

## 6. "Nacht im Grünauer Forst" am 28. Mai 2016 - Splits 5 km

				1 km		2 km		3 km		4 km		5 km	
1.	555	Marek Neumann	Running Twins Zeuthen	03:19	03:19	06:59	03:40	10:33	03:34	14:13	03:39	<b>17:58</b>	03:45
2.	538	Marco Nix	Friedrichshagen	03:43	03:43	07:46	04:03	11:44	03:58	15:47	04:03	<b>19:48</b>	04:01
3.	579	Michael Velte		03:38	03:38	07:42	04:04	11:50	04:08	16:15	04:25	<b>20:24</b>	04:09
4.	501	Thomas Bodora	Berlin	03:43	03:43	07:48	04:05	12:05	04:17	16:14	04:09	<b>20:25</b>	04:11
5.	536	Bernard Pick	SSV Köpenick Oberspree	04:11	04:11	08:32	04:21	12:45	04:13	16:54	04:09	<b>20:45</b>	03:51
6.	505	Andrej Woiczik	TuS Neukölln Berlin	03:59	03:59	08:09	04:10	12:19	04:10	16:38	04:19	<b>20:52</b>	04:14
7.	546	Tobias Kubitzki	Eichwalde	03:59	03:59	08:10	04:11	12:27	04:17	17:00	04:33	<b>21:12</b>	04:12
8.	524	Aleander Priebes	Eichwalde	03:50	03:50	08:03	04:13	12:21	04:18	16:56	04:35	<b>21:29</b>	04:33
9.	566	Denny Görsdorf	Berlin	03:53	03:53	08:01	04:08	12:14	04:13	16:37	04:23	<b>21:30</b>	04:53
10.	578	Maret Teska	Berlin (1. Frau)	04:01	04:01	08:17	04:16	12:42	04:25	17:23	04:41	<b>22:01</b>	04:38
11.	569	Manfred Dehmel	LG Buchsbaum Sportline	04:21	04:21	08:43	04:22	13:05	04:22	17:37	04:32	<b>22:08</b>	04:31
12.	539	Robert Köhring	Wildau	04:00	04:00	08:31	04:31	13:07	04:36	17:54	04:47	<b>22:47</b>	04:53
13.	570	Hubert Lechniak	LG Buchsbaum Sportline	04:43	04:43	09:13	04:30	13:36	04:23	18:10	04:34	<b>22:56</b>	04:46
14.	513	Dietmar Müller	TiB 1948 e.V. Berlin	04:28	04:28	08:55	04:27	13:33	04:38	18:30	04:57	<b>23:29</b>	04:59
15.	534	Jörg Pauloweit	Team Ninotschka	04:43	04:43	09:34	04:51	14:24	04:50	19:01	04:37	<b>23:44</b>	04:43
16.	548	Oliver Pfennigschmidt	RUNNERS POINT A10 Center	04:12	04:12	08:47	04:35	13:33	04:46	18:10	04:37	<b>23:47</b>	05:37
17.	535	Paulina Pick	Köpenicker SC	04:49	04:49	09:46	04:57	14:26	04:40	19:17	04:51	<b>24:00</b>	04:43
18.	562	Yvonne Bönneß	ASV Erfurt	04:48	04:48	09:38	04:50	14:28	04:50	19:20	04:52	<b>24:11</b>	04:51
19.	540	Lothar Nauman	Königs Wusterhausen	04:42	04:42	09:38	04:56	14:36	04:58	19:39	05:03	<b>24:40</b>	05:01
20.	582	Martin Mauer	SV Schmöckwitz Eichwalde	04:51	04:51	09:42	04:51	14:40	04:58	19:43	05:03	<b>24:54</b>	05:11
21.	577	Daniela Lorenz	Beeskow	05:18	05:18	10:19	05:01	15:15	04:56	20:08	04:53	<b>25:06</b>	04:58
22.	512	Myriam Jantz	TiB 1948 e.V. Berlin	05:04	05:04	10:21	05:17	15:17	04:56	21:01	05:44	<b>26:25</b>	05:24
23.	526	Steffen Zeidler	Eichwalde	04:59	04:59	10:19	05:20	15:15	04:56	21:12	05:57	<b>26:37</b>	05:25
24.	525	Pauline Kocur	Eichwalde	04:45	04:45	10:13	05:28	15:10	04:57	21:13	06:03	<b>26:40</b>	05:27
25.	522	Annalena Westerhold	LG Ahrensfelde	05:37	05:37	11:00	05:23	16:17	05:17	21:41	05:24	<b>27:14</b>	05:33
26.	523	Maurice Gobys	LG Ahrensfelde	05:37	05:37	11:00	05:23	16:17	05:17	21:41	05:24	<b>27:15</b>	05:34
27.	518	Ines Pautzke	Berlin-Tegel	05:40	05:40	11:19	05:39	16:48	05:29	22:13	05:25	<b>27:45</b>	05:32
28.	510	Joplin Bossmann-Everitt	Berlin	05:42	05:42	11:37	05:55	17:21	05:44	23:03	05:42	<b>28:25</b>	05:22
29.	557	Katja Noack	Inselschule Schmöckwitz	05:31	05:31	11:23	05:52	17:05	05:42	22:54	05:49	<b>28:26</b>	05:32
30.	565	Wiebke Rustler	Karolinenhof	05:31	05:31	11:23	05:52	17:05	05:42	22:54	05:49	<b>28:26</b>	05:32