

XXX. Internationaler 100km-Lauf von Grünheide/Kienbaum

Gesamteinlauf 100km

RANKING	NO.	NAME	CLUB	RESULT	
				TOTAL	AGE CLAAS
1	1. M45	568 Peter Palmans	SACM Belgium	08:06:54	
		00:23:04 (00:23:04) 00:46:09 (00:23:06) 01:09:26 (00:23:17) 01:32:57 (00:23:32) 01:56:09 (00:23:12)			
		02:19:24 (00:23:15) 02:42:49 (00:23:25) 03:06:04 (00:23:16) 03:29:25 (00:23:21) 03:52:56 (00:23:32)			
		04:16:27 (00:23:31) 04:40:01 (00:23:34) 05:03:43 (00:23:43) 05:28:21 (00:24:38) 05:52:45 (00:24:25)			
		06:17:34 (00:24:49) 06:42:28 (00:24:55) 07:08:22 (00:25:54) 07:36:02 (00:27:40) 08:06:54 (00:30:52)			
2	1. M30	573 Sören Schramm	Chemnitzer LV Megware	08:10:24	
		00:22:56 (00:22:56) 00:45:14 (00:22:18) 01:07:28 (00:22:15) 01:29:54 (00:22:26) 01:52:11 (00:22:17)			
		02:14:44 (00:22:34) 02:37:42 (00:22:58) 03:00:47 (00:23:05) 03:23:29 (00:22:43) 03:46:20 (00:22:51)			
		04:10:36 (00:24:17) 04:36:45 (00:26:10) 05:03:17 (00:26:32) 05:29:33 (00:26:17) 05:59:11 (00:29:38)			
		06:27:31 (00:28:20) 6:54:10; (00:26:40) 07:20:13 (00:26:04) 07:45:47 (00:25:34) 08:10:24 (00:24:38)			
3	1. M35	584 Marc C. Jänicke	Berlin	08:28:33	
		00:24:01 (00:24:01) 00:47:30 (00:23:29) 01:11:43 (00:24:14) 01:35:10 (00:23:27) 01:59:23 (00:24:13)			
		02:23:08 (00:23:46) 02:47:11 (00:24:04) 03:10:51 (00:23:40) 03:35:07 (00:24:17) 03:59:11 (00:24:04)			
		04:23:52 (00:24:42) 04:49:48 (00:25:56) 05:16:10 (00:26:22) 05:43:22 (00:27:13) 06:10:22 (00:27:01)			
		06:37:56 (00:27:34) 7:08:10; (00:30:15) 07:35:54 (00:27:45) 08:02:43 (00:26:50) 08:28:33 (00:25:50)			
4	1. M40	520 Stu Thoms	Woltersdorf	08:38:39	
		00:24:01 (00:24:01) 00:47:29 (00:23:29) 01:10:36 (00:23:08) 01:33:20 (00:22:45) 01:56:01 (00:22:41)			
		02:18:38 (00:22:37) 02:41:20 (00:22:43) 03:04:17 (00:22:58) 03:27:48 (00:23:31) 03:51:46 (00:23:58)			
		04:16:30 (00:24:44) 04:42:20 (00:25:50) 05:09:56 (00:27:36) 05:38:48 (00:28:53) 06:09:51 (00:31:03)			
		06:40:18 (00:30:27) 7:10:26; (00:30:09) 07:39:41 (00:29:16) 08:09:46 (00:30:05) 08:38:39 (00:28:53)			
5	2. M35	562 Oliver Leu	LG Bremen Nord	08:43:38	
		00:26:24 (00:26:24) 00:52:55 (00:26:31) 01:18:48 (00:25:53) 01:44:42 (00:25:54) 02:10:01 (00:25:20)			
		02:35:19 (00:25:19) 03:01:13 (00:25:54) 03:26:41 (00:25:29) 03:52:24 (00:25:43) 04:18:28 (00:26:05)			
		04:44:31 (00:26:03) 05:10:41 (00:26:11) 05:37:22 (00:26:41) 06:03:20 (00:25:59) 06:30:12 (00:26:52)			
		06:56:54 (00:26:42) 7:24:02; (00:27:08) 07:51:32 (00:27:31) 08:18:10 (00:26:38) 08:43:38 (00:25:29)			
6	2. M40	522 Kai Horschig	TSG Schopfheim	08:43:38	
		00:26:24 (00:26:24) 00:52:56 (00:26:32) 01:18:49 (00:25:53) 01:44:42 (00:25:54) 02:10:01 (00:25:20)			
		02:35:20 (00:25:19) 03:01:13 (00:25:53) 03:26:42 (00:25:30) 03:52:24 (00:25:43) 04:18:29 (00:26:05)			
		04:44:31 (00:26:03) 05:10:43 (00:26:12) 05:37:24 (00:26:41) 06:03:24 (00:26:01) 06:30:16 (00:26:53)			
		06:57:05 (00:26:49) 7:24:02; (00:26:58) 07:51:33 (00:27:31) 08:18:14 (00:26:42) 08:43:38 (00:25:24)			
7	2. M30	516 Michael Fiebelkorn	Leipzig	08:49:38	
		00:26:40 (00:26:40) 00:52:11 (00:25:31) 01:19:36 (00:27:25) 01:44:42 (00:25:07) 02:10:02 (00:25:20)			
		02:35:20 (00:25:19) 03:00:19 (00:25:00) 03:25:22 (00:25:03) 03:51:01 (00:25:39) 04:16:42 (00:25:41)			
		04:41:52 (00:25:11) 05:08:25 (00:26:34) 05:35:30 (00:27:05) 06:02:39 (00:27:10) 06:29:38 (00:26:59)			
		06:57:51 (00:28:14) 7:25:24; (00:27:33) 07:53:13 (00:27:50) 08:24:56 (00:31:43) 08:49:38 (00:24:43)			
8	3. M40	533 Jens Scheffler	Lauffreunde Storkow	08:56:28	
		00:25:10 (00:25:10) 00:50:54 (00:25:45) 01:16:52 (00:25:59) 01:42:42 (00:25:50) 02:07:57 (00:25:16)			
		02:32:42 (00:24:46) 02:57:35 (00:24:53) 03:22:40 (00:25:05) 03:48:00 (00:25:21) 04:14:22 (00:26:23)			
		04:41:19 (00:26:57) 05:08:10 (00:26:51) 05:37:07 (00:28:57) 06:04:51 (00:27:45) 06:33:53 (00:29:02)			
		07:03:01 (00:29:08) 7:31:32; (00:28:32) 07:59:30 (00:27:59) 08:27:51 (00:28:21) 08:56:28 (00:28:38)			
9	1. M20	508 Hans-Jürgen Heidebrecht	SV Langwedel	09:07:22	
		00:25:06 (00:25:06) 00:49:54 (00:24:49) 01:17:55 (00:28:02) 01:42:34 (00:24:39) 02:07:53 (00:25:19)			
		02:34:59 (00:27:07) 03:00:25 (00:25:27) 03:26:13 (00:25:48) 03:52:07 (00:25:55) 04:18:27 (00:26:20)			
		04:46:16 (00:27:50) 05:13:31 (00:27:15) 05:41:43 (00:28:13) 06:10:36 (00:28:53) 06:39:39 (00:29:04)			
		07:08:47 (00:29:09) 7:37:55; (00:29:08) 08:07:10 (00:29:15) 08:37:12 (00:30:03) 09:07:22 (00:30:10)			
10	1. M50	567 Michael Hopp	ESV Lok Potsdam	09:11:52	
		00:25:24 (00:25:24) 00:50:28 (00:25:04) 01:15:45 (00:25:18) 01:41:14 (00:25:29) 02:07:24 (00:26:11)			
		02:32:56 (00:25:32) 02:58:48 (00:25:53) 03:24:39 (00:25:51) 03:50:49 (00:26:11) 04:17:15 (00:26:26)			
		04:44:20 (00:27:06) 05:13:24 (00:29:04) 05:42:28 (00:29:04) 06:12:41 (00:30:14) 06:42:20 (00:29:39)			
		07:12:05 (00:29:46) 7:42:18; (00:30:13) 08:12:39 (00:30:22) 08:42:55 (00:30:17) 09:11:52 (00:28:57)			
11	3. M35	544 Silvio Hempel	TSV Regen	09:17:58	
		00:28:15 (00:28:15) 00:55:52 (00:27:37) 01:23:13 (00:27:22) 01:50:40 (00:27:27) 02:18:33 (00:27:54)			
		02:46:22 (00:27:49) 03:13:39 (00:27:18) 03:41:23 (00:27:44) 04:08:33 (00:27:10) 04:35:26 (00:26:53)			
		05:03:29 (00:28:04) 05:31:11 (00:27:43) 05:58:53 (00:27:42) 06:26:26 (00:27:34) 06:54:21 (00:27:55)			
		07:21:46 (00:27:26) 7:51:03; (00:29:18) 08:19:41 (00:28:39) 08:48:37 (00:28:56) 09:17:58 (00:29:21)			

XXX. Internationaler 100km-Lauf von Grünheide/Kienbaum

Gesamteinlauf 100km

RANKING	NO.	NAME	CLUB	RESULT
TOTAL	AGE	CLAAS		
12	2. M50	576 Karl Berndstrotmann	SUS - Olfen	09:22:31
		00:22:57 (00:22:57) 00:45:14 (00:22:18) 01:07:29 (00:22:15) 01:29:54 (00:22:25) 01:52:18 (00:22:24)		
		02:14:49 (00:22:31) 02:37:43 (00:22:55) 03:01:05 (00:23:23) 03:25:04 (00:24:00) 03:49:55 (00:24:51)		
		04:15:57 (00:26:03) 04:43:17 (00:27:20) 05:15:28 (00:32:11) 05:51:17 (00:35:50) 06:24:35 (00:33:19)		
		06:57:17 (00:32:42) 7:36:36; (00:39:20) 08:12:10 (00:35:34) 08:49:25 (00:37:16) 09:22:31 (00:33:06)		
13	4. M35	507 Patrick Hoesl	LG DUV	09:22:41
		00:29:30 (00:29:30) 00:58:53 (00:29:23) 01:28:37 (00:29:45) 01:58:04 (00:29:27) 02:27:33 (00:29:30)		
		02:56:21 (00:28:48) 03:25:48 (00:29:28) 03:54:51 (00:29:03) 04:24:37 (00:29:47) 04:54:10 (00:29:33)		
		05:21:37 (00:27:27) 05:48:17 (00:26:41) 06:15:44 (00:27:27) 06:43:17 (00:27:34) 07:10:13 (00:26:56)		
		07:37:43 (00:27:30) 8:04:24; (00:26:41) 08:31:35 (00:27:12) 08:55:37 (00:24:03) 09:22:41 (00:27:04)		
14	2. M45	553 Matthias Muhs	TV Fürstenwalde	09:35:35
		00:25:11 (00:25:11) 00:50:54 (00:25:44) 01:16:53 (00:25:59) 01:42:43 (00:25:51) 02:08:39 (00:25:56)		
		02:34:16 (00:25:37) 03:00:19 (00:26:04) 03:27:30 (00:27:11) 03:55:13 (00:27:44) 04:24:05 (00:28:53)		
		04:54:52 (00:30:47) 05:26:13 (00:31:22) 06:00:02 (00:33:50) 06:28:32 (00:28:30) 06:57:48 (00:29:17)		
		07:29:07 (00:31:20) 8:00:28; (00:31:22) 08:32:27 (00:31:59) 09:04:19 (00:31:52) 09:35:35 (00:31:16)		
15	4. M40	572 Gerhard Eisner	LG - Schefflental	09:41:01
		00:29:37 (00:29:37) 00:58:37 (00:29:00) 01:27:12 (00:28:36) 01:55:31 (00:28:20) 02:23:58 (00:28:27)		
		02:52:20 (00:28:22) 03:20:46 (00:28:27) 03:49:43 (00:28:57) 04:18:34 (00:28:51) 04:47:50 (00:29:17)		
		05:17:04 (00:29:15) 05:44:52 (00:27:48) 06:13:12 (00:28:21) 06:41:59 (00:28:47) 07:13:53 (00:31:55)		
		07:42:47 (00:28:54) 8:11:57; (00:29:11) 08:41:29 (00:29:32) 09:12:00 (00:30:31) 09:41:01 (00:29:01)		
16	3. M45	538 Jürgen Mund	LT-MG-Volksgarten	09:43:24
		00:29:11 (00:29:11) 00:57:58 (00:28:47) 01:26:46 (00:28:49) 01:55:45 (00:28:59) 02:24:36 (00:28:51)		
		02:53:28 (00:28:53) 03:22:25 (00:28:57) 03:51:12 (00:28:47) 04:20:01 (00:28:49) 04:48:54 (00:28:54)		
		05:18:04 (00:29:11) 05:47:10 (00:29:06) 06:16:14 (00:29:05) 06:45:03 (00:28:49) 07:14:15 (00:29:13)		
		07:43:34 (00:29:20) 8:13:22; (00:29:48) 08:43:29 (00:30:08) 09:13:52 (00:30:23) 09:43:24 (00:29:33)		
17	4. M45	550 Matthias Schaubhut	Schopfheim	09:52:26
		00:26:32 (00:26:32) 00:52:23 (00:25:51) 01:18:44 (00:26:22) 01:44:41 (00:25:58) 02:10:02 (00:25:21)		
		02:37:21 (00:27:20) 03:05:13 (00:27:52) 03:33:07 (00:27:55) 04:02:18 (00:29:11) 04:31:46 (00:29:28)		
		05:01:51 (00:30:06) 05:32:19 (00:30:28) 06:03:19 (00:31:01) 06:34:18 (00:30:59) 07:07:01 (00:32:44)		
		07:39:41 (00:32:40) 8:13:17; (00:33:37) 08:45:22 (00:32:06) 09:18:38 (00:33:16) 09:52:26 (00:33:49)		
18	1. W35	557 Petra Neumann	Lok Zwickau	09:54:33
		00:28:14 (00:28:14) 00:56:36 (00:28:22) 01:25:22 (00:28:46) 01:55:03 (00:29:42) 02:23:55 (00:28:52)		
		02:52:29 (00:28:34) 03:20:57 (00:28:28) 03:49:45 (00:28:48) 04:18:43 (00:28:59) 04:47:56 (00:29:13)		
		05:18:00 (00:30:04) 05:47:50 (00:29:50) 06:18:53 (00:31:04) 06:49:19 (00:30:26) 07:20:15 (00:30:56)		
		07:51:08 (00:30:53) 8:22:26; (00:31:19) 08:53:06 (00:30:40) 09:24:34 (00:31:29) 09:54:33 (00:29:59)		
19	5. M35	534 Thorsten Themm	ALG VfL - Bokel	09:56:59
		00:29:12 (00:29:12) 00:58:55 (00:29:43) 01:27:12 (00:28:17) 01:56:27 (00:29:16) 02:24:07 (00:27:40)		
		02:52:05 (00:27:59) 03:19:15 (00:27:10) 03:45:43 (00:26:28) 04:11:56 (00:26:13) 04:38:26 (00:26:30)		
		05:05:24 (00:26:59) 05:33:39 (00:28:16) 06:02:54 (00:29:15) 06:33:09 (00:30:16) 07:05:20 (00:32:11)		
		07:38:35 (00:33:15) 8:12:59; (00:34:25) 08:47:02 (00:34:03) 09:21:54 (00:34:52) 09:56:59 (00:35:06)		
20	5. M40	548 Silvio Adam	Berlin	09:58:41
		00:25:10 (00:25:10) 00:49:54 (00:24:44) 01:14:33 (00:24:40) 01:39:46 (00:25:14) 02:04:50 (00:25:04)		
		02:30:42 (00:25:52) 02:57:16 (00:26:34) 03:24:57 (00:27:42) 03:53:14 (00:28:18) 04:23:03 (00:29:49)		
		04:54:10 (00:31:07) 05:26:12 (00:32:03) 05:58:00 (00:31:49) 06:32:20 (00:34:20) 07:07:31 (00:35:11)		
		07:39:41 (00:32:11) 8:14:49; (00:35:08) 08:49:34 (00:34:45) 09:24:47 (00:35:14) 09:58:41 (00:33:54)		
21	3. M50	504 Wolfgang Böss	Creußen	10:02:43
		00:24:50 (00:24:50) 00:48:57 (00:24:07) 01:12:59 (00:24:02) 01:37:26 (00:24:27) 02:02:12 (00:24:47)		
		02:28:12 (00:26:00) 02:55:06 (00:26:54) 03:23:26 (00:28:21) 03:52:43 (00:29:17) 04:23:38 (00:30:56)		
		04:57:25 (00:33:47) 05:28:19 (00:30:55) 06:00:28 (00:32:09) 06:31:48 (00:31:21) 07:05:40 (00:33:52)		
		07:43:20 (00:37:41) 8:20:12; (00:36:52) 09:00:32 (00:40:20) 09:33:20 (00:32:49) 10:02:43 (00:29:23)		
22	6. M40	570 Oliver Scheer	100 Marathon Club	10:08:37
		00:27:43 (00:27:43) 00:55:58 (00:28:15) 01:24:24 (00:28:27) 01:52:23 (00:28:00) 02:21:49 (00:29:26)		
		02:51:29 (00:29:40) 03:20:55 (00:29:27) 03:50:54 (00:30:00) 04:19:53 (00:29:00) 04:49:10 (00:29:17)		
		05:21:56 (00:32:47) 05:55:42 (00:33:46) 06:26:04 (00:30:22) 06:56:52 (00:30:49) 07:27:33 (00:30:41)		
		07:57:39 (00:30:06) 8:27:36; (00:29:58) 08:58:18 (00:30:42) 09:35:31 (00:37:14) 10:08:37 (00:33:06)		
23	4. M50	579 Ronald Pöhlmann	LT Bernd Hübner	10:21:06

XXX. Internationaler 100km-Lauf von Grünheide/Kienbaum

Gesamteinlauf 100km

RANKING	NO.	NAME	CLUB	RESULT
TOTAL	AGE	CLAAS		
		00:29:29 (00:29:29) 00:58:51 (00:29:23)	01:28:33 (00:29:42) 01:58:44 (00:30:11)	02:28:32 (00:29:48)
		02:58:22 (00:29:51) 03:28:14 (00:29:52)	03:58:28 (00:30:14) 04:27:53 (00:29:25)	04:57:31 (00:29:39)
		05:27:36 (00:30:05) 05:57:15 (00:29:40)	06:32:37 (00:35:22) 07:04:40 (00:32:03)	07:37:30 (00:32:51)
		08:09:45 (00:32:15) 8:43:28; (00:33:43)	09:15:29 (00:32:01) 09:48:57 (00:33:29)	10:21:06 (00:32:10)
24	6. M35	530 Olaf Ulmer	LG Schefflental	10:21:49
		00:29:36 (00:29:36) 00:58:37 (00:29:02)	01:27:11 (00:28:34) 01:55:36 (00:28:26)	02:23:59 (00:28:23)
		02:52:20 (00:28:22) 03:20:47 (00:28:28)	03:50:15 (00:29:28) 04:18:33 (00:28:19)	04:47:51 (00:29:18)
		05:20:44 (00:32:53) 05:52:31 (00:31:48)	06:25:54 (00:33:23) 07:01:13 (00:35:19)	07:35:31 (00:34:19)
		08:09:09 (00:33:39) 8:42:37; (00:33:29)	09:17:04 (00:34:27) 09:50:42 (00:33:39)	10:21:49 (00:31:08)
25	1. W50	575 Regina Berger-Schmitt	LSG Karlsruhe	10:28:33
		00:29:53 (00:29:53) 01:00:26 (00:30:33)	01:31:11 (00:30:46) 02:02:39 (00:31:29)	02:33:18 (00:30:39)
		03:03:57 (00:30:39) 03:34:50 (00:30:54)	04:05:28 (00:30:38) 04:36:10 (00:30:43)	05:07:23 (00:31:14)
		05:38:40 (00:31:17) 06:11:25 (00:32:45)	06:43:07 (00:31:43) 07:14:43 (00:31:36)	07:46:22 (00:31:40)
		08:18:16 (00:31:55) 8:50:26; (00:32:10)	09:22:58 (00:32:33) 09:55:46 (00:32:48)	10:28:33 (00:32:47)
26	1. W40	558 Petra Rösler	SLS Leinebagger	10:31:55
		00:29:23 (00:29:23) 00:58:31 (00:29:08)	01:27:49 (00:29:18) 01:57:36 (00:29:47)	02:28:02 (00:30:26)
		02:58:19 (00:30:17) 03:28:51 (00:30:33)	03:59:56 (00:31:05) 04:31:08 (00:31:13)	05:02:29 (00:31:21)
		05:33:45 (00:31:17) 06:05:32 (00:31:47)	06:37:44 (00:32:13) 07:10:23 (00:32:39)	07:42:53 (00:32:31)
		08:16:34 (00:33:41) 8:50:25; (00:33:52)	09:24:19 (00:33:54) 09:57:47 (00:33:28)	10:31:55 (00:34:09)
27	5. M45	583 Thomas Purcz	Leipzig	10:35:22
		00:26:51 (00:26:51) 00:54:14 (00:27:24)	01:21:21 (00:27:08) 01:48:05 (00:26:45)	02:15:12 (00:27:07)
		02:42:31 (00:27:20) 03:10:22 (00:27:52)	03:38:34 (00:28:12) 04:11:03 (00:32:29)	04:38:58 (00:27:55)
		05:09:55 (00:30:58) 05:42:04 (00:32:10)	06:16:33 (00:34:29) 06:53:22 (00:36:49)	07:29:48 (00:36:26)
		08:07:17 (00:37:30) 8:44:19; (00:37:02)	09:21:28 (00:37:10) 09:58:38 (00:37:10)	10:35:22 (00:36:44)
28	6. M45	585 Ert Dirk	Freienhufen	10:35:46
		00:28:37 (00:28:37) 00:57:08 (00:28:32)	01:26:17 (00:29:09) 01:54:46 (00:28:29)	02:23:48 (00:29:03)
		02:53:17 (00:29:29) 03:23:18 (00:30:01)	03:53:40 (00:30:23) 04:24:02 (00:30:23)	04:54:42 (00:30:40)
		05:27:03 (00:32:22) 06:00:35 (00:33:32)	06:35:00 (00:34:26) 07:09:55 (00:34:56)	07:45:23 (00:35:28)
		08:19:27 (00:34:05) 8:53:43; (00:34:17)	09:28:13 (00:34:30) 10:02:42 (00:34:29)	10:35:46 (00:33:05)
29	5. M50	528 Martin Raulf	LG Nordheide	10:42:10
		00:27:49 (00:27:49) 00:56:27 (00:28:39)	01:24:22 (00:27:55) 01:51:48 (00:27:26)	02:20:18 (00:28:30)
		02:48:41 (00:28:23) 03:18:28 (00:29:48)	03:47:14 (00:28:46) 04:16:28 (00:29:15)	04:45:49 (00:29:21)
		05:18:59 (00:33:10) 05:50:13 (00:31:15)	06:25:05 (00:34:52) 06:59:01 (00:33:57)	07:35:38 (00:36:38)
		08:11:53 (00:36:15) 8:50:19; (00:38:27)	09:27:50 (00:37:31) 10:06:13 (00:38:23)	10:42:10 (00:35:57)
30	6. M50	564 Günter Janiszewski	TV Fürstenwalde	10:48:56
		00:27:42 (00:27:42) 00:55:11 (00:27:29)	01:23:04 (00:27:53) 01:50:49 (00:27:46)	02:18:56 (00:28:07)
		02:45:59 (00:27:03) 03:13:07 (00:27:08)	03:42:12 (00:29:06) 04:11:10 (00:28:59)	04:43:41 (00:32:31)
		05:17:54 (00:34:14) 05:54:05 (00:36:11)	06:28:41 (00:34:37) 07:07:58 (00:39:18)	07:44:48 (00:36:50)
		08:20:44 (00:35:56) 8:56:44; (00:36:00)	09:33:46 (00:37:03) 10:11:09 (00:37:23)	10:48:56 (00:37:47)
31	1. M55	532 Diethard Steinbrecher	100 Marathon Club	10:57:56
		00:29:05 (00:29:05) 00:58:57 (00:29:52)	01:28:40 (00:29:43) 01:58:58 (00:30:18)	02:28:40 (00:29:42)
		02:59:17 (00:30:38) 03:29:07 (00:29:50)	04:00:18 (00:31:12) 04:30:43 (00:30:25)	05:02:57 (00:32:15)
		05:37:56 (00:34:59) 06:14:58 (00:37:03)	06:48:43 (00:33:46) 07:23:41 (00:34:58)	08:02:06 (00:38:26)
		08:37:06 (00:35:00) 9:12:45; (00:35:39)	09:49:02 (00:36:18) 10:23:29 (00:34:27)	10:57:56 (00:34:28)
32	7. M45	523 Ralf Koelsch	Coolrunners-Germany	11:01:57
		00:29:07 (00:29:07) 00:58:49 (00:29:42)	01:28:09 (00:29:20) 01:57:06 (00:28:58)	02:26:01 (00:28:55)
		02:55:00 (00:29:00) 03:24:17 (00:29:17)	03:54:29 (00:30:13) 04:25:48 (00:31:19)	05:01:06 (00:35:19)
		05:36:21 (00:35:15) 06:11:27 (00:35:06)	06:44:35 (00:33:09) 07:18:02 (00:33:28)	07:54:20 (00:36:18)
		08:27:02 (00:32:42) 9:04:44; (00:37:43)	09:45:12 (00:40:28) 10:25:07 (00:39:56)	11:01:57 (00:36:50)
33	7. M35	563 Martin Woitynek	KSP Kniebeuge 98	11:02:55
		00:28:58 (00:28:58) 00:57:38 (00:28:41)	01:26:06 (00:28:28) 01:54:55 (00:28:50)	02:23:07 (00:28:12)
		02:51:25 (00:28:19) 03:19:50 (00:28:25)	03:49:13 (00:29:24) 04:18:37 (00:29:25)	04:49:00 (00:30:23)
		05:18:52 (00:29:53) 05:50:31 (00:31:40)	06:23:24 (00:32:53) 06:57:30 (00:34:06)	07:35:01 (00:37:31)
		08:13:35 (00:38:35) 8:52:40; (00:39:05)	09:34:26 (00:41:47) 10:17:52 (00:43:26)	11:02:55 (00:45:04)
34	2. M55	543 Werner Ziem	Wasserfreunde Brandenburg	11:42:56
		00:29:09 (00:29:09) 00:58:49 (00:29:40)	01:28:37 (00:29:48) 01:59:09 (00:30:33)	02:30:04 (00:30:55)

XXX. Internationaler 100km-Lauf von Grünheide/Kienbaum

Gesamteinlauf 100km

RANKING	NO.	NAME	CLUB	RESULT		
TOTAL	AGE	CLAAS				
		03:02:46 (00:32:43)	03:34:35 (00:31:50)	04:06:50 (00:32:15)	04:39:59 (00:33:09)	05:14:12 (00:34:13)
		05:49:06 (00:34:55)	06:26:19 (00:37:13)	07:03:46 (00:37:27)	07:44:41 (00:40:56)	08:23:18 (00:38:37)
		09:01:32 (00:38:15)	9:40:46; (00:39:14)	10:19:57 (00:39:11)	11:02:26 (00:42:30)	11:42:56 (00:40:31)
35	1. W45	555 Daniela Dilling	LG Nord Berlin	11:47:10		
		00:28:20 (00:28:20)	00:57:31 (00:29:12)	01:27:32 (00:30:01)	01:58:03 (00:30:31)	02:29:02 (00:31:00)
		03:00:21 (00:31:19)	03:32:27 (00:32:07)	04:05:31 (00:33:04)	04:38:52 (00:33:22)	05:12:45 (00:33:53)
		05:47:30 (00:34:46)	06:22:13 (00:34:43)	06:57:54 (00:35:41)	07:35:02 (00:37:08)	08:13:28 (00:38:26)
		08:53:34 (00:40:06)	9:35:20; (00:41:46)	10:19:43 (00:44:24)	11:03:01 (00:43:19)	11:47:10 (00:44:10)
36	3. M55	565 Gunter Bohn	GMRLV Kleinmachnow	11:48:31		
		00:29:06 (00:29:06)	00:58:45 (00:29:40)	01:28:18 (00:29:33)	01:58:13 (00:29:55)	02:28:23 (00:30:11)
		02:57:40 (00:29:17)	03:29:01 (00:31:21)	04:03:53 (00:34:53)	04:42:55 (00:39:03)	05:21:23 (00:38:29)
		05:57:59 (00:36:36)	06:34:21 (00:36:22)	07:13:39 (00:39:18)	07:50:41 (00:37:03)	08:28:49 (00:38:08)
		09:06:50 (00:38:02)	9:45:56; (00:39:06)	10:27:44 (00:41:49)	11:07:23 (00:39:39)	11:48:31 (00:41:08)
37	8. M45	536 Rene Hennig	Potsdam	11:53:49		
		00:30:11 (00:30:11)	01:00:06 (00:29:56)	01:30:38 (00:30:32)	02:00:21 (00:29:44)	02:30:10 (00:29:50)
		03:00:39 (00:30:30)	03:31:41 (00:31:02)	04:03:42 (00:32:01)	04:37:06 (00:33:25)	05:13:15 (00:36:09)
		05:49:13 (00:35:58)	06:28:00 (00:38:48)	07:07:39 (00:39:39)	07:47:34 (00:39:55)	08:29:08 (00:41:35)
		09:11:11 (00:42:04)	9:53:46; (00:42:36)	10:38:56 (00:45:10)	11:16:44 (00:37:48)	11:53:49 (00:37:05)
38	3. M30	586 P.-S. Querhammer	SRI Chinmoy Marathon Team	11:55:10		
		00:31:45 (00:31:45)	01:01:49 (00:30:05)	01:32:40 (00:30:52)	02:07:16 (00:34:36)	02:37:42 (00:30:26)
		03:09:35 (00:31:53)	03:42:45 (00:33:10)	04:18:21 (00:35:37)	04:54:22 (00:36:01)	05:29:42 (00:35:20)
		06:07:06 (00:37:24)	06:54:32 (00:47:27)	07:30:53 (00:36:21)	08:08:22 (00:37:30)	08:45:56 (00:37:35)
		09:23:27 (00:37:32)	0:00:43; (00:37:17)	10:38:42 (00:37:59)	11:17:07 (00:38:25)	11:55:10 (00:38:04)
39	7. M50	502 Hans-Joachim Westphal	LT Bernd Hübner	12:08:46		
		00:29:41 (00:29:41)	00:59:04 (00:29:23)	01:29:16 (00:30:13)	02:00:34 (00:31:18)	02:31:27 (00:30:53)
		03:02:48 (00:31:22)	03:39:14 (00:36:26)	04:13:16 (00:34:03)	04:48:01 (00:34:45)	05:23:26 (00:35:26)
		06:01:08 (00:37:42)	06:41:06 (00:39:58)	07:20:18 (00:39:13)	07:59:51 (00:39:33)	08:39:33 (00:39:43)
		09:21:04 (00:41:31)	0:02:12; (00:41:09)	10:41:46 (00:39:34)	11:22:39 (00:40:54)	12:08:46 (00:46:07)
40	4. M55	577 Hans Drexler	MMS Banditos	12:34:06		
		00:35:44 (00:35:44)	01:10:11 (00:34:27)	01:44:08 (00:33:57)	02:17:57 (00:33:50)	02:52:41 (00:34:44)
		03:26:55 (00:34:15)	04:01:16 (00:34:21)	04:35:37 (00:34:22)	05:10:38 (00:35:02)	05:47:03 (00:36:25)
		06:23:49 (00:36:47)	07:02:20 (00:38:32)	07:40:48 (00:38:28)	08:23:15 (00:42:28)	09:03:21 (00:40:06)
		09:44:58 (00:41:38)	0:26:44; (00:41:47)	11:10:18 (00:43:34)	11:51:56 (00:41:38)	12:34:06 (00:42:10)
		506 Jörg Rosenbaum	Gehörlosen TSV Essen			
		00:27:52 (00:27:52)	00:56:24 (00:28:33)	01:25:21 (00:28:57)	01:54:09 (00:28:49)	02:22:49 (00:28:40)
		03:12:54 (00:50:06)	04:19:45 (01:06:52)	05:30:22 (01:10:37)	06:46:00 (01:15:39)	07:58:08 (01:12:08)
		513 Soeren Preikschat	München			
		00:44:01 (0:44:01;)	01:21:49 (0:37:48;)	02:01:50 (0:40:01;)	03:10:50 (1:09:00;)	03:49:20 (0:38:31;)
		517 Ralf Simon	100 Marathon Club			
		00:27:59 (00:27:59)	00:56:39 (00:28:41)	01:24:22 (00:27:43)	01:51:48 (00:27:27)	02:19:43 (00:27:55)
		02:48:13 (00:28:30)	03:17:40 (00:29:28)	03:46:44 (00:29:04)	04:16:41 (00:29:58)	04:47:40 (00:31:00)
		05:18:42 (00:31:02)	05:49:44 (00:31:03)			
		529 Dietrich Klaasen	TSG Schnaitheim			
		00:29:40 (00:29:40)	00:59:59 (00:30:20)	01:30:48 (00:30:49)	02:01:39 (00:30:51)	02:33:33 (00:31:55)
		03:05:03 (00:31:31)	03:36:52 (00:31:49)	04:09:16 (00:32:25)	04:43:29 (00:34:13)	05:18:18 (00:34:49)
		531 Ekkehard Steuck	LC Auensee Leipzig			
		00:31:15 (00:31:15)	01:05:27 (00:34:12)	01:39:44 (00:34:17)	02:15:23 (00:35:39)	02:55:55 (00:40:33)
		03:31:38 (00:35:44)	04:08:41 (00:37:03)	04:45:18 (00:36:37)	05:22:33 (00:37:16)	06:00:01 (00:37:28)

XXX. Internationaler 100km-Lauf von Grünheide/Kienbaum

Gesamteinlauf 100km

RANKING	NO.	NAME	CLUB	RESULT		
TOTAL	AGE	CLAAS				
		06:37:51 (00:37:50)	07:17:14 (00:39:23)	07:57:16 (00:40:03)	08:38:12 (00:40:56)	09:12:15 (00:34:04)
		09:52:15 (00:40:01)	0:34:04; (00:41:49)	11:18:36 (00:44:32)		
537		Werner Hirsch	DUV			
		00:26:15 (00:26:15)	00:52:54 (00:26:40)	01:20:34 (00:27:40)	01:49:37 (00:29:04)	02:18:16 (00:28:39)
		02:47:20 (00:29:05)	03:17:06 (00:29:46)	03:49:34 (00:32:29)	04:22:50 (00:33:17)	04:57:48 (00:34:59)
		05:35:22 (00:37:34)	06:15:48 (00:40:27)			
539		Peter Schmidt	LC Ron-Hill Berlin			
		00:29:30 (0:29:30;)	00:58:58 (0:29:29;)	01:28:55 (0:29:57;)	01:58:48 (0:29:54;)	02:29:40 (0:30:52;)
		03:02:44 (0:33:05;)	03:42:30 (0:39:46;)	04:29:23 (0:46:53;)		
549		Hajo Palm	LG Nord Berlin			
		00:30:31 (00:30:31)	01:00:53 (00:30:22)	01:32:03 (00:31:10)	02:02:19 (00:30:16)	02:33:07 (00:30:49)
		03:03:50 (00:30:43)	03:35:09 (00:31:20)	04:06:02 (00:30:53)	04:37:28 (00:31:27)	05:08:50 (00:31:23)
		05:41:17 (00:32:28)	06:13:28 (00:32:11)	06:46:20 (00:32:53)	07:30:38 (00:44:18)	
552		Torsten Gunia	Post Tel.Schwerin			
		00:24:00 (00:24:00)	00:47:28 (00:23:28)	01:10:35 (00:23:07)	01:33:19 (00:22:45)	01:56:00 (00:22:41)
		02:18:38 (00:22:38)	02:41:20 (00:22:43)	03:04:17 (00:22:58)	03:27:49 (00:23:32)	03:52:38 (00:24:50)
		04:18:27 (00:25:50)	04:47:06 (00:28:39)			
554		Bernd Friedrich	LT Bernd Hübner			
		00:29:29 (00:29:29)	00:58:51 (00:29:23)	01:28:33 (00:29:42)	01:58:44 (00:30:11)	02:28:32 (00:29:48)
		02:58:22 (00:29:50)	03:28:13 (00:29:52)	03:58:28 (00:30:15)	04:27:53 (00:29:26)	04:57:31 (00:29:39)
		05:27:36 (00:30:06)	05:57:03 (00:29:27)			
559		Andrea Möhr	LAC Berlin			
		00:31:11 (00:31:11)	01:03:26 (00:32:16)	01:36:58 (00:33:32)	02:11:19 (00:34:22)	02:46:28 (00:35:09)
		03:20:30 (00:34:03)	03:56:10 (00:35:40)	04:36:35 (00:40:26)	05:13:29 (00:36:55)	05:59:59 (00:46:30)
		06:39:40 (00:39:42)				
560		Gabi Lipfert	Borussia Friedrichsfelde			
		00:34:03 (00:34:03)	01:08:59 (00:34:57)	01:44:21 (00:35:23)	02:18:26 (00:34:06)	02:54:20 (00:35:54)
		03:29:30 (00:35:11)	04:06:28 (00:36:58)	04:45:08 (00:38:40)	05:26:58 (00:41:50)	06:06:16 (00:39:19)
		06:54:50 (00:48:35)	07:38:27 (00:43:37)	08:27:38 (00:49:11)		
561		Jens Dorner	Greiz			
		00:34:04 (00:34:04)	01:08:59 (00:34:56)	01:42:00 (00:33:01)	02:15:35 (00:33:36)	02:49:16 (00:33:41)
		03:22:22 (00:33:07)	04:02:09 (00:39:47)	04:38:57 (00:36:49)	05:18:06 (00:39:10)	05:56:21 (00:38:15)
		06:32:01 (00:35:40)	07:10:44 (00:38:44)	07:49:04 (00:38:20)	08:27:53 (00:38:49)	09:07:56 (00:40:04)
		09:46:27 (00:38:31)				
571		Jan Otto	USC Marburg			
		00:24:00 (00:24:00)	00:47:44 (00:23:45)	01:11:44 (00:24:00)	01:35:28 (00:23:45)	02:00:04 (00:24:37)
		02:24:54 (00:24:50)	02:49:55 (00:25:02)	03:15:17 (00:25:22)	03:41:29 (00:26:12)	04:08:14 (00:26:45)
		04:34:55 (00:26:42)	05:02:15 (00:27:21)	05:31:18 (00:29:04)	06:04:36 (00:33:18)	
574		Thomas Knackstedt	Delligser SG			
		00:26:39 (00:26:39)	00:54:18 (00:27:40)	01:23:53 (00:29:36)	01:50:36 (00:26:43)	02:18:33 (00:27:58)
		02:45:40 (00:27:08)	03:12:51 (00:27:11)	03:40:05 (00:27:14)	04:07:01 (00:26:57)	04:34:38 (00:27:38)
		05:03:27 (00:28:49)	05:31:52 (00:28:26)	06:01:35 (00:29:43)	06:32:06 (00:30:31)	07:03:57 (00:31:51)
		07:38:10 (00:34:13)				
578		Tomas Greshake	SUS - Olfen			
		00:26:50 (00:26:50)	00:54:11 (00:27:21)	01:21:12 (00:27:01)	01:48:09 (00:26:58)	02:15:13 (00:27:04)
		02:42:33 (00:27:21)	03:10:31 (00:27:58)	03:39:08 (00:28:37)	04:08:19 (00:29:12)	04:42:43 (00:34:24)
		05:17:02 (00:34:20)	05:56:20 (00:39:18)			

XXX. Internationaler 100km-Lauf von Grünheide/Kienbaum

Gesamteinlauf 100km

RANKING	NO.	NAME	CLUB	RESULT
TOTAL	AGE	CLAAS		

581 Detlev Abel			Berlin	
00:28:56 (00:28:56)	00:57:45 (00:28:50)	01:27:13 (00:29:28)	01:56:47 (00:29:35)	02:26:07 (00:29:20)
02:55:52 (00:29:45)	03:26:44 (00:30:52)	03:57:33 (00:30:49)	04:29:49 (00:32:17)	05:03:21 (00:33:32)
05:37:52 (00:34:32)	06:17:22 (00:39:31)			

582 Dominik Bröschke			LG DUV	
00:30:12 (0:30:12;)	01:00:54 (0:30:42;)	01:34:18 (0:33:25;)	02:04:31 (0:30:13;)	02:36:16 (0:31:45;)
03:08:52 (0:32:37;)	03:47:50 (0:38:58;)	04:32:13 (0:44:24;)	05:15:43 (0:43:30;)	