

15 km am 28.06.2009
Ergebnisliste - Männer

Rng	Snr	Name, Vorname	Verein/Ort	Jg	Klasse	1. Runde	2. Runde	3. Runde	4. Runde	Endzeit
1	24	Albrecht, Dirk	Greifswalder Sv 04	71	M35	1 12:33	2 14:08	1 14:20	2 14:20	2 55:21
2	40	Schuhmann, Karl	Team Strandweg	83	MHK	1 12:29	1 14:11	2 14:37	2 14:14	1 55:31
3	49	Röwer, Toni	fhsg Stralsund49	88	MHK	2 -	- 29:00	- 15:31	3 15:11	3 59:42
4	47	Hagemann, Jan	Berufsfeuerwehr Rostock	77	M30	1 12:35	3 15:19	3 16:04	6 16:17	6 1:00:15
5	39	Jantzen, Alexander	Stralsund	80	MHK	3 13:31	8 15:41	5 15:38	4 15:30	4 1:00:20
6	28	Lander, Arnd	FHSG Stralsund	58	M50	1 13:30	7 15:40	4 15:38	4 15:34	5 1:00:22
7	43	Döpping, Detlef	Gotha	56	M50	2 13:21	5 15:48	6 16:37	7 16:24	7 1:02:10
8	6	Holz, Andreas	Zingst	69	M40	1 14:10	10 16:33	7 16:52	8 16:42	8 1:04:17
9	11	Poguntke, Jens	Müritzer LSV 04	65	M40	2 14:38	11 16:38	8 16:52	8 17:12	11 1:05:20
10	16	Sushkov, Vladimir	Greifswald	78	M30	2 13:19	4 17:20	10 17:35	12 17:21	12 1:05:35
11	56	Witig, Reiner	Fhsg 4 4	56	M50	3 13:59	9 17:08	9 17:25	10 17:40	14 1:06:12
12	27	Brand, Karsten	Papendorf	61	M45	1 14:50	12 17:20	10 17:26	11 16:52	9 1:06:28
13	5	Gottschalck, Norbert	Rostock	60	M45	2 15:29	15 17:48	12 17:36	13 16:52	9 1:07:45
14	19	Hinze, Ulf	VFL Langendorf	65	M40	3 14:52	13 18:01	13 17:59	14 17:46	15 1:08:38
15	30	Bathe, Lothar	Stahlhennigsdorf	37	M70	1 15:25	14 18:11	16 18:24	16 18:02	16 1:10:02
16	13	Richter, Uwe	Berlin	68	M40	4 15:45	20 18:02	14 18:10	15 18:06	17 1:10:03
17	2	Bräutigam, Ralf	Rotation Berlin	62	M45	3 15:41	18 18:28	18 -	- 36:10	- 1:10:19
18	50	Freiberg, Dirk	Stralsund	66	M40	5 15:40	17 18:09	15 18:50	19 18:47	19 1:11:26
19	34	Seibel, Frank	TSV Wittelsen	60	M45	4 15:59	23 18:36	21 18:35	17 18:33	18 1:11:43
20	9	Ott, Eiko	Wieck a. Darß	76	M30	3 13:25	6 19:38	26 18:47	18 20:00	26 1:11:50
21	25	Rimatzi, Tilo	Richtenberger Torpedos	77	M30	4 15:42	19 18:28	18 18:52	20 19:02	22 1:12:04
22	44	Döpping, Christian	Gotha	82	MHK	4 16:44	26 18:50	24 19:01	21 17:39	13 1:12:14
23	491	Soltwedel, Olaf	Greifswald	79	M30	5 15:56	22 18:26	17 19:24	22 18:58	21 1:12:44
24	53	Butzke, Jens	ESV Lok Potsdam	69	M40	6 15:51	21 18:43	22 19:42	24 19:34	23 1:13:50
25	52	Neffe, Jens	ESV Lok Potsdam	67	M40	7 16:23	25 19:20	25 19:26	23 18:50	20 1:13:59
26	41	Krettek, Marcus	Göttingen	71	M35	2 16:00	24 18:48	23 19:45	25 19:50	25 1:14:23
27	1	Klein, Axel	Dresden	68	M40	8 15:33	16 18:33	20 20:18	29 20:10	28 1:14:34
28	20	Born, Thomas	Berlin	71	M35	3 16:45	27 19:41	27 19:53	26 19:36	24 1:15:55
29	55	Czapla, Frank	Sanitz	65	M40	9 17:21	31 20:06	29 20:12	27 20:01	27 1:17:40
30	18	Vahldiek, Frank	Marathon Hildesheim	61	M45	5 16:48	28 20:19	30 20:21	30 20:36	31 1:18:04
31	17	Vaegler, René	SG Divitz	75	M30	6 17:54	33 20:00	28 20:17	28 20:19	29 1:18:30
32	54	Kalz, Frank-Richard	Stralsund	46	M60	1 17:09	29 20:28	31 20:57	32 20:39	32 1:19:13
33	33	Paetzke, Yves	Kaltenkirchen	74	M35	4 18:04	34 20:49	33 20:31	31 20:32	30 1:19:56
34	22	Freiberg, Werner	Fachhochschule stralsund	37	M70	2 17:10	30 20:43	32 21:27	33 20:50	33 1:20:10
35	37	Schenk, Michael	Memeler.de	70	M35	5 19:15	38 23:08	37 23:07	34 22:14	34 1:27:44
36	57	Schlicht, Frank	SV HANSE_Klinikum Str	74	M35	6 18:59	37 22:45	35 23:23	36 22:46	35 1:27:53
37	51	Mohr, Marko	Zingst	74	M35	7 18:44	36 22:47	36 23:16	35 23:28	36 1:28:15
38	36	Arnold, Michael	Eltville	53	M55	1 17:50	32 22:36	34 23:45	38 24:06	37 1:28:17
39	45	Peise, Arno	Karnin	91	MJA	1 18:18	35 23:14	38 23:34	37 27:48	39 1:32:54
40	21	Raschauer, Edgar	Fachhochschule stralsund	36	M70	3 20:16	39 24:08	39 25:21	39 26:25	38 1:36:10

15 km am 28.06.2009
Ergebnisliste - Frauen

Rng	Snr	Name, Vorname	Verein/Ort	Jg	Klasse	1. Runde	2. Runde	3. Runde	4. Runde	Endzeit
1	23	Dr.Kricklow, Beate	Greifswalder Sv 04	71	W35	1 13:29	1 15:42	1 15:38	1 15:30	1 1:00:19
2	29	Schröder, Gabriele	Mannheim	66	W40	1 15:55	2 18:24	2 18:19	2 17:48	2 1:10:26
3	35	Krüger, Christa	TSV Graal-Müritz	68	W40	2 16:49	3 18:36	3 18:26	3 18:22	3 1:12:13
4	8	Michaelis, Gerlind	Lambrechtshagen	62	W45	1 16:52	4 19:51	4 20:20	5 19:51	4 1:16:54
5	32	Czapla, Kerstin	Sanitz	72	W35	2 17:22	6 20:04	5 20:12	4 20:04	5 1:17:42
6	42	Tiedt, Anke	Lunzenau	66	W40	3 17:20	5 21:10	7 21:33	6 21:47	6 1:21:50
7	26	Rimatzi, Ramona	Richtenberger Torpedos	76	W30	1 18:42	7 20:57	6 21:42	7 22:27	8 1:23:48
8	38	Schenk, Kerstin	Memler.de	69	W40	4 19:16	9 23:06	9 23:07	8 22:16	7 1:27:45
9	4	Genz, Yvonne	Stralsund	67	W40	5 18:46	8 23:01	8 23:27	9 23:53	9 1:29:07
10	7	Kathrin, Dreier	Dortmund	60	W45	2 19:18	10 24:01	10 24:44	10 25:13	10 1:33:16
11	14	Schiller, Daniela	Werda	71	W35	3 19:19	11 24:25	11 26:33	11 28:50	11 1:39:07