

Birkenwäldchenlauf, 14. März 2010
 Ergebnisliste 10 km

Platz	Platz AK	Name	Jahrg.	AK	Verein	Zeit
1	1	Cornic Adrien	81	HK M	Triathlon Verein Bln 09	0:35:01,0
2	2	Christoph Heinze	84	HK M	Die Talentlosen	0:35:03,0
3	3	Fabian Hirt	88	HK M	LAC Bln	0:35:09,0
4	4	Steffen Beyer	82	HK M	LAC Bln	0:35:41,0
5	1	Holger-Andreas Leidig	69	M40	Weltraumjogger	0:35:58,0
6	1	Pier Köpp	91	mJgd	Berliner TSC	0:36:22,0
7	5	Enrico Wiessner	85	HK M	Pro Sport Bln 24	0:36:35,0
8	6	René Schulze	82	HK M	LAC Bln	0:36:53,0
9	7	Dominic Arnold	87	HK M	FH Runners Bln	0:37:01,0
10	1	Hendrik Koriath	71	M35	TSVE Bielefeld	0:37:05,0
11	8	Stefan Meißner	86	HK M	FH Runners Bln	0:37:33,0
12	2	Markus Schmid	67	M40	SCC Bln	0:37:35,0
13	3	Jan Trabandt	66	M40	FH Runners Bln	0:38:26,0
14	2	Alexander Blahut	74	M35	-	0:38:43,0
15	1	Oliver Mannhold	63	M45	SCC Bln	0:38:52,0
16	4	Paavo Lohmann	66	M40	Müritzsportclub Waren	0:38:54,0
17	2	Tom Griepentrog	61	M45	LC Ron Hill	0:38:57,0
18	5	Winfried Schumann	66	M40	TuS Neukölln Bln	0:38:58,0
19	1	Dirk Broßke	79	M30	-	0:39:33,0
20	1	Harry Wandtke	60	M50	LG AH Müggelsee	0:39:38,0
21	9	Karsten Blume	89	HK M	Berliner TSC	0:39:55,0
22	10	Clemens Ullmann	85	HK M	Pro Sport Bln 24	0:40:03,0
23	3	Ralf Trebuth	65	M45	LAC Bln	0:40:16,0
24	6	Stephan Fischer	69	M40	SCC Triathlon	0:40:41,0
25	4	Dierk Stenzel	61	M45	-	0:40:43,0
26	5	Axel Ehrhardt	61	M45	LG Wedding	0:40:47,0
27	2	Heiko Schilff	59	M50	OSC Bln	0:40:50,0
28	3	Jens Ahlers	72	M35	Rolls Royce Running Team	0:40:52,0
29	2	Ansgar Düben	76	M30	-	0:41:10,0
30	6	Christian Hoffmann	65	M45	-	0:41:15,0
31	3	Enrico Heinowsky	79	M30	Berliner TSC	0:41:23,0
32	1	Karsta Parsiegla	63	W45	SCC Bln	0:41:31,0
33	4	Lars Anderson	72	M35	BaFuss Berlin e.V.	0:41:39,0
34	1	Carolin Mattern	83	HK W	OSC Bln	0:41:40,0
35	1	Rolf Hanold	55	M55	Kissingen SV Bln	0:41:42,0
36	7	Frank Köpf	67	M40	Rolls Royce Running Team	0:41:57,0
37	5	Matthias Pinkawa	75	M35	-	0:42:00,0
38	8	Matthias Lemke	67	M40	KSV 90 Pankow	0:42:01,0
39	9	Robert Jabbusch	66	M40	Mietwäsche Schuster	0:42:11,0
40	11	Richard Navarro Palomo	83	HK M	Climaturia Running	0:42:16,0
41	7	Rainer Christ	61	M45	-	0:42:22,0
42	3	Ciro Cinieri	57	M50	Italia Running Berlin	0:42:23,0
43	2	Frank Deutschmann	54	M55	SC Brandenburg	0:42:25,0
44	1	Michael Schöne	45	M65	-	0:42:26,0
45	10	Dirk Kautz	66	M40	VfL Lichtenrade	0:42:32,0
46	8	Thomas Müller	62	M45	-	0:42:37,0

47	9	Carsten Hahn	65	M45	Team Tibet	0:42:47,0
48	10	Siegfried Flor	63	M45	-	0:42:51,0
49	11	Lutz Dorn	66	M40	LBC 25	0:43:01,0
50	11	Wilfried Rosellen	63	M45	SC Brandenburg	0:43:02,0
51	6	Mike Saupe	74	M35	VfB IMO Merseburg	0:43:05,0
52	7	Alexander Hunger	71	M35	Weißenseer SV	0:43:08,0
53	4	Tobias Günther	77	M30	-	0:43:12,0
54	4	Uwe Schmidt	60	M50	Kissingen SV Bln	0:43:13,0
55	12	Rüdiger Strenge	69	M40	Polizei Bln	0:43:18,0
56	5	Dirk Strotmann	60	M50	-	0:43:22,0
57	13	André Nütz	68	M40	-	0:43:23,0
58	12	Matthias Lehmann	81	HK M	-	0:43:25,0
59	13	Jörg Möhring	83	HK M	LC Ron Hill	0:43:28,0
60	1	Horst Kyborg	47	M60	LT Bernd Hübner	0:43:32,0
61	8	Andreas Gbur	72	M35	Weltraumjogger	0:43:40,0
62	14	Wilfried Bottesch	82	HK M	-	0:43:41,0
63	9	Lars Klemstein	71	M35	-	0:44:06,0
64	5	Sascha Meyer	77	M30	JK Running	0:44:11,0
65	6	Maximilian Barsch	77	M30	-	0:44:12,0
66	2	Helmut Huber	49	M60	LC Ron Hill	0:44:17,0
67	14	Alexander Krahe	66	M40	-	0:44:18,0
68	10	Florian Schneider	75	M35	TeBe Party Army	0:44:37,0
69	12	Hartmut Pohle	63	M45	LG Buchsbaum	0:44:40,0
70	1	Elke Schönhardt	74	W35	OSC Bln	0:44:42,0
71	7	Benjamin Gardt	80	M30	Berliner TSG	0:44:43,0
72	2	Detlef Lasse	43	M65	LG Nord	0:45:00,0
73	6	Armin Maier	60	M50	-	0:45:01,0
74	15	Sascha Eggert	82	HK M	SV Wildesia Diekholzen	0:45:03,0
75	11	Martin Becker	73	M35	SSC Bln Grünau Triathlon	0:45:16,0
76	16	Torsten Höhne	81	HK M	-	0:45:28,0
77	15	Andreas Komode	70	M40	-	0:45:32,0
78	16	Axel Nitsch	66	M40	Team Viva Ventum	0:45:37,0
79	2	Antje Hehn	63	W45	SCC Bln	0:45:50,0
80	17	Jörg Müller	66	M40	-	0:45:51,0
81	17	Dirk Lässig	81	HK M	Team Orka	0:45:52,0
82	18	Mathias Fink	86	HK M	-	0:46:03,0
83	18	Kai Przybilski	70	M40	-	0:46:06,0
84	3	Lutz Bester	52	M55	LC Ron Hill	0:46:29,0
85	13	Uwe Menschner	61	M45	TCO e.V.	0:46:35,0
86	2	Marlen Wunderlich	84	HK W	-	0:46:41,0
87	19	Sebastian Nitsche	83	HK M	-	0:46:42,0
88	3	Michael Kollwig	49	M60	-	0:46:44,0
89	1	Marion Sarasa	52	W55	Landesbank Bln	0:46:55,0
90	4	Hans-Jürgen Bieling	55	M55	-	0:46:58,0
91	8	Sven Fruth	78	M30	Bln. Turnerschaft	0:47:05,0
92	5	Detlef Beier	55	M55	SCC Bln Triathlon	0:47:15,0
93	1	Lothar Bathe	37	M70	Stahl Hennigsdorf	0:47:18,0
94	1	Nasséra Chouki	67	W40	-	0:47:29,0
95	3	Dieter Segebart	41	M65	Pro Sport Bln 24	0:47:36,0
96	19	Stefan Friese	67	M40	-	0:47:44,0
97	1	Claudia Becker	77	W30	Bln. Turnerschaft	0:47:50,0
98	7	Matthias Nitsche	60	M50	-	0:48:07,0

99	14	Frank Zabel	63	M45	LC Stolpertruppe	0:48:18,0
100	20	Jeremy L'Helguen	81	HK M	-	0:48:22,0
101	21	Dénes Bergau	86	HK M	BSG Landesbank Bln	0:48:27,0
102	15	Peter Wawrzinek	61	M45	BSG Hyp	0:48:35,0
103	22	Marcus Gawlik	88	HK M	-	0:48:41,0
104	23	Falko Pleß	88	HK M	LG AH Müggelsee	0:48:42,0
105	2	Hans-Joachim Peters	40	M70	SG Grüne Trift	0:48:48,0
106	4	Franz E. Maier	46	M60	SV Dresdenia Bln	0:49:00,0
107	3	Ornella Graupner	87	HK W	Team Viva Ventum	0:49:06,0
108	4	Konrad Beyer	42	M65	TuS Neukölln Bln	0:49:17,0
109	8	Amogharatna 0	57	M50	-	0:49:32,0
110	9	Manfred Golombek	59	M50	-	0:49:45,0
111	20	Ulrich Würzberg	66	M40	-	0:50:08,0
112	1	Corinna Beck	94	wJgd	LG Süd	0:50:15,0
113	2	Sarah Köpp	93	wJgd	Berliner TSC	0:50:18,0
114	5	Rainer Matthes	45	M65	-	0:51:06,0
115	16	Frank Wardius	61	M45	F.C. Wiese Berlin	0:51:36,0
116	2	Marcel Schulze	93	mJgd	Bln. Turnerschaft	0:52:00,0
117	17	Rainer Bolle	62	M45	-	0:52:06,0
118	18	Sven Schmidt	63	M45	-	0:52:07,0
119	21	Matthias Christian	66	M40	-	0:52:16,0
120	3	Andrea Möhr	65	W45	LAC Bln	0:52:31,0
121	4	Daniela Grothusheitkamp	85	HK W	-	0:52:37,0
122	22	Igor Zec	70	M40	-	0:52:40,0
123	9	Robert Frühauf	80	M30	Post Lichtenberg	0:52:46,0
124	12	Wolf-Ulrich Raffel	75	M35	Lichtenrader Löwen	0:52:48,0
125	3	Julia Storrer	91	wJgd	-	0:52:51,0
126	5	Anika Jost	88	HK W	LG AH Müggelsee	0:52:55,0
127	2	Anita Kliem	67	W40	KSV 90 Pankow	0:53:32,0
128	24	Pascal Picha	81	HK M	-	0:53:52,0
129	10	Klaus Schottke	60	M50	Tri Finisher Bln	0:54:00,0
130	1	Sigrid Fenchel	59	W50	SCC Bln	0:54:04,0
131	19	Dirk Krauer	65	M45	Roter Wolf	0:54:17,0
132	13	Benjamin Siebert	74	M35	-	0:54:20,0
133	11	Enno Gerjets	59	M50	-	0:54:53,0
134	4	Kathrin Pallesche	65	W45	-	0:54:58,0
135	20	Michael-Josef Drechsel	61	M45	SG DB Potsdam	0:55:04,0
136	2	Steffi Hesselbach	76	W30	-	0:55:16,0
137	12	Bernhard Zernicke	60	M50	-	0:55:17,0
138	5	Hans Steinhagen	46	M60	Mahlsdorfer Wiesel	0:55:18,0
139	5	Marion Schulz	62	W45	-	0:55:25,0
140	1	Christa Wolf	43	W65	SCC Run Schleicher	0:55:41,0
141	1	Günter Zedel	35	M75	Kissingen SV Bln	0:55:46,0
142	23	Jörgen Zimmer	68	M40	-	0:55:47,0
143	6	Claudia Lücken	82	HK W	-	0:56:05,0
144	13	Klaus-Peter Drechsel	60	M50	Muskeln für Muskeln	0:56:27,0
145	21	Thomas Kühn	64	M45	-	0:56:38,0
146	6	Hermann Thiele	42	M65	SG Einheit Bln. Bär	0:56:40,0
147	14	Dirk Alexander Mewes	73	M35	BSG Landesbank Bln	0:57:25,0
148	3	Meike Barucker	77	W30	Bln. Turnerschaft	0:57:29,0
149	22	Norbert Möhr	62	M45	LAC Bln	0:57:40,0
150	7	Dana Wolf	81	HK W	LC Ron Hill	0:57:45,0

151	2	Sylvia Kegel	60	W50	LC Ron Hill	0:57:46,0
152	4	Netti Scoor	79	W30	LG Halenseehopel	0:57:54,0
153	14	Frank Wunderlich	57	M50	Summter Waldläufer	0:58:11,0
154	6	Ullrich Reich	55	M55	Team ORKA	0:58:21,0
155	3	Rudi Huke	38	M70	LG Nord	0:58:27,0
156	8	Mareen Siringhaus	84	HK W	-	0:58:33,0
157	10	Florian van Bracht	79	M30	-	0:58:44,0
158	25	Florian Poschenrieder	83	HK M	-	0:58:45,0
159	15	Mark Pauly	74	M35	SCC Bln	0:58:50,0
160	7	Jörg Metger	44	M65	-	0:58:56,0
161	6	Swetlana Berndt	61	W45	LC Ron Hill	0:59:02,0
162	8	Joachim Gothe	43	M65	Turngemeinde bln	0:59:40,0
163	3	Bianca Fourier	66	W40	-	0:59:41,0
164	23	Armin Kibelka	65	M45	-	1:00:15,0
165	1	Jutta Mühlpfordt	47	W60	-	1:00:17,0
166	3	Isabel Uebelgünne	59	W50	-	1:00:25,0
167	4	Susanne Lippick	66	W40	-	1:00:31,0
168	9	Kristin Wegner	85	HK W	-	1:01:20,0
169	10	Inga Pohlmeier	82	HK W	-	1:02:13,0
170	4	Peter Krzonkalla	37	M70	DJK Westen 23 Bln	1:02:28,0
171	4	Ilze Cipulis	57	W50	-	1:02:34,0
172	9	Rüdiger Bechtner	43	M65	-	1:02:41,0
173	24	Thomas Klemmer	67	M40	radiergummiliga.de	1:03:14,0
174	24	Michael Schönicke	61	M45	-	1:03:29,0
175	6	Johannes Kruskamp	49	M60	-	1:03:51,0
176	7	Kurt Berendt	49	M60	-	1:04:04,0
177	2	Hilde Kongehl	43	W65	SCC Bln	1:04:17,0
178	15	Norbert Karl	59	M50	LOS Nicotinos	1:04:18,0
179	4	Katja Blume	92	wJgd	Berliner TSC	1:06:31,0
180	5	Rosaura Flores-Suarez	80	W30	Venturis	1:06:45,0
181	2	Peter Hoffmann	33	M75	TiB	1:06:50,0
182	2	Ulrike Ruprecht	51	W55	Forum Team Bln	1:09:09,0
183	26	Klaus Conrad	88	HK M	-	1:09:48,0
184	3	Joachim Cenowa	30	M75	SG Einheit Bln. Bär	1:09:51,0
185	4	Horst Schulze	34	M75	Ahorn/PSV	1:10:12,0
186	5	Detlef-Rüdiger Uebelgünne	33	M75	LG Pegasos	1:10:29,0
187	1	Siegfried Kauffuß	29	M75 uä	SG Einheit Bln. Bär	1:12:55,0
188	3	Renate Niederhafner	45	W65	Helgas Rennschnecken	1:25:05,0
Wir bedanken uns recht herzlich für die Unterstützung beim Lang-und Laufladen.						