0:25:54;) 02:17:47 (0:26:16;) 02:44:11 (0:26:24;) 03:10:46 (0:26:36;) 03:37:45 (0:26:59;) 04:04:40 (0:26:56;) 04:31:29 (0:26:50;) 04:58:10 (0:26:41;)
24	2.	M35	230 Jörg Nagler	CORPS Starkenburgia	GER	05:19:53 00:31:14 (0:31:14;) 01:02:47 (0:31:34;) 01:34:18 (0:31:31;) 02:05:06 (0:30:49;) 02:36:16 (0:31:10;) 03:09:47 (0:33:32;) 03:43:12 (0:33:25;) 04:16:00 (0:32:49;) 04:49:24 (0:33:24;) 05:19:53 (0:30:30;)
25	4.	M55	210 Wilfried Lübke	SCC Berlin	GER	05:19:56 00:28:32 (0:28:32;) 00:58:56 (0:30:25;) 01:29:18 (0:30:22;) 02:00:56 (0:31:39;) 02:36:36 (0:35:41;) 03:09:26 (0:32:51;) 03:41:56 (0:32:30;) 04:14:44 (0:32:48;) 04:47:54 (0:33:11;) 05:19:56 (0:32:03;)
26	2.	W40	214 Claudia Widera	TV Hohne	GER	05:33:18 00:32:32 (0:32:32;) 01:05:16 (0:32:45;) 01:38:22 (0:33:06;) 02:11:30 (0:33:09;) 02:45:04 (0:33:34;) 03:18:06 (0:33:03;) 03:51:14 (0:33:09;) 04:23:54 (0:32:40;) 04:57:04 (0:33:11;) 05:33:18 (0:36:14;)
27	1.	M70	233 Wilhelm Deutsch	LC 92 Bad Salzuflen	GER	06:01:14 00:34:25 (0:34:25;) 01:09:34 (0:35:10;) 01:45:47 (0:36:13;) 02:19:59 (0:34:13;) 02:55:16 (0:35:18;) 03:31:04 (0:35:49;) 04:07:49 (0:36:45;) 04:45:34 (0:37:45;) 05:24:58 (0:39:25;) 06:01:14 (0:36:16;)
28	3.	M35	225 Mark Zindler	0	GER	06:28:51 00:33:48 (0:33:48;) 01:09:32 (0:35:45;) 01:45:12 (0:35:40;) 02:20:46 (0:35:35;) 02:56:51 (0:36:05;) 03:34:26 (0:37:36;) 04:12:57 (0:38:32;) 04:53:45 (0:40:48;) 05:38:42 (0:44:58;) 06:28:51 (0:50:09;)
29	2.	W45	226 Krystina Henschel	0	GER	06:28:51 00:33:48 (0:33:48;) 01:09:32 (0:35:45;) 01:45:11 (0:35:40;) 02:20:46 (0:35:35;) 02:56:51 (0:36:05;) 03:34:26 (0:37:36;) 04:12:57 (0:38:32;) 04:53:44 (0:40:48;) 05:38:43 (0:44:59;) 06:28:51 (0:50:09;)
30	1.	W50	209 Silvia Koschwitz	Berliner Seehunde	GER	10:21:41 00:56:31 (0:56:31;) 01:56:38 (1:00:08;) 02:55:14 (0:58:36;) 03:57:18 (1:02:04;) 04:57:33 (1:00:16;) 06:02:29 (1:04:56;) 07:04:07 (1:01:39;) 08:08:31 (1:04:25;) 09:13:27 (1:04:56;) 10:21:41 (1:08:14;)
			206 Daniel Dietterle	SV Medizin Eberswalde	GER	00:22:36 (0:22:36;) 00:45:35 (0:23:00;)