

Birkenwäldchenlauf, 23. März 2014

Ergebnisliste 10 km

Platz	Platz AK	Nachname	Vorname	Jg	AK	Verein	Zeit	Rückstand	km-Schnitt
1	1	Bubel	Nils	87	MHK	Die Laufpartner	0:30:49.0	+ 00:00.0	3:04.9 min/km
2	1	Schäfer	Samalya	83	M30	Sri Chinmoy Meditation	0:33:22.0	+ 02:33.0	3:20.2 min/km
3	1	Strümpel	Maximilian	96	mJgd	LC Ron Hill	0:33:45.0	+ 02:56.0	3:22.5 min/km
4	2	Ahlburg	Martin	88	MHK	IHW Alex 78 Berlin	0:34:01.0	+ 03:12.0	3:24.1 min/km
5	2	Wegener	Gerrit	81	M30	LTC Bln	0:34:37.0	+ 03:48.0	3:27.7 min/km
6	3	Rueß	Dominik	82	M30	Triathlon Verein Bln.09	0:34:39.0	+ 03:50.0	3:27.9 min/km
7	1	Leidig	Holger	69	M45	Triathlon Team	0:34:51.0	+ 04:02.0	3:29.1 min/km
8	1	Delsa	Anselm	78	M35	OSC Bln	0:35:03.0	+ 04:14.0	3:30.3 min/km
9	3	Wiessner	Enrico	85	MHK	FH Runners	0:35:06.0	+ 04:17.0	3:30.6 min/km
10	4	Petrosyan	Narek	85	MHK		0:35:08.0	+ 04:19.0	3:30.8 min/km
11	2	Pick	Dominik	79	M35		0:35:25.0	+ 04:36.0	3:32.5 min/km
12	2	Laenger	Uwe	68	M45	1. FC Union Bln	0:35:40.0	+ 04:51.0	3:34.0 min/km
13	1	Kaschewsky	Sascha	70	M40	Sisu Bln	0:36:33.0	+ 05:44.0	3:39.3 min/km
14	4	Kranz	René	80	M30	LC Ron Hill	0:36:37.0	+ 05:48.0	3:39.7 min/km
15	5	Sult	Benjamin	89	MHK	Leidig24 TriTeam	0:36:47.0	+ 05:58.0	3:40.7 min/km
16	5	Lügge	Marco	81	M30	TVB 09	0:37:22.0	+ 06:33.0	3:44.2 min/km
17	2	Koriath	Hendrik	71	M40		0:37:42.0	+ 06:53.0	3:46.2 min/km
18	6	Nirnberger	Dennis	93	MHK		0:37:43.0	+ 06:54.0	3:46.3 min/km
19	1	Standring	Michael	62	M50	LC Ron Hill	0:37:44.0	+ 06:55.0	3:46.4 min/km
20	2	Janssen	Heere	60	M50	Bln. Turnerschaft	0:37:51.0	+ 07:02.0	3:47.1 min/km
21	3	Strümpel	Ludwig	63	M50	Zahnkult am Weißen See	0:37:55.0	+ 07:06.0	3:47.5 min/km
22	6	Wessels	Hans-Hermann	84	M30	MDC LG	0:37:59.0	+ 07:10.0	3:47.9 min/km
23	3	Schumann	Winfried	66	M45	TuS Neukölln Bln	0:38:23.0	+ 07:34.0	3:50.3 min/km
24	7	Broska	Arne	88	MHK		0:38:25.0	+ 07:36.0	3:50.5 min/km
25	4	Tetzel	Jürgen	65	M45	LC Ron Hill	0:38:28.0	+ 07:39.0	3:50.8 min/km
26	8	Goll	Kai	86	MHK		0:39:00.0	+ 08:11.0	3:54.0 min/km
27	9	Goll	Julian	86	MHK		0:39:01.0	+ 08:12.0	3:54.1 min/km
28	4	Hermann	Andreas	64	M50		0:39:02.0	+ 08:13.0	3:54.2 min/km
29	5	Möller	Bodo	61	M50	Potsdamer Laufclub	0:39:09.0	+ 08:20.0	3:54.9 min/km
30	6	Baselt	Jens	64	M50	KSV 90 Pankow	0:39:14.0	+ 08:25.0	3:55.4 min/km
31	3	Broßke	Dirk	79	M35		0:39:17.0	+ 08:28.0	3:55.7 min/km
32	5	Krahe	Alexander	66	M45	Bln. Turnerschaft	0:39:24.0	+ 08:35.0	3:56.4 min/km
33	1	Dreßler	Almut	90	WHK	KSV 90 Pankow	0:39:30.0	+ 08:41.0	3:57.0 min/km
34	1	Cinieri	Ciro	57	M55	SCC Maulwurf Bln	0:39:41.0	+ 08:52.0	3:58.1 min/km
35	7	Weißbach	Klaus	61	M50	OSC Bln	0:39:45.0	+ 08:56.0	3:58.5 min/km
36	3	Blume	Rene	72	M40	Zoe-o-Mio	0:39:50.0	+ 09:01.0	3:59.0 min/km
37	6	Sirin	Alper	65	M45	Rote Socken e.V.	0:39:58.0	+ 09:09.0	3:59.8 min/km
38	7	Schnor	Axel	67	M45		0:40:03.0	+ 09:14.0	4:00.3 min/km
39	10	Alwast	Tobias	86	MHK		0:40:10.0	+ 09:21.0	4:01.0 min/km
40	4	Düben	Ansgar	76	M35		0:40:10.0	+ 09:21.0	4:01.0 min/km
41	7	Häusler	Christian	83	M30		0:40:13.0	+ 09:24.0	4:01.3 min/km
42	5	Sanders	Jon	79	M35	Run Pack Bln	0:40:21.0	+ 09:32.0	4:02.1 min/km
43	8	Bittner	René	82	M30		0:40:27.0	+ 09:38.0	4:02.7 min/km
44	8	Ehrhardt	Axel	61	M50	VfL Tegel 1891	0:40:35.0	+ 09:46.0	4:03.5 min/km

45	9	Stenzel	Dierk	61	M50		0:40:43.0	+ 09:54.0	4:04.3 min/km
46	6	Welz	Ulrich	77	M35		0:40:52.0	+ 10:03.0	4:05.2 min/km
47	1	Maecker	Antonia	69	W45	Pro Sport Bln 24	0:40:53.0	+ 10:04.0	4:05.3 min/km
48	1	Lewanzik	Günter	53	M60	Pro Sport Bln 24	0:41:08.0	+ 10:19.0	4:06.8 min/km
49	10	Müller	Thomas	62	M50		0:41:14.0	+ 10:25.0	4:07.4 min/km
50	2	Kernn	Uwe	55	M55	LG Pegasos	0:41:22.0	+ 10:33.0	4:08.2 min/km
51	1	Koil	Annika	84	W30	LTC Bln	0:41:27.0	+ 10:38.0	4:08.7 min/km
52	8	Hünicke	Jens	69	M45	LTC Bln	0:41:28.0	+ 10:39.0	4:08.8 min/km
53	9	Dundt	Andre	66	M45	Die Lauf-ABC-ler	0:41:35.0	+ 10:46.0	4:09.5 min/km
54	4	Hunger	Alexander	71	M40	Weißenseer SV	0:41:37.0	+ 10:48.0	4:09.7 min/km
55	5	Gbur	Andreas	72	M40	Triathlon Team	0:41:41.0	+ 10:52.0	4:10.1 min/km
56	6	Kierzek	Thiemo	71	M40		0:41:42.0	+ 10:53.0	4:10.2 min/km
57	10	Wrage	Nicolaus	69	M45	FH Runners	0:41:43.0	+ 10:54.0	4:10.3 min/km
58	9	Schwartz	Matthias	81	M30	Bln. Turnerschaft	0:41:44.0	+ 10:55.0	4:10.4 min/km
59	11	Kameni Njawe	Lin	86	MHK		0:41:45.0	+ 10:56.0	4:10.5 min/km
60	11	Labenz	Jens	65	M45	LC Ron Hill	0:41:49.0	+ 11:00.0	4:10.9 min/km
61	12	Sens	Steffen	67	M45		0:41:49.0	+ 11:00.0	4:10.9 min/km
62	11	Dermitzel	René	62	M50	OSC Bln	0:41:50.0	+ 11:01.0	4:11.0 min/km
63	13	Hahn	Carsten	65	M45	Team Tibet	0:42:03.0	+ 11:14.0	4:12.3 min/km
64	2	Atzler	Dominick	96	mJgd	Die Lauf-ABC-ler	0:42:04.0	+ 11:15.0	4:12.4 min/km
65	2	Menge	Bianca	84	W30	Team Dowe Spark	0:42:06.0	+ 11:17.0	4:12.6 min/km
66	2	Renz	Sylvia	69	W45	OSC Bln	0:42:21.0	+ 11:32.0	4:14.1 min/km
67	7	Kiehne	Markus	75	M35		0:42:24.0	+ 11:35.0	4:14.4 min/km
68	14	Kusch	Olli	67	M45	Die Laufpartner	0:42:26.0	+ 11:37.0	4:14.6 min/km
69	2	Thiessens	Gerard	54	M60		0:42:33.0	+ 11:44.0	4:15.3 min/km
70	3	Schmidt	Dorina	81	W30	Die Laufpartner	0:42:36.0	+ 11:47.0	4:15.6 min/km
71	7	Hayworth	Matthew	71	M40		0:42:37.0	+ 11:48.0	4:15.7 min/km
72	15	Naujok	Andreas	66	M45	Roadrunner	0:42:47.0	+ 11:58.0	4:16.7 min/km
73	8	Krüger	Ronny	79	M35	Bln. Turnerschaft	0:42:49.0	+ 12:00.0	4:16.9 min/km
74	10	Schmidt	Daniel	80	M30	Laufen macht schön	0:42:51.0	+ 12:02.0	4:17.1 min/km
75	8	Kruhl-Habakuk	Olaf	73	M40		0:42:52.0	+ 12:03.0	4:17.2 min/km
76	3	Schweers	Detlef	59	M55		0:42:54.0	+ 12:05.0	4:17.4 min/km
77	12	Tarruhn	Florian	85	MHK		0:43:24.0	+ 12:35.0	4:20.4 min/km
78	11	Siggemann	Sebastian	81	M30	Run Pack Bln	0:43:34.0	+ 12:45.0	4:21.4 min/km
79	12	Jachalski	Sebastian	84	M30	KSV 90 Pankow	0:43:51.0	+ 13:02.0	4:23.1 min/km
80	9	Röding	Niko	74	M40	Lichtenrader Löwen	0:43:55.0	+ 13:06.0	4:23.5 min/km
81	1	Hunger	Marlene	98	wJgd	Weißenseer SV	0:43:55.0	+ 13:06.0	4:23.5 min/km
82	4	Zedel	Andre	55	M55	Kissingen SV	0:44:04.0	+ 13:15.0	4:24.4 min/km
83	13	Oestereich	Philipp	81	M30	FC St. Pauli Marathon	0:44:05.0	+ 13:16.0	4:24.5 min/km
84	12	Piontek	Bernd	63	M50	SCC Bln	0:44:06.0	+ 13:17.0	4:24.6 min/km
85	16	Lüder	Steffen	0	M45		0:44:15.0	+ 13:26.0	4:25.5 min/km
86	13	Sowada	Peter	61	M50		0:44:44.0	+ 13:55.0	4:28.4 min/km
87	3	John	Finn	96	mJgd		0:44:47.0	+ 13:58.0	4:28.7 min/km
88	14	Oltmanns	Peter	64	M50	SCB Berlin	0:44:53.0	+ 14:04.0	4:29.3 min/km
89	5	Sattler	Frank	58	M55	SV BW Petershagen	0:45:11.0	+ 14:22.0	4:31.1 min/km
90	1	Kössler	Rosemarie	62	W50	SCC Berlin	0:45:14.0	+ 14:25.0	4:31.4 min/km
91	17	Osterkamp	Frank	69	M45		0:45:32.0	+ 14:43.0	4:33.2 min/km
92	14	Krause	Christopher	84	M30		0:45:42.0	+ 14:53.0	4:34.2 min/km
93	3	Ebert-Fischbach	Kathrin	68	W45		0:45:56.0	+ 15:07.0	4:35.6 min/km
94	1	Stransky	Heidrun	71	W40		0:46:01.0	+ 15:12.0	4:36.1 min/km

95	18	Haack	Uwe	66	M45		0:46:01.0	+ 15:12.0	4:36.1 min/km
96	6	Naumann	Winfried	56	M55		0:46:02.0	+ 15:13.0	4:36.2 min/km
97	3	Rymarowicz	Peter	54	M60	LC Ron Hill	0:46:03.0	+ 15:14.0	4:36.3 min/km
98	19	Hoffmann	Holger	69	M45	SCC Bln	0:46:11.0	+ 15:22.0	4:37.1 min/km
99	2	Noll	Antonia	91	WHK	SCC	0:46:14.0	+ 15:25.0	4:37.4 min/km
100	20	Specht	Volker	67	M45	LG Süd Bln	0:46:19.0	+ 15:30.0	4:37.9 min/km
101	1	Troescher	Dietmar	45	M65	LT Bernd Hübner	0:46:22.0	+ 15:33.0	4:38.2 min/km
102	21	Kibelka	Armin	65	M45		0:46:30.0	+ 15:41.0	4:39.0 min/km
103	7	Voß	Herbert	58	M55		0:46:39.0	+ 15:50.0	4:39.9 min/km
104	8	Golombek	Manfred	59	M55		0:46:48.0	+ 15:59.0	4:40.8 min/km
105	3	Kulow	Anicó	86	WHK	Bln. Turnerschaft	0:46:50.0	+ 16:01.0	4:41.0 min/km
106	15	Becker	Martin	64	M50		0:46:53.0	+ 16:04.0	4:41.3 min/km
107	4	Schäfer	Georg	53	M60	KSV 90 Pankow	0:47:01.0	+ 16:12.0	4:42.1 min/km
108	4	Hollidt	Dominik	98	mJgd		0:47:03.0	+ 16:14.0	4:42.3 min/km
109	4	Staschik	Anke	69	W45	LG Pegasos	0:47:07.0	+ 16:18.0	4:42.7 min/km
110	22	Nitsch	Axel	66	M45	Team Viva Ventum	0:47:12.0	+ 16:23.0	4:43.2 min/km
111	10	Quaiser	Sascha	72	M40		0:47:20.0	+ 16:31.0	4:44.0 min/km
112	9	Bolm	Thomas	55	M55	VfL Tegel 1891	0:47:22.0	+ 16:33.0	4:44.2 min/km
113	4	Jendro	Stefanie	80	W30	GDRT	0:47:26.0	+ 16:37.0	4:44.6 min/km
114	4	Hilpert	Maria	90	WHK	Potsdamer Triathlon e.V.	0:47:40.0	+ 16:51.0	4:46.0 min/km
115	5	Pempe	Alina	82	W30		0:47:41.0	+ 16:52.0	4:46.1 min/km
116	11	van Teeffelen	Martin	71	M40		0:47:44.0	+ 16:55.0	4:46.4 min/km
117	10	Bieling	Hans-Jürgen	55	M55	Die Lauf-ABC-ler	0:47:45.0	+ 16:56.0	4:46.5 min/km
118	6	Michalk	Linda	84	W30	PSB 24 Bln	0:47:52.0	+ 17:03.0	4:47.2 min/km
119	16	Neudeck	Michael	63	M50	LG HumpelKumpel	0:47:53.0	+ 17:04.0	4:47.3 min/km
120	2	Ullrich	Rudolf	47	M65	TF Feuerbach	0:47:57.0	+ 17:08.0	4:47.7 min/km
121	2	Ewald	Alke	72	W40		0:48:09.0	+ 17:20.0	4:48.9 min/km
122	11	Wagner	Siegfried	55	M55	Die Laufpartner	0:48:13.0	+ 17:24.0	4:49.3 min/km
123	9	Günther	Tobias	77	M35		0:48:23.0	+ 17:34.0	4:50.3 min/km
124	15	Prskawetz	Martin	83	M30		0:48:26.0	+ 17:37.0	4:50.6 min/km
125	17	Geißler	Egbert	62	M50		0:48:27.0	+ 17:38.0	4:50.7 min/km
126	16	Nostitz	Raffaele	81	M30	0	0:48:29.0	+ 17:40.0	4:50.9 min/km
127	12	Streese	Edgar	55	M55	LV Einheit Pankow	0:48:35.0	+ 17:46.0	4:51.5 min/km
128	10	Lemcke	Matthias	77	M35		0:48:37.0	+ 17:48.0	4:51.7 min/km
129	13	Mandelkow	Joschka	86	MHK		0:48:39.0	+ 17:50.0	4:51.9 min/km
130	7	Mithöfer	Susanne	84	W30		0:48:42.0	+ 17:53.0	4:52.2 min/km
131	18	Kleiber	Andreas	63	M50	VSB 1924	0:48:44.0	+ 17:55.0	4:52.4 min/km
132	19	Stoltz	Andreas	64	M50	LC Ron Hill	0:48:53.0	+ 18:04.0	4:53.3 min/km
133	20	Mirwa	D. Gregor	61	M50	Zeughof United/Hansa 07	0:48:58.0	+ 18:09.0	4:53.8 min/km
134	21	Maier	Armin	60	M50	Jelly Bears Bln	0:48:59.0	+ 18:10.0	4:53.9 min/km
135	23	Zenz	Dirk	65	M45		0:49:00.0	+ 18:11.0	4:54.0 min/km
136	12	Schneider	Sven	72	M40	Triathlon Verein Bln.09	0:49:07.0	+ 18:18.0	4:54.7 min/km
137	1	Meyer	Martha	77	W35		0:49:14.0	+ 18:25.0	4:55.4 min/km
138	5	Hesse	Norbert	50	M60	0	0:49:15.0	+ 18:26.0	4:55.5 min/km
139	6	Kuttig	Ingo	50	M60	0	0:49:23.0	+ 18:34.0	4:56.3 min/km
140	1	Kernn	Cordula	57	W55	LG Pegasos	0:49:33.0	+ 18:44.0	4:57.3 min/km
141	13	Biskamp	Markus	57	M55		0:49:47.0	+ 18:58.0	4:58.7 min/km
142	11	Renner	Michael	78	M35		0:49:49.0	+ 19:00.0	4:58.9 min/km
143	3	Gomoll	Ilka	72	W40	LC Ron Hill	0:49:51.0	+ 19:02.0	4:59.1 min/km
144	3	Huber	Helmut	49	M65	LC Ron Hill	0:49:52.0	+ 19:03.0	4:59.2 min/km

145	5	Günnewig	Katja	69	W45	LG Süd Bln	0:50:21.0	+ 19:32.0	5:02.1 min/km
146	4	Germeyer	Wiebke	74	W40		0:50:26.0	+ 19:37.0	5:02.6 min/km
147	2	Hansen	Silke	77	W35		0:50:27.0	+ 19:38.0	5:02.7 min/km
148	4	Maier	Franz E.	46	M65	BSG Bln Sparkasse	0:50:28.0	+ 19:39.0	5:02.8 min/km
149	1	Klotzbücher	Jürgen	41	M70	Köpenicker SC	0:50:29.0	+ 19:40.0	5:02.9 min/km
150	17	Falkenberg	Rainer	80	M30		0:50:30.0	+ 19:41.0	5:03.0 min/km
151	5	van Stigt	Anna	87	WHK		0:50:35.0	+ 19:46.0	5:03.5 min/km
152	5	Gerigk	Johannes	48	M65		0:50:43.0	+ 19:54.0	5:04.3 min/km
153	2	Brauer	Detlef	44	M70	SSC	0:50:46.0	+ 19:57.0	5:04.6 min/km
154	6	Roze	Madara	88	WHK		0:50:49.0	+ 20:00.0	5:04.9 min/km
155	24	Reid	Alasdair	68	M45	Leidig24 TriTeam	0:51:02.0	+ 20:13.0	5:06.2 min/km
156	25	Kretschmar	Thomas	69	M45		0:51:11.0	+ 20:22.0	5:07.1 min/km
157	18	Lügge	Marco	81	M30	TVB 09	0:51:16.0	+ 20:27.0	5:07.6 min/km
158	8	Tanneberger	Diana	81	W30	Die Laufpartner	0:51:19.0	+ 20:30.0	5:07.9 min/km
159	14	Muschinski	Lothar	56	M55	Team Wadenkrampf	0:51:20.0	+ 20:31.0	5:08.0 min/km
160	6	Edzards	Gesa	68	W45	LG Nord	0:51:25.0	+ 20:36.0	5:08.5 min/km
161	19	Fehr	Alexander	80	M30	LV Einheit Pankow	0:51:31.0	+ 20:42.0	5:09.1 min/km
162	2	Klausnitzer	Lena	97	wJgd		0:51:32.0	+ 20:43.0	5:09.2 min/km
163	7	Brödel	Sophie	87	WHK		0:51:34.0	+ 20:45.0	5:09.4 min/km
164	7	Kunicke	Marika	66	W45	LT Bernd Hübner	0:51:35.0	+ 20:46.0	5:09.5 min/km
165	6	Palm	Udo	49	M65	LC Ron Hill	0:51:39.0	+ 20:50.0	5:09.9 min/km
166	8	Lorenz	Norma	66	W45	Die Laufpartner	0:51:45.0	+ 20:56.0	5:10.5 min/km
167	3	Peters	Hans-Jürgen	40	M70	SG Grüne Trift	0:52:03.0	+ 21:14.0	5:12.3 min/km
168	22	Kliesch	Stefan	64	M50	Polizei Bln	0:52:05.0	+ 21:16.0	5:12.5 min/km
169	4	Oelwein	Udo	41	M70	VfL Tegel 1891	0:52:17.0	+ 21:28.0	5:13.7 min/km
170	2	Krautzig	Britta	62	W50	Die Lauf-ABC-ler	0:52:22.0	+ 21:33.0	5:14.2 min/km
171	3	Gauer	Manja	76	W35		0:52:34.0	+ 21:45.0	5:15.4 min/km
172	4	Pick	Karolina	79	W35		0:53:01.0	+ 22:12.0	5:18.1 min/km
173	12	Heinold	Henning	76	M35	BSV AdW	0:53:22.0	+ 22:33.0	5:20.2 min/km
174	5	Beyer	Konrad	42	M70	TuS Neukölln Bln	0:53:27.0	+ 22:38.0	5:20.7 min/km
175	6	Schröer	Manfred	41	M70		0:53:28.0	+ 22:39.0	5:20.8 min/km
176	9	Gieseke	Kirstin	82	W30		0:53:29.0	+ 22:40.0	5:20.9 min/km
177	13	Mewes	Dirk Alexander	73	M40	BSG Bln Sparkasse	0:53:33.0	+ 22:44.0	5:21.3 min/km
178	15	Pohl	Wolfgang	57	M55	Sport Factory Bln	0:53:42.0	+ 22:53.0	5:22.2 min/km
179	8	Schöne	Ronja	87	WHK		0:54:31.0	+ 23:42.0	5:27.1 min/km
180	3	Strümpel	Johanna	98	wJgd	Zahnkult am Weißen See	0:54:39.0	+ 23:50.0	5:27.9 min/km
181	10	Kanter	Simone	81	W30		0:54:40.0	+ 23:51.0	5:28.0 min/km
182	16	Schlegel	Harri	58	M55		0:54:45.0	+ 23:56.0	5:28.5 min/km
183	7	Matthes	Rainer	45	M65		0:54:48.0	+ 23:59.0	5:28.8 min/km
184	11	Pohlmeier	Inga	82	W30		0:54:57.0	+ 24:08.0	5:29.7 min/km
185	8	Pfaffinger	Bernd	47	M65	LT Britzer Garten	0:55:01.0	+ 24:12.0	5:30.1 min/km
186	23	Keller	Carsten	64	M50	BSG Bln Sparkasse	0:55:19.0	+ 24:30.0	5:31.9 min/km
187	7	Niklas	Alfred	54	M60	LG Pegasos	0:55:24.0	+ 24:35.0	5:32.4 min/km
188	7	Unrau	Jürgen	42	M70	Lauf-Masche	0:55:26.0	+ 24:37.0	5:32.6 min/km
189	17	Gerjets	Enno	59	M55	TCB Bln	0:55:30.0	+ 24:41.0	5:33.0 min/km
190	14	Lehmann	Frank	71	M40		0:55:36.0	+ 24:47.0	5:33.6 min/km
191	13	Kollock	Ronny	78	M35	Die KamiKatzen	0:55:45.0	+ 24:56.0	5:34.5 min/km
192	12	Zerle	Isabel	84	W30		0:55:57.0	+ 25:08.0	5:35.7 min/km
193	1	Ballay-Schmidt	Marie	53	W60	LG Nord	0:56:00.0	+ 25:11.0	5:36.0 min/km
194	3	Schulze	Marion	62	W50	Die Lauf-ABC-ler	0:56:35.0	+ 25:46.0	5:39.5 min/km

195	4	Hayworth	Katy	2000	wJgd		0:57:07.0	+ 26:18.0	5:42.7 min/km
196	15	Ewald	Oliver	71	M40		0:57:38.0	+ 26:49.0	5:45.8 min/km
197	9	Hanse	Irmgard	66	W45	LG Nord	0:57:52.0	+ 27:03.0	5:47.2 min/km
198	1	Peschke	Werner	39	M75		0:57:55.0	+ 27:06.0	5:47.5 min/km
199	13	Albrecht	Anke	81	W30		0:58:08.0	+ 27:19.0	5:48.8 min/km
200	1	Wolf	Christa	43	W70		0:58:27.0	+ 27:38.0	5:50.7 min/km
201	1	Lemke	Rita	47	W65		0:58:44.0	+ 27:55.0	5:52.4 min/km
202	5	Wehr	Kirsten	96	wJgd	Hermes-Clus	0:58:50.0	+ 28:01.0	5:53.0 min/km
203	26	Federbusch	Hans	66	M45		0:59:00.0	+ 28:11.0	5:54.0 min/km
204	2	Pfaffinger	Annemarie	51	W60	LT Britzer Garten	0:59:19.0	+ 28:30.0	5:55.9 min/km
205	5	Sonnenberg	Romana	79	W35		0:59:31.0	+ 28:42.0	5:57.1 min/km
206	14	Seitz	Torsten	75	M35		0:59:42.0	+ 28:53.0	5:58.2 min/km
207	10	Sens	Gritta	69	W45		0:59:53.0	+ 29:04.0	5:59.3 min/km
208	27	Sens	Steffen	67	M45		0:59:54.0	+ 29:05.0	5:59.4 min/km
209	15	De Almeida	Jorge	77	M35		0:59:55.0	+ 29:06.0	5:59.5 min/km
210	6	Brunner	Jana	78	W35	KSV 90 Pankow	0:59:56.0	+ 29:07.0	5:59.6 min/km
211	2	Uebelgünne	Isabel	59	W55	LG Pegasos	1:00:38.0	+ 29:49.0	6:03.8 min/km
212	4	Völker	Susanne	61	W50	Die Lauf-ABC-ler	1:00:56.0	+ 30:07.0	6:05.6 min/km
213	24	Winterkamp	Dirk	64	M50		1:01:05.0	+ 30:16.0	6:06.5 min/km
214	5	Kretschmar	Birgit	71	W40		1:01:06.0	+ 30:17.0	6:06.6 min/km
215	8	Ziems	Helge	41	M70	LC Ron Hill	1:01:08.0	+ 30:19.0	6:06.8 min/km
216	14	Kuschel	Christine	81	W30		1:01:48.0	+ 30:59.0	6:10.8 min/km
217	2	Dubios	Edith	42	W70	WIB-LT	1:01:50.0	+ 31:01.0	6:11.0 min/km
218	2	Schelte-Groß	Hella	45	W65	VfL Tegel 1891	1:02:01.0	+ 31:12.0	6:12.1 min/km
219	2	Balke	Ingo	39	M75	VfL Tegel 1891	1:02:02.0	+ 31:13.0	6:12.2 min/km
220	9	Röseler	Wolfgang	49	M65	Die Lauf-ABC-ler	1:02:06.0	+ 31:17.0	6:12.6 min/km
221	10	Roswadowski	Bernd	47	M65		1:02:09.0	+ 31:20.0	6:12.9 min/km
222	25	Zippel	Holger	64	M50	LG HumpelKumpel	1:02:28.0	+ 31:39.0	6:14.8 min/km
223	9	Betsch	Michael	44	M70	Pro Sport Bln 24	1:02:30.0	+ 31:41.0	6:15.0 min/km
224	7	Giordano	Sabina	75	W35		1:02:32.0	+ 31:43.0	6:15.2 min/km
225	11	Wurzer	Heike	66	W45	Die Lauf-ABC-ler	1:03:02.0	+ 32:13.0	6:18.2 min/km
226	8	Polcuch	Konrad	53	M60	KSV 90 Pankow	1:03:13.0	+ 32:24.0	6:19.3 min/km
227	9	Nagel	Heinrich	50	M60		1:05:04.0	+ 34:15.0	6:30.4 min/km
228	12	Fourier	Bianca	66	W45		1:05:07.0	+ 34:18.0	6:30.7 min/km
229	18	Henzel	Alexander	59	M55		1:06:00.0	+ 35:11.0	6:36.0 min/km
230	13	Krögler	Bethina	69	W45	BSG Bln Sparkasse	1:06:08.0	+ 35:19.0	6:36.8 min/km
231	3	Goldmann	Sabine	58	W55	MRS. Sporty	1:06:26.0	+ 35:37.0	6:38.6 min/km
232	5	Blume	Anke	63	W50	LG Buchsbaum	1:06:28.0	+ 35:39.0	6:38.8 min/km
233	11	Kruyskamp	Johannes	49	M65		1:07:55.0	+ 37:06.0	6:47.5 min/km
234	8	Alshut	Margarete	75	W35		1:08:30.0	+ 37:41.0	6:51.0 min/km
235	28	Cornelissen	Jan	69	M45		1:08:30.0	+ 37:41.0	6:51.0 min/km
236	6	Funke	Dorothea	73	W40	SCC Bln	1:09:00.0	+ 38:11.0	6:54.0 min/km
237	3	Hackmann	Peter Heinrich	38	M75		1:09:00.0	+ 38:11.0	6:54.0 min/km
238	4	Schlüter	Ina	56	W55	LC Ron Hill	1:09:04.0	+ 38:15.0	6:54.4 min/km
239	1	Hoffmann	Peter	33	M80	TiB	1:09:15.0	+ 38:26.0	6:55.5 min/km
240	3	Niederhafner	Renate	45	W65	SCC Rennschnecken	1:22:44.0	+ 51:55.0	8:16.4 min/km
241	2	Schulze	Horst	34	M80	Ahorn Club PSV	1:27:10.0	+ 56:21.0	8:43.0 min/km
242	3	Uebelgünne	Detlef-Rüdiger	33	M80	LG Pegasos	1:27:17.0	+ 56:28.0	8:43.7 min/km