

### 7. "Nacht im Grünauer Forst" am 20. Mai 2017 - Splits 5 km

				1 km		2 km		3 km		4 km		5 km	
1.	521	Eric Habermann	STRAVARUNNER Zeuthen	03:23	03:23	06:51	03:28	10:21	03:30	13:56	03:35	<b>17:28</b>	03:32
2.	525	Rolf Hollain	LAZ Puma Rhein Sieg	03:25	03:25	06:57	03:32	10:28	03:31	14:03	03:35	<b>17:29</b>	03:26
3.	549	Ronny Keil	Berliner Kanu Club Rotation	03:09	03:09	06:44	03:35	10:21	03:37	14:03	03:42	<b>17:38</b>	03:35
4.	524	Narek Petrosyan	Berlin	03:24	03:24	06:52	03:28	10:25	03:33	14:01	03:36	<b>17:41</b>	03:40
5.	550	Edmund Kramarz	Berlin	03:30	03:30	07:06	03:36	10:43	03:37	14:22	03:39	<b>17:55</b>	03:33
6.	561	Robert Zeuner	Berlin	03:31	03:31	07:21	03:50	11:12	03:51	15:01	03:49	<b>18:52</b>	03:51
7.	588	Bernhard Pick	1. FC Union	03:45	03:45	07:35	03:50	11:27	03:52	15:19	03:52	<b>19:04</b>	03:45
8.	591	Heiko Schilff	FU Laufteam	03:42	03:42	07:36	03:54	11:27	03:51	15:19	03:52	<b>19:06</b>	03:47
9.	540	Michael Rustler	Karolinenhof	03:28	03:28	07:17	03:49	11:08	03:51	15:13	04:05	<b>19:07</b>	03:54
10.	526	Thomas Springer	Hoppegarten	03:38	03:38	07:33	03:55	11:26	03:53	15:27	04:01	<b>19:25</b>	03:58
11.	590	Mohamed Jimale	Eichwalde	03:36	03:36	07:40	04:04	11:38	03:58	15:41	04:03	<b>19:29</b>	03:48
12.	536	Jens-Uwe Ullrich	Wildau	03:40	03:40	07:35	03:55	11:31	03:56	15:35	04:04	<b>19:41</b>	04:06
13.	505	Marco Nix	Friedrichshagen	03:46	03:46	07:46	04:00	11:46	04:00	15:49	04:03	<b>19:50</b>	04:01
14.	544	Philipp Thies	Berlin	03:47	03:47	07:46	03:59	11:47	04:01	15:59	04:12	<b>20:09</b>	04:10
15.	545	Mark Frederik Müller	SV Berlin Chemie Adlershof	03:47	03:47	07:49	04:02	12:14	04:25	16:38	04:24	<b>20:56</b>	04:18
16.	577	Thomas Bodora	Berlin	03:49	03:49	08:03	04:14	12:28	04:25	17:02	04:34	<b>21:34</b>	04:32
17.	575	Swea Maria Bellmann (1.W)	1. VfL Fortuna Marzahn	04:00	04:00	08:19	04:19	12:42	04:23	17:11	04:29	<b>21:43</b>	04:32
18.	560	Mario Zelsmann	Seefeld	04:00	04:00	08:17	04:17	12:41	04:24	17:11	04:30	<b>21:43</b>	04:32
19.	538	Ralf Demmig	die-lauf-abc-ler	04:13	04:13	08:31	04:18	12:52	04:21	17:19	04:27	<b>21:46</b>	04:27
20.	542	Tobia Kubitzki	Eichwalde	04:12	04:12	08:48	04:36	13:24	04:36	18:02	04:38	<b>22:14</b>	04:12
21.	562	Constanze Buffi (2.W)	Vegan Runners Berlin	04:24	04:24	08:56	04:32	13:26	04:30	17:58	04:32	<b>22:29</b>	04:31
22.	589	Paulina Pick (3.W)	Berlin	04:17	04:17	09:05	04:48	13:42	04:37	18:30	04:48	<b>23:15</b>	04:45
23.	555	Dennis Wittkopf	Eichwalde	04:42	04:42	09:15	04:33	14:00	04:45	18:52	04:52	<b>23:46</b>	04:54
24.	517	Beate Haase	Bohnsdorf	04:56	04:56	09:48	04:52	14:43	04:55	19:38	04:55	<b>24:23</b>	04:45
25.	546	Babette Klose	LG Ahrensfelde	04:32	04:32	09:28	04:56	14:28	05:00	19:30	05:02	<b>24:30</b>	05:00
26.	511	Ole Grundmann	Die Grundis	04:52	04:52	10:14	05:22	15:13	04:59	20:12	04:59	<b>24:47</b>	04:35
27.	558	Lana Schönborn	TSV Rudow	04:19	04:19	09:13	04:54	14:14	05:01	20:21	06:07	<b>24:57</b>	04:36
28.	564	Wiebke Rustler	Karolinenhof	05:02	05:02	10:05	05:03	15:02	04:57	20:04	05:02	<b>25:08</b>	05:04
29.	514	Alexander Grundmann	Die Grundis	05:13	05:13	10:14	05:01	15:13	04:59	20:14	05:01	<b>25:12</b>	04:58
30.	592	Cindy Fitzner	FU Laufteam	04:53	04:53	09:56	05:03	15:02	05:06	20:16	05:14	<b>25:22</b>	05:06

31.	581	Rayk Hähnlein	Insel-Schule Schmöckwitz	04:53	04:53	10:01	05:08	15:09	05:08	20:20	05:11	<b>25:33</b>	05:13
32.	553	Steffen Zeidler	Eichwalde	05:13	05:13	10:42	05:29	15:51	05:09	21:23	05:32	<b>26:26</b>	05:03
33.	535	Bruno Liebick		05:44	05:44	11:22	05:38	16:44	05:22	21:59	05:15	<b>26:28</b>	04:29
34.	502	Matthias Ehlers	Berlin	05:35	05:35	10:44	05:09	16:00	05:16	21:24	05:24	<b>26:57</b>	05:33
34.	576	Daniela Kühnisch	UK 3	05:17	05:17	10:48	05:31	16:14	05:26	21:34	05:20	<b>26:57</b>	05:23
36.	547	Ines Pautzke	Berlin-Tegel	05:29	05:29	11:02	05:33	16:25	05:23	21:39	05:14	<b>27:05</b>	05:26
37.	573	Jörg Milow		05:16	05:16	10:50	05:34	16:22	05:32	21:55	05:33	<b>27:33</b>	05:38
38.	513	Frode Grundmann	Die Grundis	06:33	06:33	12:34	06:01	17:54	05:20	22:46	04:52	<b>27:35</b>	04:49
39.	552	Marion Schulz	die-lauf-abc-ler	05:30	05:30	11:05	05:35	16:40	05:35	22:12	05:32	<b>27:38</b>	05:26
40.	582	Paul Schwahlen		05:48	05:48	11:53	06:05	17:12	05:19	22:22	05:10	<b>27:43</b>	05:21
41.	501	Peter Barthel	Berlin	06:01	06:01	11:43	05:42	17:18	05:35	22:57	05:39	<b>27:59</b>	05:02
42.	565	Milosz Jerkiewicz	Berlin	05:14	05:14	10:09	04:55	16:24	06:15	22:06	05:42	<b>28:01</b>	05:55
43.	563	Jens Heinrich	Firefighters Run for Charity	04:44	04:44	10:00	05:16	16:10	06:10	22:23	06:13	<b>28:36</b>	06:13
44.	554	Sebastian Grundmann	Berlin, Einbeckstr.	06:00	06:00	11:41	05:41	17:17	05:36	23:00	05:43	<b>28:52</b>	05:52
44.	530	Volker Grundmann	Grundmänner	06:00	06:00	11:43	05:43	17:21	05:38	23:05	05:44	<b>28:52</b>	05:47
46.	570	Emilie Finck	Falkensee	06:09	06:09	12:10	06:01	18:04	05:54	23:48	05:44	<b>29:02</b>	05:14
47.	557	Franz Märtin	Berlin	05:48	05:48	11:54	06:06	17:38	05:44	23:15	05:37	<b>29:14</b>	05:59
48.	585	Angelika Weigert	Berlin	05:28	05:28	11:11	05:43	17:00	05:49	23:13	06:13	<b>29:16</b>	06:03
49.	568	Stephan Lenz	Berlin	06:18	06:18	12:22	06:04	18:18	05:56	24:16	05:58	<b>30:01</b>	05:45
50.	567	Thomas Lenz	Berlin	06:20	06:20	12:11	05:51	18:07	05:56	24:09	06:02	<b>30:07</b>	05:58
51.	584	Janin Drews	LG Rheine Elte	06:21	06:21	12:29	06:08	18:23	05:54	24:24	06:01	<b>30:10</b>	05:46
52.	512	Annika Krieger	Die Grundis	06:04	06:04	11:42	05:38	17:57	06:15	24:26	06:29	<b>30:11</b>	05:45
53.	528	Fridewin Meinel	Berlin-Grünau	06:23	06:23	12:34	06:11	18:44	06:10	24:59	06:15	<b>30:13</b>	05:14
54.	569	Elise Lenz	Berlin	05:59	05:59	11:57	05:58	17:54	05:57	24:01	06:07	<b>30:26</b>	06:25
55.	587	Melina Jentsch	Storkow	06:20	06:20	12:06	05:46	18:41	06:35	24:44	06:03	<b>30:42</b>	05:58
56.	583	Claudia Wosgien		06:08	06:08	12:27	06:19	18:35	06:08	24:52	06:17	<b>30:58</b>	06:06
57.	572	Ben Burmeister		06:14	06:14	12:55	06:41	19:24	06:29	25:44	06:20	<b>31:01</b>	05:17
58.	571	Jan Burmeister		06:14	06:14	12:55	06:41	19:24	06:29	25:44	06:20	<b>31:03</b>	05:19
59.	527	Peter Szent-Ivanyi	VfK Berlin-Südwest	06:23	06:23	12:34	06:11	18:44	06:10	24:59	06:15	<b>31:06</b>	06:07
60.	541	Pam Kiesewetter	Berlin	06:20	06:20	12:11	05:51	18:07	05:56	24:09	06:02	<b>30:07</b>	05:58
61.	578	Michael Hölzl	Karolinenhof	05:51	05:51	12:06	06:15	18:39	06:33	25:14	06:35	<b>32:15</b>	07:01
62.	579	Raoul Rauh	Karolinenhof	05:51	05:51	12:09	06:18	18:43	06:34	25:33	06:50	<b>32:15</b>	06:42
63.	533	Alina Lukas Berlin	Berlin	06:07	06:07	12:49	06:42	19:34	06:45	26:10	06:36	<b>32:24</b>	06:14

