

6. "Nacht im Grünaer Forst" am 28. Mai 2016 - Splits 10 km

				1 km	2 km	3 km	4 km	5 km	6 km	7 km	8 km	9 km	10km										
1.	700	Andrei Starzhynski (POL)	LG Buchsbaum Sportline	03:00	03:00	06:02	03:02	09:01	02:59	12:02	03:01	15:06	03:04	18:08	03:02	21:16	03:08	24:18	03:02	27:20	03:02	30:23	03:03
2.	701	Stefan Hendtke	LG Buchsbaum Sportline	03:01	03:01	06:11	03:10	09:15	03:04	12:23	03:08	15:31	03:08	18:38	03:07	21:50	03:12	24:58	03:08	27:59	03:01	31:09	03:10
3.	702	Volker Goineau	LG Buchsbaum Sportline	03:10	03:10	06:31	03:21	09:41	03:10	12:55	03:14	16:12	03:17	19:30	03:18	22:51	03:21	26:09	03:18	29:26	03:17	32:48	03:22
4.	746	Matthias Weiland	Heliocentris Sport e.V.	03:42	03:42	07:44	04:02	11:42	03:58	15:46	04:04	19:51	04:05	23:58	04:07	28:12	04:14	32:23	04:11	36:33	04:10	40:45	04:12
5.	713	Daniel Liebick	Heliocentris Sport e.V.	03:53	03:53	07:47	03:54	12:23	04:36	16:37	04:14	20:53	04:16	25:13	04:20	29:41	04:28	34:01	04:20	38:16	04:15	42:36	04:20
6.	740	Eberhard Scholz	Berlin	04:00	04:00	07:54	03:54	12:25	04:31	16:44	04:19	21:01	04:17	25:16	04:15	29:43	04:27	34:02	04:19	38:19	04:17	43:03	04:44
7.	729	Robert Boyde-Wolke	SB BMF 07 / Vegan Runners	04:22	04:22	08:27	04:05	13:06	04:39	17:27	04:21	21:50	04:23	26:10	04:20	30:51	04:41	35:22	04:31	39:55	04:33	44:28	04:33
8.	762	Sylvia Jacobs	LC Ron Hill	04:25	04:25	08:55	04:30	13:20	04:25	17:46	04:26	22:13	04:27	26:40	04:27	31:17	04:37	35:46	04:29	40:18	04:32	44:51	04:33
9.	763	Holger Rothe	Berlin	04:40	04:40	09:25	04:45	14:03	04:38	18:42	04:39	23:19	04:37	27:32	04:13	31:46	04:14	35:51	04:05	40:18	04:27	44:52	04:34
10.	714	Jirko Kühnisch	SCBG - UK 3	04:16	04:16	08:37	04:21	12:59	04:22	17:25	04:26	21:47	04:22	26:31	04:44	31:17	04:46	35:52	04:35	40:50	04:58	45:38	04:48
11.	757	Otmar Kragl	Wildau	04:05	04:05	08:41	04:36	13:08	04:27	17:41	04:33	22:14	04:33	26:52	04:38	31:43	04:51	36:24	04:41	41:03	04:39	45:42	04:39
12.	748	Robert Gruchmann	Bohnsdorfer Deaf Runner	04:27	04:27	08:56	04:29	13:20	04:24	17:47	04:27	22:16	04:29	26:46	04:30	31:35	04:49	36:17	04:42	41:03	04:46	45:53	04:50
13.	718	Mario Westerhold	LG Ahrensfelde	04:55	04:55	09:50	04:55	14:32	04:42	19:18	04:46	23:59	04:41	28:35	04:36	33:19	04:44	37:55	04:36	42:30	04:35	46:59	04:29
14.	738	Ralph Stahlmann	Berlin	04:39	04:39	09:14	04:35	13:37	04:23	18:14	04:37	22:57	04:43	27:35	04:38	32:28	04:53	37:17	04:49	42:14	04:57	46:59	04:45
15.	716	Ingo Kerschischnik	Berlin	04:36	04:36	09:15	04:39	13:49	04:34	18:38	04:49	23:20	04:42	28:08	04:48	33:10	05:02	37:55	04:45	42:39	04:44	47:23	04:44
16.	735	Andrea Gaede	LC Ron Hill Berlin	04:39	04:39	09:24	04:45	14:02	04:38	18:42	04:40	23:36	04:54	28:18	04:42	33:10	04:52	37:56	04:46	42:43	04:47	47:28	04:45
17.	753	Michael Werner	Berlin	04:40	04:40	09:14	04:34	13:38	04:24	18:16	04:38	23:01	04:45	27:41	04:40	32:29	04:48	37:30	05:01	42:34	05:04	47:35	05:01
18.	751	Constanze Buffi	Vegan Runners Berlin	04:42	04:42	09:37	04:55	14:24	04:47	19:14	04:50	24:01	04:47	28:44	04:43	33:43	04:59	38:30	04:47	43:11	04:41	47:54	04:43
19.	704	Andreas Heilmann	Berlin	04:22	04:22	09:02	04:40	13:48	04:46	18:44	04:56	23:44	05:00	28:43	04:59	33:52	05:09	39:01	05:09	44:08	05:07	49:03	04:55
20.	739	Peter Scholz	Birkenwerder	04:42	04:42	09:39	04:57	14:28	04:49	19:20	04:52	24:16	04:56	29:07	04:51	34:11	05:04	39:10	04:59	44:18	05:08	49:27	05:09
21.	737	Torsten Funke		04:37	04:37	09:28	04:51	14:10	04:42	19:10	05:00	23:44	04:34	29:08	05:24	34:14	05:06	39:21	05:07	44:34	05:13	49:40	05:06
22.	741	Thomas Kubitzki	Eichwalde	04:42	04:42	09:37	04:55	14:35	04:58	19:39	05:04	24:44	05:05	29:55	05:11	35:01	05:06	40:04	05:03	44:59	04:55	49:49	04:50
23.	758	Jens Heinrich	Eichwalde	04:42	04:42	09:36	04:54	14:34	04:58	19:37	05:03	24:39	05:02	29:45	05:06	34:59	05:14	40:04	05:05	45:05	05:01	50:03	04:58
24.	749	Marcel Schepers	A.T. Company Berlin	04:55	04:55	09:54	04:59	14:55	05:01	20:05	05:10	25:19	05:14	30:22	05:03	35:52	05:30	41:06	05:14	45:58	04:52	50:12	04:14
25.	726	Hans Haasis	Berlin	05:11	05:11	10:18	05:07	15:14	04:56	20:06	04:52	25:04	04:58	29:58	04:54	35:05	05:07	40:10	05:05	45:17	05:07	50:25	05:08
26.	730	Karolina Pick	Köpenick	05:01	05:01	09:37	04:36	14:28	04:51	20:02	05:34	25:03	05:01	30:11	05:08	35:27	05:16	40:38	05:11	45:48	05:10	50:53	05:05
27.	707	Ingo Schütte	12059 Berlin	05:01	05:01	09:59	04:58	14:58	04:59	20:06	05:08	25:15	05:09	30:17	05:02	35:36	05:19	40:49	05:13	45:59	05:10	51:03	05:04
28.	732	David Wollenberger	Berlin	05:00	05:00	09:54	04:54	14:35	04:41	19:25	04:50	24:13	04:48	29:53	05:40	35:04	05:11	40:22	05:18	45:59	05:37	51:30	05:31
29.	744	Silke Becker	SCC Berlin	05:05	05:05	10:16	05:11	15:21	05:05	20:24	05:03	25:44	05:20	31:04	05:20	36:30	05:26	41:57	05:27	47:22	05:25	52:46	05:24
30.	760	Jens Kirsten	Zeuthen	05:37	05:37	11:05	05:28	16:28	05:23	21:50	05:22	27:11	05:21	32:28	05:17	38:04	05:36	43:16	05:12	48:32	05:16	53:47	05:15
31.	742	Andreas Bauer	Zweitakter Dahmeland	05:37	05:37	11:15	05:38	16:48	05:33	22:15	05:27	27:47	05:32	33:05	05:18	38:37	05:32	44:05	05:28	49:22	05:17	54:48	05:26
32.	727	Frank Vulpus	Muskelkater Zeuthen	05:25	05:25	10:42	05:17	15:56	05:14	21:18	05:22	26:47	05:29	32:20	05:33	38:06	05:46	43:45	05:39	49:30	05:45	55:13	05:43
33.	752	Kerstin Simon	Berlin	05:37	05:37	11:07	05:30	16:34	05:27	22:04	05:30	27:39	05:35	33:10	05:31	38:51	05:41	44:28	05:37	50:01	05:33	55:32	05:31
34.	766	Marko Starick	Eichwalde	05:26	05:26	10:54	05:28	16:19	05:25	21:53	05:34	27:26	05:33	33:03	05:37	38:55	05:52	44:39	05:44	50:22	05:43	55:51	05:29
35.	756	Tatjana Künstler	Berlin	05:25	05:25	10:53	05:28	16:19	05:26	21:52	05:33	27:25	05:33	33:00	05:35	38:53	05:53	44:43	05:50	50:24	05:41	56:07	05:43