

7. "Nacht im Grünaer Forst" am 20. Mai 2017 - Splits 10 km

			1 km	2 km	3 km	4 km	5 km*	6 km	7 km	8 km	9 km	10km											
1.	775	Roman Romaneko (UKR)	LG Buchsbaum Sportline	02:56	02:56	05:56	03:00	08:52	02:56	11:50	02:58	14:49	02:59	17:53	03:04	20:51	02:58	23:50	02:59	26:46	02:56	29:42	02:56
2.	776	Andrei Starzhynski (POL)	LG Buchsbaum Sportline	02:56	02:56	05:57	03:01	09:11	03:14	12:29	03:18	15:49	03:20	19:09	03:20	22:30	03:21	25:47	03:17	29:03	03:16	32:11	03:08
3.	760	Moritz Milbradt	LAC Olympia 88 Berlin	03:23	03:23	06:58	03:35	10:25	03:27	13:56	03:31	17:34	03:38	21:23	03:49	24:52	03:29	28:19	03:27	31:50	03:31	35:17	03:27
4.	747	Daniel Friebel	Berlin	03:23	03:23	06:57	03:34	10:26	03:29	13:59	03:33	17:33	03:34	21:23	03:50	25:03	03:40	28:42	03:39	32:24	03:42	36:00	03:36
5.	752	Linus Yman	Pungsvett LK	03:28	03:28	06:59	03:31	10:28	03:29	14:01	03:33	17:39	03:38	21:32	03:53	25:20	03:48	29:06	03:46	32:48	03:42	36:31	03:43
6.	779	Benjamin Brade	LG Kleiner Eisbär	03:48	03:48	07:28	03:40	11:11	03:43	14:57	03:46	18:49	03:52	22:42	03:52	26:38	03:56	30:33	03:55	34:25	03:52	38:20	03:55
7.	777	Marek Neumann	Running Twins	03:33	03:33	07:16	03:43	11:02	03:46	14:59	03:57	19:03	04:04	23:07	04:04	27:19	04:12	31:31	04:12	35:42	04:11	39:35	03:53
8.	764	Matthias Weiland	Heliocentris Sports e.V.	03:39	03:39	07:33	03:54	11:25	03:52	15:24	03:59	19:27	04:04	23:31	04:04	27:37	04:06	31:42	04:05	35:46	04:04	39:40	03:54
9.	772	Maximilian Dietrich	SSC BG	03:36	03:36	07:29	03:53	11:25	03:56	15:23	03:58	19:32	04:09	23:42	04:09	27:57	04:15	32:06	04:09	36:21	04:15	40:34	04:13
10.	795	Patrice Herold	Heliocentris Sports e.V.	03:37	03:37	07:33	03:56	11:28	03:55	15:30	04:02	19:43	04:13	23:55	04:13	28:09	04:14	32:21	04:12	36:34	04:13	40:38	04:04
11.	759	Gunnar Meikstat	Multisport LOS e.V.	03:59	03:59	08:07	04:08	12:10	04:03	16:17	04:07	20:27	04:10	24:37	04:10	28:44	04:07	32:46	04:02	36:48	04:02	40:48	04:00
12.	792	Andreas Freidank	Zeuthen	04:11	04:11	08:31	04:20	12:42	04:11	17:00	04:18	21:15	04:15	25:30	04:15	29:46	04:16	33:54	04:08	38:02	04:08	41:57	03:55
13.	771	Matthias Schönborn	Berlin	04:10	04:10	08:25	04:15	12:39	04:14	16:54	04:15	21:10	04:16	25:26	04:16	29:38	04:12	33:46	04:08	37:58	04:12	42:04	04:06
14.	713	Daniel Liebbick	Heliocentris Sports e.V.	03:54	03:54	08:04	04:10	12:14	04:10	16:29	04:15	20:52	04:23	25:15	04:23	29:39	04:24	33:56	04:17	38:17	04:21	42:39	04:22
15.	758	Jirko Kühnisch	Sportverein UK3 Berlin	04:05	04:05	08:08	04:03	12:22	04:14	16:43	04:21	21:07	04:24	25:30	04:23	30:05	04:35	34:37	04:32	39:09	04:32	43:31	04:22
16.	763	Malte Wittge	Berlin	03:48	03:48	08:01	04:13	12:26	04:25	16:05	03:39	21:07	05:03	26:10	05:03	30:50	04:40	35:25	04:35	40:05	04:40	44:24	04:19
17.	724	Stefan Streller	Berlin	04:49	04:49	09:29	04:40	14:02	04:33	18:41	04:39	23:12	04:31	27:43	04:31	32:13	04:30	36:31	04:18	40:36	04:05	44:35	03:59
18.	780	Otmar Kragl	Wildau	04:03	04:03	08:29	04:26	12:55	04:26	17:23	04:28	21:54	04:31	26:25	04:31	31:04	04:39	35:38	04:34	40:10	04:32	44:38	04:28
19.	751	Johan Heldesson	Pungsvett LK	04:04	04:04	08:31	04:27	13:05	04:34	17:41	04:36	22:21	04:40	27:01	04:40	31:40	04:39	36:14	04:34	40:43	04:29	45:02	04:19
20.	788	Jan Döss	LG Rheine-Elte	04:33	04:33	09:09	04:36	13:37	04:28	18:09	04:32	22:45	04:36	27:20	04:36	31:52	04:32	36:22	04:30	40:55	04:33	45:21	04:26
21.	785	Philippe Lardeur		04:45	04:45	09:39	04:54	14:15	04:36	19:00	04:45	23:30	04:30	27:59	04:30	32:25	04:26	36:52	04:27	41:16	04:24	45:44	04:28
22.	774	Johannes F. Kretschmann	Laizer Luftschnapper	04:06	04:06	08:49	04:43	13:26	04:37	18:03	04:43	22:49	04:46	27:36	04:47	32:21	04:45	37:01	04:40	41:37	04:36	46:11	04:34
23.	765	Holger Martin	Berlin	04:36	04:36	09:13	04:37	13:49	04:36	18:31	04:42	23:19	04:48	28:07	04:48	32:53	04:46	37:35	04:42	42:11	04:36	46:44	04:33
24.	732	Norman Haase	Bohnsdorf	04:46	04:46	09:26	04:40	14:08	04:42	18:55	04:47	23:41	04:46	28:28	04:46	33:09	04:41	37:57	04:48	42:37	04:40	47:13	04:36
25.	745	Frank Zickermann	Berlin	04:41	04:41	09:27	04:46	14:10	04:43	18:52	04:42	23:43	04:51	28:34	04:51	33:29	04:55	38:12	04:43	42:57	04:45	47:38	04:41
26.	704	Willy Hahn	Decathlon Lauftreff	04:48	04:48	09:41	04:53	14:35	04:54	19:18	04:43	24:13	04:55	29:07	04:55	34:11	05:04	39:09	04:58	43:41	04:32	47:46	04:05
27.	726	Oliver Exner	Berlin-Grüna	04:46	04:46	09:40	04:54	14:18	04:38	19:04	04:46	23:50	04:46	28:37	04:47	33:33	04:56	38:24	04:51	43:16	04:52	47:58	04:42
28.	783	Dirk Walther		04:45	04:45	09:39	04:54	14:15	04:36	19:00	04:45	23:47	04:47	28:34	04:47	33:37	05:03	38:30	04:53	43:23	04:53	47:58	04:35
29.	748	Fabian Köhler	Berlin	04:26	04:26	09:05	04:39	13:44	04:39	18:27	04:43	23:23	04:56	28:19	04:56	33:19	05:00	38:17	04:58	43:17	05:00	48:10	04:53
30.	723	Ricardo Bauer		04:40	04:40	09:06	04:26	13:27	04:21	18:11	04:44	23:19	05:08	28:28	05:08	33:52	05:24	38:07	04:15	43:29	05:22	48:33	05:04
31.	741	Hans-Jürgen Bieling	die-lauf-abc-ler	04:38	04:38	09:26	04:48	14:15	04:49	19:10	04:55	24:09	04:59	29:09	04:59	34:15	05:06	39:18	05:03	44:16	04:58	48:57	04:41
32.	743	Dirk Gandecki	Die EISERNEN	04:06	04:06	08:41	04:35	13:24	04:43	18:20	04:56	23:29	05:09	28:38	05:09	33:58	05:20	39:19	05:21	44:38	05:19	49:24	04:46
33.	750	Thomas Kubitzki	Eichwalde	05:11	05:11	10:18	05:07	15:18	05:00	20:21	05:03	25:38	05:17	30:55	05:17	36:04	05:09	41:00	04:56	45:50	04:50	50:36	04:46
34.	770	Isabel Orland (1.W)	Altglienicke	05:06	05:06	10:17	05:11	15:17	05:00	20:16	04:59	25:20	05:04	30:24	05:04	35:49	05:25	40:59	05:10	45:52	04:53	50:45	04:53
35.	753	Christian Könning	Ajax Eichwalde 2000 e.V.	05:05	05:05	10:02	04:57	14:58	04:56	19:59	05:01	25:08	05:09	30:17	05:09	35:31	05:14	40:35	05:04	45:44	05:09	50:52	05:08
36.	754	Arvid Jäger	Berlin-Karlshorst	05:25	05:25	10:49	05:24	16:07	05:18	21:14	05:07	26:21	05:07	31:28	05:07	36:38	05:10	41:42	05:04	46:33	04:51	51:01	04:28
37.	791	Marc Dannbeck	Eisbären Juniors Berlin e.V.	05:23	05:23	10:51	05:28	16:05	05:14	21:15	05:10	26:22	05:07	31:29	05:07	36:39	05:10	41:44	05:05	46:33	04:49	51:06	04:33
38.	782	Toni Steinicke		04:45	04:45	09:47	05:02	14:39	04:52	19:41	05:02	24:52	05:11	30:03	05:11	35:26	05:23	40:43	05:17	46:03	05:20	51:12	05:09
39.	781	Torsten Funke		04:45	04:45	09:47	05:02	14:39	04:52	19:41	05:02	24:52	05:11	30:03	05:11	35:26	05:23	40:43	05:17	46:03	05:20	51:13	05:10
40.	756	Nico Jäger	Berlin-Karlshorst	05:24	05:24	10:50	05:26	16:14	05:24	21:47	05:33	27:08	05:21	32:29	05:21	37:27	04:58	42:14	04:47	47:05	04:51	51:48	04:43
41.	719	Holger Meyer		05:28	05:28	10:56	05:28	16:16	05:20	21:28	05:12	26:59	05:32	32:31	05:31	37:34	05:03	42:28	04:54	47:37	05:09	52:01	04:24
42.	766	Marcus Wolff	Karolinenhof	04:11	04:11	09:00	04:49	14:05	05:05	19:32	05:27	24:03	04:31	28:34	04:31	36:21	07:47	42:01	05:40	47:35	05:34	52:26	04:51
43.	773	Simone Leupold	Berlin	05:34	05:34	10:48	05:14	16:01	05:13	21:15	05:14	26:34	05:19	31:54	05:19	37:09	05:15	42:24	05:15	47:36	05:12	52:44	05:08

44.	731	Rico Trzewig	Berlin	05:23	05:23	10:42	05:19	15:57	05:15	21:14	05:17	26:35	05:21	31:55	05:20	37:16	05:21	42:33	05:17	47:47	05:14	52:51	05:04
45.	740	Susan Reinwarth	Asphaltschleifer Heideseesee	05:08	05:08	10:29	05:21	15:48	05:19	21:00	05:12	26:14	05:14	31:28	05:14	37:11	05:43	42:25	05:14	47:48	05:23	53:19	05:31
46.	793	Sady Tetzlaff	Eichwalde	05:34	05:34	11:01	05:27	16:25	05:24	21:38	05:13	26:58	05:20	32:18	05:20	37:29	05:11	42:41	05:12	48:11	05:30	53:22	05:11
47.	768	Alex Finck	Falkensee	06:09	06:09	12:10	06:01	18:04	05:54	23:48	05:44	28:58	05:11	34:09	05:11	39:04	04:55	43:59	04:55	48:50	04:51	53:52	05:02
48.	790	Karelina Pick	Berlin	05:11	05:11	10:29	05:18	15:51	05:22	21:17	05:26	26:50	05:33	32:23	05:33	37:59	05:36	43:47	05:48	49:36	05:49	55:11	05:35
49.	733	Frank Koch	Zeuthen	05:21	05:21	10:48	05:27	16:17	05:29	21:53	05:36	27:40	05:47	33:27	05:47	39:19	05:52	45:02	05:43	50:41	05:39	55:38	04:57
50.	794	Marko Starick	Eichwalde	05:34	05:34	11:01	05:27	16:25	05:24	21:52	05:27	27:24	05:32	32:56	05:32	38:40	05:44	44:13	05:33	50:01	05:48	55:40	05:39
51.	755	Janine Jäger	Berlin-Karlshorst	05:28	05:28	10:52	05:24	16:20	05:28	21:49	05:29	27:28	05:39	33:07	05:39	38:58	05:51	44:51	05:53	50:31	05:40	55:58	05:27
52.	789	Katy Hayworth	Berlin	06:08	06:08	12:04	05:56	18:03	05:59	23:20	05:17	28:45	05:25	34:10	05:25	39:40	05:30	45:13	05:33	50:51	05:38	56:13	05:22
53.	784	Walter Krines	Berlin	05:24	05:24	10:46	05:22	16:01	05:15	21:16	05:15	27:12	05:55	33:07	05:56	38:37	05:30	44:36	05:59	50:38	06:02	56:22	05:44
54.	786	Matt Hayworth	Berlin	06:08	06:08	12:04	05:56	18:03	05:59	24:04	06:01	30:10	06:06	36:17	06:06	42:24	06:07	48:31	06:07	54:42	06:11	1:00:43	06:01
55.	767	Birgit Berhorst	Dabendorf	06:11	06:11	12:20	06:09	18:21	06:01	24:17	05:56	30:22	06:05	36:27	06:05	42:38	06:11	48:50	06:12	55:03	06:13	1:01:05	06:02
56.	735	Kristina Lorenz	Berlin	06:11	06:11	12:14	06:03	18:19	06:05	24:23	06:04	30:31	06:08	36:39	06:08	42:48	06:09	49:12	06:24	55:30	06:18	1:01:46	06:16
57.	739	Anita Schulz	Dresden	06:24	06:24	13:01	06:37	19:32	06:31	26:06	06:34	32:39	06:33	39:12	06:33	45:29	06:17	51:52	06:23	58:16	06:24	1:04:39	06:23
58.	738	Angelika Schneider	Karolinenhof	06:24	06:24	13:01	06:37	19:32	06:31	26:06	06:34	32:39	06:33	39:12	06:33	45:29	06:17	51:52	06:23	58:16	06:24	1:04:40	06:24
59.	761	Birgit Schötz		06:19	06:19	12:42	06:23	19:28	06:46	26:03	06:35	32:38	06:35	39:14	06:35	48:14	09:00	54:36	06:22	1:00:48	06:12	1:07:04	06:16
60.	722	Shira Lepp	Berlin	06:17	06:17	12:38	06:21	18:44	06:06	25:15	06:31	32:23	07:08	39:31	07:08	46:52	07:21	54:00	07:08	1:01:03	07:03	1:08:06	07:03
61.	796	Prof. Robert Redetzky	LV Teltow Seehof	07:19	07:19	14:35	07:16	21:53	07:18	29:05	07:12	36:32	07:27	43:59	07:27	51:25	07:26	58:48	07:23	1:05:55	07:07	1:12:56	07:01