

XXXIX. Internationaler 100 km-Lauf von Grünheide/Störitz am 30.03.2019



Ergebnisliste nach Geschlecht mit AK-Wertung - 12-Stunden-Lauf

Pl.	AK	Snr.	Name	Verein (Wohnort)	NAT	Strecke
12-Stunden-Lauf						
Frauen						
1.	1. W45	400	WAHL, Marita 26:29 (26:29) 02:41:51 (27:55) 05:02:46 (28:10) 07:30:39 (31:07) 10:06:29 (33:11)	Guts-Muths-Rennsteiglaufverein 00:53:08 (26:39) 03:09:03 (27:13) 05:30:35 (27:48) 08:01:01 (30:22) 10:39:42 (33:13)	GER 01:19:24 (26:17) 03:37:19 (28:17) 05:58:40 (28:05) 08:30:35 (29:34) 11:25:36 (45:53)	119,979 01:47:44 (28:20) 04:06:44 (29:25) 06:29:38 (30:58) 09:02:51 (32:15) 02:13:57 (26:13) 04:34:35 (27:52) 06:59:31 (29:52) 09:33:18 (30:26)
2.	3. W40	398	TIMMERMANN, Madeleine 27:21 (27:21) 02:49:30 (28:19) 05:18:13 (33:00) 07:59:31 (34:18) 10:53:19 (33:07)	Team Erdinger Alkoholfrei 00:55:16 (27:55) 03:18:11 (28:42) 05:49:08 (30:54) 08:33:01 (33:29)	GER 01:24:16 (29:01) 03:47:54 (29:44) 06:20:43 (31:35) 09:07:40 (34:39)	114,617 01:52:27 (28:11) 04:17:03 (29:10) 06:52:50 (32:06) 09:42:17 (34:36) 02:21:11 (28:45) 04:45:12 (28:10) 07:25:13 (32:22) 10:20:11 (37:53)
3.	2. W40	394	SCHÜLKE, Anke 29:16 (29:16) 02:53:38 (28:46) 05:25:23 (33:29) 09:37:09 (29:20)	LG NORD Berlin Ultrateam 00:57:53 (28:38) 03:23:04 (29:26) 05:55:33 (30:09) 10:19:56 (42:47)	GER 01:26:13 (28:20) 03:52:20 (29:17) 06:35:28 (39:54) 11:13:21 (53:25)	94,259 01:56:04 (29:52) 04:22:42 (30:22) 07:06:53 (31:25) 02:24:53 (28:50) 04:51:53 (29:11) 09:07:48 (120:55)
4.	2. W35	393	RAUHUT, Janina 32:34 (32:34) 03:17:50 (33:12) 06:10:22 (35:35) 09:48:35 (48:45)	NaDa läuft 01:05:11 (32:38) 03:51:36 (33:47) 06:46:36 (36:14) 10:36:44 (48:08)	GER 01:39:16 (34:05) 04:25:25 (33:49) 07:24:00 (37:24) 11:37:37 (60:53)	91,551 02:12:16 (33:00) 04:58:37 (33:12) 08:05:51 (41:50) 02:44:39 (32:23) 05:34:47 (36:11) 08:59:50 (53:58)
4.	1. W40	392	RAUHUT, Dana 32:34 (32:34) 03:17:50 (33:12) 06:10:22 (35:35) 09:48:35 (48:44)	NaDa läuft 01:05:11 (32:37) 03:51:36 (33:47) 06:46:36 (36:13) 10:36:43 (48:08)	GER 01:39:16 (34:06) 04:25:25 (33:50) 07:24:00 (37:24) 11:37:36 (60:52)	91,551 02:12:16 (33:00) 04:58:37 (33:12) 08:05:51 (41:50) 02:44:39 (32:23) 05:34:47 (36:10) 08:59:51 (53:59)
6.	1. W75	380	BAUER, Edda 37:06 (37:06) 04:04:51 (48:54) 08:28:24 (58:39)	DUV 01:13:59 (36:53) 04:53:27 (48:36) 09:27:22 (58:58)	GER 01:52:47 (38:49) 05:40:00 (46:33) 10:19:27 (52:04)	75,019 02:32:47 (40:00) 06:39:07 (59:08) 11:08:58 (49:31) 03:15:57 (43:11) 07:29:44 (50:37)
7.	1. W35	391	PLOCH, Elisabeth 43:27 (43:27) 06:14:10 (61:05)	LG Ultralauf 01:28:21 (44:54) 07:13:24 (59:14)	GER 03:46:54 (138:34) 08:28:28 (75:05)	50,000 04:27:36 (40:43) 09:27:21 (58:54) 05:13:06 (45:31) 10:37:31 (70:10)
Männer						
1.	3. M50	386	GRAF, Olaf 27:15 (27:15) 02:39:04 (25:57) 04:53:34 (27:34) 07:15:30 (28:46) 09:53:31 (32:21)	TSG Fredersdorf 00:54:33 (27:18) 03:07:03 (27:59) 05:20:36 (27:01) 07:44:46 (29:16) 10:25:39 (32:07)	GER 01:22:23 (27:51) 03:33:22 (26:20) 05:50:49 (30:13) 08:14:38 (29:52) 10:58:38 (32:58)	124,649 01:47:53 (25:30) 03:59:30 (26:09) 06:17:56 (27:07) 08:50:24 (35:45) 11:31:19 (32:41) 02:13:08 (25:16) 04:25:59 (26:30) 06:46:43 (28:46) 09:21:10 (30:46)
2.	2. M50	399	VANICEK, Michael 29:16 (29:16) 02:53:37 (28:44) 05:17:41 (28:39) 07:39:57 (28:21) 10:10:29 (33:08)	LG NORD Berlin Ultrateam 00:57:53 (28:38) 03:22:01 (28:25) 05:46:16 (28:35) 08:10:03 (30:05) 10:38:59 (28:30)	GER 01:26:13 (28:20) 03:50:37 (28:36) 06:14:48 (28:32) 08:37:56 (27:52) 11:06:51 (27:51)	124,306 01:56:04 (29:51) 04:18:55 (28:19) 06:43:25 (28:36) 09:07:48 (29:52) 02:24:53 (28:50) 04:49:02 (30:07) 07:11:36 (28:11) 09:37:21 (29:32)
3.	2. M35	397	THOMET, Mark 27:15 (27:15) 02:35:04 (25:17) 04:49:24 (28:27) 07:23:29 (30:24) 09:58:13 (31:41)	FC St. Pauli Triathlon 00:54:24 (27:10) 03:00:24 (25:21) 05:20:03 (30:39) 07:54:30 (31:00) 10:34:01 (35:48)	GER 01:19:54 (25:31) 03:26:47 (26:24) 05:50:08 (30:04) 08:25:44 (31:14) 11:04:35 (30:33)	123,562 01:45:02 (25:08) 03:53:25 (26:39) 06:19:21 (29:13) 08:55:59 (30:14) 02:09:47 (24:45) 04:20:56 (27:31) 06:53:05 (33:43) 09:26:31 (30:32)
4.	1. M35	384	BRADÉ, Benjamin 23:45 (23:45) 02:20:48 (22:56) 04:21:03 (26:06) 06:22:38 (26:22) 09:04:32 (38:55)	LG NORD Berlin Ultrateam 00:49:10 (25:26) 02:44:03 (23:15) 04:44:12 (23:08) 06:53:27 (30:48) 10:03:05 (58:33)	GER 01:12:48 (23:39) 03:07:17 (23:15) 05:10:21 (26:09) 07:18:51 (25:24) 11:02:02 (58:56)	115,000 01:34:46 (21:59) 03:31:44 (24:28) 05:33:06 (22:44) 07:49:20 (30:29) 01:57:53 (23:07) 03:54:57 (23:13) 05:56:15 (23:09) 08:25:37 (36:16)

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Ergebnisliste nach Geschlecht mit AK-Wertung - 12-Stunden-Lauf

Pl.	AK	Snr.	Name	Verein (Wohnort)	NAT	Strecke
5.	4. M65	502	MASCHER, Karl 29:29 (29:29) 02:58:13 (31:26) 05:31:37 (31:06) 08:19:03 (34:03) 11:16:51 (35:52)	VfL Tegel 1891 eV 01:28:11 (28:50) 03:58:07 (30:11) 06:36:57 (33:12) 09:29:01 (35:23)	GER 01:57:10 (29:00) 04:29:50 (31:44) 07:10:56 (33:58) 10:05:01 (35:59)	109,048 02:26:48 (29:38) 05:00:31 (30:41) 07:45:00 (34:04) 10:40:59 (35:57)
6.	1. M40	387	LINKERSDÖRFER, Torsten 31:37 (31:37) 03:09:39 (31:04) 05:49:40 (31:42) 08:35:41 (34:16)	(Halle) 01:03:14 (31:37) 03:41:58 (32:20) 06:22:06 (32:25) 09:10:24 (34:43)	GER 01:35:01 (31:48) 04:13:40 (31:42) 06:54:48 (32:42) 09:44:11 (33:47)	106,844 02:06:44 (31:43) 04:45:03 (31:23) 07:27:39 (32:51) 10:18:12 (34:00)
7.	1. M50	381	BECKMANN, Michael 31:43 (31:43) 03:06:09 (31:36) 05:56:25 (37:42) 09:19:10 (39:34)	LG NORD Berlin Ultrateam 01:02:42 (31:00) 03:36:44 (30:36) 06:36:46 (40:21) 10:04:57 (45:46)	GER 01:33:33 (30:52) 04:08:59 (32:16) 07:16:56 (41:10) 10:49:49 (44:52)	96,034 02:03:42 (30:09) 04:42:56 (33:58) 07:58:16 (41:19) 11:40:54 (51:05)
8.	2. M55	395	SCHULZ, Eberhard 29:27 (29:27) 03:10:01 (41:02) 06:30:48 (42:57) 10:12:24 (47:14)	(Blankenfelde) 00:58:58 (29:31) 03:45:48 (35:47) 07:13:41 (42:52) 11:03:05 (50:41)	GER 01:28:30 (29:33) 04:22:22 (36:35) 07:57:45 (44:04)	92,331 01:58:20 (29:50) 05:07:35 (45:13) 08:36:58 (39:12) 09:25:09 (48:11)
9.	3. M65	383	BOHN, Gunter 30:27 (30:27) 03:16:02 (37:47) 06:48:23 (45:07) 10:33:03 (47:28)	Guts-Muths-Rennsteiglaufverein 01:01:08 (30:42) 03:58:11 (42:09) 07:31:18 (42:54) 11:21:55 (48:51)	GER 01:32:05 (30:57) 04:39:35 (41:24) 08:14:48 (43:30)	89,489 02:03:41 (31:37) 05:21:42 (42:08) 08:58:34 (43:45) 09:45:35 (47:01)
10.	2. M65	396	STEINBRECHER, Diethard 36:06 (36:06) 03:39:53 (38:39) 06:57:48 (42:29) 10:46:12 (49:08)	100 Marathon Club 01:11:37 (35:32) 04:17:03 (37:11) 07:40:54 (43:06) 11:32:16 (46:04)	GER 01:47:33 (35:57) 04:55:29 (38:26) 08:23:40 (42:45)	87,693 02:25:25 (37:52) 05:34:08 (38:39) 09:09:34 (45:54) 03:01:15 (35:51) 06:15:19 (41:11) 09:57:03 (47:28)
11.	1. M65	385	FRIEDL, Mike 38:32 (38:32) 03:54:56 (39:08) 07:30:10 (47:39) 11:23:57 (46:12)	LG Mauerweg Berlin e.V. 01:18:33 (40:02) 04:35:38 (40:42) 08:14:26 (44:15)	GER 01:58:03 (39:30) 05:17:49 (42:12) 09:02:30 (48:04)	83,628 02:36:55 (38:53) 05:59:52 (42:03) 09:50:15 (47:44) 03:15:49 (38:55) 06:42:31 (42:40) 10:37:44 (47:29)
12.	1. M70	390	PALM, Hajo 37:08 (37:08) 03:42:53 (38:40) 07:37:07 (51:25) 11:43:35 (54:40)	(Berlin) 01:13:20 (36:13) 04:40:44 (57:52) 08:21:29 (44:21)	GER 01:49:45 (36:25) 05:22:23 (41:39) 09:06:09 (44:40)	80,000 02:26:39 (36:54) 06:02:28 (40:05) 09:56:14 (50:04) 03:04:14 (37:36) 06:45:41 (43:13) 10:48:55 (52:40)
13.	1. M55	389	NOACK, Jens 39:55 (39:55) ()	LG Mauerweg Berlin e.V. 01:21:49 (41:55) ()	GER 02:05:34 (43:46) ()	20,000 02:51:59 (46:25) ()

Anzahl Teilnehmer: 20