

# Winterlaufserie 2016 - 5. Lauf

Bernauer Lauffreunde

20.03.2016

Ergebnisliste

Seite 1

## 9 km Gesamtwertung

| Platz | Pl. m. | Pl. wei. | Stnr | Name, Vorname       | AK     | Platz AKI.       | Verein                    | Zwischenzeiten   | Leistung         |
|-------|--------|----------|------|---------------------|--------|------------------|---------------------------|------------------|------------------|
| 1.    | 1      |          | 1828 | Baumgärtner, Dieter | M 40   | 1                | Bernauer Lauffreunde      | 32:21 min        |                  |
|       |        |          |      |                     |        | 2:54,5           | 3:09,0 (6:03,5)           | 3:11,7 (9:15,2)  | 3:13,9 (12:29,1) |
|       |        |          |      |                     |        | 3:16,5 (15:45,6) | 3:17,1 (19:02,7)          | 3:19,8 (22:22,5) | 3:19,7 (25:42,2) |
|       |        |          |      |                     |        | 3:22,9 (29:05,1) | 3:15,0 (32:20,1)          |                  |                  |
| 2.    | 2      |          | 1858 | Rathsmann, Mark     | MJ U18 | 1                | Eberswalder Schwimmverein | 32:32 min        |                  |
|       |        |          |      |                     |        | 3:02,8           | 3:14,7 (6:17,5)           | 3:17,6 (9:35,1)  | 3:17,5 (12:52,6) |
|       |        |          |      |                     |        | 3:18,0 (16:10,6) | 3:19,1 (19:29,7)          | 3:19,9 (22:49,6) | 3:20,0 (26:09,6) |
|       |        |          |      |                     |        | 3:20,2 (29:29,8) | 3:01,8 (32:31,6)          |                  |                  |
| 3.    | 3      |          | 1841 | Barsig, Jonas       | MJ U18 | 2                | Berlin                    | 32:42 min        |                  |
|       |        |          |      |                     |        | 3:02,8           | 3:14,8 (6:17,6)           | 3:17,7 (9:35,3)  | 3:17,1 (12:52,4) |
|       |        |          |      |                     |        | 3:17,7 (16:10,1) | 3:19,6 (19:29,7)          | 3:19,9 (22:49,6) | 3:19,8 (26:09,4) |
|       |        |          |      |                     |        | 3:20,3 (29:29,7) | 3:11,9 (32:41,6)          |                  |                  |
| 4.    | 4      |          | 1875 | Makai, Janos        | M 30   | 1                | Bernauer Lauffreunde      | 33:35 min        |                  |
|       |        |          |      |                     |        | 3:15,4           | 3:22,7 (6:38,1)           | 3:20,2 (9:58,3)  | 3:21,9 (13:20,2) |
|       |        |          |      |                     |        | 3:22,2 (16:42,4) | 3:23,5 (20:05,9)          | 3:24,6 (23:30,5) | 3:24,3 (26:54,8) |
|       |        |          |      |                     |        | 3:24,4 (30:19,2) | 3:15,2 (33:34,4)          |                  |                  |
| 5.    | 5      |          | 1854 | Graupe, Sven        | M 40   | 2                | Bernau - PIANALA Radsport | 33:43 min        |                  |
|       |        |          |      |                     |        | 3:05,6           | 3:23,5 (6:29,1)           | 3:27,0 (9:56,1)  | 3:23,1 (13:19,2) |
|       |        |          |      |                     |        | 3:22,3 (16:41,5) | 3:23,3 (20:04,8)          | 3:25,2 (23:30,0) | 3:24,5 (26:54,5) |
|       |        |          |      |                     |        | 3:28,5 (30:23,0) | 3:19,8 (33:42,8)          |                  |                  |
| 6.    | 6      |          | 1848 | Gehde, Denis        | M 20   | 1                | SV Berlin-Buch            | 34:06 min        |                  |
|       |        |          |      |                     |        | 3:01,1           | 3:16,9 (6:18,0)           | 3:18,5 (9:36,5)  | 3:22,7 (12:59,2) |
|       |        |          |      |                     |        | 3:29,0 (16:28,2) | 3:33,4 (20:01,6)          | 3:32,0 (23:33,6) | 3:32,4 (27:06,0) |
|       |        |          |      |                     |        | 3:31,2 (30:37,2) | 3:28,0 (34:05,2)          |                  |                  |
| 7.    | 7      |          | 1809 | Kollock, Ronny      | M 30   | 2                | Die KamiKatzen            | 35:01 min        |                  |
|       |        |          |      |                     |        | 3:07,3           | 3:25,2 (6:32,5)           | 3:30,8 (10:03,3) | 3:30,3 (13:33,6) |
|       |        |          |      |                     |        | 3:29,9 (17:03,5) | 3:33,3 (20:36,8)          | 3:37,2 (24:14,0) | 3:37,0 (27:51,0) |
|       |        |          |      |                     |        | 3:38,4 (31:29,4) | 3:31,5 (35:00,9)          |                  |                  |
| 8.    | 8      |          | 1859 | Rienäcker, Andreas  | M 40   | 3                | Bernau                    | 35:15 min        |                  |
|       |        |          |      |                     |        | 3:08,5           | 3:23,2 (6:31,7)           | 3:30,9 (10:02,6) | 3:31,1 (13:33,7) |
|       |        |          |      |                     |        | 3:32,8 (17:06,5) | 3:34,7 (20:41,2)          | 3:36,7 (24:17,9) | 3:37,2 (27:55,1) |
|       |        |          |      |                     |        | 3:40,2 (31:35,3) | 3:38,9 (35:14,2)          |                  |                  |
| 9.    | 1      |          | 1884 | Holland, Annika     | W 30   | 1                | SSV Hohen Neuendorf       | 35:26 min        |                  |
|       |        |          |      |                     |        | 3:15,5           | 3:29,0 (6:44,5)           | 3:34,5 (10:19,0) | 3:33,1 (13:52,1) |
|       |        |          |      |                     |        | 3:34,2 (17:26,3) | 3:35,8 (21:02,1)          | 3:34,6 (24:36,7) | 3:37,8 (28:14,5) |
|       |        |          |      |                     |        | 3:38,3 (31:52,8) | 3:33,2 (35:26,0)          |                  |                  |
| 10.   | 9      |          | 1868 | Engelhardt, Robert  | M 30   | 3                | Die Elektrischen Bernau   | 35:59 min        |                  |
|       |        |          |      |                     |        | 3:25,1           | 3:30,4 (6:55,5)           | 3:35,7 (10:31,2) | 3:39,4 (14:10,6) |
|       |        |          |      |                     |        | 3:41,9 (17:52,5) | 3:41,8 (21:34,3)          | 3:39,6 (25:13,9) | 3:42,4 (28:56,3) |
|       |        |          |      |                     |        | 3:29,1 (32:25,4) | 3:32,8 (35:58,2)          |                  |                  |
| 11.   | 10     |          | 1830 | Voss, Detlef        | M 65   | 1                | Bernauer Lauffreunde      | 36:09 min        |                  |
|       |        |          |      |                     |        | 3:17,4           | 3:40,1 (6:57,5)           | 3:41,8 (10:39,3) | 3:41,3 (14:20,6) |
|       |        |          |      |                     |        | 3:41,0 (18:01,6) | 3:39,7 (21:41,3)          | 3:37,7 (25:19,0) | 3:37,6 (28:56,6) |
|       |        |          |      |                     |        | 3:37,1 (32:33,7) | 3:34,9 (36:08,6)          |                  |                  |
| 12.   | 11     |          | 1880 | Mai, Andreas        | M 40   | 4                | Ludwigsfelde              | 37:03 min        |                  |
|       |        |          |      |                     |        | 3:09,2           | 3:49,3 (6:58,5)           | 3:53,5 (10:52,0) | 3:46,0 (14:38,0) |
|       |        |          |      |                     |        | 3:45,3 (18:23,3) | 3:49,1 (22:12,4)          | 3:52,3 (26:04,7) | 3:46,9 (29:51,6) |
|       |        |          |      |                     |        | 3:38,1 (33:29,7) | 3:32,6 (37:02,3)          |                  |                  |
| 13.   | 12     |          | 1886 | Wasmer, Olaf        | M 50   | 1                | SV Rot-Weiß Werneuchen    | 37:29 min        |                  |
|       |        |          |      |                     |        | 3:20,4           | 3:39,0 (6:59,4)           | 3:47,4 (10:46,8) | 3:45,2 (14:32,0) |
|       |        |          |      |                     |        | 3:48,1 (18:20,1) | 3:52,5 (22:12,6)          | 3:51,8 (26:04,4) | 3:51,2 (29:55,6) |
|       |        |          |      |                     |        | 3:49,9 (33:45,5) | 3:43,0 (37:28,5)          |                  |                  |
| 14.   | 13     |          | 1855 | Hahn, Carsten       | M 50   | 2                | Team Tibet                | 38:06 min        |                  |
|       |        |          |      |                     |        | 3:40,4           | 3:46,4 (7:26,8)           | 3:48,0 (11:14,8) | 3:52,3 (15:07,1) |
|       |        |          |      |                     |        | 3:54,8 (19:01,9) | 3:53,6 (22:55,5)          | 3:54,7 (26:50,2) | 3:52,7 (30:42,9) |
|       |        |          |      |                     |        | 3:49,5 (34:32,4) | 3:33,4 (38:05,8)          |                  |                  |
| 15.   | 14     |          | 1838 | Krause, David       | M 30   | 4                | Team ERDINGER Alkoholfrei | 38:27 min        |                  |
|       |        |          |      |                     |        | 3:30,7           | 3:41,9 (7:12,6)           | 3:50,7 (11:03,3) | 3:47,3 (14:50,6) |
|       |        |          |      |                     |        | 3:54,0 (18:44,6) | 3:56,9 (22:41,5)          | 3:56,4 (26:37,9) | 4:03,7 (30:41,6) |
|       |        |          |      |                     |        | 3:57,1 (34:38,7) | 3:48,1 (38:26,8)          |                  |                  |
| 16.   | 15     |          | 1826 | Hoffmann, Klaus     | M 40   | 5                | SV Motor Wolgast          | 39:15 min        |                  |
|       |        |          |      |                     |        | 3:41,4           | 3:51,3 (7:32,7)           | 3:54,6 (11:27,3) | 3:56,3 (15:23,6) |
|       |        |          |      |                     |        | 3:55,7 (19:19,3) | 3:58,8 (23:18,1)          | 3:59,1 (27:17,2) | 4:02,1 (31:19,3) |
|       |        |          |      |                     |        | 3:59,3 (35:18,6) | 3:55,8 (39:14,4)          |                  |                  |

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## 9 km Fortsetzung Gesamtwertung

| Platz | Pl. m. | Pl. wei. | Stnr | Name, Vorname        | AK   | Platz AKI. | Verein                    | Zwischenzeiten                                          | Leistung  |
|-------|--------|----------|------|----------------------|------|------------|---------------------------|---------------------------------------------------------|-----------|
| 17.   | 16     |          | 1834 | Rönisch, Carsten     | M 40 | 6          | Neuenhagen                | 3:34,7<br>3:58,0 (19:17,8)<br>4:02,3 (35:26,4)          | 39:23 min |
|       |        |          |      |                      |      |            |                           | 3:52,7 (7:27,4)<br>4:01,5 (23:19,3)<br>3:55,7 (39:22,1) |           |
| 18.   | 17     |          | 1863 | Rudolph, Klaus-Peter | M 60 | 1          | Ahrensfelde               | 3:34,2<br>3:59,4 (19:20,7)<br>4:03,7 (35:30,1)          | 39:25 min |
|       |        |          |      |                      |      |            |                           | 3:52,8 (7:27,0)<br>4:03,6 (23:24,3)<br>3:54,3 (39:24,4) |           |
| 19.   | 18     |          | 1840 | Weege, Bernd         | M 60 | 2          | Bernau                    | 3:34,7<br>4:02,6 (19:32,0)<br>4:03,9 (35:53,4)          | 39:48 min |
|       |        |          |      |                      |      |            |                           | 3:54,1 (7:28,8)<br>4:05,6 (23:37,6)<br>3:53,9 (39:47,3) |           |
| 20.   | 19     |          | 1811 | Alpsoy, Volkan       | M 30 | 5          | LC RON-HILL Berlin        | 3:39,0<br>4:05,8 (19:55,6)<br>3:58,0 (36:16,5)          | 40:09 min |
|       |        |          |      |                      |      |            |                           | 3:54,0 (7:33,0)<br>4:08,6 (24:04,2)<br>3:51,8 (40:08,3) |           |
| 21.   | 20     |          | 1817 | Saremba, Andreas     | M 40 | 7          | Eberswalder Schwimmverein | 3:46,6<br>4:09,0 (20:08,1)<br>4:04,7 (36:23,4)          | 40:13 min |
|       |        |          |      |                      |      |            |                           | 4:00,7 (7:47,3)<br>4:01,0 (24:09,1)<br>3:49,1 (40:12,5) |           |
| 21.   | 20     |          | 1823 | Herold, Georg        | M 40 | 7          | Eberswalder Schwimmverein | 3:45,5<br>4:09,0 (20:08,1)<br>4:04,6 (36:23,6)          | 40:13 min |
|       |        |          |      |                      |      |            |                           | 3:58,6 (7:44,1)<br>4:01,1 (24:09,2)<br>3:48,9 (40:12,5) |           |
| 23.   | 22     |          | 1876 | Schäfer, Norbert     | M 60 | 3          | Gute-Laune-Läufer-Basdorf | 3:36,3<br>4:08,3 (19:53,5)<br>4:22,4 (37:01,6)          | 41:22 min |
|       |        |          |      |                      |      |            |                           | 3:59,6 (7:35,9)<br>4:12,5 (24:06,0)<br>4:20,2 (41:21,8) |           |
| 24.   | 23     |          | 1816 | Raupach, Henry       | M 40 | 9          | Bernau                    | 3:52,6<br>4:10,5 (20:20,1)<br>4:20,8 (37:34,3)          | 41:43 min |
|       |        |          |      |                      |      |            |                           | 4:01,1 (7:53,7)<br>4:14,4 (24:34,5)<br>4:08,1 (41:42,4) |           |
| 25.   | 2      |          | 1891 | Pick, Eva            | W 40 | 1          | Wandlitz                  | 4:01,4<br>4:16,0 (20:48,4)<br>4:17,8 (37:46,8)          | 41:56 min |
|       |        |          |      |                      |      |            |                           | 4:09,7 (8:11,1)<br>4:14,3 (25:02,7)<br>4:08,5 (41:55,3) |           |
| 26.   | 24     |          | 1892 | Matthes, Jörg        | M 40 | 10         | Wandlitz                  | 3:43,6<br>4:24,3 (20:35,6)<br>4:16,9 (38:11,0)          | 42:09 min |
|       |        |          |      |                      |      |            |                           | 4:02,9 (7:46,5)<br>4:27,3 (25:02,9)<br>3:57,2 (42:08,2) |           |
| 27.   | 25     |          | 1851 | Mallow, René         | M 40 | 11         | Finower Lauffreunde       | 3:38,4<br>4:24,4 (20:21,2)<br>4:24,0 (38:02,7)          | 42:18 min |
|       |        |          |      |                      |      |            |                           | 3:58,1 (7:36,5)<br>4:20,8 (24:42,0)<br>4:15,3 (42:18,0) |           |
| 28.   | 26     |          | 1807 | Dölling, Jörg        | M 50 | 3          | Vs Jüterbog/Altes Lager   | 3:50,8<br>4:22,5 (20:46,0)<br>4:25,6 (38:33,6)          | 42:32 min |
|       |        |          |      |                      |      |            |                           | 4:07,7 (7:58,5)<br>4:24,2 (25:10,2)<br>3:58,0 (42:31,6) |           |
| 29.   | 3      |          | 1845 | Worlitzer, Stefanie  | W 40 | 2          | Eberlinchen               | 3:44,7<br>4:20,3 (20:42,3)<br>4:12,3 (38:08,0)          | 42:39 min |
|       |        |          |      |                      |      |            |                           | 4:07,5 (7:52,2)<br>4:22,2 (25:04,5)<br>4:30,8 (42:38,8) |           |
| 30.   | 27     |          | 1873 | Theis, Andreas       | M 50 | 4          | Elanläufer Eberswalde     | 4:02,9<br>4:19,7 (21:06,0)<br>4:23,1 (38:43,1)          | 42:58 min |
|       |        |          |      |                      |      |            |                           | 4:10,5 (8:13,4)<br>4:20,9 (25:26,9)<br>4:14,5 (42:57,6) |           |
| 31.   | 28     |          | 1867 | Knote, Reinhard      | M 65 | 2          | Eberswalder Adler         | 3:52,7<br>4:22,9 (21:05,4)<br>4:30,5 (38:59,7)          | 43:25 min |
|       |        |          |      |                      |      |            |                           | 4:11,3 (8:04,0)<br>4:25,6 (25:31,0)<br>4:25,2 (43:24,9) |           |
| 32.   | 29     |          | 1865 | Nitz, Henrik         | M 20 | 2          | Eberswalder Turnerschaft  | 4:20,7<br>4:22,9 (21:48,7)<br>4:22,1 (39:18,6)          | 43:36 min |
|       |        |          |      |                      |      |            |                           | 4:20,5 (8:41,2)<br>4:21,4 (26:10,1)<br>4:23,3 (30:33,4) |           |

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## 9 km Fortsetzung Gesamtwertung

| Platz | Pl. m. | Pl. wei. | Stnr | Name, Vorname          | AK   | Platz AKI. | Verein                | Zwischenzeiten                                 |                                                         | Leistung                             |                                      |           |
|-------|--------|----------|------|------------------------|------|------------|-----------------------|------------------------------------------------|---------------------------------------------------------|--------------------------------------|--------------------------------------|-----------|
| 33.   |        | 4        | 1860 | Deutschmann, Jenny     | W 20 | 1          | Werneuchen            | 4:21,0<br>4:22,8 (21:48,9)<br>4:21,5 (39:18,0) | 4:22,0 (13:05,4)<br>4:22,9 (30:33,2)                    | 4:20,7 (17:26,1)<br>4:23,3 (34:56,5) | 43:37 min                            |           |
| 34.   |        | 5        | 1866 | Gläser, Heike          | W 50 | 1          | Eberlinchen           | 3:46,7<br>4:22,8 (20:50,5)<br>4:29,8 (39:26,0) | 4:07,3 (7:54,0)<br>4:23,2 (25:13,7)<br>4:25,7 (43:51,7) | 4:14,7 (12:08,7)<br>4:26,7 (29:40,4) | 4:19,0 (16:27,7)<br>5:15,8 (34:56,2) | 43:52 min |
| 35.   |        | 6        | 1887 | Wasmer, Yvonne         | W 40 | 3          | Werneuchen            | 4:07,8<br>4:28,9 (21:49,8)<br>4:32,9 (39:54,0) | 4:19,9 (8:27,7)<br>4:27,8 (26:17,6)<br>4:15,2 (44:09,2) | 4:26,6 (12:54,3)<br>4:30,7 (30:48,3) | 4:26,6 (17:20,9)<br>4:32,8 (35:21,1) | 44:10 min |
| 36.   |        | 7        | 1814 | Grill, Britta          | W 50 | 2          | Elanläufer Eberswalde | 4:10,2<br>4:29,0 (21:36,7)<br>4:33,5 (39:50,8) | 4:12,7 (8:22,9)<br>4:31,4 (26:08,1)<br>4:21,8 (44:12,6) | 4:19,9 (12:42,8)<br>4:32,7 (30:40,8) | 4:24,9 (17:07,7)<br>4:36,5 (35:17,3) | 44:13 min |
| 37.   | 30     |          | 1829 | Jacob, Oliver          | M 40 | 12         | Running Bulls         | 4:02,4<br>4:28,6 (21:21,1)<br>4:40,4 (39:49,5) | 4:11,5 (8:13,9)<br>4:34,4 (25:55,5)<br>4:26,6 (44:16,1) | 4:15,6 (12:29,5)<br>4:33,9 (30:29,4) | 4:23,0 (16:52,5)<br>4:39,7 (35:09,1) | 44:17 min |
| 38.   |        | 8        | 1877 | Teska, Maret           | W 20 | 2          | Estland               | 4:18,2<br>4:33,4 (22:32,2)<br>4:30,8 (40:38,6) | 4:36,9 (8:55,1)<br>4:30,4 (27:02,6)<br>4:04,0 (44:42,6) | 4:26,7 (13:21,8)<br>4:37,8 (31:40,4) | 4:37,0 (17:58,8)<br>4:27,4 (36:07,8) | 44:43 min |
| 39.   | 31     |          | 1879 | Bering, Danilo         | M 30 | 6          | Berlin                | 4:18,0<br>4:33,4 (22:32,2)<br>4:31,2 (40:38,8) | 4:37,0 (8:55,0)<br>4:30,3 (27:02,5)<br>4:03,9 (44:42,7) | 4:26,7 (13:21,7)<br>4:38,0 (31:40,5) | 4:37,1 (17:58,8)<br>4:27,1 (36:07,6) | 44:43 min |
| 40.   | 32     |          | 1862 | Thiemann, Heinz        | M 65 | 3          | Bernauer Lauffreunde  | 4:05,8<br>4:31,6 (22:11,3)<br>4:33,1 (40:22,5) | 4:24,8 (8:30,6)<br>4:33,1 (26:44,4)<br>4:35,9 (44:58,4) | 4:33,9 (13:04,5)<br>4:32,7 (31:17,1) | 4:35,2 (17:39,7)<br>4:32,3 (35:49,4) | 44:59 min |
| 41.   |        | 9        | 1857 | Lehmann, Prayad        | W 50 | 3          |                       | 4:00,0<br>4:37,2 (21:57,9)<br>4:39,3 (40:36,6) | 4:20,7 (8:20,7)<br>4:40,3 (26:38,2)<br>4:44,4 (45:21,0) | 4:27,1 (12:47,8)<br>4:39,9 (31:18,1) | 4:32,9 (17:20,7)<br>4:39,2 (35:57,3) | 45:21 min |
| 42.   |        | 10       | 1802 | Sauermann, Ina         | W 30 | 2          | Rundendreher e.V.     | 4:12,9<br>4:38,3 (22:41,9)<br>4:45,8 (41:42,6) | 4:33,2 (8:46,1)<br>4:43,8 (27:25,7)<br>4:28,4 (46:11,0) | 4:39,7 (13:25,8)<br>4:44,7 (32:10,4) | 4:37,8 (18:03,6)<br>4:46,4 (36:56,8) | 46:11 min |
| 43.   |        | 11       | 1813 | Splinter, Corinna      | W 40 | 4          | Tornow                | 4:26,5<br>4:33,2 (22:51,9)<br>4:45,1 (41:38,2) | 4:39,9 (9:06,4)<br>4:39,1 (27:31,0)<br>4:37,0 (46:15,2) | 4:36,1 (13:42,5)<br>4:43,7 (32:14,7) | 4:36,2 (18:18,7)<br>4:38,4 (36:53,1) | 46:16 min |
| 44.   | 33     |          | 1889 | Waldschmidt, Matthias  | M 40 | 13         | Lobetal               | 4:31,6<br>4:40,0 (23:06,2)<br>4:41,1 (42:01,0) | 4:39,1 (9:10,7)<br>4:44,2 (27:50,4)<br>4:23,3 (46:24,3) | 4:39,4 (13:50,1)<br>4:43,0 (32:33,4) | 4:36,1 (18:26,2)<br>4:46,5 (37:19,9) | 46:25 min |
| 45.   | 34     |          | 1885 | Ebermann, Thomas       | M 40 | 14         | Berlin                | 4:09,3<br>4:37,7 (22:28,3)<br>4:55,0 (41:37,4) | 4:26,6 (8:35,9)<br>4:47,4 (27:15,7)<br>4:49,6 (46:27,0) | 4:36,2 (13:12,1)<br>4:45,7 (32:01,4) | 4:38,5 (17:50,6)<br>4:41,0 (36:42,4) | 46:27 min |
| 46.   | 35     |          | 1837 | Masurowski, Ralf       | M 30 | 7          | Berlin                | 4:14,0<br>4:38,5 (22:20,8)<br>4:55,5 (41:37,5) | 4:23,9 (8:37,9)<br>4:43,1 (27:03,9)<br>5:00,8 (46:38,3) | 4:31,9 (13:09,8)<br>4:48,0 (31:51,9) | 4:32,5 (17:42,3)<br>4:50,1 (36:42,0) | 46:39 min |
| 47.   |        | 12       | 1888 | Waldschmidt, Franziska | W 40 | 5          | Lobetal               | 4:31,1<br>4:41,0 (23:14,0)<br>4:30,4 (42:14,6) | 4:39,3 (9:10,4)<br>4:53,2 (28:07,2)<br>4:49,7 (47:04,3) | 4:38,6 (13:49,0)<br>4:46,6 (32:53,8) | 4:44,0 (18:33,0)<br>4:50,4 (37:44,2) | 47:05 min |
| 48.   |        | 13       | 1803 | Warzecha, Carola       | W 40 | 6          | Rundendreher e.V.     | 4:19,6<br>4:57,8 (23:34,7)<br>4:56,8 (43:17,0) | 4:43,9 (9:03,5)<br>4:50,8 (28:25,5)<br>4:49,2 (48:06,2) | 4:46,7 (13:50,2)<br>4:57,3 (33:22,8) | 4:46,7 (18:36,9)<br>4:57,4 (38:20,2) | 48:07 min |

# Winterlaufserie 2016 - 5. Lauf

Bernauer Lauffreunde  
Ergebnisliste

20.03.2016  
Seite 4

## 9 km Fortsetzung Gesamtwertung

| Platz | Pl. m. | Pl. wei. | Stnr               | Name, Vorname | AK | Platz AKI.            | Verein | Zwischenzeiten                                 | Leistung                                                 |                                                          |                                      |
|-------|--------|----------|--------------------|---------------|----|-----------------------|--------|------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|--------------------------------------|
| 49.   | 14     | 1890     | Knospe, Anke       | W 40          | 7  | Bernau                |        |                                                | 48:31 min                                                |                                                          |                                      |
|       |        |          |                    |               |    |                       |        | 4:38,3<br>4:54,8 (23:50,4)<br>4:56,5 (43:53,2) | 4:42,3 (9:20,6)<br>4:58,8 (28:49,2)<br>4:36,9 (48:30,1)  | 4:46,8 (14:07,4)<br>5:02,2 (33:51,4)<br>5:05,3 (38:56,7) | 4:48,2 (18:55,6)<br>5:05,3 (38:56,7) |
| 50.   | 36     | 1839     | Lange, Horst       | M 75          | 1  | Volkssport            |        |                                                | 48:39 min                                                |                                                          |                                      |
|       |        |          |                    |               |    |                       |        | 4:39,2<br>4:55,0 (24:08,2)<br>4:56,6 (43:52,5) | 4:50,1 (9:29,3)<br>4:56,1 (29:04,3)<br>4:46,1 (48:38,6)  | 4:52,7 (14:22,0)<br>4:57,8 (34:02,1)                     | 4:51,2 (19:13,2)<br>4:53,8 (38:55,9) |
| 51.   | 37     | 1846     | Hebler, Karl-Heinz | M 70          | 1  | Sportfreunde Panketal |        |                                                | 49:34 min                                                |                                                          |                                      |
|       |        |          |                    |               |    |                       |        | 4:28,5<br>4:55,7 (23:57,1)<br>5:07,3 (44:19,2) | 4:45,6 (9:14,1)<br>5:01,9 (28:59,0)<br>5:14,6 (49:33,8)  | 4:52,5 (14:06,6)<br>5:03,6 (34:02,6)                     | 4:54,8 (19:01,4)<br>5:09,3 (39:11,9) |
| 52.   | 38     | 1842     | Rehmann, Uwe       | M 70          | 2  | Elanläufer Eberswalde |        |                                                | 49:49 min                                                |                                                          |                                      |
|       |        |          |                    |               |    |                       |        | 4:34,7<br>4:58,6 (23:56,4)<br>5:12,9 (44:37,2) | 4:43,2 (9:17,9)<br>5:01,9 (28:58,3)<br>5:11,3 (49:48,5)  | 4:46,4 (14:04,3)<br>5:03,1 (34:01,4)                     | 4:53,5 (18:57,8)<br>5:22,9 (39:24,3) |
| 53.   | 39     | 1874     | Trier, André       | M 40          | 15 | Laufbrigade Zepernick |        |                                                | 50:37 min                                                |                                                          |                                      |
|       |        |          |                    |               |    |                       |        | 4:33,3<br>5:09,1 (24:16,6)<br>5:23,9 (45:27,3) | 4:41,4 (9:14,7)<br>5:11,0 (29:27,6)<br>5:09,5 (50:36,8)  | 4:51,0 (14:05,7)<br>5:18,7 (34:46,3)                     | 5:01,8 (19:07,5)<br>5:17,1 (40:03,4) |
| 54.   | 15     | 1825     | Loeffler, Gaby     | W 50          | 4  | Fichtenläufer         |        |                                                | 50:53 min                                                |                                                          |                                      |
|       |        |          |                    |               |    |                       |        | 4:56,9<br>5:07,5 (25:21,1)<br>5:06,5 (46:05,3) | 5:02,3 (9:59,2)<br>5:10,2 (30:31,3)<br>4:46,9 (50:52,2)  | 5:07,2 (15:06,4)<br>5:14,0 (35:45,3)                     | 5:07,2 (20:13,6)<br>5:13,5 (40:58,8) |
| 55.   | 40     | 1805     | Behr, Volker       | M 40          | 16 | SG Sparkasse Barnim   |        |                                                | 51:12 min                                                |                                                          |                                      |
|       |        |          |                    |               |    |                       |        | 4:39,5<br>5:08,9 (24:36,1)<br>5:26,7 (45:55,0) | 4:49,3 (9:28,8)<br>5:10,0 (29:46,1)<br>5:16,6 (51:11,6)  | 4:53,7 (14:22,5)<br>5:20,7 (35:06,8)                     | 5:04,7 (19:27,2)<br>5:21,5 (40:28,3) |
| 56.   | 41     | 1833     | Zimmermann, Martin | M 50          | 5  | DLRG KV Barnim        |        |                                                | 53:20 min                                                |                                                          |                                      |
|       |        |          |                    |               |    |                       |        | 4:59,5<br>5:19,5 (25:53,2)<br>5:28,8 (47:55,4) | 5:05,5 (10:05,0)<br>5:39,0 (31:32,2)<br>5:23,9 (53:19,3) | 5:11,7 (15:16,7)<br>5:27,4 (36:59,6)                     | 5:17,0 (20:33,7)<br>5:27,0 (42:26,6) |
| 57.   | 42     | 1849     | Schmunck, Frank    | M 50          | 6  | DLRG KV Barnim        |        |                                                | 53:24 min                                                |                                                          |                                      |
|       |        |          |                    |               |    |                       |        | 4:59,5<br>5:19,5 (25:53,3)<br>5:29,1 (47:56,2) | 5:05,3 (10:04,8)<br>5:38,8 (31:32,1)<br>5:27,2 (53:23,4) | 5:12,0 (15:16,8)<br>5:28,2 (37:00,3)                     | 5:17,0 (20:33,8)<br>5:26,8 (42:27,1) |
| 58.   | 16     | 1852     | Zarske, Cornelia   | W 60          | 1  | Eberswalde            |        |                                                | 54:02 min                                                |                                                          |                                      |
|       |        |          |                    |               |    |                       |        | 4:52,8<br>5:22,0 (26:06,8)<br>5:41,1 (48:14,2) | 5:10,2 (10:03,0)<br>5:28,1 (31:34,9)<br>5:47,0 (54:01,2) | 5:19,9 (15:22,9)<br>5:30,8 (37:05,7)                     | 5:21,9 (20:44,8)<br>5:27,4 (42:33,1) |
| 59.   | 43     | 1815     | Prestel, Heinz     | M 80          | 1  | SV Motor Eberswalde   |        |                                                | 55:38 min                                                |                                                          |                                      |
|       |        |          |                    |               |    |                       |        | 5:09,8<br>5:24,5 (26:30,3)<br>6:01,5 (49:49,5) | 5:19,1 (10:28,9)<br>5:33,7 (32:04,0)<br>5:48,2 (55:37,7) | 5:17,9 (15:46,8)<br>5:45,0 (37:49,0)                     | 5:19,0 (21:05,8)<br>5:59,0 (43:48,0) |
|       |        | 1827     | Wegner, Kathrin    | W 40          |    | bernau                |        |                                                | DNF                                                      |                                                          |                                      |
|       |        |          |                    |               |    |                       |        | 4:14,1<br>4:44,7 (23:09,1)<br>4:34,3 (41:54,5) | 4:36,3 (8:50,4)<br>4:42,7 (27:51,8)                      | 4:45,4 (13:35,8)<br>4:43,7 (32:35,5)                     | 4:48,6 (18:24,4)<br>4:44,7 (37:20,2) |

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