

XXXIV. 100 km Lauf von Grünheide/Kienbaum am 29.03.2014



Ergebnisliste nach Geschlecht mit AK-Wertung - 50 km

| Pl. | AK | Snr. | Name | Verein (Wohnort) | NAT | Ziel |
|---------------|--------|------|---|--|-----|---|
| 50 km | | | | | | |
| Frauen | | | | | | |
| 1. | 1. W35 | 102 | ALDER-BAERENS, Nele 00:21:47 (21:47) 02:07:48 (21:15) | Ultra Sportclub Marburg 00:42:57 02:30:14 | GER | 3:35:50 01:04:33 (21:37) 02:51:36 (21:22) 01:25:16 (20:43) 03:13:26 (21:51) 03:35:50 (22:24) |
| 2. | 1. W40 | 179 | VEITH, Pamela 00:21:39 (21:39) 02:08:38 (21:32) | TSV Kusterdingen 00:42:46 02:30:40 | GER | 3:40:51 01:03:55 (21:10) 02:52:59 (22:19) 01:25:34 (21:39) 03:16:15 (23:16) 03:40:51 (24:37) |
| 3. | 1. WHK | 184 | SCHIPP, Carina 00:22:27 (22:27) 02:15:38 (23:05) | LAZ Leipzig 00:44:49 02:39:13 | GER | 3:49:30 01:07:19 (22:30) 03:02:58 (23:45) 01:29:51 (22:32) 03:26:40 (23:43) 03:49:30 (22:51) |
| 4. | 1. W50 | 161 | SCHULZ, Ulrika 00:25:02 (25:02) 02:31:34 (25:37) | LTC Berlin 00:50:11 02:57:36 | GER | 4:14:08 01:15:17 (25:06) 03:22:29 (24:53) 01:40:34 (25:18) 03:47:49 (25:20) 04:14:08 (26:20) |
| 5. | 1. W45 | 177 | STEINKE, Annette 00:24:46 (24:46) 02:31:34 (25:37) | LTC Berlin 00:49:42 02:57:37 | GER | 4:19:39 01:14:57 (25:16) 03:25:12 (27:35) 01:40:22 (25:25) 03:54:33 (29:22) 04:19:39 (25:06) |
| 6. | 2. W35 | 188 | ALBRECHT, Daniela 00:24:46 (24:46) 02:31:28 (25:37) | LC BlueLiner 00:49:40 02:57:36 | GER | 4:22:40 01:14:57 (25:18) 03:25:12 (27:36) 01:40:22 (25:25) 03:54:33 (29:22) 04:22:40 (28:08) |
| 7. | 2. W45 | 103 | BAHLCKE, Annett 00:25:26 (25:26) 02:35:32 (26:50) | LG Nord Berlin / Ultrateam 00:51:30 03:04:02 | GER | 4:22:45 01:17:14 (25:44) 03:30:48 (26:47) 01:42:59 (25:45) 03:56:58 (26:10) 04:22:45 (25:48) |
| 8. | 1. W60 | 106 | BELAU, Monika 00:26:29 (26:29) 02:37:14 (25:59) | Harburger SC 00:52:32 03:03:09 | GER | 4:23:06 01:18:49 (26:18) 03:29:43 (26:35) 01:44:58 (26:09) 03:56:32 (26:49) 04:23:06 (26:35) |
| 9. | 1. W55 | 122 | GIELEN, Silke 00:26:21 (26:21) 02:37:12 (25:57) | Harburger SC 00:52:36 03:03:00 | GER | 4:28:37 01:18:52 (26:16) 02:38:42 (25:43) 01:44:57 (26:06) 03:54:48 (26:07) 04:28:37 (33:49) |
| 10. | 3. W45 | 178 | GROENER, Sabine 00:27:06 (27:06) 02:41:09 (26:31) | LTC Berlin 00:54:23 03:07:40 | GER | 4:28:40 01:21:27 (27:05) 03:34:37 (26:58) 01:48:07 (26:40) 04:01:16 (26:40) 04:28:40 (27:24) |
| 11. | 4. W45 | 140 | LUBAN, Anja 00:26:17 (26:17) 02:39:33 (28:44) | TV Fürstenwalde 00:52:26 03:06:49 | GER | 4:29:26 01:18:28 (26:02) 03:33:53 (27:05) 01:44:30 (26:03) 04:02:20 (28:28) 04:29:26 (27:06) |
| 12. | 2. W50 | 107 | BERGMANN, Heike 00:25:25 (25:25) 02:37:15 (27:32) | LG Nord Berlin / Ultrateam 00:51:30 03:05:57 | GER | 4:29:50 01:17:15 (25:45) 03:34:04 (28:07) 01:43:03 (25:49) 04:02:10 (28:06) 04:29:50 (27:41) |
| 13. | 2. W40 | 120 | FRIEDRICH, Ilka 00:27:25 (27:25) 02:45:09 (28:34) | LC BlueLiner 00:54:33 03:13:39 | GER | 4:36:08 01:21:39 (27:07) 03:41:59 (28:21) 01:48:52 (27:13) 04:09:39 (27:40) 04:36:08 (26:29) |
| 14. | 3. W40 | 193 | VON BRONK, Claudia 00:25:43 (25:43) 02:40:31 (28:12) | (Langenhagen) 00:51:44 03:09:14 | GER | 4:36:55 01:18:06 (26:22) 03:38:04 (28:51) 01:44:59 (26:54) 04:07:34 (29:31) 04:36:55 (29:21) |
| 15. | 5. W45 | 200 | ELSNER, Steffi 00:26:25 (26:25) 02:41:35 (27:43) | (Hoppegarten) 00:53:02 03:10:24 | GER | 4:37:37 01:19:55 (26:54) 03:39:07 (28:44) 01:46:34 (26:39) 04:08:29 (29:22) 04:37:37 (29:09) |
| 16. | 2. W60 | 151 | RODENBECK, Brigitte 00:26:36 (26:36) 02:43:26 (28:17) | LG Braunschweig 00:53:07 03:12:48 | GER | 4:43:59 01:20:05 (26:59) 03:42:16 (29:29) 01:47:16 (27:12) 04:12:47 (30:31) 04:43:59 (31:12) |
| 17. | 6. W45 | 166 | STUTZKE, Silke 00:27:43 (27:43) 02:53:40 (31:29) | LG Nord Berlin / Ultrateam 00:55:55 03:22:51 | GER | 4:50:41 01:24:34 (28:39) 03:52:24 (29:34) 01:53:09 (28:35) 04:21:50 (29:26) 04:50:41 (28:51) |
| 18. | 3. W50 | 129 | JOHN, Petra 00:28:24 (28:24) 02:52:04 (28:32) | LC BlueLiner 00:57:15 03:21:14 | GER | 4:54:16 01:26:23 (29:09) 03:51:21 (30:07) 01:55:02 (28:39) 04:22:20 (30:59) 04:54:16 (31:57) |
| 19. | 3. W35 | 160 | SCHRAMM, Yvonne 00:27:33 (27:33) 02:48:27 (29:17) | Chemnitzer LV MEGWARE 00:55:21 03:18:24 | GER | 4:54:37 01:22:49 (27:29) 03:49:10 (30:47) 01:50:37 (27:49) 04:22:06 (32:56) 04:54:37 (32:32) |
| 20. | 7. W45 | 155 | SCHELLHORN, Claudia 00:30:49 (30:49) 03:04:29 (31:00) | DUV 01:01:14 03:35:53 | GER | 5:08:51 01:31:37 (30:24) 04:07:03 (31:10) 02:02:21 (30:45) 04:38:01 (30:58) 05:08:51 (30:50) |
| 21. | 4. W50 | 121 | GERSTMANN, Silke 00:28:50 (28:50) 02:57:46 (31:45) | LG Madlen 00:57:53 03:30:22 | GER | 5:12:06 01:26:54 (29:02) 04:03:20 (32:59) 01:56:10 (29:17) 04:38:03 (34:43) 05:12:06 (34:04) |
| 22. | 3. W60 | 176 | MEINBERG, Anke 00:26:33 (26:33) 02:44:35 (29:39) | LC BlueLiner 00:52:25 03:16:54 | GER | 5:12:49 01:18:41 (26:17) 03:50:48 (33:54) 01:46:16 (27:36) 04:34:05 (43:18) 05:12:49 (38:45) |
| 23. | 8. W45 | 125 | HERRMANN, Katrin 00:28:24 (28:24) 03:00:57 (34:02) | LC BlueLiner 00:57:15 03:35:00 | GER | 5:17:53 01:26:23 (29:08) 04:09:05 (34:05) 01:56:25 (30:03) 04:43:56 (34:52) 02:26:56 (30:31) 05:17:53 (33:57) |

XXXIV. 100 km Lauf von Grünheide/Kienbaum am 29.03.2014



Ergebnisliste nach Geschlecht mit AK-Wertung - 50 km

| Pl. | AK | Snr. | Name | Verein (Wohnort) | NAT | Ziel |
|-----|--------|------|---|---|-----|---|
| 24. | 5. W50 | 130 | KEMNITZ, Liane 00:31:38 (31:38) 01:03:58 03:16:35 (34:16) 03:51:48 | Harburger SC 01:36:27 (32:30) 04:28:57 (37:10) | GER | 5:48:50 02:09:15 (32:48) 02:42:19 (33:04) 05:08:46 (39:49) 05:48:50 (40:05) |
| 25. | 9. W45 | 175 | HENSCHHEL, Krystina 00:33:39 (33:39) 01:08:11 03:54:34 (48:26) 04:43:15 | Ultra-Motten Potsdam 01:45:12 (37:01) 02:25:38 (17:53) | GER | 7:12:58 02:23:33 (38:22) 03:06:08 (42:35) 06:22:46 (50:13) 07:12:58 (50:12) |
| | W55 | 195 | BRAUER, Karin 00:32:33 (32:33) 01:04:21 03:20:30 (37:55) () | WSG 81 Königs Wusterhausen 01:37:06 (32:46) () | GER | DNF 02:09:37 (32:32) 02:42:36 (32:59) () |
| | W50 | 182 | SETZEFAND, Marion C. 00:32:00 (32:00) 01:05:19 03:30:21 (39:08) () | LG Mauerweg Berlin 01:39:15 (33:57) () | GER | DNF 02:14:01 (34:46) 02:51:13 (37:13) () |
| | WHK | 198 | ALBRECHT, Anke 00:28:29 (28:29) 00:58:36 () () | (Berlin) () () | GER | DNF () () () |

Männer

| | | | | | | |
|-----|--------|-----|---|--|-----|---|
| 1. | 1. MHK | 181 | BUBEL, Niels 00:19:05 (19:05) 00:37:27 01:49:48 (17:55) 02:07:45 | Die Laufpartner 00:55:44 (18:17) 02:25:38 (17:53) | GER | 3:04:12 01:13:51 (18:08) 01:31:53 (18:03) 02:44:11 (18:34) 03:04:12 (20:01) |
| 2. | 2. MHK | 172 | ZAHORAN, Adam 00:19:05 (19:05) 00:37:49 01:53:10 (19:01) 02:12:36 | LG Würzburg 00:56:26 (18:38) 02:32:28 (19:53) | GER | 3:12:33 01:15:07 (18:41) 01:34:10 (19:03) 02:52:30 (20:02) 03:12:33 (20:03) |
| 3. | 3. MHK | 162 | SHRINIVAS, Vinodkumar 00:19:51 (19:51) 00:39:26 01:57:17 (19:22) 02:16:34 | LLC Marathon Regensburg 00:58:57 (19:32) 02:35:49 (19:16) | GER | 3:15:21 01:18:32 (19:36) 01:37:56 (19:25) 02:55:13 (19:24) 03:15:21 (20:09) |
| 4. | 1. M45 | 137 | LAENGER, Uwe 00:19:11 (19:11) 00:38:03 01:54:51 (19:46) 02:14:57 | 1.FC Union Berlin 00:56:52 (18:49) 02:35:43 (20:46) | GER | 3:19:18 01:15:50 (18:58) 01:35:05 (19:16) 02:57:16 (21:34) 03:19:18 (22:03) |
| 5. | 4. MHK | 124 | HANS, Jan-Hendrik 00:19:51 (19:51) 00:39:37 01:59:06 (19:52) 02:18:46 | TSV Krofddorf-Gleiberg 00:59:29 (19:53) 02:38:57 (20:12) | GER | 3:24:03 01:19:22 (19:54) 01:39:14 (19:52) 03:01:01 (22:04) 03:24:03 (23:03) |
| 6. | 1. M50 | 183 | MORSCHHAUSER, Edgar 00:19:50 (19:50) 00:39:37 01:59:08 (19:53) 02:19:48 | LAZ Obb-Mil / ASICS Frontrunner 00:59:30 (19:54) 02:41:27 (21:40) | GER | 3:25:18 01:19:23 (19:54) 01:39:16 (19:53) 03:03:32 (22:05) 03:25:18 (21:47) |
| 7. | 1. M35 | 143 | MARTEL, Jean-Mary 00:19:52 (19:52) 00:39:28 01:58:47 (20:36) 02:19:18 | LLC Marathon Regensburg 00:58:58 (19:30) 02:40:55 (21:38) | GER | 3:26:26 01:18:33 (19:36) 01:38:11 (19:38) 03:03:27 (22:32) 03:26:26 (23:00) |
| 8. | 5. MHK | 134 | KOCH, Rainer Wilfried 00:20:40 (20:40) 00:41:29 02:03:57 (20:37) 02:24:28 | LG Würzburg 01:02:19 (20:50) 02:45:25 (20:57) | GER | 3:27:36 01:22:52 (20:34) 01:43:21 (20:30) 03:06:30 (21:06) 03:27:36 (21:06) |
| 9. | 6. MHK | 159 | SCHRAMM, Sören 00:20:35 (20:35) 00:41:15 02:03:18 (20:43) 02:24:04 | Chemnitzer LV MEGWARE 01:01:50 (20:36) 02:45:07 (21:04) | GER | 3:28:24 01:22:14 (20:24) 01:42:35 (20:22) 03:06:47 (21:40) 03:28:24 (21:38) |
| 10. | 2. M45 | 128 | JENDRETZKE, Kai 00:20:36 (20:36) 00:41:15 02:05:32 (21:42) 02:29:40 | LG DUV 01:01:51 (20:36) 02:51:28 (21:49) | GER | 3:35:37 01:22:26 (20:36) 01:43:51 (21:25) 03:13:53 (22:26) 03:35:37 (21:44) |
| 11. | 1. M55 | 191 | KONRAD, Friedrich 00:21:21 (21:21) 00:42:41 02:08:29 (21:40) 02:30:20 | TUS Lörrach-Stetten 01:03:51 (21:10) 02:52:34 (22:15) | GER | 3:37:38 01:25:23 (21:33) 01:46:50 (21:27) 03:15:04 (22:31) 03:37:38 (22:35) |
| 12. | 2. M50 | 138 | LEHRIEDER, Dr. Gerald 00:20:41 (20:41) 00:41:29 02:06:38 (21:59) 02:29:11 | LG Würzburg 01:02:19 (20:50) 02:52:42 (23:31) | GER | 3:41:20 01:23:20 (21:01) 01:44:40 (21:20) 03:16:44 (24:02) 03:41:20 (24:36) |
| 13. | 2. M35 | 110 | BISANZ, Max 00:21:51 (21:51) 00:43:30 02:09:53 (21:50) 02:32:00 | Frankfurt/Oder 01:05:00 (21:30) 02:54:35 (22:36) | GER | 3:42:20 01:26:24 (21:24) 01:48:04 (21:41) 03:17:47 (23:12) 03:42:20 (24:34) |
| 14. | 2. M55 | 101 | ADAM, Nikolaos 00:21:51 (21:51) 00:43:30 02:10:31 (22:20) 02:33:09 | TSV Kusterdingen 01:05:00 (21:30) 02:57:01 (23:53) | GER | 3:45:29 01:26:23 (21:24) 01:48:11 (21:48) 03:21:24 (24:24) 03:45:29 (24:05) |
| 15. | 3. M45 | 117 | DACHS, Manfred 00:21:07 (21:07) 00:42:35 02:13:14 (23:40) 02:37:30 | VC/LG Nienburg 01:04:23 (21:48) 03:02:04 (24:34) | GER | 3:53:17 01:26:54 (22:31) 01:49:35 (22:42) 03:27:34 (25:31) 03:53:17 (25:43) |
| 16. | 4. M45 | 170 | WERNER, Jürgen 00:21:06 (21:06) 00:42:10 02:07:40 (21:45) 02:30:46 | TSV Krofddorf-Gleiberg 01:03:13 (21:04) 02:56:00 (25:15) | GER | 3:57:46 01:24:29 (21:17) 01:45:55 (21:27) 03:29:04 (33:04) 03:57:46 (28:43) |
| 17. | 3. M55 | 113 | BRANDT, Michael 00:22:58 (22:58) 00:46:21 02:19:16 (23:11) 02:43:35 | LG Nord Berlin / Ultrateam 01:09:49 (23:28) 03:08:55 (25:21) | GER | 4:00:55 01:32:51 (23:02) 01:56:06 (23:15) 03:35:05 (26:10) 04:00:55 (25:51) |
| 18. | 1. M60 | 144 | MINNICH, Klaus Dieter 00:23:00 (23:00) 00:46:09 02:20:13 (24:06) 02:45:15 | SpVgg Groß Bültzen 01:09:13 (23:04) 03:10:55 (23:40) | GER | 4:02:40 01:32:38 (23:26) 01:56:08 (23:30) 03:37:02 (26:08) 04:02:40 (25:38) |
| 19. | 1. M40 | 186 | LEHMANN, Frank 00:22:34 (22:34) 00:44:59 02:18:04 (23:49) 02:42:38 | LC BlueLiner 01:07:44 (22:46) 03:08:46 (26:08) | GER | 4:04:09 01:31:26 (23:42) 01:54:15 (22:50) 03:36:11 (27:26) 04:04:09 (27:58) |

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Ergebnisliste nach Geschlecht mit AK-Wertung - 50 km

| Pl. | AK | Snr. | Name | Verein (Wohnort) | NAT | Ziel |
|-----|--------|------|---|--|-----|---|
| 20. | 5. M45 | 165 | STUTZKE, Jörg 00:23:32 (23:32) 00:47:28 02:20:58 (22:33) 02:44:31 | LG Nord Berlin / Ultrateam 01:11:28 (24:00) 01:35:17 (23:50) 03:09:12 (24:42) 03:37:07 (27:55) | GER | 4:04:48 01:58:26 (23:09) 04:04:48 (27:42) |
| 21. | 1. M65 | 131 | KLEINMANN, Paul 00:24:41 (24:41) 00:49:09 02:27:27 (24:32) 02:51:55 | ASC Ulm/Neu-Ulm 01:13:47 (24:39) 01:38:25 (24:38) 03:16:22 (24:28) 03:40:57 (24:35) | GER | 4:05:11 02:02:55 (24:31) 04:05:11 (24:15) |
| 22. | 4. M55 | 189 | MANN, Matthias 00:23:53 (23:53) 00:48:28 02:25:15 (24:01) 02:49:43 | TSV DJK Wiesenthied 01:12:41 (24:13) 01:37:05 (24:25) 03:14:51 (25:09) 03:39:40 (24:49) | GER | 4:05:34 02:01:14 (24:10) 04:05:34 (25:55) |
| 23. | 5. M55 | 150 | RIEMANN, Ernst 00:24:29 (24:29) 00:48:41 02:25:56 (24:30) 02:50:32 | LC Blueliner 01:12:49 (24:09) 01:37:08 (24:19) 03:16:09 (25:37) 03:41:07 (24:59) | GER | 4:05:53 02:01:27 (24:20) 04:05:53 (24:47) |
| 24. | 2. M40 | 167 | THEMM, Thorsten 00:23:01 (23:01) 00:46:11 02:21:09 (24:46) 02:46:06 | ALG-VfL Bokel 01:09:32 (23:21) 01:32:52 (23:21) 03:11:36 (25:31) 03:38:44 (27:08) | GER | 4:06:32 01:56:24 (23:32) 04:06:32 (27:49) |
| 25. | 2. M60 | 154 | SCHAFFRANEK, 00:23:41 (23:41) 00:47:49 02:25:17 (24:27) 02:49:51 | SpVgg Groß Bülten 01:12:03 (24:15) 01:36:17 (24:14) 03:14:58 (25:07) 03:40:42 (25:45) | GER | 4:07:08 02:00:51 (24:34) 04:07:08 (26:27) |
| 26. | 3. M35 | 157 | SCHMIDT, Thomas 00:25:26 (25:26) 00:50:28 02:31:03 (25:00) 02:55:56 | Erkner 01:15:32 (25:04) 01:40:56 (25:25) 03:21:05 (25:09) 03:45:32 (24:27) | GER | 4:08:51 02:06:04 (25:09) 04:08:51 (23:20) |
| 27. | 2. M65 | 118 | DIERKOPF, 00:23:31 (23:31) 00:47:28 02:23:34 (24:39) 02:48:50 | LG Nord Berlin / Ultrateam 01:11:28 (24:00) 01:35:18 (23:51) 03:14:43 (25:54) 03:41:36 (26:54) | GER | 4:10:11 01:58:56 (23:38) 04:10:11 (28:36) |
| 28. | 3. M50 | 114 | BRAUNGART, Georg 00:23:01 (23:01) 00:46:15 02:24:32 (25:36) 02:50:38 | LG Würzburg 01:09:54 (23:39) 01:33:54 (24:01) 03:17:30 (26:53) 03:44:40 (27:10) | GER | 4:12:13 01:58:56 (25:03) 04:12:13 (27:34) |
| 29. | 3. M60 | 142 | MADRY, Norbert 00:24:34 (24:34) 00:49:08 02:28:34 (25:17) 02:53:54 | SF Blau-Gelb Marburg 01:13:51 (24:44) 01:38:25 (24:35) 03:19:37 (25:44) 03:46:20 (26:44) | GER | 4:13:39 02:03:17 (24:52) 04:13:39 (27:19) |
| 30. | 4. M50 | 147 | PINSKE, Andreas 00:25:46 (25:46) 00:51:46 02:34:09 (25:06) 02:59:26 | Tempo Falkensee 01:17:15 (25:30) 01:42:53 (25:38) 03:24:15 (24:50) 03:48:46 (24:32) | GER | 4:14:09 02:09:03 (26:10) 04:14:09 (25:23) |
| 31. | 6. M45 | 139 | LOHMANN, Carsten 00:24:47 (24:47) 00:49:12 02:28:54 (25:46) 02:53:54 | Harburger SC 01:13:54 (24:43) 01:38:26 (24:33) 03:20:38 (26:44) 03:46:56 (26:19) | GER | 4:14:33 02:03:09 (24:43) 04:14:33 (27:38) |
| 32. | 6. M55 | 156 | SCHMIDT, Detlev 00:23:30 (23:30) 00:46:48 02:18:32 (22:57) 02:42:29 | SpVgg Groß Bülten 01:10:05 (23:18) 01:33:06 (23:01) 03:11:41 (29:13) 03:45:15 (33:34) | GER | 4:18:46 01:55:35 (22:29) 04:18:46 (33:32) |
| 33. | 4. M60 | 164 | STROSNY, Wolfgang 00:23:53 (23:53) 00:48:28 02:27:09 (25:20) 02:52:38 | BLV Rot-Weiß 90 01:12:42 (24:15) 01:37:10 (24:28) 03:20:02 (27:24) 03:50:09 (30:08) | GER | 4:19:16 02:01:49 (24:40) 04:19:16 (29:07) |
| 34. | 4. M35 | 209 | DIETTERLE, Daniel 00:25:36 (25:36) 00:51:00 02:29:21 (24:54) 02:55:10 | SV 1919 Woltersdorf 01:15:22 (24:22) 01:39:58 (24:37) 03:22:35 (27:25) 03:51:50 (29:15) | GER | 4:22:00 02:04:28 (24:31) 04:22:00 (30:11) |
| 35. | 7. M45 | 111 | BJÖRN, Heiko 00:24:58 (24:58) 00:49:59 02:30:48 (25:09) 02:56:41 | Magdeburger-Laufkultur 08 01:15:19 (25:20) 01:40:27 (25:09) 03:23:54 (27:13) 03:52:57 (29:04) | GER | 4:22:05 02:05:40 (25:13) 04:22:05 (29:08) |
| 36. | 5. M50 | 104 | BARTELS, Ronald 00:26:21 (26:21) 00:52:36 02:37:12 (25:58) 03:02:59 | Harburger SC 01:18:52 (26:16) 01:44:57 (26:06) 03:28:42 (25:43) 03:55:16 (26:34) | GER | 4:23:58 02:11:15 (26:18) 04:23:58 (28:42) |
| 37. | 3. M40 | 146 | PANTEL, Sascha 00:25:25 (25:25) 00:51:30 02:35:30 (26:48) 03:02:18 | LG Nord Berlin / Ultrateam 01:17:13 (25:43) 01:42:56 (25:44) 03:29:50 (27:33) 03:57:27 (27:37) | GER | 4:24:56 02:08:42 (25:47) 04:24:56 (27:30) |
| 38. | 1. M75 | 126 | HOFFMANN, Norbert 00:25:47 (25:47) 00:51:43 02:38:12 (27:10) 03:05:41 | LG Westerwald 01:17:49 (26:07) 01:44:29 (26:41) 03:33:45 (28:04) 04:01:55 (28:10) | GER | 4:29:28 02:11:03 (26:34) 04:29:28 (27:34) |
| 39. | 6. M50 | 133 | KNOP, Andreas 00:28:24 (28:24) 00:57:04 02:48:39 (26:45) 03:16:01 | LG DUV 01:24:57 (27:54) 01:52:54 (27:58) 03:43:37 (27:36) 04:12:00 (28:23) | GER | 4:39:45 02:21:54 (29:01) 04:39:45 (27:46) |
| 40. | 3. M65 | 171 | WIRTH, Hartmut 00:25:40 (25:40) 00:51:41 02:40:49 (28:05) 03:09:50 | RLT Rodgau 01:17:57 (26:16) 01:44:58 (27:02) 03:39:38 (29:48) 04:10:20 (30:43) | GER | 4:41:32 02:12:45 (27:47) 04:41:32 (31:12) |
| 41. | 7. M50 | 123 | HAIGERMOSER, Anton 00:27:04 (27:04) 00:53:39 02:40:44 (27:41) 03:08:56 | LC BlueLiner 01:19:57 (26:19) 01:46:10 (26:13) 03:38:19 (29:24) 04:09:52 (31:33) | GER | 4:43:10 02:13:03 (26:54) 04:43:10 (33:18) |
| 42. | 8. M45 | 192 | KLEINBERG, Arne 00:27:34 (27:34) 00:54:25 02:42:57 (27:18) 03:11:22 | (Potsdam) 01:21:18 (26:54) 01:48:43 (27:25) 03:41:40 (30:19) 04:13:51 (32:11) | GER | 4:45:09 02:15:39 (26:57) 04:45:09 (31:19) |
| 43. | 4. M65 | 135 | KRAWCZYK, Siegfried 00:27:08 (27:08) 00:53:50 02:42:12 (27:17) 03:11:30 | SpVgg Groß Bülten 01:20:25 (26:35) 01:47:10 (26:46) 03:41:30 (30:01) 04:12:59 (31:29) | GER | 4:46:15 02:14:55 (27:45) 04:46:15 (33:16) |

XXXIV. 100 km Lauf von Grünheide/Kienbaum am 29.03.2014



Ergebnisliste nach Geschlecht mit AK-Wertung - 50 km

| Pl. | AK | Snr. | Name | Verein (Wohnort) | NAT | Ziel |
|-----|---------|------|--|---|-----|---|
| 44. | 7. M55 | 152 | ROHWEDDER, Karl 00:26:25 (26:25) 02:42:53 (28:55) | LG DUV 01:17:24 (25:13) 03:44:24 (31:33) | GER | 4:49:16 02:13:58 (27:42) 04:49:16 (32:00) |
| 45. | 8. M55 | 194 | HILDEBRANDT, 00:27:05 (27:05) 02:45:09 (28:35) | (Groß Kreutz) 01:21:36 (27:06) 03:46:20 (31:10) | GER | 4:50:16 02:16:35 (27:44) 04:50:16 (31:48) |
| 46. | 5. M60 | 119 | FRIEDRICH, Bernd 00:27:41 (27:41) 02:48:30 (28:27) | LG Nord Berlin / Ultrateam 01:23:00 (27:39) 03:48:55 (30:02) | GER | 4:51:05 02:20:04 (29:13) 04:51:05 (31:19) |
| 47. | 4. M40 | 190 | PANSKUN, Falk 00:28:50 (28:50) 02:51:30 (29:19) | LT Altwarenbüchen 01:24:50 (28:31) 03:50:08 (29:31) | GER | 4:51:52 02:22:12 (29:02) 04:51:52 (29:34) |
| 48. | 6. M60 | 174 | MEIER, Werner 00:27:07 (27:07) 02:48:29 (28:56) | (Bremen) 01:22:27 (27:57) 03:48:29 (30:26) | GER | 4:53:06 02:19:34 (27:40) 04:53:06 (33:20) |
| 49. | 9. M55 | 168 | WEGMANN, Udo 00:26:38 (26:38) 02:48:36 (30:02) | LG Würzburg 01:21:11 (28:01) 03:50:14 (31:18) | GER | 4:54:53 02:18:35 (29:06) 04:54:53 (32:18) |
| 50. | 8. M50 | 127 | INGWERSEN, Maik 00:27:30 (27:30) 02:45:58 (28:39) | SV Potsdam 01:22:24 (27:22) 03:53:16 (35:36) | GER | 5:07:34 02:17:20 (27:36) 05:07:34 (36:24) |
| 51. | 9. M45 | 116 | BÜLOW, Karsten 00:28:37 (28:37) 02:55:01 (29:45) | LG Mauerweg Berlin 01:26:55 (29:05) 03:55:13 (30:33) | GER | 5:08:30 02:25:16 (29:07) 05:08:30 (39:37) |
| 52. | 10. M55 | 149 | RICHTER, Michael 00:27:04 (27:04) 02:46:37 (30:01) | LC BlueLiner 01:20:02 (26:23) 03:55:24 (35:36) | GER | 5:10:14 02:16:37 (29:31) 05:10:14 (36:36) |
| 53. | 9. M50 | 145 | MOSCHELL, Thomas 00:28:50 (28:50) 02:57:46 (31:41) | LG Madlen 01:26:54 (29:02) 04:03:20 (32:59) | GER | 5:12:06 02:26:06 (29:56) 05:12:06 (34:04) |
| 54. | 5. M40 | 196 | APELT, Tobias 00:31:54 (31:54) 03:05:33 (30:09) | (Berlin) 01:34:41 (30:30) 04:07:30 (31:09) | GER | 5:20:07 02:35:24 (30:39) 05:20:07 (37:29) |
| 55. | 7. M60 | 148 | PREIß, Wolfgang 00:29:13 (29:13) 02:56:47 (30:40) | SC Borussia Friedrichsfelde 01:27:41 (29:08) 04:07:23 (36:40) | GER | 5:22:25 02:26:08 (29:23) 05:22:25 (36:48) |
| 56. | 6. M40 | 180 | EICHLER, Kai 00:28:08 (28:08) 02:58:34 (32:17) | LG Bodensee 01:27:07 (30:24) 04:09:11 (37:13) | GER | 5:23:45 02:26:18 (31:08) 05:23:45 (35:25) |
| 57. | 7. MHK | 197 | SCHÜLER, Frank 00:28:29 (28:29) 02:54:07 (32:10) | Team ERDINGER Alkoholfrei 01:24:57 (27:53) 04:07:55 (37:57) | GER | 5:25:25 02:21:58 (29:12) 05:25:25 (34:56) |
| 58. | 8. M60 | 173 | ZIMMERMANN, Walter 00:30:21 (30:21) 03:06:51 (32:26) | LG Würzburg 01:31:53 (31:11) 04:16:23 (36:26) | GER | 5:26:24 02:34:26 (31:21) 05:26:24 (35:16) |
| 59. | 1. M70 | 163 | STEUCK, Ekkehard 00:30:32 (30:32) 03:15:24 (33:25) | LC Auensee Leipzig 01:34:36 (32:31) 04:25:56 (35:07) | GER | 5:33:51 02:41:59 (32:40) 05:33:51 (35:15) |
| 60. | 10. M45 | 169 | WEIßMANN, Dietmar 00:26:45 (26:45) 02:56:57 (35:33) | Ingolstadt 01:18:55 (26:15) 04:16:24 (41:13) | GER | 5:35:04 02:21:25 (33:57) 05:35:04 (38:09) |
| 61. | 2. M70 | 115 | BRÜMLICH, Hagen 00:32:00 (32:00) 03:15:51 (33:16) | WSG 81 Königs Wusterhausen 01:37:05 (32:45) 04:24:55 (34:57) | GER | 5:37:49 02:42:35 (33:00) 05:37:49 (37:23) |
| 62. | 7. M40 | 187 | RICHTER, Andreas 00:30:35 (30:35) 03:14:07 (30:56) | Jonnys Kickboxstudio 01:31:56 (30:35) 04:34:35 (45:35) | GER | 5:54:02 02:43:12 (39:56) 05:54:02 (41:39) |
| 63. | 8. MHK | 109 | BICHER, Stefan 00:28:34 (28:34) 02:56:50 (30:42) | LG Nord Berlin / Ultrateam 01:27:03 (29:12) 04:31:24 (59:09) | GER | 6:05:05 02:26:08 (29:45) 06:05:05 (46:04) |
| 64. | 9. M60 | 112 | BORK, Roland 00:28:52 (28:52) 03:21:45 (47:12) | Schönefeld 01:26:56 (29:02) 04:46:23 (41:21) | GER | 6:12:41 02:34:33 (35:03) 06:12:41 (43:09) |
| 65. | 10. M50 | 136 | LABS, Michael 00:33:42 (33:42) 03:46:04 (41:20) | DUV Berlin 01:45:09 (35:57) 05:18:05 (47:10) | GER | 6:46:38 03:04:45 (41:14) 06:46:38 (44:42) |
| 66. | 3. M70 | 108 | BERGNER, Peter 00:30:44 (30:44) 03:46:48 (52:16) | Tierschutzverein Strausberg, Rüdersdorf 01:34:36 (32:31) 05:21:03 (47:56) | GER | 7:01:59 02:54:33 (41:49) 07:01:59 (49:02) |
| 67. | 10. M60 | 141 | LÜBKE, Wilfried 00:32:01 (32:01) 03:49:42 (46:29) | SCC Berlin 01:41:40 (35:55) 05:28:46 (50:46) | GER | 7:05:21 03:03:13 (41:31) 07:05:21 (46:17) |

XXXIV. 100 km Lauf von Grünheide/Kienbaum am 29.03.2014



Ergebnisliste nach Geschlecht mit AK-Wertung - 50 km

| Pl. | AK | Snr. | Name | Verein (Wohnort) | NAT | Ziel |
|-----|---------|------|-----------------------|-------------------------------|------------------|------------------|
| 68. | 11. M60 | 185 | EBERLE, Dietrich | 100 Marathon Club | GER | 7:23:17 |
| | | | 00:36:08 (36:08) | 01:14:03 | 01:53:56 (39:53) | 02:36:26 (42:31) |
| | | | 04:06:16 (45:22) | 04:52:33 | 05:39:56 (47:24) | 06:30:18 (50:22) |
| 69. | 12. M60 | 199 | ETZRODT, Frank-Ulrich | 1. Berliner Vollmond-Marathon | GER | 7:47:52 |
| | | | 00:38:07 (38:07) | 01:20:10 | 02:03:55 (43:45) | 02:48:05 (44:11) |
| | | | 04:20:43 (46:23) | 05:11:24 | 06:02:58 (51:35) | 06:56:30 (53:32) |
| | M35 | 132 | KLIMPEL, Oliver | Team ERDINGER Alkoholfrei | GER | DNF |
| | | | 00:26:17 (26:17) | 00:52:26 | 01:18:28 (26:02) | 01:44:30 (26:03) |
| | | | 02:39:33 (28:44) | 03:13:17 | 03:45:22 (32:06) | 0 |
| | M U23 | 158 | SCHMIDT, Maximilian | TSV Krodorf-Gleiberg | GER | DNF |
| | | | 00:21:06 (21:06) | 00:42:13 | 0 | 0 |
| | | | 0 | 0 | 0 | 0 |

Anzahl Teilnehmer: 99