

# 84. Plänterwaldlauf

ABC-Zentrum Berlin

09.12.2018

Ergebnisliste

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## 20 km Gesamtwertung

| Platz | Pl. m. | Pl. wei. | Stnr | Name, Vorname       | AK   | Platz AKI. | Verein                              | Zwischenzeiten               | Bruttozeit          | Nettozeit           |
|-------|--------|----------|------|---------------------|------|------------|-------------------------------------|------------------------------|---------------------|---------------------|
| 1.    | 1      |          | 158  | Hähnel, Hannes      | M 30 | 1          | JK Running                          | 17:11,3<br>16:58,8 (34:10,1) | 16:55,5 (51:05,6)   | 1:08:01 h (1:08:01) |
| 2.    | 2      |          | 122  | Ebert, Christian    | M 35 | 1          | Berlin                              | 18:18,0<br>18:10,9 (36:28,9) | 18:18,8 (54:47,7)   | 1:13:08 h (1:13:04) |
| 3.    | 3      |          | 97   | Svoboda, Jens       | M 50 | 1          | Berlin                              | 19:56,1<br>20:35,6 (40:31,7) | 20:47,9 (1:01:19,6) | 1:22:08 h (1:22:07) |
| 4.    | 4      |          | 70   | Schällig, René      | M 45 | 1          | Eintracht Hildesheim                | 20:17,1<br>20:24,8 (40:41,9) | 20:50,4 (1:01:32,3) | 1:22:17 h (1:22:15) |
| 5.    | 5      |          | 183  | Hagedorn, Fabian    | M 20 | 1          | Berlin                              | 20:13,4<br>21:42,8 (41:56,2) | 22:09,8 (1:04:06,0) | 1:26:00 h (1:26:00) |
| 6.    | 6      |          | 187  | Hein, Arthur        | M 40 | 1          | Team Erdinger Alkoholfrei           | 21:54,3<br>21:14,0 (43:08,3) | 21:45,0 (1:04:53,3) | 1:26:23 h (1:25:29) |
| 7.    | 7      |          | 104  | Osterhues, Thomas   | M 50 | 2          | Karlshorst                          | 21:35,4<br>22:23,5 (43:58,9) | 22:30,2 (1:06:29,1) | 1:28:41 h (1:28:34) |
| 8.    | 8      |          | 174  | Blankenburg, Robert | M 45 | 2          | Personal Training Berlin            | 22:55,4<br>22:31,5 (45:26,9) | 23:01,7 (1:08:28,6) | 1:32:27 h (1:31:51) |
| 9.    | 9      |          | 186  | Huppertz, Cornelius | M 40 | 2          | Berlin                              | 23:23,1<br>23:08,4 (46:31,5) | 24:08,6 (1:10:40,1) | 1:33:01 h (1:32:47) |
| 10.   | 10     |          | 184  | Huppertz, Michael   | M 55 | 1          | Laufgruppe Wechselzone              | 22:42,7<br>22:49,9 (45:32,6) | 23:49,7 (1:09:22,3) | 1:33:17 h (1:33:09) |
| 11.   | 11     |          | 121  | Wölfle, Daniel      | M 45 | 3          | Berlin                              | 23:31,8<br>23:00,5 (46:32,3) | 23:30,5 (1:10:02,8) | 1:34:10 h (1:34:00) |
| 12.   | 12     |          | 150  | Liberti, Friedel    | M 65 | 1          | LG Mauerlauf                        | 23:39,7<br>23:42,4 (47:22,1) | 23:53,8 (1:11:15,9) | 1:35:05 h (1:34:46) |
| 13.   | 13     |          | 67   | Grabber, Jonas      | M 20 | 2          | Berlin-Baumschulenweg               | 26:47,5<br>23:11,0 (49:58,5) | 23:23,2 (1:13:21,7) | 1:35:25 h (1:34:04) |
| 14.   | 14     |          | 111  | Zotzmann, Jörg      | M 45 | 4          | Sisu Berlin                         | 23:28,4<br>23:56,1 (47:24,5) | 24:33,8 (1:11:58,3) | 1:36:12 h (1:36:00) |
| 15.   | 15     |          | 149  | Güldner, Norman     | M 40 | 3          | SV Grün Weiß Wittenberg             | 23:41,7<br>22:58,9 (46:40,6) | 23:58,4 (1:10:39,0) | 1:36:17 h (1:36:01) |
| 16.   | 16     |          | 160  | Hoffmann, Klaus     | M 45 | 5          | SV Motor Wolgast                    | 24:13,0<br>24:12,1 (48:25,1) | 24:10,2 (1:12:35,3) | 1:36:30 h (1:36:05) |
| 17.   | 17     |          | 165  | Sattler, Frank      | M 60 | 1          | SV Blau-Weiß Petershagen/Eggersdorf | 25:12,4<br>24:22,7 (49:35,1) | 24:01,6 (1:13:36,7) | 1:37:14 h (1:36:24) |
| 18.   | 18     |          | 78   | Garnich, Frank      | M 50 | 3          | Schermen                            | 24:21,6<br>23:48,8 (48:10,4) | 24:23,1 (1:12:33,5) | 1:37:18 h (1:36:32) |
| 19.   | 19     |          | 159  | Stelzl, Maximilian  | M 55 | 2          | Berlin                              | 24:09,2<br>24:01,8 (48:11,0) | 24:51,9 (1:13:02,9) | 1:38:26 h (1:38:13) |
| 20.   | 20     |          | 157  | Pfeifer, Axel       | M 55 | 3          | Lg Elixia Hellersdorf               | 25:12,9<br>24:25,2 (49:38,1) | 24:30,6 (1:14:08,7) | 1:38:39 h (1:37:45) |
| 21.   | 21     |          | 133  | Siebner, Stefan     | M 60 | 2          | Berlin                              | 25:11,0<br>24:30,3 (49:41,3) | 24:37,4 (1:14:18,7) | 1:38:49 h (1:38:41) |
| 22.   | 22     |          | 124  | Weidner, Ludwig     | M 30 | 2          | Berlin                              | 24:40,4<br>24:36,9 (49:17,3) | 24:54,6 (1:14:11,9) | 1:38:59 h (1:38:28) |
| 23.   | 23     |          | 116  | Kasberg, Bodo       | M 40 | 4          | FH Runners Berlin                   | 24:35,3<br>24:21,0 (48:56,3) | 25:13,4 (1:14:09,7) | 1:39:19 h (1:39:00) |
| 24.   | 24     |          | 88   | Bischof, Thomas     | M 50 | 4          | FH Runners Berlin                   | 24:42,3<br>24:43,4 (49:25,7) | 25:12,7 (1:14:38,4) | 1:39:29 h (1:39:10) |
| 25.   | 25     |          | 135  | Basner, Daniel      | M 40 | 5          | Fürstenwalde                        | 24:52,1<br>24:34,2 (49:26,3) | 25:05,8 (1:14:32,1) | 1:39:32 h (1:38:46) |
| 26.   | 26     |          | 185  | Hanslik, Sebastian  | M 55 | 4          | Berlin                              | 25:40,5<br>24:35,0 (50:15,5) | 24:35,3 (1:14:50,8) | 1:39:46 h (1:39:13) |
| 27.   | 27     |          | 120  | Komischke, Martin   | M 40 | 6          | Berlin                              | 24:46,2<br>24:40,4 (49:26,6) | 25:12,4 (1:14:39,0) | 1:39:57 h (1:39:32) |

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## 20 km Fortsetzung Gesamtwertung

| Platz | Pl. m. | Pl. wei. | Stnr | Name, Vorname        | AK   | Platz AKI. | Verein                              | Zwischenzeiten      | Bruttozeit          | Nettozeit |
|-------|--------|----------|------|----------------------|------|------------|-------------------------------------|---------------------|---------------------|-----------|
| 28.   | 28     |          | 137  | Biere, Sebastian     | M 45 | 6          | Berlin                              | 24:23,9 (51:20,9)   | 1:40:25 h           | (1:39:48) |
|       |        |          |      |                      |      |            |                                     | 24:50,6 (1:16:11,5) | 24:12,6 (1:40:24,1) |           |
| 29.   | 29     |          | 98   | Goll, Steffen        | M 50 | 5          | Berlin                              | 24:20,5 (48:56,2)   | 1:40:35 h           | (1:40:16) |
|       |        |          |      |                      |      |            |                                     | 25:13,7 (1:14:09,9) | 26:24,9 (1:40:34,8) |           |
| 30.   | 30     |          | 123  | Meyer, Karsten       | M 45 | 7          | Vegan Runners                       | 24:22,9 (49:25,0)   | 1:40:45 h           | (1:39:53) |
|       |        |          |      |                      |      |            |                                     | 25:22,3 (1:14:47,3) | 25:57,7 (1:40:45,0) |           |
| 31.   | 31     |          | 171  | Mehner, Christian    | M 40 | 7          | Moll Marzipan GmbH                  | 25:14,7 (50:46,5)   | 1:41:04 h           | (1:40:36) |
|       |        |          |      |                      |      |            |                                     | 25:12,7 (1:15:59,2) | 25:04,3 (1:41:03,5) |           |
| 32.   | 32     |          | 142  | Mertens, Stefan      | M 45 | 8          | Potsdam                             | 25:15,6 (50:48,3)   | 1:41:16 h           | (1:40:33) |
|       |        |          |      |                      |      |            |                                     | 25:14,5 (1:16:02,8) | 25:12,8 (1:41:15,6) |           |
| 33.   |        | 1        | 175  | Beckers, Kathrin     | W 30 | 1          | Personal Training Berlin            | 25:09,7 (50:48,5)   | 1:41:18 h           | (1:40:30) |
|       |        |          |      |                      |      |            |                                     | 25:14,8 (1:16:03,3) | 25:14,3 (1:41:17,6) |           |
| 34.   | 33     |          | 82   | Rabe, Benjamin       | M 30 | 3          | Team Hönow                          | 25:47,8 (52:24,1)   | 1:41:18 h           | (1:40:33) |
|       |        |          |      |                      |      |            |                                     | 24:19,5 (1:16:43,6) | 24:34,3 (1:41:17,9) |           |
| 35.   | 34     |          | 148  | Berger, Patrick      | M 40 | 8          | Berlin                              | 25:38,2 (50:53,1)   | 1:43:22 h           | (1:43:22) |
|       |        |          |      |                      |      |            |                                     | 25:44,1 (1:16:37,2) | 26:44,0 (1:43:21,2) |           |
| 36.   | 35     |          | 130  | Regen, Marcus        | M 50 | 6          | Niederlehme                         | 25:14,4 (50:50,8)   | 1:43:35 h           | (1:42:54) |
|       |        |          |      |                      |      |            |                                     | 25:56,5 (1:16:47,3) | 26:47,3 (1:43:34,6) |           |
| 37.   | 36     |          | 125  | Schmidgunst, Marco   | M 35 | 2          | Brust oder Keule Berlin             | 25:12,0 (51:13,4)   | 1:44:20 h           | (1:43:48) |
|       |        |          |      |                      |      |            |                                     | 26:24,0 (1:17:37,4) | 26:42,6 (1:44:20,0) |           |
| 38.   | 37     |          | 167  | Pfisterer, Cornelius | M 40 | 9          | Berlin                              | 25:36,6 (52:48,7)   | 1:44:21 h           | (1:43:17) |
|       |        |          |      |                      |      |            |                                     | 26:10,7 (1:18:59,4) | 25:21,4 (1:44:20,8) |           |
| 39.   |        | 2        | 141  | Leszinski, Birgit    | W 50 | 1          | Vegan Runners                       | 25:53,4 (52:29,9)   | 1:44:48 h           | (1:43:56) |
|       |        |          |      |                      |      |            |                                     | 26:23,5 (1:18:53,4) | 25:53,7 (1:44:47,1) |           |
| 40.   | 38     |          | 181  | Baro, Wolfgang       | M 45 | 9          | Berlin                              | 25:36,6 (52:49,1)   | 1:44:51 h           | (1:43:47) |
|       |        |          |      |                      |      |            |                                     | 26:11,3 (1:19:00,4) | 25:50,3 (1:44:50,7) |           |
| 41.   | 39     |          | 138  | Golchert, Bodo       | M 45 | 10         | Berlin                              | 25:41,9 (52:12,3)   | 1:45:01 h           | (1:44:14) |
|       |        |          |      |                      |      |            |                                     | 26:29,5 (1:18:41,8) | 26:18,5 (1:45:00,3) |           |
| 42.   | 40     |          | 136  | Dürschmidt, Tom      | M 45 | 11         | Vegan Runners                       | 27:03,7 (54:06,5)   | 1:46:33 h           | (1:45:57) |
|       |        |          |      |                      |      |            |                                     | 26:47,8 (1:20:54,3) | 25:38,4 (1:46:32,7) |           |
| 43.   | 41     |          | 118  | Greiner, Thomas      | M 35 | 3          | Berlin Runners                      | 26:02,8 (51:39,7)   | 1:47:03 h           | (1:46:50) |
|       |        |          |      |                      |      |            |                                     | 27:34,7 (1:19:14,4) | 27:48,0 (1:47:02,4) |           |
| 44.   | 42     |          | 113  | Lala, Marcus         | M 45 | 12         | Berlin                              |                     | 1:47:32 h           | (1:46:55) |
|       |        |          |      |                      |      |            |                                     | 1:20:48,2           | 26:42,9 (1:47:31,1) |           |
| 45.   |        | 3        | 170  | Bromber, Katrin      | W 50 | 2          | Borussia Friedrichfelde             | 26:57,6 (52:58,0)   | 1:47:42 h           | (1:47:33) |
|       |        |          |      |                      |      |            |                                     | 27:37,3 (1:20:35,3) | 27:06,5 (1:47:41,8) |           |
| 46.   | 43     |          | 72   | Losio, Renato        | M 40 | 10         | Berlin                              | 27:04,2 (54:34,3)   | 1:48:04 h           | (1:47:28) |
|       |        |          |      |                      |      |            |                                     | 27:11,1 (1:21:45,4) | 26:18,0 (1:48:03,4) |           |
| 47.   | 44     |          | 92   | Meyer, Manfred       | M 55 | 5          | Team Erdinger Alkoholfrei           | 26:42,5 (53:46,2)   | 1:48:07 h           | (1:47:45) |
|       |        |          |      |                      |      |            |                                     | 27:00,5 (1:20:46,7) | 27:19,5 (1:48:06,2) |           |
| 48.   | 45     |          | 73   | Weller, Michael      | M 55 | 6          | LG Mauerweg Berlin e.V.             | 26:54,3 (56:00,9)   | 1:48:23 h           | (1:47:34) |
|       |        |          |      |                      |      |            |                                     | 26:35,3 (1:22:36,2) | 25:45,9 (1:48:22,1) |           |
| 49.   | 46     |          | 81   | Neumann, Mario       | M 35 | 4          | Team Hönow                          | 26:43,0 (54:19,2)   | 1:49:22 h           | (1:48:36) |
|       |        |          |      |                      |      |            |                                     | 26:49,8 (1:21:09,0) | 28:12,9 (1:49:21,9) |           |
| 50.   |        | 4        | 146  | Rasmussen, Karen     | W 40 | 1          | Berlin                              | 27:09,6 (54:30,3)   | 1:49:53 h           | (1:49:15) |
|       |        |          |      |                      |      |            |                                     | 27:42,1 (1:22:12,4) | 27:39,8 (1:49:52,2) |           |
| 51.   | 47     |          | 55   | Kuntze, Mike         | M 50 | 7          | Berlin                              | 26:10,5 (53:55,2)   | 1:51:03 h           | (1:48:38) |
|       |        |          |      |                      |      |            |                                     | 28:33,0 (1:22:28,2) | 28:34,8 (1:51:03,0) |           |
| 52.   | 48     |          | 179  | Heller, Markus       | M 50 | 8          | Berlin                              | 26:40,9 (56:54,3)   | 1:51:22 h           | (1:50:21) |
|       |        |          |      |                      |      |            |                                     | 27:13,8 (1:24:08,1) | 27:13,8 (1:51:21,9) |           |
| 53.   | 49     |          | 176  | Hahn, Lars           | M 40 | 11         | Berlin                              | 26:40,7 (56:55,0)   | 1:51:23 h           | (1:50:21) |
|       |        |          |      |                      |      |            |                                     | 27:14,0 (1:24:09,0) | 27:13,5 (1:51:22,5) |           |
| 54.   |        | 5        | 162  | Reinicke, Sybille    | W 50 | 3          | SV Blau-Weiß Petershagen/Eggersdorf | 27:35,7 (55:34,3)   | 1:51:44 h           | (1:50:51) |
|       |        |          |      |                      |      |            |                                     | 27:47,2 (1:23:21,5) | 28:22,5 (1:51:44,0) |           |

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## 20 km Fortsetzung Gesamtwertung

| Platz | Pl. mä. | Pl. wei. | Stnr | Name, Vorname       | AK     | Platz AKI. | Verein                  | Zwischenzeiten                 | Bruttozeit          | Nettozeit           |
|-------|---------|----------|------|---------------------|--------|------------|-------------------------|--------------------------------|---------------------|---------------------|
| 55.   | 50      |          | 65   | Bierschenk, Mario   | M 40   | 12         | CAMP KANNIX             | 27:13,9<br>27:13,0 (54:26,9)   | 28:06,4 (1:22:33,3) | 1:51:47 h (1:51:20) |
| 56.   | 51      |          | 166  | Lier, Ronald        | M 50   | 9          | Berlin Prenzlauer Berg  | 26:10,1<br>27:36,0 (53:46,1)   | 28:46,0 (1:22:32,1) | 1:51:49 h (1:51:39) |
| 57.   | 52      |          | 79   | Rouanet, Samuel     | M 45   | 13         | Berlin                  | 27:45,2<br>28:45,2 (56:30,4)   | 29:16,1 (1:25:46,5) | 1:54:35 h (1:54:23) |
| 58.   | 53      |          | 153  | Möhr, Norbert       | M 55   | 7          | LG Mauerweg Berlin e.V. | 29:36,5<br>29:00,6 (58:37,1)   | 28:24,3 (1:27:01,4) | 1:54:50 h (1:54:30) |
| 59.   | 54      |          | 180  | Klötzer, Andreas    | M 40   | 13         | Berlin                  | 28:29,5<br>29:10,6 (57:40,1)   | 29:18,9 (1:26:59,0) | 1:54:56 h (1:54:00) |
| 60.   |         | 6        | 109  | Haake, Sindy        | W 30   | 2          | Berlin                  | 27:29,2<br>28:15,1 (55:44,3)   | 29:38,7 (1:25:23,0) | 1:57:12 h (1:56:28) |
| 61.   | 55      |          | 129  | Kesici, Bora        | M 30   | 4          | Berlin                  | 28:48,4<br>29:04,5 (57:52,9)   | 30:11,0 (1:28:03,9) | 1:57:23 h (1:57:15) |
| 62.   |         | 7        | 143  | Schäkel, Ilona      | W 45   | 1          | LG Hundelunge           | 30:41,2<br>29:24,6 (1:00:05,8) | 29:04,0 (1:29:09,8) | 1:57:36 h (1:56:57) |
| 63.   |         | 8        | 178  | Hinrichsen, Steffi  | W 45   | 2          | Hoppegarten             | 29:51,1<br>29:14,2 (59:05,3)   | 29:59,7 (1:29:05,0) | 1:57:44 h (1:56:58) |
| 64.   | 56      |          | 132  | Schiller, Tino      | M 45   | 14         | Berlin                  | 28:45,4<br>29:09,9 (57:55,3)   | 30:05,3 (1:28:00,6) | 1:57:55 h (1:56:58) |
| 65.   |         | 9        | 156  | Möhr, Andrea        | W 50   | 4          | LG Mauerweg Berlin e.V. | 30:26,0<br>30:21,6 (1:00:47,6) | 30:16,5 (1:31:04,1) | 2:00:39 h (2:00:19) |
| 66.   | 57      |          | 151  | Wikarski, Dietmar   | M 65   | 2          | TH Brandenburg          | 27:39,0<br>27:55,4 (55:34,4)   | 31:17,0 (1:26:51,4) | 2:01:02 h (2:00:28) |
| 66.   | 57      |          | 172  | Maier, Armin        | M 55   | 8          | Jelly Bears Berlin      | 28:22,0<br>27:51,1 (56:13,1)   | 30:38,4 (1:26:51,5) | 2:01:02 h (2:00:07) |
| 68.   |         | 10       | 144  | Czwarno, Malgorzata | W 20   | 1          | Berlin                  | 31:22,3<br>30:59,0 (1:02:21,3) | 30:32,6 (1:32:53,9) | 2:01:34 h (2:00:55) |
| 69.   | 59      |          | 53   | Jahn, Steffen       | M 50   | 10         | Jahn                    | 30:14,8<br>30:16,7 (1:00:31,5) | 31:15,8 (1:31:47,3) | 2:03:26 h (2:02:10) |
| 70.   |         | 11       | 119  | Greiner, Carmen     | W 40   | 2          | Berlin Runners          | 32:27,7<br>31:03,2 (1:03:30,9) | 32:34,3 (1:36:05,2) | 2:09:14 h (2:08:33) |
| 71.   | 60      |          | 145  | Bohnke, Michael     | M 40   | 14         | Laufklub Berlin         | 33:24,2<br>32:49,7 (1:06:13,9) | 32:38,1 (1:38:52,0) | 2:10:50 h (2:10:07) |
| 72.   | 61      |          | 107  | Jahn, Frank         | M 60   | 3          | W+J                     | 34:49,8<br>33:10,2 (1:08:00,0) | 32:22,3 (1:40:22,3) | 2:11:29 h (2:10:12) |
| 73.   | 62      |          | 56   | Buchleither, Detlef | M 50   | 11         | Berlin                  | 30:51,1<br>33:18,1 (1:04:09,2) | 34:58,4 (1:39:07,6) | 2:18:05 h (2:17:45) |
| 74.   |         | 12       | 62   | Timm, Caroline      | W 20   | 2          | Berlin                  | 34:19,2<br>34:09,7 (1:08:28,9) | 36:11,2 (1:44:40,1) | 2:19:35 h (2:18:25) |
| 75.   | 63      |          | 66   | Otte, Marcus        | M 20   | 3          | Berlin                  | 34:08,3<br>34:20,6 (1:08:28,9) | 36:11,4 (1:44:40,3) | 2:19:37 h (2:18:27) |
| 76.   |         | 13       | 52   | Jahn, Katharina     | WJ U20 | 1          | Jahn                    | 38:19,0<br>39:30,8 (1:17:49,8) | 39:00,2 (1:56:50,0) | 2:37:16 h (2:36:01) |

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