

31. Birkenwäldchenlauf, 26. März 2017
 Ergebnisliste 10 km

Platz	Platz AK	Nachname	Vorname	Jahrg.	AK	Verein	Zeit	Rückstand	km-Schnitt
1	1	Nadler	Sebastian	1984	M30	0	0:32:31,0	+ 00:00,0	3:15,1 min/km
2	2	Krannich	Christian	1984	M30	LAC Olympia 88	0:33:11,0	+ 00:40,0	3:19,1 min/km
3	1	Yman	Linus	1981	M35	Pungsvett LK	0:35:52,0	+ 03:21,0	3:35,2 min/km
4	1	Linde	Silvio	1990	MHK	LAC Olympia 88	0:36:43,0	+ 04:12,0	3:40,3 min/km
4	1	Leidig	Holger	1969	M45	LEIDIG24 Triathl	0:37:19,0	+ 04:48,0	3:43,9 min/km
6	2	Schwartz	Matthias	1981	M35	Berliner Turners	0:38:06,0	+ 05:35,0	3:48,6 min/km
7	3	De Prest	Mathias	1978	M35	LG Mauerweg Be	0:38:07,0	+ 05:36,0	3:48,7 min/km
8	1	Tetzel	Jürgen	1965	M50	LC RON-HILL Be	0:38:30,0	+ 05:59,0	3:51,0 min/km
9	2	Knust	Rainer	1963	M50	Die Laufpartner	0:39:11,0	+ 06:40,0	3:55,1 min/km
10	3	Krahe	Alexander	1966	M50	Berliner Turners	0:39:42,0	+ 07:11,0	3:58,2 min/km
11	3	Fink	Mathias	1986	M30	LG Mauerweg Be	0:39:43,0	+ 07:12,0	3:58,3 min/km
12	4	Kollock	Ronny	1978	M35	Die KamiKatzen	0:40:14,0	+ 07:43,0	4:01,4 min/km
13	2	Beile	Andy	1969	M45	LEIDIG24 Triathl	0:40:27,0	+ 07:56,0	4:02,7 min/km
14	1	Thiele	Emma	2001	WU18	TuS Neukölln Tri	0:40:41,0	+ 08:10,0	4:04,1 min/km
15	1	Wolff	Arthur	1999	MU20	TSC Tempelhof-N	0:40:53,0	+ 08:22,0	4:05,3 min/km
16	1	Standring	Michael	1962	M55	LC Ron Hill	0:41:01,0	+ 08:30,0	4:06,1 min/km
17	2	Rothe	Holger	1960	M55	LC RON-Hill Berli	0:41:03,0	+ 08:32,0	4:06,3 min/km
18	3	Lackmann	Tobias	1972	M45	KSV Ajax-Neptun	0:41:14,0	+ 08:43,0	4:07,4 min/km
19	3	Stenzel	Dierk	1961	M55	Sparta Schönebe	0:41:19,0	+ 08:48,0	4:07,9 min/km
20	5	Drimal	Peter	1979	M35	Laufklub Berlin e	0:41:47,0	+ 09:16,0	4:10,7 min/km
21	1	Kulow	Anicó	1986	W30	Berliner Turners	0:42:00,0	+ 09:29,0	4:12,0 min/km
22	4	Schleu	Hendryk	1987	M30	SV Havelland Ros	0:42:12,0	+ 09:41,0	4:13,2 min/km
23	4	Ehrhardt	Axel	1961	M55	VfL Tegel 1891	0:42:21,0	+ 09:50,0	4:14,1 min/km
24	4	Moormann	Thomas	1968	M45	Die Laufpartner	0:42:28,0	+ 09:57,0	4:14,8 min/km
25	5	Blom	Tijmen	1985	M30	0	0:42:45,0	+ 10:14,0	4:16,5 min/km
26	5	Röpstorf	Peter	1960	M55	Team Erdinger Al	0:42:46,0	+ 10:15,0	4:16,6 min/km
27	1	Metcalf	Jen	1979	W35	LEIDIG24 Triathl	0:42:46,0	+ 10:15,0	4:16,6 min/km
27	5	Gbun	Andreas	1972	M45	LEIDIG24 Triathl	0:42:47,0	+ 10:16,0	4:16,7 min/km

29	1	Kernn	Uwe	1955	M60	LG Pegasos	0:43:11,0	+ 10:40,0	4:19,1 min/km
30	1	Oberthür	Alexander	1973	M40	Pro Sport Berlin 2	0:43:18,0	+ 10:47,0	4:19,8 min/km
31	2	Hahn	Christoph	1988	MHK	0	0:43:22,0	+ 10:51,0	4:20,2 min/km
32	1	Nioucel	Audrey	1976	W40	PSB 24	0:43:25,0	+ 10:54,0	4:20,5 min/km
33	6	Menschner	Uwe	1961	M55	KSV 90 Pankow	0:43:42,0	+ 11:11,0	4:22,2 min/km
34	1	Müller	Paul	1952	M65	Vfl Tegel	0:43:49,0	+ 11:18,0	4:22,9 min/km
35	6	Nagorsen	Andreas	1972	M45	Laufklub Berlin e	0:43:50,0	+ 11:19,0	4:23,0 min/km
36	2	Bertozzi	Matteo	1977	M40	0	0:43:57,0	+ 11:26,0	4:23,7 min/km
37	1	Kyborg	Horst	1947	M70	SC Siemensstadt	0:44:14,0	+ 11:43,0	4:25,4 min/km
38	7	Miserre	Lars	1968	M45	0	0:44:16,0	+ 11:45,0	4:25,6 min/km
39	8	Suckow	Jens	1968	M45	LG Süd	0:44:25,0	+ 11:54,0	4:26,5 min/km
40	4	Oltmanns	Peter	1964	M50	SCB Berlin	0:44:32,0	+ 12:01,0	4:27,2 min/km
41	1	Danler	Birgit	1991	WHK	0	0:44:35,0	+ 12:04,0	4:27,5 min/km
42	5	Auerbach	Christian	1965	M50	Pro Sport Berlin 2	0:44:52,0	+ 12:21,0	4:29,2 min/km
43	2	Lehmann	Annika	2001	WU18	VfV Spandau	0:45:12,0	+ 12:41,0	4:31,2 min/km
44	2	Lewanzik	Günter	1953	M60	Pro Sport Berlin 2	0:45:27,0	+ 12:56,0	4:32,7 min/km
45	7	Weller	Michael	1960	M55	ASG Altenkirchen	0:45:37,0	+ 13:06,0	4:33,7 min/km
46	6	Eichhorst	Rainer	1963	M50	0	0:45:38,0	+ 13:07,0	4:33,8 min/km
47	8	Sattler	Frank	1958	M55	SV Blau-Weiß Pe	0:45:47,0	+ 13:16,0	4:34,7 min/km
48	6	Jokisch	René	1983	M30	SV Hängematte	0:45:59,0	+ 13:28,0	4:35,9 min/km
49	7	Pieper	Paul	1985	M30	SV Hängematte	0:46:01,0	+ 13:30,0	4:36,1 min/km
50	7	Specht	Volker	1967	M50	LG Süd Berlin	0:46:05,0	+ 13:34,0	4:36,5 min/km
51	9	Dermitzel	René	1962	M55	OSC Berlin	0:46:21,0	+ 13:50,0	4:38,1 min/km
52	8	Giertz	Roberto	1983	M30	Berliner Turnersc	0:46:25,0	+ 13:54,0	4:38,5 min/km
53	1	Lehmann	Katrin	1970	W45	VfV Spandau	0:46:32,0	+ 14:01,0	4:39,2 min/km
54	9	Oldenburg	Jens	1971	M45	Sudel Ultras Berli	0:46:36,0	+ 14:05,0	4:39,6 min/km
55	10	Sigrist	Hajo	1968	M45	mueggelberggrunn	0:46:50,0	+ 14:19,0	4:41,0 min/km
56	10	Maier	Armin	1960	M55	Jelly Bears Berlin	0:46:55,0	+ 14:24,0	4:41,5 min/km
57	8	Goll	Steffen	1966	M50	Pro Sport 24 Berli	0:46:57,0	+ 14:26,0	4:41,7 min/km
58	3	Dassler	Carsten	1973	M40	Berlin	0:47:14,0	+ 14:43,0	4:43,4 min/km
59	9	Stoltz	Andreas	1964	M50	LC RON-HILL Be	0:47:17,0	+ 14:46,0	4:43,7 min/km
60	4	Haase	Carsten	1975	M40	0	0:47:17,0	+ 14:46,0	4:43,7 min/km
61	9	Sittner	Christian	1985	M30	Roadrunner	0:47:31,0	+ 15:00,0	4:45,1 min/km

62	10	Kleiber	Andreas	1963	M50	SCC Berlin	0:47:39,0	+ 15:08,0	4:45,9 min/km
63	11	Rämisch	Bertold	1958	M55	LC Ronhill	0:47:49,0	+ 15:18,0	4:46,9 min/km
64	1	Nadeborn	Anne	1967	W50	0	0:47:52,0	+ 15:21,0	4:47,2 min/km
65	1	Schwarz	Marion	1957	W60	LG Pegasos	0:48:11,0	+ 15:40,0	4:49,1 min/km
66	6	Falkenberg	Rainer	1980	M35	0	0:48:29,0	+ 15:58,0	4:50,9 min/km
67	2	Günnewig	Katja	1969	W45	LG Süd Berlin	0:48:52,0	+ 16:21,0	4:53,2 min/km
68	3	Neymanns	Werner	1955	M60	Satzherstellung N	0:49:22,0	+ 16:51,0	4:56,2 min/km
69	2	Kernn	Cordula	1957	W60	LG Pegasos	0:49:23,0	+ 16:52,0	4:56,3 min/km
70	3	Tripolszky	Tanja	1968	W45	LEIDIG24 Triathl	0:49:25,0	+ 16:54,0	4:56,5 min/km
71	10	Sokoll	André	1985	M30	0	0:49:28,0	+ 16:57,0	4:56,8 min/km
72	2	Freese	Ada	1975	W40	LG Süd	0:49:43,0	+ 17:12,0	4:58,3 min/km
73	4	Muschinski	Lothar	1956	M60	Team Wadenkrar	0:49:56,0	+ 17:25,0	4:59,6 min/km
74	1	Röpstorf	Evgeniya	1958	W55	Team Erdinger Al	0:50:00,0	+ 17:29,0	5:00,0 min/km
75	2	Huber	Helmut	1949	M65	LC RON-HILL Be	0:50:02,0	+ 17:31,0	5:00,2 min/km
76	5	Fischer	Jan	1974	M40	Läuft doch !	0:50:11,0	+ 17:40,0	5:01,1 min/km
77	3	Sieg	Henry	1950	M65	0	0:50:30,0	+ 17:59,0	5:03,0 min/km
78	12	Golombek	Manfred	1959	M55	0	0:50:36,0	+ 18:05,0	5:03,6 min/km
79	2	Pempe	Alina	1982	W35	0	0:50:38,0	+ 18:07,0	5:03,8 min/km
80	11	Nitsch	Volker	1968	M45	0	0:50:41,0	+ 18:10,0	5:04,1 min/km
81	7	Just	Matthias	1979	M35	0	0:50:46,0	+ 18:15,0	5:04,6 min/km
82	13	Möhr	Norbert	1962	M55	LG Mauerweg e.V	0:50:52,0	+ 18:21,0	5:05,2 min/km
83	11	Krahnert	Jörg	1966	M50	-	0:51:12,0	+ 18:41,0	5:07,2 min/km
84	2	Klammt	Veronika	1984	W30	Berliner Turnersc	0:51:21,0	+ 18:50,0	5:08,1 min/km
85	4	Gomoll	Ilka	1972	W45	LC RON-HILL Be	0:51:31,0	+ 19:00,0	5:09,1 min/km
86	3	Becker	Claudia	1977	W40	Berliner Turnersc	0:51:34,0	+ 19:03,0	5:09,4 min/km
87	5	Streese	Edgar	1956	M60	0	0:51:35,0	+ 19:04,0	5:09,5 min/km
88	8	Hein	Sebastian	1979	M35	0	0:51:43,0	+ 19:12,0	5:10,3 min/km
89	4	Gerigk	Johannes	1948	M65	0	0:51:54,0	+ 19:23,0	5:11,4 min/km
90	2	Schulze	Hans-Joachim	1943	M70	LC RonHill Berlin	0:51:55,0	+ 19:24,0	5:11,5 min/km
91	6	Jäger	Winfried	1957	M60	LC RON-HILL Be	0:51:58,0	+ 19:27,0	5:11,8 min/km
92	3	Rintisch	Gudrun	1957	W60	LG Nord	0:52:06,0	+ 19:35,0	5:12,6 min/km
93	9	Cleemann	Sebastian	1979	M35	0	0:52:11,0	+ 19:40,0	5:13,1 min/km
94	4	Hilbig	Alexandra	1973	W40	SSV Lichtenrade	0:52:25,0	+ 19:54,0	5:14,5 min/km

95	4	Barthel	Nelia	1957	W60	SCC Berlin	0:52:43,0	+ 20:12,0	5:16,3 min/km
96	10	Schlimper	Marcel	1978	M35	twitterlaufftreff	0:52:44,0	+ 20:13,0	5:16,4 min/km
97	6	Apel	Stefan	1975	M40	0	0:52:57,0	+ 20:26,0	5:17,7 min/km
98	5	Germeyer	Wiebke	1974	W40	BSG Berliner Spä	0:53:06,0	+ 20:35,0	5:18,6 min/km
99	5	Palm	Udo	1949	M65	LC RonHill Berlin	0:53:13,0	+ 20:42,0	5:19,3 min/km
100	12	Keller	Carsten	1964	M50	BSG Berliner Spä	0:53:15,0	+ 20:44,0	5:19,5 min/km
101	1	Hallas	Günter	1942	M75	0	0:53:30,0	+ 20:59,0	5:21,0 min/km
102	12	Hilbig	Olaf	1970	M45	SSV Lichtenrade	0:53:42,0	+ 21:11,0	5:22,2 min/km
103	11	Wisniewski	Ulf	1983	M30	Lustige Schleiche	0:53:47,0	+ 21:16,0	5:22,7 min/km
104	3	Brödel	Sophie	1987	W30	Schöneberger Ins	0:54:01,0	+ 21:30,0	5:24,1 min/km
105	1	Speckmann	Friederike	1999	WU20	0	0:54:08,0	+ 21:37,0	5:24,8 min/km
106	3	Maier	Franz E.	1946	M70	BSG Berliner Spä	0:54:14,0	+ 21:43,0	5:25,4 min/km
107	3	Viehweger	Paula	1982	W35	0	0:54:15,0	+ 21:44,0	5:25,5 min/km
108	13	Kretschmar	Thomas	1969	M45	0	0:54:21,0	+ 21:50,0	5:26,1 min/km
109	5	Ballay-Schmid	Marie	1953	W60	LG Nord	0:55:04,0	+ 22:33,0	5:30,4 min/km
110	5	Krögler	Bettina	1969	W45	BSG Berliner Spä	0:55:23,0	+ 22:52,0	5:32,3 min/km
111	4	Donatasson	Gabriella	1980	W35	Vfl Tegel	0:55:29,0	+ 22:58,0	5:32,9 min/km
112	2	Lindemann	Heike	1961	W55	LC Ron Hill	0:55:50,0	+ 23:19,0	5:35,0 min/km
113	2	Schellenberg	Hans-Georg	1938	M75	0	0:56:24,0	+ 23:53,0	5:38,4 min/km
114	6	Riemann	Sandra	1977	W40	Laufklub Berlin e.	0:56:27,0	+ 23:56,0	5:38,7 min/km
115	5	Sauermann	Ina	1981	W35	0	0:56:44,0	+ 24:13,0	5:40,4 min/km
116	14	Drechsel	Klaus-Peter	1960	M55	0	0:57:04,0	+ 24:33,0	5:42,4 min/km
117	6	Roloff	Hartmut	1948	M65	Vfl Tegel 1891e.V	0:57:08,0	+ 24:37,0	5:42,8 min/km
118	7	Schwartz	Saskia	1977	W40	Ohne	0:57:23,0	+ 24:52,0	5:44,3 min/km
119	7	Louis Montgor	Guido	1957	M60	0	0:58:09,0	+ 25:38,0	5:48,9 min/km
120	8	Pohl	Wolfgang	1957	M60	Sport Factory Ber	0:58:11,0	+ 25:40,0	5:49,1 min/km
121	3	Hoinka	Elke	1959	W55	Vfl Tegel	0:58:32,0	+ 26:01,0	5:51,2 min/km
122	15	Gerjets	Enno	1959	M55	TCB Berlin	0:58:41,0	+ 26:10,0	5:52,1 min/km
123	7	Asche	Hartmut	1951	M65	Die Laufpartner	0:58:51,0	+ 26:20,0	5:53,1 min/km
124	4	Li	Xue	1986	W30	0	0:59:09,0	+ 26:38,0	5:54,9 min/km
125	2	Witte	Elke	1965	W50	SSV Lichtenrade	0:59:10,0	+ 26:39,0	5:55,0 min/km
126	6	Rau	Miriam	1971	W45	SSV Lichtenrade	0:59:10,0	+ 26:39,0	5:55,0 min/km
127	7	Gacon	Heike	1968	W45	0	0:59:35,0	+ 27:04,0	5:57,5 min/km

128	4	Heyd	Sigrid	1958	W55	SCC Run-Schleib	1:00:05,0	+ 27:34,0	6:00,5 min/km
129	3	Oelwein	Udo	1941	M75	VfL Tegel	1:00:09,0	+ 27:38,0	6:00,9 min/km
130	7	Mewes	Dirk Alexander	1973	M40	BSG Berliner Spä	1:01:01,0	+ 28:30,0	6:06,1 min/km
131	6	Beck	Susanne	1954	W60	SCC	1:01:45,0	+ 29:14,0	6:10,5 min/km
132	8	Röseler	Wolfgang	1949	M65	Lauf ABC-ler	1:01:50,0	+ 29:19,0	6:11,0 min/km
133	8	Hofmeister	Rike	1972	W45	0	1:02:52,0	+ 30:21,0	6:17,2 min/km
134	9	Tappe	Dieter	1951	M65	DAV	1:02:57,0	+ 30:26,0	6:17,7 min/km
135	5	Birke	Katrin	1959	W55	0	1:07:27,0	+ 34:56,0	6:44,7 min/km
136	1	Ruprecht	Ulrike	1951	W65	LT Bernd Huebne	1:07:27,0	+ 34:56,0	6:44,7 min/km
137	1	Dubois	Edith	1942	W75	WIB-LT	1:09:40,0	+ 37:09,0	6:58,0 min/km
138	10	Zipress	Peter	1952	M65	LEIDIG24 Triathl	1:10:11,0	+ 37:40,0	7:01,1 min/km
139	2	Tekolf	Beate	1952	W65	die magische 3	1:10:12,0	+ 37:41,0	7:01,2 min/km
140	13	Weiberg	Thomas	1967	M50	BSG Berliner Spä	1:10:40,0	+ 38:09,0	7:04,0 min/km
141	14	Wiederstein	Marcus	1971	M45	TSV TM	1:12:50,0	+ 40:19,0	7:17,0 min/km
142	2	Eichner	Sigrid	1940	W75	LG Mauerweg e.V.	1:30:40,0	+ 58:09,0	9:04,0 min/km
143	4	Matthes	Rainer	1945	M70	0	1:31:01,0	+ 58:30,0	9:06,1 min/km
144	1	Niederhafner	Renate	1945	W70	SCC Rennschne	1:38:48,0	+ 06:17,0	9:52,8 min/km
145	1	Schulze	Horst	1934	M80	PSV Ahorn	1:43:06,0	+ 10:35,0	10:18,6 min/km