

100 MC Deutschland, TOP 5, Rangliste

Jörg Chittka, 22. Januar 2025

										TOP 5						
Platz	m	w	Vorname	Name	Ort	Jg	Nat	Nr	St						Av	
1	1		Sascha	Dehling	Berlin	1977	GER	526			02:50:09	02:52:25	02:53:48	02:54:21	02:54:56	02:53:08
2	2		Ralf	Loeber	Bornheim	1977	GER	414			02:58:34	03:01:29	03:02:30	03:02:44	03:03:09	03:01:41
3	3		Jörg	Chittka Dr.	Wietze	1964	GER	451			03:06:21	03:07:36	03:07:52	03:10:01	03:12:18	03:08:50
4	4		Steve	Dolezych	Obernholz	1983	GER	482			03:09:10	03:11:36	03:12:43	03:13:43	03:14:39	03:12:22
5	5		Jürgen	Klopfer	Stuttgart	1978	GER	578			03:10:58	03:13:07	03:15:24	03:24:08	03:28:29	03:18:25
6	6		Alexander	Grosser	Bassum	1977	GER	601			03:02:43	03:13:31	03:21:46	03:26:58	03:32:14	03:19:26
7	7		Bodo	Abenhardt	Erfststadt	1968	GER	563			03:18:09	03:18:15	03:18:49	03:20:45	03:21:34	03:19:30
8	8		Volker	Schmitz	Elmshorn	1972	GER	620			03:13:29	03:16:27	03:20:28	03:31:53	03:33:29	03:23:09
9	9		Jörn	Hesse	Freden	1974	GER	488			03:00:31	03:24:33	03:25:27	03:34:05	03:38:00	03:24:31
10	10		Christopher	Greenaway	Stuttgart	1974	GER	588			03:25:50	03:28:29	03:28:32	03:29:12	03:29:26	03:28:18
11	11		Jakob Levi	Stahlberg	Hamburg	1971	GER	416			03:14:45	03:21:32	03:32:40	03:33:52	03:38:52	03:28:20
12	12		Christoph	Jaekel	Hamburg	1973	GER	467			03:22:32	03:27:42	03:29:43	03:31:06	03:33:16	03:28:52
13	13		Frank	Danger	Hamburg	1964	GER	521			03:21:03	03:24:28	03:31:24	03:34:43	03:36:05	03:29:33
14	14		Martin	Lehner	Bayreuth	1963	GER	435			03:24:09	03:30:16	03:31:17	03:32:26	03:33:36	03:30:21
15	15		Jobst	von Palombini	Bückebug	1969	GER	29			03:20:23	03:26:36	03:36:43	03:44:45	03:52:01	03:36:06
16	16		Rafael	Siems	Fehmarn	1983	GER	625			03:25:35	03:29:47	03:40:02	03:45:09	03:51:30	03:38:25
17	17		Thorsten	Habedank	Warburg	1973	GER	569			03:28:30	03:29:18	03:43:21	03:48:30	03:48:35	03:39:39
18		1	Rabea	Reinhold	Nordstrand	1991	GER	626			03:29:00	03:34:18	03:40:09	03:46:42	03:52:00	03:40:26
19	18		Jens	Körner	Leipzig	1972	GER	512			03:29:01	03:35:09	03:43:39	03:43:52	03:55:44	03:41:29
20	19		Andreas	Riedel	Roßleben	1976	GER	472			03:31:59	03:37:59	03:43:59	03:48:59	03:49:59	03:42:35
21	20		Jürgen	Clausen	Nübel	1962	GER	374			03:38:26	03:38:35	03:47:54	03:52:05	03:53:52	03:46:10
22	21		René	Slavik	Kirchheim-Teck	1969	GER	649	N		03:27:17	03:47:46	03:53:27	03:54:39	03:55:40	03:47:46
23		2	Sylke	Kuhn	Kassel	1971	GER	422			03:42:52	03:43:50	03:47:27	03:48:26	03:58:10	03:48:09
24	22		Dirk	Theisges Dr.	Hemer	1965	GER	636			03:37:28	03:39:14	03:48:55	03:56:33	03:59:43	03:48:23
25		3	Birgit	Lennartz	Lohmar	1965	GER	658	N		03:42:59	03:43:59	03:43:59	03:58:59	03:58:59	03:49:47
26	23		Ulrich	Niehuß	Hamburg	1969	GER	289			03:37:34	03:46:16	03:50:32	03:52:45	04:04:17	03:50:17
27	24		Jürgen	Bultmann	Asendorf	1961	GER	438			03:46:53	03:47:47	03:48:54	03:49:51	03:58:12	03:50:19
28	25		Martin	Eitel	Vaihingen an der	1991	GER		N		03:41:44	03:45:01	03:53:15	03:58:14	03:58:23	03:51:19
29	26		Michael	Kiene	Northeim	1971	GER	308			03:41:07	03:52:12	03:52:39	03:55:26	03:56:17	03:51:32
30	27		Erik	Spatz	Hamburg	1970	GER	505			03:40:39	03:47:43	03:47:40	03:57:54	04:05:20	03:51:51
31	28		Matthias	Kröling	Köln	1989	GER	514			03:46:23	03:51:37	03:53:26	03:54:44	04:03:53	03:54:01
32	29		Stefan	Hantscher	Suhl-Heinrichs	1970	GER	492			03:44:10	03:44:11	03:53:03	03:59:28	04:10:59	03:54:22
33	30		Klaus	Neumeister	Gladenbach	1959	GER	13			03:54:04	03:55:27	03:56:21	03:57:20	03:59:02	03:56:27
34	31		Carsten	Nuhn	Bremen	1968	GER	623			03:55:25	03:56:14	03:57:30	03:58:13	04:04:15	03:58:19
35	32		Marc	Fischer	Salzgitter	1973	GER	355			03:53:11	03:57:46	04:00:12	04:01:10	04:02:09	03:58:54
36		4	Katrin	Tüg-Hilbert	Kasseedorf	1970	GER	564			03:56:39	03:57:04	03:57:19	04:01:17	04:05:15	03:59:31
37	33		Michael	Bieler	Berlin	1978	GER	502			03:42:50	03:51:35	03:52:53	04:06:31	04:24:55	03:59:45
38		5	Christiane	Küttner	Köln	1967	GER	654	N		03:54:21	03:59:59	04:01:00	04:01:29	04:02:37	03:59:53

39	6	Katrin	Neugebauer	Stadhagen	1986	GER	531		03:55:14	03:56:17	03:56:39	04:09:16	04:09:59	04:01:29
40	34	Thorsten	Grandt	Munkbrarup	1980	GER	663	N	03:43:46	03:50:26	03:53:14	04:15:26	04:27:15	04:02:01
41	35	Harald	Bootz	Hamburg	1974	GER		N	03:52:49	04:00:41	04:01:47	04:03:52	04:16:41	04:03:10
42	36	Jürgen	Haschen	Kassel	1962	GER	331		03:44:31	03:47:16	04:13:09	04:13:39	04:17:22	04:03:11
43	7	Jessica	Wagner	Kropp	1983	GER		N/A	03:53:26	03:57:18	04:04:59	04:09:51	04:11:55	04:03:30
44	37	Roland	Krauss	Kammerstein	1962	GER	408		03:59:46	04:01:26	04:04:48	04:06:47	04:08:45	04:04:18
45	38	Andreas	Pluta	Lotte	1981	GER	599		03:43:47	03:54:29	04:13:33	04:15:00	04:16:17	04:04:37
46	39	Jörg	Bartz	Kremmen	1963	GER	566		03:53:59	03:55:59	04:07:59	04:09:59	04:15:59	04:04:47
47	40	Sebastian	Krampe	Warendorf	1984	GER	662	N	04:02:46	04:04:30	04:06:10	04:07:13	04:14:05	04:06:57
48	41	Nico	Swart	Groningen	1977	NED	632		03:54:38	04:07:42	04:13:05	04:17:53	04:21:04	04:10:52
49	42	Matthias	Sachse	Berlin	1964	GER	384		04:09:23	04:09:30	04:10:23	04:15:29	04:16:22	04:12:13
50	43	Mario	Sagasser	Henstedt-Ulzburg	1965	GER	172		03:56:23	03:59:45	04:11:20	04:26:56	04:27:48	04:12:26
51	44	Dirk	Schreiber	Hamburg	1970	GER	640	N	03:58:42	03:59:01	04:17:48	04:21:57	04:27:36	04:13:01
52	45	Andreas	Giersberg	Bochum	1965	GER	359		03:57:19	04:00:29	04:07:02	04:29:32	04:32:24	04:13:21
53	46	Rob	Froonhoff	Amersfoort	1966	NED	119		04:11:00	04:11:38	04:14:21	04:14:33	04:17:08	04:13:44
54	47	Gernot	Lang	Bad Hersfeld	1966	GER		N	04:08:27	04:09:34	04:09:40	04:19:18	04:24:56	04:14:23
55	48	Thorsten	Stohldreier	Hamburg	1971	GER	390		03:57:26	04:03:00	04:12:59	04:29:00	04:29:44	04:14:26
56	49	Michael	Menzhausen	Bielefeld	1956	GER	614		03:57:51	03:59:34	04:20:21	04:27:54	04:29:50	04:15:06
57	50	Axel	Zachau	Viersen	1974	GER	558		04:00:59	04:13:07	04:14:10	04:20:17	04:29:37	04:15:38
58	51	Ralf	Dembeck	Geestland	1970	GER	518		03:46:42	04:18:40	04:23:23	04:23:26	04:26:42	04:15:47
59	52	Tobias	Knaack	Hamburg	1975	GER	590		03:53:07	04:17:56	04:19:19	04:24:59	04:30:06	04:17:05
60	53	Wolfgang	Schulz	Barsinghausen	1968	GER	511		03:53:29	04:21:55	04:23:01	04:25:17	04:27:57	04:18:20
61	54	Holger	Deifuß Dr.	Ascheberg	1968	GER	541		04:03:39	04:11:45	04:19:16	04:24:29	04:37:27	04:19:19
62	55	Kai	Pluschkat	Bad Fallingb.ostel	1974	GER	659	N	04:15:00	04:16:49	04:17:30	04:22:45	04:24:39	04:19:21
63	56	Johan	Wander	Nagele	1960	NED	648	N	03:51:24	04:14:00	04:23:45	04:31:55	04:36:10	04:19:27
64	57	Bennie	De Vries	Stadskanaal	1965	NED	466		03:56:04	04:21:26	04:26:55	04:29:43	04:29:47	04:20:47
65	58	Frank	Dieter	Bad Soden Salm.	1964	GER	579		04:15:13	04:16:45	04:19:48	04:25:34	04:28:50	04:21:14
66	59	Frank	Lorenzen	Flensburg	1973	GER	608		03:56:21	04:12:37	04:22:36	04:35:00	04:40:47	04:21:28
67	60	Burkhard	Lachmann	Wehretal	1962	GER	604		04:18:30	04:23:07	04:26:46	04:29:52	04:31:41	04:25:59
68	61	Mukir	Gluhic	Hamburg	1965	BIH	560		03:58:26	04:24:25	04:32:47	04:37:06	04:37:26	04:26:02
69	62	Jan	Kuhlmann Dr.	Geestland	1969	GER	582		03:57:42	04:26:36	04:29:36	04:36:10	04:40:20	04:26:05
70	63	Lutz	Messerschmidt	Magdeburg	1962	GER	575		04:08:27	04:18:51	04:31:39	04:33:33	04:42:25	04:26:59
71	8	Birgit	Graupner	Neumünster	1967	GER		N	04:15:13	04:25:20	04:31:10	04:32:11	04:32:40	04:27:19
72	64	Wolfgang	Bernath	Waldbreitbach	1959	GER	395		04:13:05	04:27:44	04:27:58	04:32:06	04:36:32	04:27:29
73	65	Andreas	Bettingen	München	1965	GER	549		04:23:28	04:26:42	04:28:06	04:28:22	04:36:14	04:28:34
74	66	Sven	Sonnenberg	Hemmingstedt	1967	GER	656	N	04:12:59	04:22:59	04:30:59	04:32:59	04:42:59	04:28:35
75	67	Michael	Turzynski	Hannover	1968	GER	10		04:15:02	04:23:00	04:30:54	04:37:13	04:37:45	04:28:47
76	68	Pater Tobias	Breer	Duisburg	1963	GER	534		04:29:12	04:30:35	04:31:18	04:31:49	04:33:12	04:31:13
77	69	Udo	Heidemann	Bielefeld	1970	GER	540		03:56:33	04:09:49	04:38:22	04:41:38	05:11:22	04:31:33
78	70	Lars	Koppmann	Leopoldshöhe	1969	GER	629		03:32:05	04:12:19	04:55:40	04:57:59	05:07:26	04:33:06
79	71	Ralf K.	Schubert	Frankfurt/Main	1968	GER	397		04:08:54	04:30:19	04:40:17	04:41:40	04:46:00	04:33:26

80	72	Heiko	von der Ahé	Langenhagen	1972	GER	583		04:24:27	04:25:08	04:34:24	04:41:45	04:44:34	04:34:04
81	73	Jens	Hunhold	Rathenow	1968	GER	367		04:24:48	04:26:55	04:31:33	04:43:04	04:46:30	04:34:34
82	74	Manfred	Gaudl	Bergen	1960	GER	277		04:27:10	04:29:10	04:33:41	04:38:52	04:49:19	04:35:38
83	75	Thomas	Mitterer	Hürth	1971	GER	641	N	04:22:59	04:37:29	04:37:34	04:39:31	04:42:02	04:35:55
84	76	Stefan	Hinrichsen	Koldenbüttel	1969	GER	661	N/A	04:17:53	04:26:14	04:45:59	04:47:01	04:49:53	04:37:24
85	9	Beate	Gröhn	Kaltenkirchen	1962	GER	346		04:32:34	04:33:36	04:35:02	04:43:31	04:44:22	04:37:49
86	77	Jörg	Lüdtke	Hamburg	1965	GER	559		04:30:00	04:31:30	04:40:17	04:45:43	04:48:10	04:39:08
87	78	Volker	Dörr	Harthausen	1957	GER	574		04:32:04	04:32:57	04:38:19	04:45:34	04:52:18	04:40:14
88	79	Robert	Pöttger	Remshalden	1960	GER	392		04:11:37	04:38:00	04:38:54	04:54:18	05:02:17	04:41:01
89	80	Michael	Scheele	Essen	1976	GER	602		04:29:00	04:40:38	04:43:04	04:43:33	04:48:55	04:41:02
90	81	Robert	Boyde-Wolke	Zeuthen	1974	GER	545		04:36:37	04:36:54	04:42:44	04:46:55	04:48:35	04:42:21
91	82	Antonio	Salvatore	Campobasso (CB)	1954	ITA	653	N	04:35:59	04:37:59	04:42:59	04:46:59	04:47:59	04:42:23
92	83	Jörg	Theelen	Nettetal	1966	GER		N	04:35:44	04:39:28	04:44:15	04:44:25	04:49:27	04:42:40
93	84	Jürgen	Geier	Plochingen	1963	GER	600		04:28:54	04:36:19	04:48:37	04:52:33	04:53:28	04:43:58
94	85	Reinhold	Krause	Stuttgart	1957	GER	605		04:35:39	04:43:25	04:44:55	04:46:45	04:49:23	04:44:01
95	86	Klaus	Mantel	Fellbach	1963	GER	480		04:31:03	04:35:12	04:44:43	04:52:52	04:56:44	04:44:07
96	87	Andreas	Treiber	Heidelberg	1960	GER	530		04:05:41	04:35:14	04:52:17	05:03:20	05:04:54	04:44:17
97	10	Petra	Niemeyer	Frankfurt/Main	1970	GER	635		04:43:26	04:43:39	04:44:28	04:46:32	04:47:21	04:45:05
98	88	Danny	Reinhold	Bremen	1975	GER		N	04:39:08	04:43:35	04:43:46	04:50:17	04:51:01	04:45:33
99	89	Wolfgang	Gickler Dr.	Lahnstein	1959	GER	490		04:25:17	04:46:13	04:49:15	04:52:28	04:58:10	04:46:17
100	11	Judith	Strack	München	1959	GER	548		04:44:33	04:45:20	04:48:20	04:48:32	04:49:06	04:47:10
101	90	Davor	Bendin	Kiel	1971	GER	151		04:33:07	04:36:56	04:46:31	04:57:26	05:05:22	04:47:52
102	12	Eva	Hassel	Kirchberg a.d. Jac	1960	GER	624		04:35:43	04:48:13	04:50:16	04:52:58	05:06:07	04:50:39
103	13	Dorota	Hinz	Eckernförde	1971	GER	486		04:42:45	04:48:57	04:51:26	04:55:48	04:56:30	04:51:05
104	91	Manfred	Steckel	Köln	1955	GER	385		04:48:09	04:49:21	04:52:09	04:52:27	04:53:39	04:51:09
105	14	Vera	Thomas	Bad Rappenau	1960	GER		N	04:36:40	04:51:17	04:55:17	04:57:20	04:57:40	04:51:39
106	92	Bernd	Hadeler	Bremervörde	1967	GER	619		04:37:59	04:52:59	04:55:59	04:56:59	04:57:59	04:52:23
107	93	Christoph	Holzapfel	Stuttgart	1961	GER	612		04:38:04	04:49:04	04:51:34	05:01:54	05:02:54	04:52:42
108	94	Ingo	Kloss	Bremen	1970	GER	513		04:28:47	04:44:44	04:49:28	05:05:39	05:15:40	04:52:52
109	95	Detlef	Korioth	Bad Salzuflen	1948	GER	546		04:28:12	04:44:58	04:50:20	04:56:04	05:24:53	04:52:53
110	96	Dirk	Nolte	Hannover	1982	GER	449		04:33:23	04:51:36	04:52:31	04:57:59	05:09:10	04:52:56
111	15	Martina	Ramthun	Hamburg	1964	GER	369		04:34:13	04:56:13	04:58:01	04:58:46	04:59:08	04:53:16
112	97	Markus	Pitz	Bad Driburg	1969	GER	406		04:39:54	04:49:30	04:56:46	04:58:04	05:05:21	04:53:55
113	98	Wojciech Piotr	Mehl	Stockelsdorf	1951	GER	450		04:51:30	04:51:53	04:53:37	04:56:59	04:57:12	04:54:14
114	99	Manfred	Späth	Sersheim	1961	GER	660	N	04:29:25	04:58:22	04:58:52	04:59:47	05:05:53	04:54:28
115	100	Martin	Kühne	Cuxhaven	1968	GER	572		04:41:30	04:56:25	04:57:04	04:58:25	04:59:16	04:54:32
116	101	Peter	Heeger	Rheine	1961	GER	473		04:38:36	04:45:53	04:50:44	05:06:18	05:16:14	04:55:33
117	102	Joachim	Risch	Köln	1955	GER	360		04:53:13	04:55:08	04:56:22	04:58:07	04:58:51	04:56:20
118	103	Winfried	Stoll	Offenburg	1964	GER	437		04:31:59	04:40:59	04:43:59	04:53:59	05:52:59	04:56:47
119	104	Manfred	Opl	Kassel	1957	GER	556		04:37:08	04:51:57	04:53:03	05:02:40	05:21:14	04:57:12
120	16	Jana	Bieler	Berlin	1979	GER	501		04:42:46	04:49:39	04:53:22	04:56:41	05:25:08	04:57:31

121	105	Peter	Martin	Bad Hersfeld	1965	GER	523		04:53:21	04:55:27	04:58:46	04:59:54	05:03:03	04:58:06	
122		17	Monika	Wille	Lauenhagen	1952	GER	639		04:30:37	04:36:36	04:46:34	05:14:13	05:44:20	04:58:28
123	106	Uwe-Heinz	Bendig	Osnabrück	1969	GER		N/A	04:49:40	04:53:11	04:56:40	05:04:47	05:13:59	04:59:39	
124	107	Dirk	Klatt	Montabaur	1959	GER	290		04:48:44	04:48:54	05:03:58	05:05:32	05:11:11	04:59:40	
125	108	Arne Andre	Funke	Berlin	1989	GER	610		04:32:56	04:37:48	04:42:53	05:16:26	05:58:08	05:01:38	
126	109	Thomas	Busse	Bernterode	1965	GER	481		04:59:57	05:03:32	05:03:33	05:04:12	05:06:46	05:03:36	
127	110	Manfred	Westermann	Hannover	1949	GER	616		04:32:59	04:59:59	05:00:59	05:20:59	05:26:21	05:04:15	
128		18	Tanya	Ostapenko	Landolfshausen	1984	USA	491		04:58:36	05:00:47	05:03:43	05:09:07	05:11:37	05:04:46
129	111	Günter	Petri	Berlin	1957	GER	597		04:56:54	05:00:51	05:03:40	05:09:18	05:14:33	05:05:03	
130	112	Friedrich	Helle	Lage	1964	GER	655	N	04:39:18	05:05:34	05:12:01	05:14:37	05:16:38	05:05:38	
131	113	Ralf	Sweers	Emden	1963	GER	425		04:50:23	04:53:05	05:11:40	05:15:51	05:19:35	05:06:07	
132		19	Michaela	Wiemers	Hövelhof	1979	GER	633		04:57:17	05:01:40	05:11:06	05:11:41	05:12:47	05:06:54
133		20	Petra	Berkath	Walsrode	1972	GER	561		05:01:35	05:04:06	05:07:58	05:11:21	05:12:23	05:07:29
134	114	Klaus	Neumann	Stuttgart	1952	GER	53		04:46:57	04:57:19	05:10:48	05:20:16	05:22:07	05:07:29	
135	115	Karsten	Krause	Düsseldorf	1972	GER	547		04:34:46	05:11:53	05:14:28	05:18:36	05:21:31	05:08:15	
136		21	Anja	Reddert	Bergisch Gladbac	1975	GER	542		04:58:04	05:07:20	05:07:59	05:14:11	05:15:58	05:08:42
137	116	Michele	Rizzitelli	Barletta	1946	ITA	116		05:04:03	05:06:21	05:07:23	05:10:18	05:16:09	05:08:51	
138	117	Ulrich	Heitfeldt	Hohenhameln	1957	GER	440		04:50:31	05:06:02	05:14:58	05:15:47	05:21:07	05:09:41	
139	118	Joachim	Kortyka	Speyer	1955	GER	287		04:38:47	04:59:40	05:09:18	05:23:44	05:37:00	05:09:42	
140	119	Wolfgang Peter	Mnich	Odenthal	1962	GER	537		05:05:24	05:05:32	05:06:16	05:15:33	05:17:35	05:10:04	
141	120	Lars	Braemer	Walsrode	1972	GER	562		05:01:35	05:07:58	05:12:23	05:13:06	05:15:34	05:10:07	
142		22	Katja	Pfenningschmidt-Bielefeld	1973	GER		N	04:58:36	05:06:43	05:09:48	05:18:26	05:18:49	05:10:28	
143	121	Karl	Roch	Oberhausen	1963	GER	470		04:28:35	04:55:31	05:21:43	05:29:35	05:37:01	05:10:29	
144	122	Uwe	Klinger	Sindelfingen	1969	GER	508		04:49:57	05:16:16	05:25:17	05:22:43	05:04:21	05:11:43	
145		23	Annamaria	Di Felice	Roma	1957	ITA	643	N	05:02:01	05:09:15	05:16:39	05:20:01	05:25:46	05:14:44
146	123	Detlef	Klatt	Leverkusen	1966	GER	439		05:05:32	05:08:37	05:15:33	05:21:35	05:23:36	05:14:59	
147	124	Alexander	Hahn	Lensahn	1970	GER	524		05:12:39	05:14:13	05:14:50	05:15:23	05:18:50	05:15:11	
148		24	Maria	Rolfes	Lohne	1954	GER	294		04:57:47	04:58:27	05:04:04	05:34:02	05:45:29	05:15:58
149	125	Johann	Spieker	Laar	1939	GER	135		04:48:46	04:59:41	05:19:31	05:36:27	05:38:15	05:16:32	
150	126	Arne	Franck	Kaltenkirchen	1962	GER	175		05:02:00	05:17:12	05:20:27	05:21:13	05:27:00	05:17:34	
151		25	Gabriele	Eisele	Kropp	1963	GER	354		05:07:50	05:11:46	05:21:04	05:25:59	05:29:17	05:19:11
152	127	Siegfried	Schmitz	Kiel	1946	GER	57		06:09:25	06:36:40	06:39:20	06:52:15	06:57:56	05:19:15	
153	128	Gerhard	Loger	Oldenburg	1959	GER	378		05:01:43	05:15:02	05:21:30	05:28:45	05:33:49	05:20:10	
154	129	Winfried	Böttjer	Bremen	1956	GER	358		05:02:32	05:15:55	05:26:48	05:28:34	05:29:03	05:20:34	
155		26	Sylvia	Frühauf	Bramsche	1964	GER	328		05:02:04	05:22:05	05:26:39	05:27:56	05:33:20	05:22:25
156		27	Claudia	Ulrich	Ditzingen	1969	GER	537		05:02:33	05:23:59	05:24:47	05:28:51	05:33:55	05:22:49
157	130	Stephan	Schillhaneck-Derr	Berlin	1959	GER			05:10:21	05:18:03	05:27:51	05:28:05	05:34:01	05:23:40	
158	131	Andreas	Bremer	Witten	1956	GER	468		04:57:45	05:23:15	05:31:28	05:36:18	05:38:57	05:25:33	
159		28	Steffi	Reich Dr.	Hettstedt	1964	GER		N	04:55:35	04:57:43	05:28:08	05:47:24	06:00:00	05:25:46
160	132	Jürgen	Beck	Gelsenkirchen	1953	GER	634		04:47:04	04:54:27	05:18:43	05:37:48	06:33:39	05:26:20	
161	133	Hans-Joachim	Westphal	Berlin	1957	GER	393		04:54:05	05:02:03	05:06:49	05:39:14	06:32:53	05:27:01	

162	29	Irina	Meyer	Osnabrück	1970	GER	585		05:09:47	05:20:41	05:23:10	05:38:18	05:49:41	05:28:19
163	30	Regine	Dörnte	Kaltenkirchen	1963	GER	399		05:19:51	05:20:17	05:23:12	05:30:03	05:49:55	05:28:40
164	134	Norbert	Fender	Rutesheim	1959	GER	336		04:56:52	04:59:15	05:25:00	05:50:30	06:12:16	05:28:47
165	31	Martina	Pahmeyer	Bünde	1967	GER	587		05:07:26	05:08:19	05:32:27	05:50:53	05:51:22	05:30:05
166	135	Michael	Blumenroth	Frankfurt/Main	1964	GER	403		05:28:16	05:30:26	05:30:59	05:32:06	05:32:43	05:30:54
167	32	Birgit	Fender	Rutesheim	1963	GER	335		05:15:29	05:18:58	05:32:45	05:40:18	05:48:16	05:31:09
168	136	Günter	Liegmann	Osnabrück	1956	GER	319		05:16:24	05:25:24	05:33:28	05:38:26	05:42:36	05:31:16
169	137	Carsten	Koczor	Kreuztal	1972	GER	496		05:06:36	05:24:28	05:36:05	05:44:34	05:56:56	05:33:44
170	138	Christian	Marti	Zürich	1952	SUI	621		05:26:58	05:27:08	05:31:40	05:41:48	05:43:57	05:34:18
171	139	Rolf	Graubner	Hamburg	1955	GER	375		05:31:39	05:38:33	05:55:30	05:23:13	05:23:32	05:34:29
172	140	Ulrich	Tomaschewski	Crailsheim	1954	GER	233		05:24:23	05:35:14	05:37:17	05:40:11	05:41:11	05:35:39
173	33	Herta	de Buhr	Neukamperfehn	1960	GER	657	N	04:17:02	05:25:50	06:00:00	06:04:21	06:13:19	05:36:06
174	141	Sivabalan	Pandian	Mumbai	1958	IND	457		05:27:12	05:37:40	05:42:09	05:42:40	05:43:48	05:38:42
175	34	Annette	Bruns	Bad Dürkheim	1967	GER	565		05:25:14	05:25:41	05:49:15	05:50:12	05:50:24	05:40:09
176	35	Carolina	Agabiti	Montecastrilli	1963	ITA	637		05:25:47	05:35:32	05:45:15	05:45:15	05:57:58	05:41:57
177	142	Peer	Cavaleiro	Viersen	1981	GER	292		05:29:17	05:35:24	05:40:42	05:47:17	06:09:11	05:44:22
178	36	Claudia	Cavaleiro Prof. Dr	Viersen	1970	GER	248		05:29:17	05:35:24	05:40:42	05:47:17	06:09:11	05:44:22
179	37	Sara	Kortyka	Speyer	1991	GER	351		05:23:44	05:38:01	05:50:19	05:56:07	05:57:23	05:45:07
180	38	Melanie	Schulte	Wolfhagen	1979	GER	664	N	05:31:39	05:36:59	05:44:09	05:50:40	06:02:09	05:45:07
181	143	Frank	Jungclaus	Wedemark	1969	GER	413		05:03:27	05:44:17	05:50:42	06:03:27	06:05:26	05:45:28
182	39	Verena	Hajek	Köln	1952	GER	503		05:38:40	05:39:00	05:42:40	05:45:18	06:06:44	05:46:28
183	144	Torsten	Schacht	Norderstedt	1961	GER	162		05:24:36	05:31:05	05:40:40	05:56:34	06:28:21	05:48:15
184	145	Stephan	Barz	Neu Wulmstorf	1965	GER	571		05:25:24	05:29:49	05:35:28	05:54:38	06:36:47	05:48:25
185	146	Wolfgang	Gieler Prof. Dr.	Bad Neuenahr	1960	GER	389		05:31:09	05:48:24	05:52:32	05:55:25	05:55:26	05:48:35
186	147	Mirko	Leffler	Suhl	1970	GER	338		05:33:12	05:37:16	05:44:56	06:00:00	06:11:14	05:49:20
187	148	René	Huber	Ostrhauderfehn	1966	GER	517		05:25:10	05:25:30	06:00:00	06:04:14	06:13:14	05:49:38
188	149	Martin	Kostrewa	Fröndenberg	1964	GER		N	05:21:10	05:49:59	05:56:21	06:00:00	06:01:00	05:49:42
189	40	Ute	Karklis	Steinhagen	1969	GER	567		05:31:04	05:45:58	06:00:00	06:01:21	06:01:52	05:52:03
190	150	Hans	Würl	Rödinghausen	1961	GER	320		05:35:02	05:41:33	05:57:28	05:59:39	06:08:37	05:52:28
191	151	Vito Piero	Ancora	San Vito dei Norr	1953	ITA	127		05:21:59	06:00:59	06:00:59	06:00:59	06:04:59	05:53:59
192	41	Angela	Gargano	Barletta	1961	ITA	115		05:49:25	05:56:53	05:57:49	05:59:06	05:59:12	05:56:29
193	152	Klaus-Peter	Ulmschneider	Ostfildern	1962	GER	202		05:55:14	05:56:47	05:58:21	05:59:31	06:02:20	05:58:27
194	153	Martin	Törber	Hamburg	1975	GER	485		05:55:28	05:57:30	05:58:22	06:07:16	06:07:22	06:01:12
195	154	Michael	Weber	Stuttgart	1958	GER	87	E	05:03:39	06:11:35	06:13:08	06:20:00	06:22:20	06:02:08
196	42	Monika	Tegge-Walderstei	Norderstedt	1968	GER	477		05:14:28	05:19:01	06:06:00	06:16:01	07:19:20	06:02:58
197	43	Doris	Sagasser	Henstedt-Ulzburg	1968	GER	171	E	05:52:18	05:56:44	06:09:39	06:09:40	06:10:24	06:03:45
198	44	Andrea	Anger	Asbach	1965	GER		N/A	05:34:59	05:37:59	05:38:59	05:51:59	07:48:59	06:06:35
199	155	Karl-Walter	Decius Dr.	Bünde	1949	GER	357		05:37:15	05:59:25	06:08:25	06:36:20	06:41:37	06:12:36
200	156	Gerd	Junker	Wallenhorst	1956	GER	323		05:33:12	05:35:24	06:38:17	06:41:04	06:42:57	06:14:11
201	45	Ruth	Jäger	Rodgau	1952	GER	651	N	06:04:04	06:09:00	06:10:11	06:25:05	06:25:28	06:14:46
202	157	Giuliano	Gennari	Terni	1949	ITA	638		06:09:54	06:13:00	06:16:18	06:24:40	06:26:05	06:17:59

203	158	Peter	Kummer	Hamburg	1953	GER	329		05:51:50	05:54:20	06:43:22	06:44:40	06:45:31	06:23:57
204	159	Ben	Mol	Almere	1949	NED	37		06:06:45	06:14:09	06:29:04	06:33:48	06:40:38	06:24:53
205	160	Christoph	Wenzel Dr.	Dortmund	1960	GER	44		06:15:18	06:18:42	06:29:09	06:31:20	06:32:02	06:25:18
206	161	Karl-Wolfgang	Baumgarten	Weyhe	1952	GER	196		06:16:40	06:22:21	06:23:43	06:45:52	06:52:02	06:32:08
207	162	Volkmar	Henke Dr.	Rheine	1944	GER	17		06:08:25	06:26:57	06:38:43	06:44:45	06:45:16	06:32:49
208	163	Dietmar	Mintgen	Nickenich	1954	GER	237		06:19:54	06:33:47	06:43:43	06:46:09	06:56:02	06:39:55
209	46	Inka	Barz	Neu Wulmstorf	1971	GER	532		06:36:47	06:42:18	06:46:14	06:50:20	06:56:08	06:46:21
210	164	Stefan	Bicher	Berlin	1982	GER	276		06:11:14	06:32:18	06:51:18	06:56:23	07:31:44	06:48:35
211	165	Hans-Jürgen	Hetzl	Ellerbek	1962	GER	332		06:15:26	06:46:14	06:56:42	06:57:14	07:17:54	06:50:42
212	166	Uwe	Laig	Lengerich	1957	GER	432		06:35:35	06:38:58	06:41:56	07:05:56	07:14:28	06:51:23
213	47	Kerstin	Felser Prof. Dr.	Oppenheim	1973	GER	441		06:13:17	06:47:15	07:01:00	07:11:00	07:15:51	06:53:41
214	167	Thomas	Radzuweit	Hamburg	1965	GER	124		06:49:57	06:50:15	06:53:00	06:58:36	07:00:29	06:54:27
215	48	Sigrid	Eichner	Berlin	1940	GER	4	E	06:35:23	06:57:59	06:58:04	07:06:15	07:07:03	06:56:57
216	168	Markus	Szarvas	Sonsbeck	1967	GER	424		06:40:42	06:52:17	06:58:10	07:05:00	07:08:37	06:56:57
217	169	Jürgen	Reuter	Lebach	1966	GER	487		06:49:03	06:51:45	07:01:25	07:12:59	07:14:06	07:01:52
218	170	Dieter	Merker	Hamburg	1966	GER	60		06:15:07	07:22:53	07:24:54	07:29:29	07:44:55	07:15:28
219	171	Klaus	Felser	Bellheim	1946	GER	463		07:15:51	07:21:00	07:22:47	07:25:00	07:27:00	07:22:20
220	172	Ulrich Martin	Clever Dr.	Leipzig	1953	GER	581		06:51:45	07:00:47	07:14:45	07:42:27	08:59:10	07:33:47
221	49	Rita	Brämer	Itzehoe	1963	GER	310		07:22:59	07:24:59	07:44:59	07:46:59	07:56:59	07:39:23
222	50	Cornelia	Feurich	Hamburg	1955	GER	458		07:33:19	07:39:58	07:42:25	07:45:09	07:45:31	07:41:16
223	173	Bernd	Neumann	Vellmar	1951	GER	345		07:44:22	07:44:30	07:53:40	07:54:45	07:54:51	07:50:26
224	174	Werner	Britz	Aurich	1945	GER	226		07:47:53	07:51:54	07:53:03	07:54:21	07:57:00	07:52:50
225	175	Ewald	Komar	Weinheim	1950	GER	493		07:49:11	07:50:00	07:56:34	08:05:57	08:12:59	07:58:56
226	176	Dietrich	Eberle	Seevetal	1951	GER	103		07:56:02	08:18:59	08:19:04	08:20:03	08:21:10	08:15:04
227	177	Hans-Joachim	Meyer	Hamburg	1939	GER	2	E	08:09:30	08:22:52	08:35:36	09:12:07	09:25:23	08:45:06

227 177 50

m	männlich
w	weiblich
Jg	Jahrgang
Nat	Nation (IOC Code)
Nr	Mitgliedsnummer 100 MC, bei ehemaligen Mitgliedern alte Nr in Klammern []
St	Status
E	Ehrenmitglied
P	passives Mitglied
I	zurzeit inaktiv
A	Anwärter
N	Neumitglied
v	verstorben
M	Marathon

U	Ultra
TOP 5	Die schnellsten 5 Marathons im Berichtsjahr
Av	Durchschnitt (engl. Average)