

XXXIV. 100 km Lauf von Grünheide/Kienbaum am 29.03.2014



Ergebnisliste nach Geschlecht mit AK-Wertung - 100 km

Pl.	AK	Snr.	Name	Verein (Wohnort)	NAT	Ziel	
100 km							
Frauen							
1.	1. W40	46	SEIDEL, Grit	LG Nord Berlin / Ultrateam	GER	9:32:06	
			00:28:33 (28:33)	00:56:52 (28:19)	01:24:51 (28:00)	01:52:27 (27:36)	02:19:48 (27:22)
			02:47:48 (28:01)	03:15:15 (27:27)	03:42:30 (27:16)	04:10:27 (27:57)	04:38:15 (27:49)
			05:06:10 (27:55)	05:35:09 (28:59)	06:04:17 (29:09)	06:33:11 (28:54)	07:02:43 (29:33)
			07:32:22 (29:40)	08:02:03 (29:41)	08:32:17 (30:14)	09:02:45 (30:29)	09:32:06 (29:22)
2.	1. W50	57	HEINLEIN, Marika	1. FC Geesdorf	GER	9:46:48	
			00:27:24 (27:24)	00:55:35 (28:11)	01:23:19 (27:45)	01:51:18 (27:59)	02:18:44 (27:26)
			02:45:51 (27:08)	03:13:27 (27:36)	03:41:26 (28:00)	04:09:44 (28:18)	04:37:34 (27:51)
			05:05:46 (28:12)	05:34:39 (28:53)	06:04:35 (29:57)	06:35:04 (30:29)	07:06:19 (31:16)
			07:37:59 (31:40)	08:10:17 (32:19)	08:42:45 (32:28)	09:15:16 (32:32)	09:46:48 (31:33)
3.	1. W35	61	LIBUDA, Anke	BSG Springorum Bochum	GER	9:48:59	
			00:29:46 (29:46)	00:59:28 (29:42)	01:28:41 (29:14)	01:57:58 (29:17)	02:26:54 (28:57)
			02:55:10 (28:17)	03:24:04 (28:54)	03:52:59 (28:56)	04:22:15 (29:16)	04:51:15 (29:01)
			05:21:27 (30:13)	05:51:09 (29:42)	06:20:52 (29:44)	06:51:05 (30:14)	07:21:29 (30:24)
			07:52:36 (31:08)	08:23:40 (31:04)	08:53:19 (29:39)	09:21:44 (28:26)	09:48:59 (27:15)
4.	2. W40	50	SZIEGOLEIT, Friederike	LG Mauerweg Berlin	GER	11:08:27	
			00:31:07 (31:07)	01:03:52 (32:45)	01:33:54 (30:03)	02:04:51 (30:58)	02:35:38 (30:47)
			03:10:00 (34:23)	03:41:47 (31:48)	04:14:10 (32:24)	04:47:36 (33:26)	05:22:22 (34:47)
			05:56:43 (34:21)	06:34:50 (38:07)	07:09:35 (34:46)	07:44:35 (35:00)	08:18:33 (33:58)
			08:52:37 (34:05)	09:26:35 (33:58)	10:00:33 (33:59)	10:35:34 (35:01)	11:08:27 (32:54)
5.	3. W40	56	NEß, Andrea	LG Mauerweg Berlin	GER	11:21:47	
			00:30:55 (30:55)	01:01:51 (30:57)	01:33:54 (31:45)	02:04:23 (30:47)	02:35:18 (30:56)
			03:06:34 (31:16)	03:37:43 (31:09)	04:09:38 (31:56)	04:42:56 (33:18)	05:16:53 (33:58)
			05:51:40 (34:47)	06:27:40 (36:00)	07:04:00 (36:21)	07:39:42 (35:42)	08:16:40 (36:58)
			08:56:37 (39:58)	09:36:50 (40:13)	10:11:16 (34:27)	10:46:44 (35:28)	11:21:47 (35:04)
6.	1. W30	10	SCHWIBS, Elisabeth	(Naunhof)	GER	11:38:12	
			00:32:25 (32:25)	01:04:48 (32:23)	01:38:25 (33:38)	02:12:36 (34:11)	02:46:58 (34:23)
			03:21:29 (34:31)	03:56:23 (34:54)	04:31:09 (34:47)	05:06:57 (35:48)	05:40:57 (34:01)
			06:14:18 (33:21)	06:48:00 (33:43)	07:21:57 (33:57)	07:56:27 (34:31)	08:32:01 (35:34)
			09:08:55 (36:54)	09:45:54 (37:00)	10:22:03 (36:10)	11:02:22 (40:19)	11:38:12 (35:50)
7.	2. W50	37	PAWZIK, Heike	LG Nord Berlin / Ultrateam	GER	11:42:12	
			00:30:56 (30:56)	01:01:57 (31:02)	01:33:15 (31:18)	02:04:53 (31:39)	02:36:07 (31:15)
			03:07:07 (31:00)	03:38:46 (31:40)	04:10:53 (32:08)	04:44:25 (33:32)	05:19:05 (34:41)
			05:57:11 (38:06)	06:33:05 (35:55)	07:10:21 (37:17)	07:49:00 (38:39)	08:27:16 (38:16)
			09:04:56 (37:40)	09:44:17 (39:21)	10:24:12 (39:56)	11:03:14 (39:03)	11:42:12 (38:58)
8.	2. W35	65	BLISSE, Nina	LG Mauerweg Berlin	GER	11:51:40	
			00:31:07 (31:07)	01:02:39 (31:32)	01:33:59 (31:20)	02:04:50 (30:51)	02:35:40 (30:51)
			03:07:22 (31:43)	03:41:35 (34:13)	04:16:25 (34:50)	04:50:57 (34:33)	05:29:27 (38:31)
			06:05:06 (35:39)	06:41:56 (36:51)	07:20:00 (38:04)	07:58:04 (38:05)	08:39:21 (41:18)
			09:22:15 (42:54)	09:59:10 (36:56)	10:36:01 (36:51)	11:12:52 (36:52)	11:51:40 (38:48)
	W50	28	KOSCHWITZ, Silvia	Berliner Seehunde	GER	DNF	
			01:00:32 (60:32)	02:06:39 (66:07)	03:12:29 (65:51)	04:17:07 (64:39)	05:31:10 (74:04)
			06:39:08 (67:58)	07:53:28 (74:21)	09:09:34 (76:06)	10:29:16 (79:43)	11:42:37 (73:22)
			0	0	0	0	0
			0	0	0	0	0
	W50	14	DILLING, Daniela	LG Nord Berlin / Ultrateam	GER	DNF	
			00:31:25 (31:25)	01:04:56 (33:32)	0	0	0
			0	0	0	0	0
			0	0	0	0	0
			0	0	0	0	0
Männer							
1.	1. M35	58	BÖHME, Florian	TSV Kusterdingen	GER	7:20:08	
			00:21:21 (21:21)	00:42:12 (20:51)	01:03:05 (20:53)	01:23:55 (20:51)	01:44:41 (20:47)
			02:05:39 (20:59)	02:26:44 (21:05)	02:47:37 (20:53)	03:08:31 (20:55)	03:29:43 (21:13)
			03:51:01 (21:18)	04:12:22 (21:22)	04:34:00 (21:39)	04:55:54 (21:54)	05:18:38 (22:44)
			05:41:57 (23:19)	06:05:10 (23:14)	06:30:32 (25:23)	06:56:45 (26:13)	07:20:08 (23:24)
2.	2. M35	30	KUFFERATH, Moritz	TV Refrath	GER	7:27:06	
			00:21:22 (21:22)	00:42:22 (21:00)	01:03:04 (20:42)	01:23:55 (20:52)	01:44:45 (20:50)
			02:05:47 (21:03)	02:26:51 (21:04)	02:47:51 (21:01)	03:08:59 (21:09)	03:30:11 (21:13)
			03:51:39 (21:29)	04:13:23 (21:44)	04:35:54 (22:32)	04:59:21 (23:27)	05:27:07 (27:46)
			05:50:30 (23:24)	06:15:16 (24:46)	06:39:13 (23:58)	07:03:16 (24:03)	07:27:06 (23:51)
3.	3. M35	24	KAMINSKY, Peter	LG Emsdetten	GER	7:29:15	
			00:22:07 (22:07)	00:43:53 (21:47)	01:06:09 (22:17)	01:28:06 (21:58)	01:50:12 (22:06)
			02:12:11 (22:00)	02:34:22 (22:11)	02:56:16 (21:54)	03:18:10 (21:55)	03:39:57 (21:48)
			04:01:55 (21:59)	04:24:07 (22:13)	04:46:24 (22:17)	05:09:05 (22:41)	05:31:27 (22:22)
			05:54:32 (23:06)	06:18:13 (23:41)	06:42:05 (23:53)	07:06:03 (23:58)	07:29:15 (23:12)

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Ergebnisliste nach Geschlecht mit AK-Wertung - 100 km

Pl.	AK	Snr.	Name	Verein (Wohnort)	NAT	Ziel	
4.	1. M40	26	KIWUS, Dirk	LG Nord Berlin / Ultrateam	GER	7:30:06	
			00:21:05 (21:05)	00:41:51 (20:47)	01:02:42 (20:51)	01:23:17 (20:36)	01:44:15 (20:58)
			02:05:11 (20:57)	02:26:03 (20:53)	02:46:58 (20:55)	03:07:53 (20:56)	03:29:04 (21:11)
			03:50:26 (21:23)	04:12:09 (21:43)	04:34:11 (22:02)	04:57:43 (23:33)	05:23:37 (25:54)
			05:48:50 (25:14)	06:14:01 (25:11)	06:41:09 (27:09)	07:06:01 (24:52)	07:30:06 (24:05)
5.	2. M40	25	KIEBLER, Jürgen	TV-Isny-Dethleffs Caravan	GER	7:37:43	
			00:21:47 (21:47)	00:43:34 (21:48)	01:05:31 (21:57)	01:27:16 (21:46)	01:49:14 (21:59)
			02:10:57 (21:44)	02:32:44 (21:47)	02:54:17 (21:34)	03:16:31 (22:14)	03:38:55 (22:24)
			04:01:46 (22:52)	04:24:08 (22:23)	04:46:45 (22:37)	05:09:50 (23:05)	05:33:00 (23:11)
			05:57:34 (24:34)	06:22:22 (24:49)	06:47:01 (24:40)	07:12:16 (25:15)	07:37:43 (25:27)
6.	1. M45	64	ZIMMERMANN, Achim	FC Ebershausen	GER	7:42:50	
			00:21:42 (21:42)	00:43:28 (21:47)	01:05:12 (21:44)	01:27:12 (22:00)	01:48:41 (21:30)
			02:10:18 (21:38)	02:32:13 (21:55)	02:54:09 (21:57)	03:16:31 (22:22)	03:38:54 (22:24)
			04:01:46 (22:53)	04:24:08 (22:22)	04:46:44 (22:37)	05:10:24 (23:40)	05:35:20 (24:56)
			06:03:38 (28:19)	06:28:55 (25:17)	06:53:59 (25:05)	07:19:24 (25:25)	07:42:50 (23:26)
7.	2. M45	54	VANICEK, Michael	LG Nord Berlin / Ultrateam	GER	7:52:43	
			00:24:26 (24:26)	00:47:27 (23:01)	01:10:47 (23:21)	01:34:43 (23:56)	01:58:35 (23:52)
			02:22:49 (24:15)	02:45:53 (23:04)	03:09:04 (23:11)	03:32:27 (23:24)	03:55:49 (23:22)
			04:18:55 (23:07)	04:42:09 (23:15)	05:05:29 (23:21)	05:28:59 (23:30)	05:53:05 (24:07)
			06:16:34 (23:29)	06:40:22 (23:49)	07:04:04 (23:42)	07:28:41 (24:37)	07:52:43 (24:03)
8.	3. M40	29	KUEHNER, Christof	Spvgg Holzgerlingen LT	GER	8:11:23	
			00:23:32 (23:32)	00:46:51 (23:19)	01:10:00 (23:10)	01:33:15 (23:15)	01:56:51 (23:36)
			02:20:08 (23:18)	02:44:04 (23:57)	03:07:43 (23:39)	03:31:32 (23:50)	03:55:48 (24:17)
			04:19:35 (23:48)	04:43:27 (23:52)	05:07:46 (24:20)	05:32:36 (24:51)	05:58:33 (25:58)
			06:24:48 (26:15)	06:51:33 (26:45)	07:18:24 (26:52)	07:45:02 (26:38)	08:11:23 (26:22)
9.	1. M50	39	RIEDEL, Roland	Adler-Langlauf Bottrop	GER	8:19:33	
			00:24:41 (24:41)	00:49:30 (24:50)	01:14:41 (25:11)	01:39:40 (24:59)	02:04:29 (24:50)
			02:29:20 (24:51)	02:54:11 (24:52)	03:19:19 (25:08)	03:44:16 (24:58)	04:08:58 (24:42)
			04:33:54 (24:56)	04:58:43 (24:50)	05:23:36 (24:53)	05:48:29 (24:53)	06:13:22 (24:53)
			06:38:19 (24:58)	07:03:40 (25:21)	07:29:00 (25:21)	07:54:05 (25:06)	08:19:33 (25:28)
10.	3. M45	53	THOMS, Stefan Stu	SV 1919 Woltersdorf	GER	8:22:25	
			00:24:40 (24:40)	00:49:50 (25:10)	01:14:18 (24:29)	01:38:52 (24:34)	02:03:13 (24:21)
			02:27:18 (24:06)	02:51:37 (24:20)	03:15:45 (24:09)	03:40:15 (24:30)	04:04:41 (24:26)
			04:29:09 (24:29)	04:53:45 (24:37)	05:18:23 (24:38)	05:45:02 (26:39)	06:09:43 (24:42)
			06:34:20 (24:37)	07:02:09 (27:49)	07:29:19 (27:11)	07:52:24 (23:06)	08:22:25 (30:01)
11.	4. M40	63	FLOCK, Peter	Lauffeuer Fröttstädt	GER	8:29:44	
			00:24:26 (24:26)	00:48:53 (24:27)	01:14:00 (25:08)	01:38:26 (24:27)	02:02:53 (24:27)
			02:27:14 (24:21)	02:51:34 (24:20)	03:15:45 (24:12)	03:39:59 (24:14)	04:05:28 (25:29)
			04:29:51 (24:23)	04:54:48 (24:57)	05:20:03 (25:16)	05:46:15 (26:12)	06:12:41 (26:27)
			06:39:29 (26:49)	07:06:49 (27:21)	07:34:54 (28:06)	08:02:59 (28:05)	08:29:44 (26:47)
12.	1. MHK	43	SAHLING, Malte	Hannover	GER	8:37:06	
			00:24:58 (24:58)	00:49:51 (24:54)	01:14:40 (24:50)	01:39:29 (24:49)	02:04:21 (24:53)
			02:29:11 (24:50)	02:54:17 (25:07)	03:19:19 (25:02)	03:46:00 (26:41)	04:10:37 (24:38)
			04:35:37 (25:00)	05:02:02 (26:26)	05:27:37 (25:36)	05:53:31 (25:54)	06:21:26 (27:55)
			06:48:01 (26:35)	07:15:29 (27:29)	07:43:02 (27:34)	08:10:51 (27:49)	08:37:06 (26:15)
13.	4. M45	52	THIEME, Günter	ESV Lok Zwickau	GER	8:47:13	
			00:25:32 (25:32)	00:51:25 (25:53)	01:17:26 (26:02)	01:43:31 (26:05)	02:09:30 (25:59)
			02:35:31 (26:01)	03:01:55 (26:25)	03:28:12 (26:18)	03:54:22 (26:10)	04:20:24 (26:03)
			04:46:42 (26:18)	05:13:02 (26:21)	05:39:36 (26:35)	06:06:09 (26:33)	06:32:40 (26:32)
			06:59:32 (26:52)	07:26:14 (26:43)	07:53:16 (27:03)	08:20:09 (26:53)	08:47:13 (27:05)
14.	4. M35	60	KNAUER, Daniel	Brockenlaufverein Isenburg	GER	9:01:39	
			00:23:59 (23:59)	00:46:51 (22:52)	01:10:00 (23:10)	01:33:16 (23:16)	01:56:51 (23:36)
			02:20:08 (23:18)	02:44:00 (23:52)	03:08:34 (24:35)	03:34:23 (25:49)	04:01:26 (27:03)
			04:29:02 (27:37)	04:56:58 (27:56)	05:29:41 (32:44)	06:00:06 (30:26)	06:29:58 (29:52)
			07:00:21 (30:24)	07:30:51 (30:30)	08:01:04 (30:14)	08:32:02 (30:58)	09:01:39 (29:38)
15.	1. M30	69	BRADE, Benjamin	LG Kleiner Eisbär	GER	9:22:26	
			00:30:48 (30:48)	01:02:23 (31:35)	01:34:23 (32:01)	02:04:07 (29:44)	02:32:38 (28:32)
			03:04:43 (32:06)	03:29:53 (25:10)	03:55:39 (25:47)	04:24:03 (28:25)	04:52:12 (28:09)
			05:23:48 (31:37)	05:50:33 (26:45)	06:20:08 (29:36)	06:52:14 (32:06)	07:21:49 (29:35)
			07:48:06 (26:18)	08:13:54 (25:49)	08:39:25 (25:31)	09:01:02 (21:38)	09:22:26 (21:24)
16.	5. M45	31	LANGPETER, Hilmar	TV Rot am See	GER	9:27:20	
			00:27:29 (27:29)	00:55:26 (27:57)	01:23:05 (27:39)	01:50:38 (27:34)	02:17:51 (27:13)
			02:45:25 (27:34)	03:13:04 (27:40)	03:41:29 (28:25)	04:09:57 (28:28)	04:38:09 (28:13)
			05:06:29 (28:20)	05:35:17 (28:49)	06:03:54 (28:47)	06:32:59 (29:06)	07:01:59 (29:01)
			07:32:00 (30:02)	08:01:08 (29:08)	08:30:51 (29:34)	09:01:09 (30:18)	09:27:20 (26:11)
17.	6. M45	38	PROCHASKA, Jan	LG Nord Berlin / Ultrateam	GER	9:35:51	
			00:28:33 (28:33)	00:56:52 (28:20)	01:28:14 (31:23)	01:55:12 (26:59)	02:22:43 (27:31)
			02:53:31 (30:49)	03:20:22 (26:52)	03:47:15 (26:53)	04:12:58 (25:44)	04:41:18 (28:20)
			05:11:48 (30:31)	05:39:12 (27:24)	06:06:34 (27:22)	06:37:35 (31:02)	07:08:55 (31:20)
			07:39:52 (30:58)	08:12:40 (32:48)	08:41:35 (28:55)	09:09:18 (27:44)	09:35:51 (26:33)

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Ergebnisliste nach Geschlecht mit AK-Wertung - 100 km

Pl.	AK	Snr.	Name	Verein (Wohnort)	NAT	Ziel	
18.	7. M45	51	TEICHERT, Gerd	TSG Seelow	GER	9:37:24	
			00:27:59 (27:59)	00:56:51 (28:53)	01:25:01 (28:10)	01:52:48 (27:48)	02:19:53 (27:05)
			02:47:57 (28:04)	03:15:21 (27:25)	03:43:05 (27:45)	04:10:27 (27:22)	04:38:28 (28:01)
			05:06:11 (27:44)	05:35:09 (28:59)	06:04:25 (29:16)	06:33:55 (29:30)	07:04:24 (30:30)
			07:34:35 (30:11)	08:05:47 (31:13)	08:35:23 (29:37)	09:06:01 (30:38)	09:37:24 (31:24)
19.	2. M50	21	HOPP, Michael	ESV Lok Potsdam	GER	9:44:17	
			00:27:03 (27:03)	00:54:28 (27:26)	01:22:06 (27:38)	01:50:11 (28:06)	02:17:59 (27:49)
			02:46:23 (28:24)	03:14:10 (27:48)	03:42:25 (28:15)	04:10:32 (28:08)	04:39:26 (28:54)
			05:08:27 (29:02)	05:37:47 (29:21)	06:07:35 (29:48)	06:37:42 (30:07)	07:08:31 (30:50)
			07:39:54 (31:23)	08:10:48 (30:54)	08:42:06 (31:19)	09:13:25 (31:19)	09:44:17 (30:52)
20.	2. MHK	72	KALAB, Magnus	BSC	GER	9:46:15	
			00:31:17 (31:17)	01:02:44 (31:27)	01:34:29 (31:46)	02:04:44 (30:16)	02:33:56 (29:12)
			03:05:00 (31:05)	03:33:51 (28:51)	04:02:48 (28:58)	04:30:47 (28:00)	04:58:53 (28:06)
			05:25:44 (26:51)	05:53:00 (27:17)	06:24:00 (31:00)	06:52:29 (28:30)	07:22:18 (29:50)
			07:50:49 (28:31)	08:18:59 (28:10)	08:47:44 (28:46)	09:17:46 (30:02)	09:46:15 (28:30)
21.	1. M55	70	KRAUSE, Volker	KSC Strausberg	GER	9:53:32	
			00:26:24 (26:24)	00:53:10 (26:46)	01:20:01 (26:52)	01:46:51 (26:50)	02:13:54 (27:03)
			02:43:38 (29:45)	03:11:54 (28:16)	03:41:06 (29:12)	04:10:12 (29:07)	04:40:00 (29:48)
			05:10:29 (30:30)	05:40:56 (30:28)	06:11:37 (30:41)	06:42:51 (31:15)	07:17:34 (34:43)
			07:49:19 (31:46)	08:21:08 (31:49)	08:51:38 (30:31)	09:22:37 (30:59)	09:53:32 (30:56)
22.	5. M40	55	WOITYNEK, Martin	LG Mauerweg Berlin	GER	9:54:19	
			00:27:02 (27:02)	00:54:05 (27:03)	01:20:45 (26:40)	01:47:09 (26:24)	02:13:52 (26:44)
			02:40:39 (26:47)	03:07:32 (26:54)	03:35:01 (27:29)	04:03:09 (28:09)	04:32:54 (29:45)
			05:02:27 (29:34)	05:34:31 (32:05)	06:06:43 (32:12)	06:38:07 (31:25)	07:10:01 (31:54)
			07:42:32 (32:32)	08:14:48 (32:16)	08:48:10 (33:23)	09:21:22 (33:13)	09:54:19 (32:57)
23.	2. M55	22	JANISZEWSKI, Günter	Schlaubetal	GER	10:07:45	
			00:28:50 (28:50)	00:57:34 (28:45)	01:26:35 (29:01)	01:55:20 (28:46)	02:24:03 (28:43)
			02:52:39 (28:36)	03:21:23 (28:45)	03:49:46 (28:23)	04:19:04 (29:19)	04:48:00 (28:56)
			05:17:05 (29:05)	05:46:27 (29:23)	06:16:38 (30:11)	06:46:52 (30:15)	07:17:56 (31:05)
			07:49:27 (31:31)	08:20:58 (31:31)	08:53:07 (32:10)	09:30:23 (37:16)	10:07:45 (37:23)
24.	8. M45	40	ROSENBAUM, Jörg	Gehörlosen TSV Essen	GER	10:28:52	
			00:27:33 (27:33)	00:55:26 (27:53)	01:23:39 (28:13)	01:51:42 (28:04)	02:19:59 (28:18)
			02:48:18 (28:19)	03:16:39 (28:21)	03:45:34 (28:56)	04:14:22 (28:48)	04:45:25 (31:04)
			05:19:39 (34:14)	05:54:17 (34:39)	06:27:23 (33:06)	06:59:58 (32:36)	07:30:36 (30:39)
			08:04:12 (33:37)	08:36:26 (32:14)	09:12:55 (36:30)	09:50:52 (37:58)	10:28:52 (38:00)
25.	6. M40	45	SCHULZ, Thomas	1.FC Union Berlin	GER	10:33:59	
			00:30:19 (30:19)	01:00:44 (30:25)	01:31:18 (30:34)	02:03:26 (32:09)	02:33:34 (30:08)
			03:02:51 (29:18)	03:32:06 (29:16)	04:01:16 (29:10)	04:29:56 (28:41)	04:59:18 (29:23)
			05:28:43 (29:25)	05:59:30 (30:48)	06:29:09 (29:40)	07:00:15 (31:06)	07:33:26 (33:12)
			08:13:12 (39:47)	08:48:58 (35:46)	09:24:52 (35:55)	10:00:16 (35:24)	10:33:59 (33:44)
26.	5. M35	23	KALINOWSKI, Bernd	LC Auensee Leipzig	GER	10:38:23	
			00:29:29 (29:29)	01:01:31 (32:03)	01:31:14 (29:43)	02:00:52 (29:39)	02:29:19 (28:27)
			02:58:34 (29:16)	03:27:52 (29:19)	03:57:04 (29:12)	04:26:24 (29:21)	04:56:08 (29:45)
			05:26:50 (30:43)	05:57:09 (30:19)	06:27:45 (30:36)	07:01:14 (33:30)	07:38:22 (37:09)
			08:15:29 (37:07)	08:51:53 (36:25)	09:29:08 (37:15)	10:05:29 (36:22)	10:38:23 (32:54)
27.	3. M50	59	KURTH, Andreas	SC Altenau Harz	GER	10:43:05	
			00:30:49 (30:49)	01:02:18 (31:29)	01:32:22 (30:04)	02:02:50 (30:29)	02:32:38 (29:49)
			03:03:06 (30:28)	03:32:45 (29:39)	04:01:31 (28:47)	04:30:45 (29:14)	04:59:46 (29:02)
			05:28:55 (29:09)	05:57:29 (28:34)	06:26:32 (29:03)	06:56:58 (30:27)	07:28:15 (31:17)
			08:02:15 (34:01)	08:36:21 (34:06)	09:15:07 (38:47)	09:59:30 (44:23)	10:43:05 (43:36)
28.	6. M35	33	MARSCHALLEK, Stephan	TV Fürstenwalde	GER	10:47:49	
			00:28:33 (28:33)	00:56:52 (28:19)	01:24:51 (28:00)	01:52:28 (27:38)	02:19:47 (27:20)
			02:47:48 (28:01)	03:15:14 (27:27)	03:43:08 (27:54)	04:12:26 (29:19)	04:40:50 (28:24)
			05:11:09 (30:20)	05:45:26 (34:17)	06:28:05 (42:40)	07:04:28 (36:24)	07:50:48 (46:20)
			08:26:07 (35:19)	09:03:13 (37:07)	09:38:08 (34:56)	10:14:58 (36:51)	10:47:49 (32:52)
29.	7. M40	32	LIEBERT, Oliver	LG Mauerweg Berlin	GER	10:50:54	
			00:30:55 (30:55)	01:01:51 (30:56)	01:31:48 (29:58)	02:01:43 (29:56)	02:32:38 (30:55)
			03:04:50 (32:12)	03:34:27 (29:38)	04:06:14 (31:48)	04:37:51 (31:38)	05:06:32 (28:41)
			05:45:20 (38:48)	06:19:03 (33:44)	06:52:02 (32:59)	07:26:42 (34:40)	08:00:29 (33:48)
			08:32:16 (31:48)	09:08:54 (36:38)	09:43:34 (34:41)	10:18:00 (34:27)	10:50:54 (32:54)
30.	7. M35	20	HEILERS, Florian	Laufsportfreunde Lausitz	GER	11:03:51	
			00:31:17 (31:17)	01:02:59 (31:42)	01:34:29 (31:30)	02:06:11 (31:43)	02:37:01 (30:50)
			03:08:46 (31:45)	03:40:30 (31:45)	04:12:01 (31:31)	04:44:27 (32:27)	05:17:11 (32:45)
			05:52:54 (35:43)	06:25:23 (32:30)	06:58:21 (32:59)	07:30:35 (32:14)	08:06:11 (35:37)
			08:42:02 (35:51)	09:18:34 (36:32)	09:55:23 (36:50)	10:29:59 (34:37)	11:03:51 (33:53)
31.	1. M60	48	STEINBRECHER, Diethard	100 Marathon Club	GER	11:18:56	
			00:31:09 (31:09)	01:02:58 (31:50)	01:34:44 (31:46)	02:06:32 (31:49)	02:38:16 (31:44)
			03:13:18 (35:02)	03:44:59 (31:42)	04:17:01 (32:02)	04:50:24 (33:23)	05:23:48 (33:25)
			06:01:20 (37:32)	06:35:22 (34:02)	07:12:46 (37:25)	07:47:18 (34:33)	08:23:38 (36:20)
			08:58:49 (35:12)	09:35:13 (36:25)	10:10:25 (35:12)	10:45:00 (34:36)	11:18:56 (33:56)

XXXIV. 100 km Lauf von Grünheide/Kienbaum am 29.03.2014



Ergebnisliste nach Geschlecht mit AK-Wertung - 100 km

Pl.	AK	Snr.	Name	Verein (Wohnort)	NAT	Ziel	
32.	4. M50	47	SPENGLER, Roman	Hamburg	GER	11:27:25	
			00:29:35 (29:35)	00:59:33 (29:58)	01:31:18 (31:46)	02:03:01 (31:44)	02:37:17 (34:17)
			03:09:04 (31:47)	03:41:18 (32:15)	04:13:08 (31:50)	04:45:49 (32:42)	05:18:24 (32:36)
			05:53:16 (34:52)	06:27:09 (33:53)	07:01:45 (34:37)	07:37:25 (35:40)	08:13:47 (36:22)
			08:51:51 (38:05)	09:29:33 (37:42)	10:06:25 (36:53)	10:46:02 (39:37)	11:27:25 (41:23)
33.	2. M60	13	BOHN, Gunter	GMRV Kleinmachnow	GER	11:40:14	
			00:28:53 (28:53)	00:59:32 (30:39)	01:29:53 (30:22)	02:00:50 (30:57)	02:32:03 (31:14)
			03:03:45 (31:43)	03:35:31 (31:46)	04:08:52 (33:22)	04:42:07 (33:15)	05:15:44 (33:38)
			05:52:53 (37:10)	06:30:37 (37:44)	07:07:32 (36:56)	07:44:57 (37:25)	08:22:31 (37:35)
			08:59:09 (36:38)	09:39:29 (40:21)	10:18:48 (39:20)	10:59:37 (40:49)	11:40:14 (40:38)
34.	5. M50	68	HAHN, Ronald	LG Mauerweg Berlin	GER	11:50:17	
			00:30:49 (30:49)	01:01:29 (30:41)	01:32:22 (30:54)	02:02:50 (30:29)	02:33:30 (30:41)
			03:05:11 (31:41)	03:38:18 (33:08)	04:13:07 (34:50)	04:48:10 (35:03)	05:25:27 (37:18)
			06:03:51 (38:24)	06:42:04 (38:13)	07:20:14 (38:10)	07:59:12 (38:58)	08:39:30 (40:19)
			09:18:35 (39:06)	09:58:35 (40:00)	10:36:43 (38:09)	11:10:57 (34:14)	11:50:17 (39:21)
35.	6. M50	66	REIFF, Harald	LG Mauerweg Berlin	GER	11:51:39	
			00:31:17 (31:17)	01:02:39 (31:23)	01:33:59 (31:20)	02:04:50 (30:51)	02:35:40 (30:50)
			03:07:22 (31:43)	03:41:35 (34:13)	04:16:25 (34:50)	04:54:19 (37:55)	05:29:28 (35:09)
			06:05:06 (35:39)	06:41:56 (36:50)	07:19:59 (38:04)	07:58:04 (38:05)	08:39:21 (41:18)
			09:22:15 (42:54)	09:59:10 (36:55)	10:36:01 (36:51)	11:12:52 (36:52)	11:51:39 (38:48)
36.	8. M40	67	ZINDLER, Mark	Ultra-Motten Potsdam	GER	11:56:01	
			00:31:08 (31:08)	01:02:23 (31:16)	01:33:16 (30:54)	02:04:23 (31:08)	02:35:20 (30:58)
			03:06:41 (31:21)	03:39:17 (32:37)	04:11:49 (32:32)	04:50:29 (38:41)	05:26:15 (35:47)
			06:02:42 (36:27)	06:43:03 (40:21)	07:22:17 (39:15)	08:09:18 (47:01)	08:52:46 (43:29)
			09:30:19 (37:33)	10:07:03 (36:45)	10:44:15 (37:12)	11:18:42 (34:28)	11:56:01 (37:19)
37.	9. M40	1	SEEMANN, Tammo	(Oldenburg)	GER	12:32:56	
			00:32:25 (32:25)	01:04:48 (32:23)	01:38:26 (33:38)	02:12:36 (34:11)	02:48:48 (36:13)
			03:21:29 (32:41)	03:56:23 (34:55)	04:31:09 (34:47)	05:09:16 (38:08)	05:42:14 (32:58)
			06:18:04 (35:50)	06:54:14 (36:11)	07:35:54 (41:41)	08:20:46 (44:52)	09:06:11 (45:26)
			09:43:33 (37:23)	10:20:43 (37:10)	11:00:10 (39:28)	11:42:07 (41:57)	12:32:56 (50:50)
	M40	71	EISENER, Gerhard	LG Schefflenztal	GER		
			00:28:19 (28:19)	00:56:34 (28:16)	01:25:26 (28:53)	01:54:19 (28:53)	02:25:31 (31:12)
			02:57:21 (31:51)	03:31:44 (34:23)	04:09:24 (37:41)	04:50:01 (40:37)	05:28:00 (38:00)
			06:16:43 (48:44)	06:57:06 (40:23)	07:36:56 (39:51)	08:18:03 (41:08)	09:07:45 (49:42)
			09:54:42 (46:58)	10:44:27 (49:45)	11:34:17 (49:50)		
	M55	18	FRUNZKE, Thomas	Storkow	GER	DNF	
			00:27:04 (27:04)	00:54:17 (27:13)	01:22:01 (27:44)	01:49:47 (27:47)	02:17:35 (27:49)
			02:45:12 (27:37)	03:12:48 (27:37)	03:40:43 (27:56)	04:09:04 (28:21)	04:37:27 (28:23)
			05:05:30 (28:04)	05:33:33 (28:03)	06:02:20 (28:47)	06:31:37 (29:17)	07:04:38 (33:02)
			07:47:09 (42:31)				
	M40	62	WÖRN, Heinz	Spvgg Holzgerlingen LT	GER	DNF	
			00:23:33 (23:33)	00:47:25 (23:52)	01:10:45 (23:21)	01:34:42 (23:58)	01:58:35 (23:54)
			02:22:49 (24:14)	02:47:31 (24:42)	03:13:11 (25:41)	03:40:10 (27:00)	04:07:47 (27:37)
			04:35:53 (28:07)	05:05:14 (29:21)	05:35:32 (30:18)	06:08:22 (32:50)	
	M60	44	SCHMIDT, Peter	LC Ron-Hill Berlin	GER	DNF	
			00:29:25 (29:25)	00:58:31 (29:07)	01:27:47 (29:16)	01:58:18 (30:32)	02:29:18 (31:01)
			03:01:31 (32:13)	03:35:22 (33:51)	04:11:11 (35:50)	04:50:22 (39:12)	05:32:37 (42:15)
			06:16:02 (43:26)	06:58:43 (42:41)	07:43:23 (44:41)	08:43:37 (60:15)	
	M50	36	MUHS, Matthias	Eisenhüttenstadt	GER	DNF	
			00:26:02 (26:02)	00:52:35 (26:33)	01:18:52 (26:17)	01:44:59 (26:07)	02:10:54 (25:55)
			02:37:02 (26:08)	03:04:13 (27:12)	03:32:27 (28:15)	04:01:25 (28:58)	04:31:47 (30:23)
			05:05:04 (33:18)	05:45:26 (40:23)			
	M55	27	KOLAR, Peter	Oak Runners Eich	SUI	DNF	
			00:29:23 (29:23)	00:58:39 (29:17)	01:29:07 (30:28)	01:58:38 (29:32)	02:28:24 (29:47)
			02:59:06 (30:42)	03:30:19 (31:14)	04:01:05 (30:46)	04:33:05 (32:01)	05:06:07 (33:02)
			05:38:32 (32:25)	06:10:33 (32:02)			
	M45	11	BARTUSCH, Jens	WSG 81 Königs Wusterhausen	GER	DNF	
			00:26:02 (26:02)	00:52:35 (26:33)	01:18:52 (26:17)	01:44:54 (26:03)	02:10:50 (25:56)
			02:36:37 (25:47)	03:02:19 (25:42)	03:28:02 (25:44)	03:54:21 (26:19)	04:20:25 (26:05)
			04:49:25 (29:00)				
	M60	17	FRIEDL, Mike	LG Mauerweg Berlin	GER	DNF	
			00:30:19 (30:19)	01:00:44 (30:26)	01:31:18 (30:34)	02:03:26 (32:09)	02:39:07 (35:41)
			03:12:55 (33:49)	03:47:29 (34:34)	04:25:00 (37:32)	05:03:04 (38:04)	05:41:37 (38:34)
			06:25:18 (43:42)				

XXXIV. 100 km Lauf von Grünheide/Kienbaum am 29.03.2014



Ergebnisliste nach Geschlecht mit AK-Wertung - 100 km

Pl.	AK	Snr.	Name	Verein (Wohnort)	NAT	Ziel	
	M50	41	ROßBERG, Volker	T-Rex-Team Peitz	GER	DNF	
			00:27:30 (27:30)	00:55:06 (27:36)	01:20:56 (25:51)	01:46:33 (25:38)	02:11:47 (25:14)
			02:38:04 (26:17)	03:04:20 (26:17)	03:31:22 (27:02)	03:59:33 (28:11)	04:30:16 (30:43)
			0	0	0	0	0
			0	0	0	0	0
	M45	35	MILKE, Ralf	Pro Sport Berlin	GER	DNF	
			00:27:55 (27:55)	00:56:13 (28:19)	01:24:25 (28:12)	01:53:27 (29:03)	02:22:22 (28:55)
			02:50:29 (28:08)	03:19:21 (28:52)	03:49:09 (29:49)	04:18:44 (29:36)	04:50:59 (32:15)
			0	0	0	0	0
			0	0	0	0	0
	M30	34	MEIKSTAT, Gunnar	Berlin	GER		
			00:28:25 (28:25)	00:57:00 (28:36)	01:25:01 (28:01)	01:52:48 (27:48)	02:20:27 (27:40)
			02:54:06 (33:39)	03:21:41 (27:36)	03:53:37 (31:56)	0	0
			0	0	0	0	0
			0	0	0	0	0

Anzahl Teilnehmer: 58