

Birkenwäldchenlauf, 25.03.2007
Ergebnisliste 10 km

Platz	Platz AK	Name	Jg.	AK	Verein	Zeit	Rückstand	km-Schnitt
1	1	Marcus Alpen	88	mJgd	LAC	0:32:38,0		3:15,8 min/km
2	1	Jens Freudenau	0	M35	LC Rapid Dortmund	0:33:30,0	+ 00:52,0	3:21,0 min/km
3	1	Christian Krannich	84	Mä	LAC	0:33:44,0	+ 01:06,0	3:22,4 min/km
4	2	Sebastian Gerig	84	Mä	LAC	0:34:11,0	+ 01:33,0	3:25,1 min/km
5	2	Olaf Haller	70	M35	-	0:34:13,0	+ 01:35,0	3:25,3 min/km
6	1	Thomas Lüdtke	66	M40	LAC	0:34:16,0	+ 01:38,0	3:25,6 min/km
7	2	Fabian Hirt	88	mJgd	LAC	0:34:26,0	+ 01:48,0	3:26,6 min/km
8	3	Gerrit Wegener	81	Mä	Sisu Berlin	0:34:36,0	+ 01:58,0	3:27,6 min/km
9	4	Ronald Pierenz	78	Mä	Ski-Club Berlin	0:35:54,0	+ 03:16,0	3:35,4 min/km
10	3	Andy Beile	69	M35	ESV Lock Sch'wde	0:36:10,0	+ 03:32,0	3:37,0 min/km
11	4	Christoph Neutzner	71	M35	LTC Berlin	0:36:38,0	+ 04:00,0	3:39,8 min/km
12	1	Frederic Georges	74	M30	Pro Sport Bln. 24	0:36:39,0	+ 04:01,0	3:39,9 min/km
13	5	Ernst Ingo Künkel	87	Mä	ASB	0:36:42,0	+ 04:04,0	3:40,2 min/km
14	6	Christian Sperling	79	Mä	OSC Berlin	0:36:49,0	+ 04:11,0	3:40,9 min/km
15	7	Timo Kollednigg	81	Mä	OSC Berlin	0:36:50,0	+ 04:12,0	3:41,0 min/km
16	1	Dirk Pätzig	56	M50	LC Ron Hill	0:37:14,0	+ 04:36,0	3:43,4 min/km
17	3	Lucas Kempe	91	mJgd	OSC Berlin	0:37:26,0	+ 04:48,0	3:44,6 min/km
18	2	Winfried Schumann	66	M40	TuS Neukölln	0:37:36,0	+ 04:58,0	3:45,6 min/km
19	8	Sven Gogoll	85	Mä	LAC	0:37:40,0	+ 05:02,0	3:46,0 min/km
20	1	Andreas Panthen	61	M45	LG Buchsbaum	0:38:03,0	+ 05:25,0	3:48,3 min/km
21	3	Houari Tirech	64	M40	PSB 24 Berlin	0:38:10,0	+ 05:32,0	
22	9	Jann Rathenow	85	Mä	Potsdamer LC	0:38:21,0	+ 05:43,0	3:50,1 min/km
23	1	Gerald Schulz	52	M55	LAC	0:38:24,0	+ 05:46,0	3:50,4 min/km
24	2	Uwe Kernn	55	M50	LG Pegasos	0:38:32,0	+ 05:54,0	3:51,2 min/km
25	3	Ciro Cinieri	57	M50	Italia Team Berlin	0:38:51,0	+ 06:13,0	3:53,1 min/km
26	5	Thomas Hensel	69	M35	-	0:38:54,0	+ 06:16,0	3:53,4 min/km
27	2	Dietmar Behrens	58	M45	TSV Travemünde	0:38:57,0	+ 06:19,0	3:53,7 min/km
28	4	Günter Lewanzik	53	M50	Pro Sport Bln. 24	0:38:59,0	+ 06:21,0	3:53,9 min/km
29	1	Manfred Stephan	0	M60	LTC Berlin	0:39:13,0	+ 06:35,0	3:55,3 min/km
30	1	Rosemarie Kössler	62	W45	SCC Berlin	0:39:46,0	+ 07:08,0	3:58,6 min/km
31	2	Helmut Huber	49	M55	LC Ron Hill	0:39:48,0	+ 07:10,0	3:58,8 min/km
32	6	Andreas Komoch	70	M35	-	0:40:04,0	+ 07:26,0	4:00,4 min/km
33	3	Heere Janssen	60	M45	Bln. Turnerschaft	0:40:05,0	+ 07:27,0	4:00,5 min/km
34	10	Sven Fruth	78	Mä	Bln. Turnerschaft	0:40:14,0	+ 07:36,0	4:01,4 min/km
35	4	Thomas Mohr	59	M45	-	0:40:22,0	+ 07:44,0	4:02,2 min/km
36	5	Mathias Waldmann	55	M50	-	0:40:30,0	+ 07:52,0	4:03,0 min/km
37	11	Kai Goll	86	Mä	-	0:40:37,0	+ 07:59,0	4:03,7 min/km
38	4	Carsten Hahn	65	M40	LTC Berlin	0:40:42,0	+ 08:04,0	4:04,2 min/km
39	5	Michael Frihs	60	M45	-	0:40:47,0	+ 08:09,0	4:04,7 min/km
40	1	Natalie Preissler	88	wJgd	-	0:40:49,0	+ 08:11,0	4:04,9 min/km
41	2	Manfred Kretschmer	46	M60	Pro Sport Bln. 24	0:40:53,0	+ 08:15,0	4:05,3 min/km
42	12	Julian Goll	86	Mä	-	0:41:07,0	+ 08:29,0	4:06,7 min/km
43	6	Kai-Uwe Stumpf	59	M45	-	0:41:15,0	+ 08:37,0	4:07,5 min/km
44	3	Detlef Behnke	0	M55	KSV 90	0:41:31,0	+ 08:53,0	4:09,1 min/km
45	1	Maria Funk	83	Fr	LAC Berlin	0:41:43,0	+ 09:05,0	4:10,3 min/km
46	4	Matthias Tronjeck	52	M55	BSBV 1991	0:41:44,0	+ 09:06,0	4:10,4 min/km
47	2	Bart van Kersavond	74	M30	-	0:41:51,0	+ 09:13,0	4:11,1 min/km
48	3	Timo Kraemer	74	M30	Forum Team	0:42:07,0	+ 09:29,0	4:12,7 min/km
49	2	Anne Griebßbach	79	Fr	OSC Berlin	0:42:09,0	+ 09:31,0	4:12,9 min/km
50	5	Matthias Lemke	67	M40	KSV 90	0:42:12,0	+ 09:34,0	4:13,2 min/km

51	7	Uwe Schmidt	60	M45	KSV 90	0:42:14,0	+ 09:36,0	4:13,4 min/km
52	6	Peter Oltmann	64	M40	OSC Berlin	0:42:17,0	+ 09:39,0	4:13,7 min/km
53	3	Marta Ledke	87	Fr	OSC Berlin	0:42:24,0	+ 09:46,0	4:14,4 min/km
54	6	Ronald Schmidt	57	M50	SCC Berlin Grünau	0:42:46,0	+ 10:08,0	4:16,6 min/km
55	3	Detlef Lasse	43	M60	LG Nord	0:42:49,0	+ 10:11,0	4:16,9 min/km
56	4	Hans-Joachim Schulze	43	M60	LC Ron Hill	0:42:51,0	+ 10:13,0	4:17,1 min/km
57	13	Alexander Liedtke	79	Mä	Lübecker RG v. 1885	0:42:55,0	+ 10:17,0	4:17,5 min/km
58	7	Boris Steglich	72	M35	LTC Berlin	0:42:57,0	+ 10:19,0	4:17,7 min/km
59	1	Wiebke Deutz	75	W30	-	0:42:59,0	+ 10:21,0	4:17,9 min/km
60	2	Edeltraud Musiol	62	W45	LT Bernd Hübner	0:43:04,0	+ 10:26,0	4:18,4 min/km
61	2	Stefanie Neumann	88	wJgd	VfV Spandau	0:43:10,0	+ 10:32,0	4:19,0 min/km
62	1	Günter Hallas	42	M65	LG Nord	0:43:10,0	+ 10:32,0	4:19,0 min/km
63	5	Ewald Klammer	47	M60	-	0:43:11,0	+ 10:33,0	4:19,1 min/km
64	8	Jörg-Matthias Niemann	71	M35	-	0:43:13,0	+ 10:35,0	4:19,3 min/km
65	4	Anicó Kulow	86	Fr	Bln. Turnerschaft	0:43:18,0	+ 10:40,0	4:19,8 min/km
66	7	Jens Labenz	65	M40	-	0:43:18,0	+ 10:40,0	4:19,8 min/km
67	3	Nevena Moch	89	wJgd	Bln. Turnerschaft	0:43:22,0	+ 10:44,0	4:20,2 min/km
68	5	Michael Kollwig	49	M55	-	0:43:23,0	+ 10:45,0	4:20,3 min/km
69	4	Jan Bütow	73	M30	Rotes Kopftuch	0:43:24,0	+ 10:46,0	4:20,4 min/km
70	8	André Dunder	66	M40	-	0:43:42,0	+ 11:04,0	4:22,2 min/km
71	9	Hajo Sigrist	68	M35	TSG KW Boxberg	0:43:45,0	+ 11:07,0	4:22,5 min/km
72	9	Jens Karl	65	M40	-	0:43:55,0	+ 11:17,0	4:23,5 min/km
73	8	Christian Westphal	62	M45	-	0:44:04,0	+ 11:26,0	4:24,4 min/km
74	9	André Zedel	59	M45	KSV 90	0:44:22,0	+ 11:44,0	4:26,2 min/km
75	14	Konstantin Jonas	78	Mä	-	0:44:24,0	+ 11:46,0	4:26,4 min/km
76	5	Steffi Winkler	80	Fr	LC Ron Hill	0:44:27,0	+ 11:49,0	4:26,7 min/km
77	6	Herbert Seidel	50	M55	-	0:44:34,0	+ 11:56,0	4:27,4 min/km
78	2	Hans-Joachim Peters	40	M65	SG Grüne Trift	0:44:40,0	+ 12:02,0	4:28,0 min/km
79	7	Egbert Jakobzick	57	M50	Ron Hill Berlin	0:44:47,0	+ 12:09,0	4:28,7 min/km
80	7	Lutz Bester	52	M55	LC Ron Hill	0:44:58,0	+ 12:20,0	4:29,8 min/km
81	1	Angela Fink	66	W40	-	0:44:59,0	+ 12:21,0	4:29,9 min/km
82	10	Charles Spiller	67	M40	-	0:45:14,0	+ 12:36,0	4:31,4 min/km
83	15	Victor Hugo Rolon-Garrido	79	Mä	Venturis	0:45:15,0	+ 12:37,0	4:31,5 min/km
84	1	Barbara Rogge	68	W35	OSC Berlin	0:45:18,0	+ 12:40,0	4:31,8 min/km
85	10	Renke Klaproth	68	M35	LG Buchsbaum	0:45:19,0	+ 12:41,0	4:31,9 min/km
86	10	Martin Kobe	59	M45	-	0:45:29,0	+ 12:51,0	4:32,9 min/km
87	11	Hartmut Eickhoff	64	M40	-	0:45:36,0	+ 12:58,0	4:33,6 min/km
88	11	Alexander von Schmidt	62	M45	-	0:45:39,0	+ 13:01,0	4:33,9 min/km
89	12	Uli Kergel	62	M45	Dukerhoff + Werk	0:45:40,0	+ 13:02,0	4:34,0 min/km
90	16	René Baumgart	87	Mä	Bln. Turnerschaft	0:45:51,0	+ 13:13,0	4:35,1 min/km
91	4	Steffen Höft	88	mJgd	Kids & Co.	0:45:59,0	+ 13:21,0	4:35,9 min/km
92	8	Heinz Nabrowsky	52	M55	-	0:46:00,0	+ 13:22,0	4:36,0 min/km
93	3	Werner Frost	42	M65	-	0:46:09,0	+ 13:31,0	4:36,9 min/km
94	12	Rainald Rolfes	63	M40	-	0:46:15,0	+ 13:37,0	4:37,5 min/km
95	6	Michael Betsch	44	M60	Pro Sport Bln. 24	0:46:20,0	+ 13:42,0	4:38,0 min/km
96	8	Harald Preissler	57	M50	-	0:46:22,0	+ 13:44,0	4:38,2 min/km
97	4	Maria Günther	93	wJgd	LAC	0:46:29,0	+ 13:51,0	4:38,9 min/km
98	3	Sylvia Kegel	60	W45	LC Ron Hill	0:46:36,0	+ 13:58,0	4:39,6 min/km
99	13	Roland Balzus	66	M40	-	0:46:39,0	+ 14:01,0	4:39,9 min/km
100	1	Guntolf Hille	37	M70	KTV Sparta 1896	0:46:51,0	+ 14:13,0	4:41,1 min/km
101	5	Jannica Grießbach	90	wJgd	LAC	0:47:04,0	+ 14:26,0	4:42,4 min/km
102	5	Jan Delitz	73	M30	-	0:47:36,0	+ 14:58,0	4:45,6 min/km
103	4	Hans-Georg Schellenberg	38	M65	-	0:47:51,0	+ 15:13,0	4:47,1 min/km
104	9	Eckart Broy	55	M50	LC Ron Hill	0:47:54,0	+ 15:16,0	4:47,4 min/km
105	11	Stephan Gebhardt	69	M35	BBSV 1991	0:48:05,0	+ 15:27,0	4:48,5 min/km
106	10	Andreas Putzar	57	M50	VfB Hermdorf	0:48:05,0	+ 15:27,0	4:48,5 min/km

107	12	Thomas Veit	70	M35	DJK RW Mz. Finthen	0:48:07,0	+ 15:29,0	4:48,7 min/km
108	13	Frank Zimmermann	58	M45	Lok Schöneeweide	0:48:09,0	+ 15:31,0	4:48,9 min/km
109	13	Jörn Lange	72	M35	-	0:48:16,0	+ 15:38,0	4:49,6 min/km
110	14	Uwe Preuß	0	M40	KSV 90	0:48:23,0	+ 15:45,0	4:50,3 min/km
111	7	Werner Schickkramm	46	M60	SCC	0:48:28,0	+ 15:50,0	4:50,8 min/km
112	14	Udo Oehmig	72	M35	-	0:48:31,0	+ 15:53,0	4:51,1 min/km
113	17	Ib Keune	87	Mä	VCSSO Berlin	0:48:34,0	+ 15:56,0	4:51,4 min/km
114	5	Günther Becke	40	M65	Spiridon	0:48:40,0	+ 16:02,0	4:52,0 min/km
115	8	Gerd Dehnert	46	M60	-	0:48:43,0	+ 16:05,0	4:52,3 min/km
116	15	Oliver Gotsmann	65	M40	-	0:48:48,0	+ 16:10,0	4:52,8 min/km
117	6	Wolf-Ulrich Raffel	75	M30	Lichtenrader Löwen	0:49:00,0	+ 16:22,0	4:54,0 min/km
118	6	Reinhard Rohmann	38	M65	LAC	0:49:02,0	+ 16:24,0	4:54,2 min/km
119	2	Gunter Zedel	35	M70	SV Kissingen	0:49:07,0	+ 16:29,0	4:54,7 min/km
120	5	Lennart von Schlichting	95	mJgd	Z 88	0:49:23,0	+ 16:45,0	4:56,3 min/km
121	11	Dietmar von Schlichting	55	M50	-	0:49:25,0	+ 16:47,0	4:56,5 min/km
122	14	Klaus Stenzel	59	M45	LT Bernd Hübner	0:49:28,0	+ 16:50,0	4:56,8 min/km
123	15	Holger Hoffmann	69	M35	SCC	0:49:37,0	+ 16:59,0	4:57,7 min/km
124	2	Anita Kliem	67	W40	KSV 90	0:50:04,0	+ 17:26,0	5:00,4 min/km
125	6	Jo Mareen Gumz	91	wJgd	Bln. Turnerschaft	0:50:04,0	+ 17:26,0	5:00,4 min/km
126	7	Helmut Kawohl	41	M65	LG Buchsbaum	0:50:09,0	+ 17:31,0	5:00,9 min/km
127	12	Lothar Muschinski	56	M50	Wadenkrampf	0:50:14,0	+ 17:36,0	5:01,4 min/km
128	6	Sven Kusau	88	mJgd	Volleyball Club	0:50:22,0	+ 17:44,0	5:02,2 min/km
129	9	Jonny Scheer	46	M60	SC Siemensstadt	0:50:23,0	+ 17:45,0	5:02,3 min/km
130	9	Hartmut Hart	52	M55	VCSSO Berlin	0:50:30,0	+ 17:52,0	5:03,0 min/km
131	13	Uwe Neumann	55	M50	-	0:50:44,0	+ 18:06,0	5:04,4 min/km
132	3	Kerstin Guschke	65	W40	LC Stolpertruppe	0:50:53,0	+ 18:15,0	5:05,3 min/km
133	15	Marcus Ladwig	59	M45	KSV 90	0:51:04,0	+ 18:26,0	5:06,4 min/km
134	4	Kathrin Pallesche	65	W40	KSV 90	0:51:06,0	+ 18:28,0	5:06,6 min/km
135	16	Enno Gerjets	59	M45	TCB Berlin	0:51:09,0	+ 18:31,0	5:06,9 min/km
136	1	Gisela Bittner	57	W50	CSCM	0:51:15,0	+ 18:37,0	5:07,5 min/km
137	17	Klaus-Peter Drechsel	60	M45	UNICEF Laufbotsch.	0:51:16,0	+ 18:38,0	5:07,6 min/km
138	10	Karl-Heinz Wegener	45	M60	LG Buchsbaum	0:51:20,0	+ 18:42,0	5:08,0 min/km
139	16	Bodo Matthes	64	M40	LC Ron Hill	0:51:25,0	+ 18:47,0	5:08,5 min/km
140	18	Christian Kuhn	81	Mä	DRK Müggelspree	0:51:39,0	+ 19:01,0	5:09,9 min/km
141	18	Michael Löbe	62	M45	Humboldt-Univ.	0:52:03,0	+ 19:25,0	5:12,3 min/km
142	5	Olga Toepfer	63	W40	-	0:52:17,0	+ 19:39,0	5:13,7 min/km
143	2	Claudia Becker	77	W30	Bln. Turnerschaft	0:52:24,0	+ 19:46,0	5:14,4 min/km
144	8	Hermann Thiele	42	M65	SG Einheit Bln. Bär	0:52:28,0	+ 19:50,0	5:14,8 min/km
145	4	Sabine Cybinski	59	W45	-	0:52:29,0	+ 19:51,0	5:14,9 min/km
146	5	Gudrun Muschinski	59	W45	Wadenkrampf	0:52:31,0	+ 19:53,0	5:15,1 min/km
147	9	Rudi Huke	38	M65	LG Nord	0:52:42,0	+ 20:04,0	5:16,2 min/km
148	19	Alexander Henzel	0	M45	0	0:52:49,0	+ 20:11,0	5:16,9 min/km
149	3	Johanna Sagan	73	W30	Radio Eins	0:53:49,0	+ 21:11,0	5:22,9 min/km
150	7	Markus Meinze	89	mJgd	Kids & Co.	0:54:32,0	+ 21:54,0	5:27,2 min/km
151	7	Laura Jousten	90	wJgd	Bln. Turnerschaft	0:54:34,0	+ 21:56,0	5:27,4 min/km
152	6	Luzie Baumgart	85	Fr	Bln. Turnerschaft	0:54:34,0	+ 21:56,0	5:27,4 min/km
153	8	Richard Putzar	92	mJgd	VfB Hermsdorf	0:54:50,0	+ 22:12,0	5:29,0 min/km
154	19	Martin Zühlke	87	Mä	-	0:54:52,0	+ 22:14,0	5:29,2 min/km
155	20	Klaus Schottke	60	M45	TRI-Finisher Bln.	0:55:07,0	+ 22:29,0	5:30,7 min/km
156	11	Martin Engler	45	M60	LC Ron Hill	0:56:28,0	+ 23:50,0	5:38,8 min/km
157	6	Monika Ramisch	58	W45	-	0:56:30,0	+ 23:52,0	5:39,0 min/km
158	3	Peter Hoffmann	33	M70	-	0:56:31,0	+ 23:53,0	5:39,1 min/km
159	10	Rolf Calligaris	50	M55	-	0:56:42,0	+ 24:04,0	5:40,2 min/km
160	6	Anke Blume	63	W40	-	0:57:22,0	+ 24:44,0	5:44,2 min/km
161	20	Sascha Wolf	83	Mä	LC Ron Hill	0:57:24,0	+ 24:46,0	5:44,4 min/km
162	7	Dana Kegel	81	Fr	LC Ron Hill	0:57:24,0	+ 24:46,0	5:44,4 min/km

163	1	Brigitta Haase	50	W55	Reinickend. Füchse	0:57:26,0	+ 24:48,0	5:44,6 min/km
164	17	Norbert Zinn	64	M40	LG Buchsbaum	0:58:37,0	+ 25:59,0	5:51,7 min/km
165	1	Jutta Mühlpfordt	47	W60	-	0:58:49,0	+ 26:11,0	5:52,9 min/km
166	4	Herbert Goerke	37	M70	LAC Berlin	0:58:52,0	+ 26:14,0	5:53,2 min/km
167	5	Horst Preller	34	M70	Spiridon	0:59:32,0	+ 26:54,0	5:57,2 min/km
168	8	Rosaura Flores-Suárez	80	Fr	Venturis	0:59:41,0	+ 27:03,0	5:58,1 min/km
169	1	Hans-Herrmann Bruns	26	M80	VfL Tegel	1:00:03,0	+ 27:25,0	6:00,3 min/km
170	10	Bodo Zinn	40	M65	LG Buchsbaum	1:00:29,0	+ 27:51,0	6:02,9 min/km
171	2	Hilde Kongehl	43	W60	SCC	1:01:15,0	+ 28:37,0	6:07,5 min/km
172	11	Peter Schraml	49	M55	SCC	1:01:33,0	+ 28:55,0	6:09,3 min/km
173	2	Jeanette Höft	69	W35	Kids & Co.	1:02:24,0	+ 29:46,0	6:14,4 min/km
174	7	Susanne Völcker	61	W45	FGC Altglienicke	1:02:30,0	+ 29:52,0	6:15,0 min/km
175	1	Siegfried Kaulfuß	29	M75	Bär Einheit	1:02:44,0	+ 30:06,0	6:16,4 min/km
176	1	Bruni Gosemann	37	W70	Weiß-Blau Allianz	1:03:05,0	+ 30:27,0	6:18,5 min/km
177	2	Brigitte Dau	35	W70	LG Süd Berlin	1:05:46,0	+ 33:08,0	6:34,6 min/km
178	7	Andrea Hammer	66	W40	-	1:06:33,0	+ 33:55,0	6:39,3 min/km
179	11	Gerhard Trebbin	40	M65	Borussia Friedrichsfelde	1:06:33,0	+ 33:55,0	6:39,3 min/km
180	12	Jürgen Garbe	41	M65	VfK Südwest	1:08:10,0	+ 35:32,0	6:49,0 min/km
181	3	Waltraud Born	43	W60	BTV v. 1850	1:10:30,0	+ 37:52,0	7:03,0 min/km
182	2	Werner Lahn	27	M80	Berliner TV	1:28:08,0	+ 55:30,0	8:48,8 min/km