

XXXI. Internationaler 100km-Lauf von Grünheide/Kienbaum

Gesamteinlauf 100km

RANKING	NO.	NAME	CLUB	NAT	RESULT
TOTAL AGE CLAAS					
1	1. M40	112 Achim Zimmermann	SV Mindelzell	GER	07:26:27
		00:21:13 (00:21:13) 00:42:53 (00:21:40) 01:04:36 (00:21:44) 01:26:12 (00:21:37) 01:47:53 (00:21:42)			
		02:09:48 (00:21:55) 02:31:38 (00:21:50) 02:53:28 (00:21:50) 03:15:29 (00:22:01) 03:37:42 (00:22:14)			
		03:59:35 (00:21:54) 04:21:42 (00:22:07) 04:44:09 (00:22:27) 05:07:13 (00:23:05) 05:30:53 (00:23:41)			
		05:53:30 (00:22:37) 06:16:13 (00:22:43) 06:39:53 (00:23:41) 07:03:14 (00:23:22) 07:26:27 (00:23:13)			
2	1. M30	115 Johannes Haßlinger	LG Nienburg	GER	07:29:01
		00:21:14 (00:21:14) 00:42:53 (00:21:40) 01:04:36 (00:21:43) 01:26:11 (00:21:36) 01:47:53 (00:21:42)			
		02:09:48 (00:21:56) 02:31:37 (00:21:50) 02:53:11 (00:21:34) 03:14:54 (00:21:44) 03:36:18 (00:21:24)			
		03:57:57 (00:21:39) 04:19:39 (00:21:42) 04:41:25 (00:21:46) 05:03:07 (00:21:42) 05:24:47 (00:21:41)			
		05:49:30 (00:24:44) 6:12:04; (00:22:35) 06:37:54 (00:25:50) 07:04:51 (00:26:57) 07:29:01 (00:24:10)			
3	2. M40	143 Michael Vanicek	LG Nord Berlin UltraTeam	GER	07:57:35
		00:23:44 (00:23:44) 00:47:12 (00:23:28) 01:11:18 (00:24:06) 01:35:23 (00:24:05) 01:59:18 (00:23:56)			
		02:23:09 (00:23:51) 02:46:58 (00:23:50) 03:10:58 (00:24:01) 03:34:01 (00:23:03) 03:57:06 (00:23:05)			
		04:20:40 (00:23:34) 04:44:03 (00:23:24) 05:08:06 (00:24:03) 05:31:40 (00:23:35) 05:56:03 (00:24:23)			
		06:20:12 (00:24:10) 6:44:23; (00:24:12) 07:08:27 (00:24:05) 07:32:44 (00:24:17) 07:57:35 (00:24:51)			
4	2. M30	133 Scott Traer	Woburn, Ma	USA	08:06:38
		00:20:38 (00:20:38) 00:41:47 (00:21:09) 01:03:34 (00:21:48) 01:25:42 (00:22:09) 01:48:22 (00:22:40)			
		02:11:16 (00:22:54) 02:33:31 (00:22:16) 02:56:29 (00:22:58) 03:19:51 (00:23:22) 03:44:03 (00:24:13)			
		04:08:26 (00:24:24) 04:33:23 (00:24:57) 04:58:58 (00:25:36) 05:25:24 (00:26:26) 05:51:38 (00:26:15)			
		06:18:43 (00:27:05) 6:45:34; (00:26:52) 07:12:15 (00:26:41) 07:39:25 (00:27:10) 08:06:38 (00:27:14)			
5	1. W40	144 Antje Müller	LC Auensee Leipzig	GER	08:36:17
		00:23:12 (00:23:12) 00:46:05 (00:22:53) 01:09:00 (00:22:56) 01:32:26 (00:23:26) 01:55:45 (00:23:20)			
		02:18:49 (00:23:04) 02:42:13 (00:23:24) 03:06:04 (00:23:51) 03:30:02 (00:23:59) 03:54:21 (00:24:19)			
		04:20:31 (00:26:11) 04:47:07 (00:26:36) 05:15:11 (00:28:05) 05:42:54 (00:27:44) 06:10:57 (00:28:03)			
		06:39:35 (00:28:38) 7:09:17; (00:29:43) 07:38:29 (00:29:12) 08:07:07 (00:28:39) 08:36:17 (00:29:10)			
6	1. M45	107 Manfred Dachs	LG Nienburg	GER	08:44:42
		00:23:10 (00:23:10) 00:46:51 (00:23:41) 01:11:18 (00:24:27) 01:35:58 (00:24:40) 02:00:23 (00:24:25)			
		02:24:21 (00:23:59) 02:49:04 (00:24:43) 03:14:07 (00:25:04) 03:39:06 (00:24:59) 04:04:31 (00:25:25)			
		04:31:11 (00:26:41) 04:58:24 (00:27:13) 05:26:51 (00:28:28) 05:54:52 (00:28:02) 06:23:24 (00:28:33)			
		06:51:46 (00:28:22) 7:20:10; (00:28:24) 07:48:35 (00:28:26) 08:17:06 (00:28:32) 08:44:42 (00:27:36)			
7	1. M50	136 Burkhard Widera	TV Hohne	GER	08:51:02
		00:25:36 (00:25:36) 00:50:39 (00:25:04) 01:15:48 (00:25:09) 01:40:58 (00:25:11) 02:06:02 (00:25:04)			
		02:31:17 (00:25:15) 02:56:27 (00:25:10) 03:22:07 (00:25:41) 03:47:44 (00:25:38) 04:13:37 (00:25:53)			
		04:39:51 (00:26:15) 05:08:26 (00:28:36) 05:35:05 (00:26:39) 06:03:49 (00:28:44) 06:33:32 (00:29:44)			
		07:00:43 (00:27:12) 7:28:24; (00:27:42) 07:55:39 (00:27:16) 08:23:25 (00:27:46) 08:51:02 (00:27:38)			
8	2. M45	121 Kai Horschig	TSG-Schopfheim	GER	08:53:43
		00:27:05 (00:27:05) 00:53:45 (00:26:40) 01:20:32 (00:26:48) 01:46:29 (00:25:58) 02:13:21 (00:26:52)			
		02:40:23 (00:27:03) 03:07:21 (00:26:58) 03:33:27 (00:26:06) 04:00:11 (00:26:45) 04:27:03 (00:26:53)			
		04:53:38 (00:26:35) 05:21:05 (00:27:28) 05:47:48 (00:26:43) 06:14:07 (00:26:19) 06:39:31 (00:25:25)			
		07:05:42 (00:26:11) 7:32:23; (00:26:42) 07:59:10 (00:26:47) 08:26:35 (00:27:26) 08:53:43 (00:27:08)			
9	3. M40	123 Christian Mohr	LG DUV	GER	09:02:53
		00:27:05 (00:27:05) 00:54:29 (00:27:25) 01:21:53 (00:27:24) 01:49:02 (00:27:09) 02:16:35 (00:27:34)			
		02:43:19 (00:26:45) 03:10:13 (00:26:54) 03:37:02 (00:26:49) 04:03:48 (00:26:47) 04:30:32 (00:26:45)			
		04:56:50 (00:26:18) 05:23:02 (00:26:13) 05:49:16 (00:26:14) 06:16:07 (00:26:51) 06:43:01 (00:26:55)			
		07:10:20 (00:27:19) 7:38:32; (00:28:13) 08:07:29 (00:28:58) 08:35:56 (00:28:27) 09:02:53 (00:26:57)			
10	4. M40	132 Guenter Thieme	TSG Glauchau	GER	09:04:19
		00:26:54 (00:26:54) 00:52:55 (00:26:01) 01:19:05 (00:26:11) 01:45:30 (00:26:26) 02:12:06 (00:26:36)			
		02:38:49 (00:26:44) 03:05:11 (00:26:23) 03:33:51 (00:28:40) 04:00:12 (00:26:21) 04:26:46 (00:26:34)			
		04:53:31 (00:26:46) 05:20:13 (00:26:42) 05:46:38 (00:26:25) 06:13:31 (00:26:54) 06:40:46 (00:27:15)			
		07:09:06 (00:28:20) 7:37:04; (00:27:59) 08:06:09 (00:29:06) 08:35:23 (00:29:14) 09:04:19 (00:28:57)			
11	2. M50	103 Karl Berndstrotmann	SUS-Olfen	GER	09:08:22
		00:23:00 (00:23:00) 00:45:57 (00:22:58) 01:09:18 (00:23:21) 01:32:44 (00:23:26) 01:56:09 (00:23:25)			
		02:20:00 (00:23:52) 02:44:09 (00:24:10) 03:08:54 (00:24:45) 03:33:35 (00:24:42) 03:58:36 (00:25:01)			
		04:24:54 (00:26:19) 04:52:09 (00:27:16) 05:21:20 (00:29:11) 05:56:13 (00:34:54) 06:26:51 (00:30:38)			
		06:57:30 (00:30:39) 7:29:12; (00:31:43) 08:02:48 (00:33:36) 08:35:13 (00:32:26) 09:08:22 (00:33:09)			

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Gesamteinlauf 100km

RANKING		NO.	NAME	CLUB	NAT	RESULT
TOTAL	AGE CLAAS					
12	1. M35	119	Patrick Hoesl	LG DUV	GER	09:11:29
			00:29:26 (00:29:26) 00:58:00 (00:28:35) 01:27:05 (00:29:06) 01:56:13 (00:29:09) 02:25:40 (00:29:27)			
			02:55:05 (00:29:26) 03:23:41 (00:28:37) 03:53:43 (00:30:02) 04:21:08 (00:27:25) 04:49:34 (00:28:27)			
			05:10:57 (00:21:23) 05:37:43 (00:26:46) 06:06:01 (00:28:19) 06:32:44 (00:26:43) 06:55:07 (00:22:24)			
			07:23:08 (00:28:01) 7:50:09; (00:27:02) 08:18:31 (00:28:23) 08:41:20 (00:22:49) 09:11:29 (00:30:09)			
13	5. M40	101	Frank Baumbach	Rennsteiglaufverein	GER	09:13:57
			00:27:12 (00:27:12) 00:54:41 (00:27:30) 01:21:31 (00:26:50) 01:48:19 (00:26:48) 02:15:07 (00:26:58)			
			02:42:24 (00:27:18) 03:09:33 (00:27:09) 03:36:48 (00:27:15) 04:04:29 (00:27:42) 04:31:24 (00:26:55)			
			04:59:07 (00:27:44) 05:26:40 (00:27:33) 05:53:31 (00:26:51) 06:21:12 (00:27:41) 06:49:26 (00:28:15)			
			07:17:46 (00:28:21) 7:45:46; (00:28:00) 08:15:45 (00:29:59) 08:46:14 (00:30:29) 09:13:57 (00:27:44)			
14	3. M50	120	Michael Hopp	ESV Lok Potsdam	GER	09:14:35
			00:26:48 (00:26:48) 00:52:54 (00:26:06) 01:18:47 (00:25:54) 01:44:31 (00:25:44) 02:10:23 (00:25:53)			
			02:36:38 (00:26:16) 03:03:11 (00:26:34) 03:30:18 (00:27:07) 03:56:34 (00:26:17) 04:28:42 (00:32:08)			
			04:59:09 (00:30:28) 05:26:21 (00:27:12) 05:54:02 (00:27:42) 06:24:28 (00:30:26) 06:53:12 (00:28:44)			
			07:21:45 (00:28:33) 7:50:44; (00:29:00) 08:19:57 (00:29:14) 08:47:55 (00:27:58) 09:14:35 (00:26:40)			
15	3. M45	139	Tomas Placek	ASK Decin	CZE	09:15:45
			00:27:14 (00:27:14) 00:54:16 (00:27:02) 01:21:45 (00:27:30) 01:49:03 (00:27:19) 02:16:21 (00:27:18)			
			02:43:45 (00:27:24) 03:11:33 (00:27:48) 03:38:44 (00:27:12) 04:06:04 (00:27:21) 04:33:52 (00:27:48)			
			05:03:19 (00:29:27) 05:31:18 (00:28:00) 05:59:46 (00:28:28) 06:28:31 (00:28:45) 06:56:19 (00:27:49)			
			07:24:35 (00:28:16) 7:53:20; (00:28:45) 08:21:59 (00:28:39) 08:49:49 (00:27:51) 09:15:45 (00:25:56)			
16	1. M55	147	Günter Knefel	Reinickendorfer Füchse	GER	09:20:15
			00:26:48 (00:26:48) 00:52:54 (00:26:07) 01:18:57 (00:26:03) 01:44:55 (00:25:59) 02:10:58 (00:26:03)			
			02:36:54 (00:25:57) 03:03:02 (00:26:08) 03:29:13 (00:26:12) 03:55:39 (00:26:26) 04:22:23 (00:26:45)			
			04:49:06 (00:26:44) 05:16:08 (00:27:02) 05:44:59 (00:28:51) 06:13:19 (00:28:21) 06:43:08 (00:29:50)			
			07:13:37 (00:30:29) 7:46:32; (00:32:55) 08:17:24 (00:30:53) 08:48:23 (00:31:00) 09:20:15 (00:31:52)			
17	6. M40	142	Tewes Brandt	Delligser SC	GER	09:29:21
			00:27:48 (00:27:48) 00:55:09 (00:27:21) 01:23:16 (00:28:08) 01:51:37 (00:28:22) 02:21:29 (00:29:52)			
			02:49:52 (00:28:23) 03:18:53 (00:29:02) 03:47:38 (00:28:45) 04:16:23 (00:28:46) 04:44:44 (00:28:21)			
			05:13:49 (00:29:06) 05:41:23 (00:27:35) 06:09:32 (00:28:09) 06:37:53 (00:28:21) 07:06:02 (00:28:10)			
			07:33:13 (00:27:11) 8:00:36; (00:27:23) 08:29:25 (00:28:49) 08:56:55 (00:27:31) 09:29:21 (00:32:27)			
18	1. M	148	Sven Segler	Loitz	GER	09:32:47
			00:27:01 (00:27:01) 00:54:38 (00:27:38) 01:20:54 (00:26:16) 01:47:25 (00:26:32) 02:13:35 (00:26:10)			
			02:40:39 (00:27:05) 03:09:27 (00:28:49) 03:38:08 (00:28:41) 04:07:02 (00:28:55) 04:36:32 (00:29:30)			
			05:05:55 (00:29:24) 05:35:04 (00:29:09) 06:02:56 (00:27:53) 06:31:08 (00:28:12) 06:59:56 (00:28:49)			
			07:29:08 (00:29:12) 8:00:15; (00:31:07) 08:30:09 (00:29:55) 09:01:20 (00:31:11) 09:32:47 (00:31:28)			
19	3. M30	140	Carsten Rogge	DUV	GER	09:53:07
			00:28:55 (00:28:55) 00:57:00 (00:28:06) 01:24:46 (00:27:47) 01:52:22 (00:27:36) 02:19:55 (00:27:34)			
			02:47:31 (00:27:36) 03:15:32 (00:28:02) 03:43:40 (00:28:09) 04:11:38 (00:27:59) 04:39:41 (00:28:03)			
			05:08:28 (00:28:48) 05:36:07 (00:27:40) 06:04:33 (00:28:27) 06:34:04 (00:29:31) 07:08:11 (00:34:07)			
			07:41:56 (00:33:46) 8:20:08; (00:38:13) 08:55:10 (00:35:02) 09:23:14 (00:28:05) 09:53:07 (00:29:53)			
20	4. M50	104	Wolfgang Böss	Creußen	GER	09:55:01
			00:25:41 (00:25:41) 00:52:06 (00:26:26) 01:19:28 (00:27:22) 01:46:43 (00:27:16) 02:13:55 (00:27:12)			
			02:41:55 (00:28:00) 03:10:43 (00:28:48) 03:40:05 (00:29:23) 04:09:35 (00:29:31) 04:39:33 (00:29:58)			
			05:11:21 (00:31:48) 05:41:16 (00:29:56) 06:12:15 (00:31:00) 06:45:17 (00:33:02) 07:19:59 (00:34:43)			
			07:53:45 (00:33:46) 8:25:54; (00:32:10) 08:58:20 (00:32:26) 09:27:21 (00:29:02) 09:55:01 (00:27:41)			
21	2. M35	145	Martin Woitynek	KSP Kniebeuge 98 e.V.	GER	09:57:18
			00:29:19 (00:29:19) 00:57:59 (00:28:40) 01:26:47 (00:28:48) 01:55:37 (00:28:51) 02:23:56 (00:28:20)			
			02:52:11 (00:28:15) 03:20:42 (00:28:32) 03:48:47 (00:28:06) 04:17:29 (00:28:42) 04:46:52 (00:29:24)			
			05:16:30 (00:29:38) 05:45:57 (00:29:28) 06:16:28 (00:30:32) 06:47:40 (00:31:13) 07:19:05 (00:31:25)			
			07:49:29 (00:30:24) 8:20:52; (00:31:23) 08:52:52 (00:32:01) 09:24:51 (00:31:59) 09:57:18 (00:32:28)			
22	5. M50	141	Thomas Knackstedt	Delligser SC	GER	10:04:24
			00:28:25 (00:28:25) 00:57:57 (00:29:32) 01:28:03 (00:30:07) 01:59:41 (00:31:38) 02:29:41 (00:30:01)			
			02:59:14 (00:29:34) 03:28:20 (00:29:06) 03:58:29 (00:30:09) 04:27:30 (00:29:02) 04:56:37 (00:29:07)			
			05:25:46 (00:29:10) 05:55:05 (00:29:19) 06:26:12 (00:31:07) 06:55:45 (00:29:34) 07:25:33 (00:29:48)			
			07:55:53 (00:30:20) 8:27:23; (00:31:30) 09:00:08 (00:32:46) 09:32:37 (00:32:30) 10:04:24 (00:31:48)			

XXXI. Internationaler 100km-Lauf von Grünheide/Kienbaum

Gesamteinlauf 100km

RANKING	NO.	NAME	CLUB	NAT	RESULT
TOTAL	AGE	CLAAS			
23	4. M45	146 Gerd Teichert	TSG Seelow	GER	10:20:52
		00:28:04 (00:28:04) 00:57:05 (00:29:02) 01:26:23 (00:29:19) 01:55:51 (00:29:29) 02:25:43 (00:29:52)			
		02:56:27 (00:30:45) 03:27:39 (00:31:13) 03:58:32 (00:30:53) 04:29:41 (00:31:09) 05:00:43 (00:31:03)			
		05:32:09 (00:31:26) 06:03:22 (00:31:14) 06:33:55 (00:30:33) 07:04:51 (00:30:57) 07:36:00 (00:31:10)			
		08:07:33 (00:31:33) 8:39:32; (00:31:59) 09:12:41 (00:33:09) 09:46:43 (00:34:03) 10:20:52 (00:34:10)			
24	6. M50	122 Andreas Knop	LG DUV	GER	10:28:27
		00:28:43 (00:28:43) 00:57:51 (00:29:09) 01:26:47 (00:28:56) 01:56:05 (00:29:18) 02:25:15 (00:29:11)			
		02:54:52 (00:29:37) 03:23:38 (00:28:46) 03:53:53 (00:30:16) 04:22:51 (00:28:58) 04:52:43 (00:29:52)			
		05:25:34 (00:32:52) 05:56:16 (00:30:42) 06:29:10 (00:32:55) 07:03:30 (00:34:21) 07:40:11 (00:36:41)			
		08:12:01 (00:31:51) 8:47:34; (00:35:33) 09:21:09 (00:33:36) 09:55:02 (00:33:54) 10:28:27 (00:33:25)			
25	3. M35	124 Falk Panskus	Laufftreff Altwarmbüchen	GER	10:35:28
		00:27:48 (00:27:48) 00:56:50 (00:29:02) 01:23:59 (00:27:10) 01:51:07 (00:27:08) 02:19:13 (00:28:07)			
		02:48:17 (00:29:04) 03:17:01 (00:28:45) 03:45:31 (00:28:31) 04:14:01 (00:28:31) 04:44:26 (00:30:25)			
		05:14:31 (00:30:06) 05:45:02 (00:30:32) 06:21:43 (00:36:41) 06:52:51 (00:31:08) 07:28:43 (00:35:53)			
		08:05:40 (00:36:57) 8:43:21; (00:37:42) 09:23:59 (00:40:39) 09:59:48 (00:35:49) 10:35:28 (00:35:40)			
26	7. M50	138 Jörg Czoske	Fürstenkeller NBDBQ	GER	10:43:37
		00:27:46 (00:27:46) 00:54:58 (00:27:13) 01:25:59 (00:31:01) 01:56:06 (00:30:07) 02:24:11 (00:28:06)			
		02:54:52 (00:30:41) 03:25:25 (00:30:33) 03:57:34 (00:32:09) 04:27:34 (00:30:01) 05:00:45 (00:33:12)			
		05:32:04 (00:31:19) 06:05:18 (00:33:15) 06:38:08 (00:32:50) 07:10:42 (00:32:35) 07:44:37 (00:33:55)			
		08:22:20 (00:37:43) 8:55:35; (00:33:16) 09:31:25 (00:35:51) 10:08:31 (00:37:07) 10:43:37 (00:35:06)			
27	2. M55	114 Wolfgang Gröning	Flensburg	GER	10:48:11
		00:27:41 (00:27:41) 00:55:44 (00:28:04) 01:23:32 (00:27:48) 01:51:41 (00:28:09) 02:19:21 (00:27:41)			
		02:46:26 (00:27:06) 03:13:58 (00:27:32) 03:41:07 (00:27:09) 04:08:32 (00:27:25) 04:35:56 (00:27:25)			
		05:03:26 (00:27:31) 05:31:21 (00:27:55) 06:00:39 (00:29:18) 06:35:43 (00:35:05) 07:15:29 (00:39:47)			
		07:58:45 (00:43:16) 8:42:29; (00:43:45) 09:25:09 (00:42:41) 10:06:53 (00:41:44) 10:48:11 (00:41:18)			
28	2. W40	127 Claudia Schelhorn	Berlin	GER	11:15:32
		00:32:15 (00:32:15) 01:04:26 (00:32:11) 01:36:28 (00:32:03) 02:10:07 (00:33:39) 02:42:18 (00:32:12)			
		03:14:27 (00:32:09) 03:47:14 (00:32:47) 04:20:32 (00:33:19) 04:54:31 (00:33:59) 05:27:54 (00:33:23)			
		06:03:42 (00:35:49) 06:37:08 (00:33:26) 07:10:33 (00:33:25) 07:44:00 (00:33:28) 08:17:38 (00:33:38)			
		08:51:40 (00:34:03) 9:26:34; (00:34:54) 10:02:35 (00:36:01) 10:39:12 (00:36:38) 11:15:32 (00:36:20)			
29	8. M50	117 Klaus-Dieter Hellwig	TV Münchberg	GER	11:25:21
		00:27:40 (00:27:40) 00:55:02 (00:27:23) 01:23:17 (00:28:15) 01:52:43 (00:29:26) 02:22:27 (00:29:45)			
		02:51:46 (00:29:19) 03:21:31 (00:29:46) 03:51:35 (00:30:04) 04:20:32 (00:28:57) 04:50:00 (00:29:29)			
		05:23:14 (00:33:14) 06:01:50 (00:38:37) 06:34:52 (00:33:03) 07:13:38 (00:38:46) 07:53:19 (00:39:42)			
		08:48:56 (00:55:37) 9:27:40; (00:38:45) 10:01:40 (00:34:01) 10:43:43 (00:42:03) 11:25:21 (00:41:39)			
30	1. W45	108 Daniela Dilling	LG Nord Berlin	GER	11:27:44
		00:28:26 (00:28:26) 00:57:27 (00:29:02) 01:26:43 (00:29:17) 01:56:05 (00:29:22) 02:25:38 (00:29:34)			
		02:57:09 (00:31:31) 03:27:26 (00:30:18) 03:59:51 (00:32:25) 04:32:04 (00:32:13) 05:06:25 (00:34:22)			
		05:39:52 (00:33:28) 06:16:29 (00:36:37) 06:52:50 (00:36:22) 07:30:28 (00:37:38) 08:08:49 (00:38:21)			
		08:48:35 (00:39:47) 9:28:57; (00:40:22) 10:10:29 (00:41:33) 10:52:59 (00:42:31) 11:27:44 (00:34:45)			
31	2. W45	125 Heike Pawzik	LG Nord Berlin	GER	11:31:54
		00:31:11 (00:31:11) 01:02:08 (00:30:58) 01:32:54 (00:30:46) 02:03:54 (00:31:01) 02:35:01 (00:31:07)			
		03:05:29 (00:30:29) 03:39:42 (00:34:13) 04:10:29 (00:30:47) 04:42:02 (00:31:34) 05:14:58 (00:32:56)			
		05:49:13 (00:34:15) 06:24:59 (00:35:46) 07:01:21 (00:36:23) 07:38:22 (00:37:02) 08:17:11 (00:38:50)			
		08:56:40 (00:39:30) 9:35:30; (00:38:50) 10:15:39 (00:40:10) 10:55:17 (00:39:38) 11:31:54 (00:36:38)			
32	3. M55	129 Diethard Steinbrecher	100 Marathon Club	GER	11:36:43
		00:30:22 (00:30:22) 01:00:41 (00:30:20) 01:31:03 (00:30:23) 02:00:52 (00:29:50) 02:30:57 (00:30:05)			
		03:04:50 (00:33:53) 03:35:37 (00:30:48) 04:07:24 (00:31:47) 04:40:33 (00:33:10) 05:13:28 (00:32:55)			
		05:49:31 (00:36:04) 06:28:24 (00:38:53) 07:05:53 (00:37:29) 07:44:08 (00:38:16) 08:24:49 (00:40:42)			
		09:03:34 (00:38:45) 9:42:15; (00:38:41) 10:19:35 (00:37:21) 10:56:15 (00:36:40) 11:36:43 (00:40:28)			
33	4. M55	135 Werner Ziem	Wasserfreunde Brandenburg	GER	11:53:15
		00:30:01 (00:30:01) 01:00:53 (00:30:53) 01:32:43 (00:31:50) 02:04:46 (00:32:04) 02:37:28 (00:32:42)			
		03:10:30 (00:33:03) 03:44:18 (00:33:49) 04:18:44 (00:34:26) 04:53:17 (00:34:33) 05:30:31 (00:37:15)			
		06:05:20 (00:34:50) 06:41:21 (00:36:02) 07:19:53 (00:38:32) 07:58:43 (00:38:50) 08:37:14 (00:38:32)			
		09:16:03 (00:38:50) 9:55:39; (00:39:36) 10:34:22 (00:38:44) 11:14:49 (00:40:27) 11:53:15 (00:38:26)			

XXXI. Internationaler 100km-Lauf von Grünheide/Kienbaum

Gesamteinlauf 100km

	RANKING	NO.	NAME	CLUB	NAT	RESULT
	TOTAL	AGE	CLAAS			
34	9.	M50	118 Reimund Hildebrandt	Gross Kreuz (Havel)	GER	11:58:33
			00:27:20 (00:27:20) 00:55:14 (00:27:55) 01:23:25 (00:28:11) 01:51:37 (00:28:13) 02:21:03 (00:29:26)			
			02:51:41 (00:30:39) 03:22:22 (00:30:41) 03:53:53 (00:31:32) 04:26:32 (00:32:40) 05:01:23 (00:34:51)			
			05:37:18 (00:35:55) 06:14:21 (00:37:03) 06:52:33 (00:38:12) 07:31:18 (00:38:46) 08:10:52 (00:39:34)			
			08:53:07 (00:42:15) 9:36:57; (00:43:51) 10:23:30 (00:46:33) 11:11:50 (00:48:21) 11:58:33 (00:46:43)			
			137 Ekkehard Steuck	LC Auensee Leipzig	GER	
			00:31:58 (00:31:58) 01:05:29 (00:33:32) 01:39:13 (00:33:44) 02:13:55 (00:34:42) 02:48:24 (00:34:29)			
			03:23:37 (00:35:13) 03:58:54 (00:35:18) 04:34:21 (00:35:28) 05:10:46 (00:36:25) 05:50:20 (00:39:35)			
			06:27:59 (00:37:40) 07:05:51 (00:37:52) 07:44:06 (00:38:15) 08:24:50 (00:40:45) 09:06:09 (00:41:20)			
			09:47:37 (00:41:28) 0:29:59; (00:42:22) 11:13:06 (00:43:08) 11:59:27 (00:46:21)			
			116 Karsten Heckhausen	Duderstadt	GER	
			00:28:50 (00:28:50) 00:57:54 (00:29:04) 01:28:06 (00:30:13) 01:59:47 (00:31:41) 02:32:02 (00:32:15)			
			03:04:50 (00:32:49) 03:38:50 (00:34:01) 04:10:57 (00:32:07) 04:42:22 (00:31:26) 05:19:13 (00:36:51)			
			05:55:53 (00:36:41) 06:35:10 (00:39:17) 07:15:06 (00:39:56) 07:56:14 (00:41:09) 08:41:49 (00:45:35)			
			09:37:17 (00:55:28) 0:29:00; (00:51:44) 11:32:28 (01:03:28)			
			134 Jürgen Winkler	Delligser SC	GER	
			00:27:12 (00:27:12) 00:52:56 (00:25:45) 01:18:47 (00:25:52) 01:44:27 (00:25:40) 02:09:46 (00:25:20)			
			02:35:30 (00:25:45) 03:01:25 (00:25:56) 03:27:37 (00:26:13) 03:54:31 (00:26:54) 04:21:53 (00:27:22)			
			04:50:50 (00:28:57) 05:24:06 (00:33:17) 05:57:09 (00:33:03)			
			113 Silke Gielen	Harburger SC	GER	
			00:28:49 (00:28:49) 00:59:13 (00:30:25) 01:28:52 (00:29:39) 01:59:47 (00:30:56) 02:29:46 (00:29:59)			
			02:59:23 (00:29:37) 03:28:35 (00:29:12) 03:57:20 (00:28:45) 04:26:14 (00:28:55) 04:54:48 (00:28:34)			
			05:22:26 (00:27:39) 05:50:11 (00:27:45) 06:22:22 (00:32:12)			
			131 Sebastian Thiel	Berlin	GER	
			00:29:40 (00:29:40) 00:59:13 (00:29:33) 01:28:39 (00:29:27) 01:57:48 (00:29:09) 02:26:52 (00:29:05)			
			02:56:00 (00:29:09) 03:25:45 (00:29:45) 03:55:42 (00:29:57) 04:25:45 (00:30:04) 04:59:22 (00:33:37)			
			05:33:42 (00:34:20) 06:08:28 (00:34:46)			
			105 Dominik Bröschke	LG DUV	GER	
			00:27:11 (00:27:11) 00:54:17 (00:27:07) 01:22:00 (00:27:44) 01:49:13 (00:27:13) 02:16:32 (00:27:20)			
			02:44:16 (00:27:44) 03:12:46 (00:28:31) 03:42:13 (00:29:27) 04:16:07 (00:33:55) 04:51:17 (00:35:11)			
			130 Thorsten Themm	ALG VfL-Bokel	GER	
			00:29:07 (00:29:07) 00:59:05 (00:29:59) 01:28:35 (00:29:31) 01:56:40 (00:28:06) 02:26:04 (00:29:24)			
			02:56:06 (00:30:03) 03:25:52 (00:29:47) 03:55:41 (00:29:50) 04:26:03 (00:30:22) 04:56:45 (00:30:42)			
			109 Sigrid Eichner	100 Marathon Club	GER	
			00:35:30 (00:35:30) 01:12:05 (00:36:35) 01:49:10 (00:37:06) 02:27:50 (00:38:40) 03:06:31 (00:38:42)			
			03:43:57 (00:37:26) 04:23:45 (00:39:49) 05:05:19 (00:41:35) 05:49:57 (00:44:38) 06:35:42 (00:45:46)			
			128 Peter Schmidt	LC Ron-Hill Berlin	GER	
			00:29:13 (0:29:13;) 00:58:50 (0:29:37;) 01:28:47 (0:29:58;) 01:59:46 (0:31:00;) 02:32:12 (0:32:27;)			
			03:06:30 (0:34:18;) 03:42:43 (0:36:14;) 04:25:31 (0:42:48;) 05:12:30 (0:47:00;)			