

Birkenwäldchenlauf, 22. März 2015
Ergebnisliste 10 km

Platz	Platz A	Nachname	Vorname	Jahrg.	AK	Verein	Zeit	Rückstand	km-Schnitt
1	1	Bubel	Niels	87	MHK	die Laufpartner	0:30:24,0	+ 00:00,0	3:02,4 min/km
2	2	Dautel	Alexander	88	MHK	LG Nord Ultrateam	0:34:23,0	+ 03:59,0	3:26,3 min/km
2	1	Pick	Dominik	79	M35	LG Nord Ultrateam	0:34:23,0	+ 03:59,0	3:26,3 min/km
4	1	Nadeborn	Felix	97	mJgd	Team Dowe Sportswear	0:34:34,0	+ 04:10,0	3:27,4 min/km
5	3	Doering	Nikolas	87	MHK	Laufpartner/Leidig 24	0:35:44,0	+ 05:20,0	3:34,4 min/km
6	4	Sult	Benjamin	89	MHK	Laufpartner/Leidig 24	0:35:55,0	+ 05:31,0	3:35,5 min/km
7	2	Vandrey	Andreas	76	M35	SCC Berlin	0:37:13,0	+ 06:49,0	3:43,3 min/km
8	5	Nirnberger	Dennis	93	MHK	LG Pegasos	0:37:29,0	+ 07:05,0	3:44,9 min/km
9	3	Stephan	Torsten	76	M35	SCC Berlin	0:37:39,0	+ 07:15,0	3:45,9 min/km
10	1	Kunst	Rainer	63	M50	die Laufpartner	0:38:09,0	+ 07:45,0	3:48,9 min/km
11	2	Standring	Michael	62	M50	LC Ron Hill	0:38:10,0	+ 07:46,0	3:49,0 min/km
12	3	Baselt	Jens	64	M50	KSV 90 Pankow	0:38:15,0	+ 07:51,0	3:49,5 min/km
13	4	Tetzel	Jürgen	65	M50	LC Ron Hill	0:38:22,0	+ 07:58,0	3:50,2 min/km
14	1	Varnaccia	Gianni	84	M30	Schöneberger Inselläufer	0:38:27,0	+ 08:03,0	3:50,7 min/km
15	1	Nanni	Dirk	66	M45	die Laufpartner	0:38:29,0	+ 08:05,0	3:50,9 min/km
16	2	Schumann	Winfried	66	M45	TuS Neukölln Bln.	0:38:48,0	+ 08:24,0	3:52,8 min/km
17	6	Goll	Kai	86	MHK	Schöneberger Inselläufer	0:39:00,0	+ 08:36,0	3:54,0 min/km
18	2	Schwartz	Matthias	81	M30	Bln. Turnerschaft	0:39:01,0	+ 08:37,0	3:54,1 min/km
19	5	Muck	Bernhard	64	M50	NSF	0:39:02,0	+ 08:38,0	3:54,2 min/km
20	3	Spohn	Oliver	69	M45	SCC Berlin	0:39:13,0	+ 08:49,0	3:55,3 min/km
21	1	Cinieri	Ciro	57	M55	SCC Maulwurf	0:40:10,0	+ 09:46,0	4:01,0 min/km
22	4	Kautz	Dirk	66	M45	SCC Berlin	0:40:18,0	+ 09:54,0	4:01,8 min/km
23	6	Sirin	Alper	65	M50	Rote Socken e.V.	0:40:21,0	+ 09:57,0	4:02,1 min/km
24	7	Stenzel	Dierk	61	M50	Sparta Schöneberg	0:40:25,0	+ 10:01,0	4:02,5 min/km
25	3	Matischik	Jan-Philip	82	M30	die Lauf-ABC-ler	0:40:28,0	+ 10:04,0	4:02,8 min/km
26	5	Beile	Andy	69	M45	KSC Strausberg	0:40:29,0	+ 10:05,0	4:02,9 min/km
27	7	Dungs	Adrian	87	MHK	-	0:40:41,0	+ 10:17,0	4:04,1 min/km
28	1	Dreßler	Almut	90	WHK	KSV 90 Pankow	0:40:44,0	+ 10:20,0	4:04,4 min/km
29	4	Schwenzer	Rayk	79	M35	Triathlon Potsdam e.V.	0:40:52,0	+ 10:28,0	4:05,2 min/km
30	8	Demmig	Ralf	61	M50	die Lauf-ABC-ler	0:40:59,0	+ 10:35,0	4:05,9 min/km
31	2	Rothe	Holger	60	M55	LC Ron Hill	0:41:00,0	+ 10:36,0	4:06,0 min/km
32	4	Ahlers	Christian	84	M30	Lauffreunde Lasker	0:41:08,0	+ 10:44,0	4:06,8 min/km
33	8	Alwast	Tobias	86	MHK	KSV 90 Pankow	0:41:17,0	+ 10:53,0	4:07,7 min/km
34	3	Röpstorf	Peter	60	M55	-	0:41:24,0	+ 11:00,0	4:08,4 min/km
35	1	Jacobs	Sylvia	62	W50	LC Ron Hill	0:41:31,0	+ 11:07,0	4:09,1 min/km
36	5	Ahrens	Florian	83	M30	Berlin	0:41:33,0	+ 11:09,0	4:09,3 min/km
37	6	Keller	Holger	69	M45	Der für den Hund rennt	0:41:34,0	+ 11:10,0	4:09,4 min/km
38	1	Schmidt	Dorina	81	W30	die Laufpartner	0:41:35,0	+ 11:11,0	4:09,5 min/km
39	6	Lorenz	Stefan	81	M30	SCC Berlin	0:41:36,0	+ 11:12,0	4:09,6 min/km
40	1	Gbur	Andreas	72	M40	die Laufpartner	0:41:37,0	+ 11:13,0	4:09,7 min/km
41	9	Menschner	Uwe	61	M50	-	0:41:39,0	+ 11:15,0	4:09,9 min/km
42	4	Baumgardt	Peter	59	M55	SCC Berlin	0:41:41,0	+ 11:17,0	4:10,1 min/km
43	10	Sydow	Michael	61	M50	SCC Maulwurf	0:41:54,0	+ 11:30,0	4:11,4 min/km
44	1	Neumann	Helmut	53	M60	Kissingen SV Bln.	0:41:56,0	+ 11:32,0	4:11,6 min/km
45	11	Flor	Siegfried	63	M50	-	0:41:57,0	+ 11:33,0	4:11,7 min/km
46	2	Kernn	Uwe	55	M60	LG Pegasos	0:42:00,0	+ 11:36,0	4:12,0 min/km
47	2	Schönborn	Matthias	75	M40	-	0:42:21,0	+ 11:57,0	4:14,1 min/km
48	7	Krause	Christopher	84	M30	-	0:42:28,0	+ 12:04,0	4:14,8 min/km
49	12	Labenz	Jens	65	M50	-	0:42:39,0	+ 12:15,0	4:15,9 min/km
50	8	Detzer	Arian	85	M30	-	0:42:46,0	+ 12:22,0	4:16,6 min/km
51	5	Pillris	Alexander	77	M35	-	0:42:54,0	+ 12:30,0	4:17,4 min/km
52	3	Lewanzik	Günter	53	M60	-	0:42:55,0	+ 12:31,0	4:17,5 min/km
53	3	Preuß	Alexander	75	M40	TVB 09	0:42:56,0	+ 12:32,0	4:17,6 min/km
54	2	Pfeil	Arved	98	mJgd	Bln. Turnerschaft	0:43:08,0	+ 12:44,0	4:18,8 min/km

Platz	Platz A	Nachname	Vorname	Jahrg.	AK	Verein	Zeit	Rückstand	km-Schnitt
55	13	Jentsch	Torsten	65	M50	TVB 09	0:43:11,0	+ 12:47,0	4:19,1 min/km
56	14	Quaas	Thoralf	64	M50	KSV 90 Pankow	0:43:13,0	+ 12:49,0	4:19,3 min/km
57	15	Hahn	Carsten	65	M50	Team Tibet	0:43:17,0	+ 12:53,0	4:19,7 min/km
58	2	Menge	Bianca	84	W30	-	0:43:19,0	+ 12:55,0	4:19,9 min/km
59	4	Kruhl-Habakuk	Olaf	73	M40	-	0:43:32,0	+ 13:08,0	4:21,2 min/km
60	6	Lenssen	Koen	78	M35	-	0:43:39,0	+ 13:15,0	4:21,9 min/km
61	7	Moormann	Thomas	68	M45	die Laufpartner	0:43:59,0	+ 13:35,0	4:23,9 min/km
62	8	Dundr	André	66	M45	die Lauf-ABC-ler	0:44:00,0	+ 13:36,0	4:24,0 min/km
63	7	Krüger	Ronny	79	M35	Bln. Turnerschaft	0:44:10,0	+ 13:46,0	4:25,0 min/km
64	5	Schweers	Detlef	59	M55	-	0:44:19,0	+ 13:55,0	4:25,9 min/km
65	8	Schmidt	Daniel	80	M35	Laufen macht schön	0:44:23,0	+ 13:59,0	4:26,3 min/km
66	16	Stöckl	Martin	63	M50	-	0:44:26,0	+ 14:02,0	4:26,6 min/km
67	17	Stoltz	Andreas	64	M50	LC Ron Hill	0:44:31,0	+ 14:07,0	4:27,1 min/km
68	9	Matiaska	Simon	86	MHK	Bln. Turnerschaft	0:44:36,0	+ 14:12,0	4:27,6 min/km
69	5	Roding	Niko	74	M40	Lichtenrader Löwen	0:44:37,0	+ 14:13,0	4:27,7 min/km
70	9	Kuntze	Mike	68	M45	-	0:44:39,0	+ 14:15,0	4:27,9 min/km
71	6	Sattler	Frank	58	M55	SV Blau-Weiß Petersh.Eggers	0:44:48,0	+ 14:24,0	4:28,8 min/km
72	9	Fruth	Sven	78	M35	Bln. Turnerschaft	0:44:50,0	+ 14:26,0	4:29,0 min/km
73	7	Zedel	Andre	59	M55	KSV 90 Pankow	0:44:54,0	+ 14:30,0	4:29,4 min/km
74	9	Altmann	Markus	82	M30	Hawk Lake Runners	0:44:58,0	+ 14:34,0	4:29,8 min/km
75	4	Müller	Paul	52	M60	VfL Tegel	0:45:12,0	+ 14:48,0	4:31,2 min/km
76	10	Giertz	Roberto	83	M30	Bln. Turnerschaft	0:45:18,0	+ 14:54,0	4:31,8 min/km
77	18	Piontek	Bernd	63	M50	-	0:45:28,0	+ 15:04,0	4:32,8 min/km
78	2	Austermann	Carla	90	WHK	LG Süd Bln.	0:45:29,0	+ 15:05,0	4:32,9 min/km
79	3	Scheunemann	Annika	91	WHK	SCB Berlin	0:45:34,0	+ 15:10,0	4:33,4 min/km
80	10	Sigrist	Hajo	68	M45	Müggelbergrunner	0:45:45,0	+ 15:21,0	4:34,5 min/km
81	19	Braun	Frank	62	M50	-	0:45:48,0	+ 15:24,0	4:34,8 min/km
82	11	Wetterling	Jakob	84	M30	-	0:45:55,0	+ 15:31,0	4:35,5 min/km
83	3	Pempe	Alina	82	W30	-	0:46:11,0	+ 15:47,0	4:37,1 min/km
84	20	Müller	Michael	64	M50	Bln. Turnerschaft	0:46:33,0	+ 16:09,0	4:39,3 min/km
85	12	Pauloweit	Jörg	82	M30	Team Ninotschka	0:46:36,0	+ 16:12,0	4:39,6 min/km
86	21	Kibelka	Armin	65	M50	LT Bernd Hübner	0:46:42,0	+ 16:18,0	4:40,2 min/km
87	2	Resplandy	Ghislaine	64	W50	AS Castelfusano Rom	0:46:47,0	+ 16:23,0	4:40,7 min/km
88	10	Günther	Tobias	77	M35	-	0:46:54,0	+ 16:30,0	4:41,4 min/km
89	6	Dassler	Carsten	73	M40	-	0:46:59,0	+ 16:35,0	4:41,9 min/km
90	22	Möhr	Norbert	62	M50	LG Mauerweg/Bln. TSC	0:47:13,0	+ 16:49,0	4:43,3 min/km
91	11	Troll	Steffen	66	M45	-	0:47:17,0	+ 16:53,0	4:43,7 min/km
92	12	Specht	Volker	67	M45	LG Süd	0:47:25,0	+ 17:01,0	4:44,5 min/km
93	11	Rößler	Frank	76	M35	-	0:47:27,0	+ 17:03,0	4:44,7 min/km
94	23	Ziener	Kai-Uwe	64	M50	BSG Bln. Sparkasse	0:47:40,0	+ 17:16,0	4:46,0 min/km
95	1	Becker	Claudia	77	W35	Bln. Turnerschaft	0:47:41,0	+ 17:17,0	4:46,1 min/km
96	8	Schmidt	Uwe	60	M55	KSV 90 Pankow	0:47:50,0	+ 17:26,0	4:47,0 min/km
97	24	Kleiberg	Andreas	63	M50	VSB-Schöneberg	0:47:55,0	+ 17:31,0	4:47,5 min/km
98	5	Schmidt-Matt	Robert	54	M60	FC Internationale	0:47:57,0	+ 17:33,0	4:47,7 min/km
99	7	Emde	Lars	71	M40	-	0:47:57,0	+ 17:33,0	4:47,7 min/km
100	13	Frohnmeier	Holger	69	M45	die Laufpartner	0:48:13,0	+ 17:49,0	4:49,3 min/km
101	1	Kernn	Cordula	57	W55	LG Pegasos	0:48:22,0	+ 17:58,0	4:50,2 min/km
102	13	Niedzwetzki	Patrick	83	M30	-	0:48:30,0	+ 18:06,0	4:51,0 min/km
103	12	Dr. Vetter	Jeslo Lorenz	78	M35	-	0:48:36,0	+ 18:12,0	4:51,6 min/km
104	10	Pulvers	Christian	88	MHK	S Bahn Berlin	0:48:37,0	+ 18:13,0	4:51,7 min/km
105	14	Prskawetz	Martin	83	M30	Jimmys Laufburschen	0:48:47,0	+ 18:23,0	4:52,7 min/km
106	9	Golombeck	Manfred	59	M55	Bln. Müggelheim	0:48:54,0	+ 18:30,0	4:53,4 min/km
107	25	Drechsel	Michael-Josef	61	M50	SG Dt. Bank Potsdam	0:48:56,0	+ 18:32,0	4:53,6 min/km
108	4	Brödel	Sophie	87	WHK	Schöneberger Inselläufer	0:49:10,0	+ 18:46,0	4:55,0 min/km
109	14	Elstner	Samuel	69	M45	-	0:49:13,0	+ 18:49,0	4:55,3 min/km
110	1	Günnewig	Katja	69	W45	LG Süd Bln.	0:49:21,0	+ 18:57,0	4:56,1 min/km
111	26	Pawlica	Marion	63	M50	Team Wadenkrampf Bln.	0:49:34,0	+ 19:10,0	4:57,4 min/km
112	4	Mithöfer	Susanne	84	W30	-	0:49:38,0	+ 19:14,0	4:57,8 min/km

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113	13	Falkenberg	Rainer	80	M35	-	0:49:46,0	+ 19:22,0	4:58,6 min/km
114	5	Gieseke	Kirstin	82	W30	-	0:49:48,0	+ 19:24,0	4:58,8 min/km
115	1	Michalk	Jürgen	48	M65	SG BMF 07 Laufpartner	0:49:50,0	+ 19:26,0	4:59,0 min/km
116	5	Neugebauer	Mareike	86	WHK	LT Rügen	0:49:58,0	+ 19:34,0	4:59,8 min/km
117	8	Fischer	Jan	74	M40	Lauf mal wieder	0:49:59,0	+ 19:35,0	4:59,9 min/km
118	6	Wagner	Siegfried	55	M60	die Laufpartner	0:50:06,0	+ 19:42,0	5:00,6 min/km
119	7	Schäfer	Lutz	55	M60	BSV AdW Bln.	0:50:18,0	+ 19:54,0	5:01,8 min/km
120	10	Muschinski	Lothar	56	M55	Team Wadenkrampf Bln.	0:50:22,0	+ 19:58,0	5:02,2 min/km
121	2	Kunicke	Marika	66	W45	LT Bernd Hübner	0:50:24,0	+ 20:00,0	5:02,4 min/km
122	1	Schulze	Hans-Joachim	43	M70	LC Ron Hill	0:50:26,0	+ 20:02,0	5:02,6 min/km
123	2	Schwarz	Marion	57	W55	LG Pegasos	0:50:33,0	+ 20:09,0	5:03,3 min/km
124	3	Ebmeyer	Anne	58	W55	LG Havelblitze	0:50:38,0	+ 20:14,0	5:03,8 min/km
125	27	Fleiß	Andreas	64	M50	LG Pegasos	0:50:45,0	+ 20:21,0	5:04,5 min/km
126	15	Nostitz	Raffaele	81	M30	-	0:50:53,0	+ 20:29,0	5:05,3 min/km
127	9	Weiland	Marc-Vincent	74	M40	Lichtenrader Löwen	0:50:55,0	+ 20:31,0	5:05,5 min/km
128	11	Rämisch	Berthold	58	M55	LC Ron Hill	0:50:58,0	+ 20:34,0	5:05,8 min/km
129	12	Pohl	Wolfgang	57	M55	Sport Factory Bln.	0:51:00,0	+ 20:36,0	5:06,0 min/km
130	10	Hansen	Olde	72	M40	Bln. Turnerschaft	0:51:04,0	+ 20:40,0	5:06,4 min/km
131	15	Kraemer	Ulrich	68	M45	die Laufpartner	0:51:05,0	+ 20:41,0	5:06,5 min/km
132	28	Siesmann	Martin	64	M50	TV Oberhain	0:51:08,0	+ 20:44,0	5:06,8 min/km
133	6	Niethe	Katja	85	W30	LC Ron Hill	0:51:17,0	+ 20:53,0	5:07,7 min/km
134	16	Nitsch	Volker	68	M45	-	0:51:18,0	+ 20:54,0	5:07,8 min/km
135	2	Gerigk	Johannes	48	M65	-	0:51:22,0	+ 20:58,0	5:08,2 min/km
136	16	Wisniewski	Ulf	83	M30	I run for Life	0:51:23,0	+ 20:59,0	5:08,3 min/km
137	1	Gomoll	Ilka	72	W40	LC Ron Hill	0:51:27,0	+ 21:03,0	5:08,7 min/km
138	7	Radatz	Christiane	84	W30	DRK Wasserwacht	0:51:29,0	+ 21:05,0	5:08,9 min/km
139	11	Luckau	Patrick	89	MHK	-	0:51:35,0	+ 21:11,0	5:09,5 min/km
140	4	Röpstorf	Jewgenia	58	W55	-	0:51:53,0	+ 21:29,0	5:11,3 min/km
141	5	Rintisch	Gudrun	57	W55	LG Nord	0:51:55,0	+ 21:31,0	5:11,5 min/km
142	17	Kretschmar	Thomas	69	M45	-	0:52:09,0	+ 21:45,0	5:12,9 min/km
143	2	Klotzbücher	Jürgen	41	M70	Köp. SC	0:52:11,0	+ 21:47,0	5:13,1 min/km
144	3	Klose	Babette	70	W45	-	0:52:18,0	+ 21:54,0	5:13,8 min/km
145	13	Schlegel	Harri	58	M55	-	0:52:21,0	+ 21:57,0	5:14,1 min/km
146	2	Germeyer	Wiebke	74	W40	BSG Bln. Sparkasse	0:52:22,0	+ 21:58,0	5:14,2 min/km
147	3	Hallas	Günter	42	M70	LG Nord	0:52:37,0	+ 22:13,0	5:15,7 min/km
148	14	Uzelac	Igor	80	M35	BSG Bln. Bank	0:52:38,0	+ 22:14,0	5:15,8 min/km
149	11	Rönnefarth	Burkhard	72	M40	-	0:52:43,0	+ 22:19,0	5:16,3 min/km
150	6	Goerlich	Anna-Sophie	91	WHK	-	0:52:43,0	+ 22:19,0	5:16,3 min/km
151	12	Riedel	Thomas	87	MHK	-	0:52:46,0	+ 22:22,0	5:16,6 min/km
152	7	Arndt	Antea	95	WHK	-	0:52:48,0	+ 22:24,0	5:16,8 min/km
153	15	Fehr	Alexander	80	M35	LV Einheit Pankow	0:52:54,0	+ 22:30,0	5:17,4 min/km
154	1	Schellenberg	Hans-Georg	38	M75	Berlin	0:53:05,0	+ 22:41,0	5:18,5 min/km
155	29	Keller	Carsten	64	M50	BSG Bln. Sparkasse	0:53:06,0	+ 22:42,0	5:18,6 min/km
156	8	Körper	Doreen	83	W30	TV Boa	0:53:13,0	+ 22:49,0	5:19,3 min/km
157	12	Apel	Stefan	75	M40	-	0:53:16,0	+ 22:52,0	5:19,6 min/km
158	14	Schneider	Hans-Joachim	56	M55	FH Runners Bln.	0:53:19,0	+ 22:55,0	5:19,9 min/km
159	4	Beyer	Konrad	42	M70	TuS Neukölln Bln.	0:53:25,0	+ 23:01,0	5:20,5 min/km
160	18	Reusch	Robert	70	M45	-	0:53:26,0	+ 23:02,0	5:20,6 min/km
161	16	Heinold	Henning	76	M35	BSV AdW Bln.	0:54:11,0	+ 23:47,0	5:25,1 min/km
162	19	Lezius	Rainer	67	M45	SV Neptun	0:54:19,0	+ 23:55,0	5:25,9 min/km
163	8	Schöne	Ronja	87	WHK	Schöneberger Inselläufer	0:54:24,0	+ 24:00,0	5:26,4 min/km
164	2	Prinz	Eva	77	W35	-	0:55:05,0	+ 24:41,0	5:30,5 min/km
165	3	Möhr	Andrea	65	W50	LG Mauerweg/Bln. TSC	0:55:20,0	+ 24:56,0	5:32,0 min/km
166	20	Bink	Steffen	67	M45	-	0:56:12,0	+ 25:48,0	5:37,2 min/km
167	13	Mewes	Dirk Alexander	73	M40	BSG Bln. Sparkasse	0:56:21,0	+ 25:57,0	5:38,1 min/km
168	4	Roth	Birgit	67	W45	SCC Berlin	0:56:29,0	+ 26:05,0	5:38,9 min/km
169	5	Krögler	Bettina	69	W45	BSG Bln. Sparkasse	0:56:34,0	+ 26:10,0	5:39,4 min/km
170	1	Langer	Fabienne	97	wJgd	Bln. Turnerschaft	0:56:45,0	+ 26:21,0	5:40,5 min/km

Platz	latz A	Nachname	Vorname	Jahrg.	AK	Verein	Zeit	Rückstand	km-Schnitt
171	3	Meyer	Martha	77	W35	-	0:56:47,0	+ 26:23,0	5:40,7 min/km
172	3	Röseler	Wolfgang	49	M65	die Lauf-ABC-ler	0:56:57,0	+ 26:33,0	5:41,7 min/km
173	4	Lüpke	Sarah	80	W35	-	0:57:02,0	+ 26:38,0	5:42,2 min/km
174	5	Meyer	Hilke	77	W35	die Lauf-ABC-ler	0:57:21,0	+ 26:57,0	5:44,1 min/km
175	15	Drechsel	Klaus-Peter	60	M55	SHAider	0:57:26,0	+ 27:02,0	5:44,6 min/km
176	9	Baumgart	Luzie	85	W30	Bln. Turnerschaft	0:57:32,0	+ 27:08,0	5:45,2 min/km
177	6	Gekel	Isabella	76	W35	SCC Berlin	0:57:49,0	+ 27:25,0	5:46,9 min/km
178	17	Hahn	Robert	76	M35	-	0:57:58,0	+ 27:34,0	5:47,8 min/km
179	10	Klammt	Veronika	84	W30	Bln. Turnerschaft	0:58:00,0	+ 27:36,0	5:48,0 min/km
180	6	Wagner	Angela	58	W55	-	0:58:01,0	+ 27:37,0	5:48,1 min/km
181	3	Kretschmar	Birgit	71	W40	-	0:58:03,0	+ 27:39,0	5:48,3 min/km
182	7	Wiecker	Janet	78	W35	-	0:58:10,0	+ 27:46,0	5:49,0 min/km
183	4	Kotsch	Claudia	62	W50	KSV 90 Pankow	0:58:18,0	+ 27:54,0	5:49,8 min/km
184	21	Ruge	Thomas	67	M45	-	0:58:31,0	+ 28:07,0	5:51,1 min/km
185	6	Schima	Antje	67	W45	-	0:58:38,0	+ 28:14,0	5:51,8 min/km
186	16	Hoffmann	Wolfgang	58	M55	Team Wadenkrampf Bln.	0:58:41,0	+ 28:17,0	5:52,1 min/km
187	30	Zippel	Holger	64	M50	Humpelkumpel	0:59:00,0	+ 28:36,0	5:54,0 min/km
188	31	Neudeck	Michael	0	M50	Humpelkumpel	0:59:01,0	+ 28:37,0	5:54,1 min/km
189	8	Tappe	Dieter	51	M60	DAV Sekt. Alpinclub	0:59:08,0	+ 28:44,0	5:54,8 min/km
190	17	Gerjets	Enno	59	M55	TCB Bln.	0:59:13,0	+ 28:49,0	5:55,3 min/km
191	14	Gläser	René	73	M40	GfS	0:59:14,0	+ 28:50,0	5:55,4 min/km
192	9	Polcuch	Konrad	53	M60	KSV 90 Pankow	0:59:40,0	+ 29:16,0	5:58,0 min/km
193	5	Völcker	Susanne	61	W50	die Lauf-ABC-ler	1:00:20,0	+ 29:56,0	6:02,0 min/km
194	22	Weiberg	Thomas	67	M45	BSG Bln. Bank	1:00:46,0	+ 30:22,0	6:04,6 min/km
195	32	Kaiser	Michael	61	M50	BSG Bln. Bank	1:00:48,0	+ 30:24,0	6:04,8 min/km
196	11	Kroy	Juliane	81	W30	BT Lauffreff/AVM	1:00:49,0	+ 30:25,0	6:04,9 min/km
197	2	Peschke	Werner	39	M75	-	1:00:57,0	+ 30:33,0	6:05,7 min/km
198	15	van Echtelt	Mathieu	73	M40	Bln. Turnerschaft	1:00:58,0	+ 30:34,0	6:05,8 min/km
199	8	Goglin-Grünberg	Lynn	79	W35	-	1:01:41,0	+ 31:17,0	6:10,1 min/km
200	9	Bushakevitz	Avigail	88	WHK	Rummel	1:01:49,0	+ 31:25,0	6:10,9 min/km
201	9	Hohnke	Anja	77	W35	Bln. Turnerschaft	1:02:44,0	+ 32:20,0	6:16,4 min/km
202	4	Noack	Hans-Dieter	48	M65	-	1:02:56,0	+ 32:32,0	6:17,6 min/km
203	7	Ummer	Ines	68	W45	LC Ron Hill	1:03:13,0	+ 32:49,0	6:19,3 min/km
204	5	Schwitalla	Joachim	46	M65	-	1:03:26,0	+ 33:02,0	6:20,6 min/km
205	18	Henzel	Alexander	59	M55	-	1:03:34,0	+ 33:10,0	6:21,4 min/km
206	12	Austermann	Cilly	82	W30	-	1:03:39,0	+ 33:15,0	6:21,9 min/km
207	16	Seitz	Torsten	75	M40	-	1:04:07,0	+ 33:43,0	6:24,7 min/km
208	8	Mölter	Manuela	69	W45	-	1:06:36,0	+ 36:12,0	6:39,6 min/km
209	5	Lun	Andreas	45	M70	-	1:07:44,0	+ 37:20,0	6:46,4 min/km
210	6	Ziems	Helge	41	M70	LC Ron Hill	1:08:21,0	+ 37:57,0	6:50,1 min/km
211	7	Matthes	Rainer	45	M70	-	1:09:17,0	+ 38:53,0	6:55,7 min/km
212	3	Krzonkalla	Peter	37	M75	DJK Westen zu Bln.	1:09:29,0	+ 39:05,0	6:56,9 min/km
213	13	Fehr	Marianna	84	W30	AIMa Berlin	1:12:54,0	+ 42:30,0	7:17,4 min/km
214	1	Hoffmann	Peter	33	M80	TiB	1:12:58,0	+ 42:34,0	7:17,8 min/km
215	1	Niederhafner	Renate	45	W70	SCC Rennschnecken	1:31:45,0	+ 01:21,0	9:10,5 min/km
216	2	Schulze	Horst	34	M80	PSV Ahorn	1:32:30,0	+ 02:06,0	9:15,0 min/km