

100 MC Deutschland, TOP 5 altersbereinigt, Rangliste

Jörg Chittka, 22. Januar 2025 Age-grade factors WMA

Platz	m	w	Vorname	Name	Ort	Jg	Nat	Nr	St	TOP 5					Av	Av ag	Alter	m	w
										03:06:21	03:07:36	03:07:52	03:10:01	03:12:18					
1	1		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	02:37:19	30	1,0000	1,0000
2	2		Sascha	Dehling	Berlin	1977	GER	526		02:50:09	02:52:25	02:53:48	02:54:21	02:54:56	02:53:08	02:41:00	31	1,0000	1,0000
3	3		Ralf	Loeber	Bornheim	1977	GER	414		02:58:34	03:01:29	03:02:30	03:02:44	03:03:09	03:01:41	02:48:57	32	1,0000	1,0000
4	4		Bodo	Abenhardt	Erfststadt	1968	GER	563		03:18:09	03:18:15	03:18:49	03:20:45	03:21:34	03:19:30	02:52:14	33	1,0000	1,0000
5	5		Martin	Lehner	Bayreuth	1963	GER	435		03:24:09	03:30:16	03:31:17	03:32:26	03:33:36	03:30:21	02:53:38	34	1,0000	1,0000
6	6		Frank	Danger	Hamburg	1964	GER	521		03:21:03	03:24:28	03:31:24	03:34:43	03:36:05	03:29:33	02:54:34	35	1,0000	0,9982
7	7		Volker	Schmitz	Elmshorn	1972	GER	620		03:13:29	03:16:27	03:20:28	03:31:53	03:33:29	03:23:09	03:01:26	36	1,0000	0,9918
8	8		Johann	Spieker	Laar	1939	GER	135		04:48:46	04:59:41	05:19:31	05:36:27	05:38:15	05:16:32	03:03:37	37	1,0000	0,9854
9	9		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	03:04:31	38	0,9947	0,9789
10	10		Jürgen	Clausen	Nübel	1962	GER	374		03:38:26	03:38:35	03:47:54	03:52:05	03:53:52	03:46:10	03:04:59	39	0,9876	0,9722
11	11		Alexander	Grosser	Bassum	1977	GER	601		03:02:43	03:13:31	03:21:46	03:26:58	03:32:14	03:19:26	03:05:28	40	0,9804	0,9654
12	12		Jörn	Hesse	Freden	1974	GER	488		03:00:31	03:24:33	03:25:27	03:34:05	03:38:00	03:24:31	03:05:41	41	0,9733	0,9585
13	13		Jürgen	Klopfer	Stuttgart	1978	GER	578		03:10:58	03:13:07	03:15:24	03:24:08	03:28:29	03:18:25	03:05:58	42	0,9661	0,9515
14	14		Jürgen	Bultmann	Asendorf	1961	GER	438		03:46:53	03:47:47	03:48:54	03:49:51	03:58:12	03:50:19	03:06:38	43	0,9589	0,9444
15	15		Steve	Dolezych	Obernholz	1983	GER	482		03:09:10	03:11:36	03:12:43	03:13:43	03:14:39	03:12:22	03:07:14	44	0,9517	0,9371
16		1	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	03:07:33	45	0,9445	0,9298
17	16		Klaus	Neumeister	Gladenbach	1959	GER	13		03:54:04	03:55:27	03:56:21	03:57:20	03:59:02	03:56:27	03:07:59	46	0,9372	0,9223
18	17		Christoph	Jaekel	Hamburg	1973	GER	467		03:22:32	03:27:42	03:29:43	03:31:06	03:33:16	03:28:52	03:08:05	47	0,9299	0,9148
19	18		Jobst	von Palombini	Bückeburg	1969	GER	29		03:20:23	03:26:36	03:36:43	03:44:45	03:52:01	03:36:06	03:08:10	48	0,9226	0,9071
20	19		Christopher	Greenaway	Stuttgart	1974	GER	588		03:25:50	03:28:29	03:28:32	03:29:12	03:29:26	03:28:18	03:09:07	49	0,9153	0,8993
21	20		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	03:12:00	50	0,9079	0,8915
22	21		Michael	Menzhausen	Bielefeld	1956	GER	614		03:57:51	03:59:34	04:20:21	04:27:54	04:29:50	04:15:06	03:16:53	51	0,9005	0,8835
23	22		Thorsten	Habedank	Warburg	1973	GER	569		03:28:30	03:29:18	03:43:21	03:48:30	03:48:35	03:39:39	03:17:48	52	0,8931	0,8754
23	22		Jens	Körner	Leipzig	1972	GER	512		03:29:01	03:35:09	03:43:39	03:43:52	03:55:44	03:41:29	03:17:48	53	0,8857	0,8672
25		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	03:17:51	54	0,8783	0,8590
26	24		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	03:18:20	55	0,8708	0,8506
27	25		Jürgen	Haschen	Kassel	1962	GER	331		03:44:31	03:47:16	04:13:09	04:13:39	04:17:22	04:03:11	03:18:54	56	0,8633	0,8421
28	26		Roland	Krauss	Kammerstein	1962	GER	408		03:59:46	04:01:26	04:04:48	04:06:47	04:08:45	04:04:18	03:19:49	57	0,8558	0,8336
29		3	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	03:19:58	58	0,8483	0,8249
30	27		Ulrich	Niehuß	Hamburg	1969	GER	289		03:37:34	03:46:16	03:50:32	03:52:45	04:04:17	03:50:17	03:20:32	59	0,8407	0,8162
31	28		Jörg	Bartz	Kremmen	1963	GER	566		03:53:59	03:55:59	04:07:59	04:09:59	04:15:59	04:04:47	03:22:04	60	0,8331	0,8073
32	29		Erik	Spatz	Hamburg	1970	GER	505		03:40:39	03:47:43	03:47:40	03:57:54	04:05:20	03:51:51	03:23:38	61	0,8255	0,7984
33	30		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	03:24:19	62	0,8179	0,7894
34	31		Michael	Kiene	Northeim	1971	GER	308		03:41:07	03:52:12	03:52:39	03:55:26	03:56:17	03:51:32	03:25:04	63	0,8103	0,7803
35	32		Andreas	Riedel	Roßleben	1976	GER	472		03:31:59	03:37:59	03:43:59	03:48:59	03:49:59	03:42:35	03:25:21	64	0,8026	0,7711
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	03:25:45	65	0,7950	0,7618
36	33		Carsten	Nuhn	Bremen	1968	GER	623		03:55:25	03:56:14	03:57:30	03:58:13	04:04:15	03:58:19	03:25:45	66	0,7873	0,7524
38	34		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	03:25:51	67	0,7796	0,7430

39	5	Monika	Wille	Lauenhagen	1952	GER	639		04:30:37	04:36:36	04:46:34	05:14:13	05:44:20	04:58:28	03:27:19	68	0,7718	0,7335
40	35	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	03:28:14	69	0,7641	0,7239
41	36	Michele	Rizzitelli	Barletta	1946	ITA	116		05:04:03	05:06:21	05:07:23	05:10:18	05:16:09	05:08:51	03:28:47	70	0,7563	0,7142
42	37	Matthias	Sachse	Berlin	1964	GER	384		04:09:23	04:09:30	04:10:23	04:15:29	04:16:22	04:12:13	03:30:08	71	0,7485	0,7044
43	38	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	03:32:14	72	0,7329	0,6946
44	39	Rafael	Siems	Fehmarn	1983	GER	625		03:25:35	03:29:47	03:40:02	03:45:09	03:51:30	03:38:25	03:32:35	73	0,7250	0,6846
45	40	Wolfgang	Bernath	Waldbreitbach	1959	GER	395		04:13:05	04:27:44	04:27:58	04:32:06	04:36:32	04:27:29	03:32:39	74	0,7165	0,6746
46	41	Andreas	Giersberg	Bochum	1965	GER	359		03:57:19	04:00:29	04:07:02	04:29:32	04:32:24	04:13:21	03:33:00	75	0,7074	0,6646
47	42	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	03:33:19	76	0,6976	0,6544
48	43	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	03:33:34	77	0,6871	0,6442
49	44	Marc	Fischer	Salzgitter	1973	GER	355		03:53:11	03:57:46	04:00:12	04:01:10	04:02:09	03:58:54	03:35:07	78	0,6760	0,6339
50	45	Manfred	Westermann	Hannover	1949	GER	616		04:32:59	04:59:59	05:00:59	05:20:59	05:26:21	05:04:15	03:35:14	79	0,6643	0,6235
51	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	03:35:15	80	0,6519	0,6131
52	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	03:35:48	81	0,6388	0,6025
53	48	Siegfried	Schmitz	Kiel	1946	GER	57		06:09:25	06:36:40	06:39:20	06:52:15	06:57:56	05:19:15	03:35:49	82	0,6251	0,5914
54	49	Burkhard	Lachmann	Wehretal	1962	GER	604		04:18:30	04:23:07	04:26:46	04:29:52	04:31:41	04:25:59	03:37:33	83	0,6108	0,5795
55	50	Frank	Dieter	Bad Soden Salmt	1964	GER	579		04:15:13	04:16:45	04:19:48	04:25:34	04:28:50	04:21:14	03:37:38	84	0,5958	0,5670
56	51	Lutz	Messerschmidt	Magdeburg	1962	GER	575		04:08:27	04:18:51	04:31:39	04:33:33	04:42:25	04:26:59	03:38:22	85	0,5801	0,5538
57	52	Volker	Dörr	Harthausen	1957	GER	574		04:32:04	04:32:57	04:38:19	04:45:34	04:52:18	04:40:14	03:38:29	86	0,5638	0,5400
58	6	Judith	Strack	München	1959	GER	548		04:44:33	04:45:20	04:48:20	04:48:32	04:49:06	04:47:10	03:38:46	87	0,5469	0,5254
59	53	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	03:39:14	88	0,5293	0,5103
60	7	Beate	Gröhn	Kaltenkirchen	1962	GER	346		04:32:34	04:33:36	04:35:02	04:43:31	04:44:22	04:37:49	03:39:19	89	0,5110	0,4944
61	8	Rabea	Reinhold	Nordstrand	1991	GER	626		03:29:00	03:34:18	03:40:09	03:46:42	03:52:00	03:40:26	03:40:26	90	0,4921	0,4779
62	54	Harald	Bootz	Hamburg	1974	GER		N	03:52:49	04:00:41	04:01:47	04:03:52	04:16:41	04:03:10	03:40:46			
63	55	Manfred	Gaudl	Bergen	1960	GER	277		04:27:10	04:29:10	04:33:41	04:38:52	04:49:19	04:35:38	03:41:14			
64	56	Reinhold	Krause	Stuttgart	1957	GER	605		04:35:39	04:43:25	04:44:55	04:46:45	04:49:23	04:44:01	03:41:25			
65	57	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	03:42:13			
66	58	Manfred	Steckel	Köln	1955	GER	385		04:48:09	04:49:21	04:52:09	04:52:27	04:53:39	04:51:09	03:42:28			
67	9	Birgit	Graupner	Neumünster	1967	GER		N	04:15:13	04:25:20	04:31:10	04:32:11	04:32:40	04:27:19	03:42:50			
68	59	Wolfgang	Schulz	Barsinghausen	1968	GER	511		03:53:29	04:21:55	04:23:01	04:25:17	04:27:57	04:18:20	03:43:01			
69	60	Mukir	Gluhic	Hamburg	1965	BIH	560		03:58:26	04:24:25	04:32:47	04:37:06	04:37:26	04:26:02	03:43:39			
70	61	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	03:43:52			
71	62	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	03:43:54			
72	10	Eva	Hassel	Kirchberg a.d. Jag	1960	GER	624		04:35:43	04:48:13	04:50:16	04:52:58	05:06:07	04:50:39	03:44:08			
73	63	Ralf	Dembeck	Geestland	1970	GER	518		03:46:42	04:18:40	04:23:23	04:23:26	04:26:42	04:15:47	03:44:39			
74	64	Michael	Bieler	Berlin	1978	GER	502		03:42:50	03:51:35	03:52:53	04:06:31	04:24:55	03:59:45	03:44:41			
75	11	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	03:44:53			
76	65	Thorsten	Stohldreier	Hamburg	1971	GER	390		03:57:26	04:03:00	04:12:59	04:29:00	04:29:44	04:14:26	03:45:21			
77	66	Klaus	Neumann	Stuttgart	1952	GER	53		04:46:57	04:57:19	05:10:48	05:20:16	05:22:07	05:07:29	03:45:22			
78	67	Robert	Pöttger	Remshalden	1960	GER	392		04:11:37	04:38:00	04:38:54	04:54:18	05:02:17	04:41:01	03:45:33			
79	12	Maria	Rolfes	Lohne	1954	GER	294		04:57:47	04:58:27	05:04:04	05:34:02	05:45:29	05:15:58	03:45:40			

80	68	Andreas	Bettingen	München	1965	GER	549		04:23:28	04:26:42	04:28:06	04:28:22	04:36:14	04:28:34	03:45:47
81	69	Joachim	Risch	Köln	1955	GER	360		04:53:13	04:55:08	04:56:22	04:58:07	04:58:51	04:56:20	03:46:26
82	70	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	03:47:35
83	71	Andreas	Treiber	Heidelberg	1960	GER	530		04:05:41	04:35:14	04:52:17	05:03:20	05:04:54	04:44:17	03:48:10
84	72	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	03:49:51
85	73	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	03:50:20
86	74	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	03:51:19
87	75	Manfred	Opl	Kassel	1957	GER	556		04:37:08	04:51:57	04:53:03	05:02:40	05:21:14	04:57:12	03:51:42
87	75	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	03:51:42
89	77	Michael	Turzynski	Hannover	1968	GER	10		04:15:02	04:23:00	04:30:54	04:37:13	04:37:45	04:28:47	03:52:02
90	78	Axel	Zachau	Viersen	1974	GER	558		04:00:59	04:13:07	04:14:10	04:20:17	04:29:37	04:15:38	03:52:05
91	79	Nico	Swart	Groningen	1977	NED	632		03:54:38	04:07:42	04:13:05	04:17:53	04:21:04	04:10:52	03:53:17
92	13	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	03:53:23
93	14	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	03:53:51
94	80	Matthias	Kröling	Köln	1989	GER	514		03:46:23	03:51:37	03:53:26	03:54:44	04:03:53	03:54:01	03:54:01
95	81	Jürgen	Geier	Plochingen	1963	GER	600		04:28:54	04:36:19	04:48:37	04:52:33	04:53:28	04:43:58	03:54:25
96	82	Klaus	Mantel	Fellbach	1963	GER	480		04:31:03	04:35:12	04:44:43	04:52:52	04:56:44	04:44:07	03:54:32
97	83	Andreas	Pluta	Lotte	1981	GER	599		03:43:47	03:54:29	04:13:33	04:15:00	04:16:17	04:04:37	03:54:34
98	84	Jörg	Lüdtke	Hamburg	1965	GER	559		04:30:00	04:31:30	04:40:17	04:45:43	04:48:10	04:39:08	03:54:40
99	85	Tobias	Knaack	Hamburg	1975	GER	590		03:53:07	04:17:56	04:19:19	04:24:59	04:30:06	04:17:05	03:55:19
100	86	Frank	Lorenzen	Flensburg	1973	GER	608		03:56:21	04:12:37	04:22:36	04:35:00	04:40:47	04:21:28	03:55:27
100	86	Kai	Pluschkat	Bad Fallingbostel	1974	GER	659	N	04:15:00	04:16:49	04:17:30	04:22:45	04:24:39	04:19:21	03:55:27
102	88	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	03:56:03
103	15	Katrin	Neugebauer	Stadthagen	1986	GER	531		03:55:14	03:56:17	03:56:39	04:09:16	04:09:59	04:01:29	03:56:23
104	16	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	03:56:25
105	89	Joachim	Kortyka	Speyer	1955	GER	287		04:38:47	04:59:40	05:09:18	05:23:44	05:37:00	05:09:42	03:56:38
106	17	Martina	Ramthun	Hamburg	1964	GER	369		04:34:13	04:56:13	04:58:01	04:58:46	04:59:08	04:53:16	03:56:45
107	90	Jens	Hunhold	Rathenow	1968	GER	367		04:24:48	04:26:55	04:31:33	04:43:04	04:46:30	04:34:34	03:57:02
108	91	Christoph	Holzappel	Stuttgart	1961	GER	612		04:38:04	04:49:04	04:51:34	05:01:54	05:02:54	04:52:42	03:57:10
109	92	Lars	Koppmann	Leopoldshöhe	1969	GER	629		03:32:05	04:12:19	04:55:40	04:57:59	05:07:26	04:33:06	03:57:49
109	92	Günter	Petri	Berlin	1957	GER	597		04:56:54	05:00:51	05:03:40	05:09:18	05:14:33	05:05:03	03:57:49
111	94	Dirk	Klatt	Montabaur	1959	GER	290		04:48:44	04:48:54	05:03:58	05:05:32	05:11:11	04:59:40	03:58:14
112	95	Udo	Heidemann	Bielefeld	1970	GER	540		03:56:33	04:09:49	04:38:22	04:41:38	05:11:22	04:31:33	03:58:30
113	96	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	03:58:36
114	97	Peter	Heeger	Rheine	1961	GER	473		04:38:36	04:45:53	04:50:44	05:06:18	05:16:14	04:55:33	03:59:29
115	98	Jörg	Theelen	Nettetal	1966	GER		N	04:35:44	04:39:28	04:44:15	04:44:25	04:49:27	04:42:40	03:59:47
116	18	Verena	Hajek	Köln	1952	GER	503		05:38:40	05:39:00	05:42:40	05:45:18	06:06:44	05:46:28	04:00:40
117	99	Ulrich	Heitfeldt	Hohenhameln	1957	GER	440		04:50:31	05:06:02	05:14:58	05:15:47	05:21:07	05:09:41	04:01:26
118	100	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	04:01:34
119	101	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	04:02:06
120	102	Jürgen	Beck	Gelsenkirchen	1953	GER	634		04:47:04	04:54:27	05:18:43	05:37:48	06:33:39	05:26:20	04:04:16

121	103	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	04:04:23
122	104	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	04:04:46
123	19	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	04:04:53
124	105	Christian	Marti	Zürich	1952	SUI	621		05:26:58	05:27:08	05:31:40	05:41:48	05:43:57	05:34:18	04:05:01
125	106	Winfried	Stoll	Offenburg	1964	GER	437		04:31:59	04:40:59	04:43:59	04:53:59	05:52:59	04:56:47	04:07:15
126	107	Winfried	Böttjer	Bremen	1956	GER	358		05:02:32	05:15:55	05:26:48	05:28:34	05:29:03	05:20:34	04:07:25
127	108	Bernd	Hadeler	Bremervörde	1967	GER	619		04:37:59	04:52:59	04:55:59	04:56:59	04:57:59	04:52:23	04:10:13
128	109	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	04:10:37
129	110	Andreas	Bremer	Witten	1956	GER	468		04:57:45	05:23:15	05:31:28	05:36:18	05:38:57	05:25:33	04:11:15
130	20	Dorota	Hinz	Eckernförde	1971	GER	486		04:42:45	04:48:57	04:51:26	04:55:48	04:56:30	04:51:05	04:12:26
131	111	Ralf	Sweers	Emden	1963	GER	425		04:50:23	04:53:05	05:11:40	05:15:51	05:19:35	05:06:07	04:12:42
132	112	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	04:13:36
133	113	Ulrich	Tomaschewski	Crailsheim	1954	GER	233		05:24:23	05:35:14	05:37:17	05:40:11	05:41:11	05:35:39	04:13:51
134	114	Martin	Kühne	Cuxhaven	1968	GER	572		04:41:30	04:56:25	04:57:04	04:58:25	04:59:16	04:54:32	04:14:16
135	115	Gerhard	Loger	Oldenburg	1959	GER	378		05:01:43	05:15:02	05:21:30	05:28:45	05:33:49	05:20:10	04:14:32
136	116	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	04:14:37
137	21	Gabriele	Eisele	Kropp	1963	GER	354		05:07:50	05:11:46	05:21:04	05:25:59	05:29:17	05:19:11	04:14:50
138	117	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	04:14:56
139	118	Davor	Bendin	Kiel	1971	GER	151		04:33:07	04:36:56	04:46:31	04:57:26	05:05:22	04:47:52	04:14:58
140	119	Thomas	Busse	Bernterode	1965	GER	481		04:59:57	05:03:32	05:03:33	05:04:12	05:06:46	05:03:36	04:15:14
141	120	Rolf	Graubner	Hamburg	1955	GER	375		05:31:39	05:38:33	05:55:30	05:23:13	05:23:32	05:34:29	04:15:35
142	121	Günter	Liegmann	Osnabrück	1956	GER	319		05:16:24	05:25:24	05:33:28	05:38:26	05:42:36	05:31:16	04:15:40
143	122	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	04:15:57
144	123	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	04:16:05
145	124	Karl	Roch	Oberhausen	1963	GER	470		04:28:35	04:55:31	05:21:43	05:29:35	05:37:01	05:10:29	04:16:18
146	125	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	04:16:21
147	126	Ingo	Kloss	Bremen	1970	GER	513		04:28:47	04:44:44	04:49:28	05:05:39	05:15:40	04:52:52	04:17:13
148	127	Stephan	Schillhaneck-Denn	Berlin	1959	GER			05:10:21	05:18:03	05:27:51	05:28:05	05:34:01	05:23:40	04:17:19
149	22	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	04:19:10
150	128	Michael	Scheele	Essen	1976	GER	602		04:29:00	04:40:38	04:43:04	04:43:33	04:48:55	04:41:02	04:19:17
151	129	Arne	Franck	Kaltenkirchen	1962	GER	175		05:02:00	05:17:12	05:20:27	05:21:13	05:27:00	05:17:34	04:19:45
152	23	Sylvia	Frühauf	Bramsche	1964	GER	328		05:02:04	05:22:05	05:26:39	05:27:56	05:33:20	05:22:25	04:20:17
153	24	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	04:20:18
154	130	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	04:20:56
155	131	Danny	Reinhold	Bremen	1975	GER		N	04:39:08	04:43:35	04:43:46	04:50:17	04:51:01	04:45:33	04:21:22
156	132	Norbert	Fender	Rutesheim	1959	GER	336		04:56:52	04:59:15	05:25:00	05:50:30	06:12:16	05:28:47	04:21:23
157	25	Regine	Dörnte	Kaltenkirchen	1963	GER	399		05:19:51	05:20:17	05:23:12	05:30:03	05:49:55	05:28:40	04:22:24
158	26	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	04:22:59
159	133	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	04:23:35
160	27	Birgit	Fender	Rutesheim	1963	GER	335		05:15:29	05:18:58	05:32:45	05:40:18	05:48:16	05:31:09	04:24:24
161	134	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	04:24:57

162	135	Sivabalan	Pandian	Mumbai	1958	IND	457		05:27:12	05:37:40	05:42:09	05:42:40	05:43:48	05:38:42	04:26:39
163	136	Detlef	Klatt	Leverkusen	1966	GER	439		05:05:32	05:08:37	05:15:33	05:21:35	05:23:36	05:14:59	04:27:12
164	137	Giuliano	Gennari	Terni	1949	ITA	638		06:09:54	06:13:00	06:16:18	06:24:40	06:26:05	06:17:59	04:27:23
165	28	Petra	Berkath	Walsrode	1972	GER	561		05:01:35	05:04:06	05:07:58	05:11:21	05:12:23	05:07:29	04:29:10
166	138	Uwe	Klinger	Sindelfingen	1969	GER	508		04:49:57	05:16:16	05:25:17	05:22:43	05:04:21	05:11:43	04:31:26
167	29	Carolina	Agabiti	Montecatilli	1963	ITA	637		05:25:47	05:35:32	05:45:15	05:45:15	05:57:58	05:41:57	04:33:01
168	30	Katja	Pfenningschmidt- I Bielefeld		1973	GER		N	04:58:36	05:06:43	05:09:48	05:18:26	05:18:49	05:10:28	04:34:18
169	31	Claudia	Ulrich	Ditzingen	1969	GER	537		05:02:33	05:23:59	05:24:47	05:28:51	05:33:55	05:22:49	04:34:35
170	32	Martina	Pahmeyer	Bünde	1967	GER	587		05:07:26	05:08:19	05:32:27	05:50:53	05:51:22	05:30:05	04:35:10
171	139	Karsten	Krause	Düsseldorf	1972	GER	547		04:34:46	05:11:53	05:14:28	05:18:36	05:21:31	05:08:15	04:35:18
172	140	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	04:35:40
173	33	Jana	Bieler	Berlin	1979	GER	501		04:42:46	04:49:39	04:53:22	04:56:41	05:25:08	04:57:31	04:36:38
174	141	Alexander	Hahn	Lensahn	1970	GER	524		05:12:39	05:14:13	05:14:50	05:15:23	05:18:50	05:15:11	04:36:50
175	142	Lars	Braemer	Walsrode	1972	GER	562		05:01:35	05:07:58	05:12:23	05:13:06	05:15:34	05:10:07	04:36:58
176	34	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	04:37:37
177	35	Angela	Gargano	Barletta	1961	ITA	115		05:49:25	05:56:53	05:57:49	05:59:06	05:59:12	05:56:29	04:38:10
178	143	Ben	Mol	Almere	1949	NED	37		06:06:45	06:14:09	06:29:04	06:33:48	06:40:38	06:24:53	04:38:34
179	144	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	04:39:47
180	36	Irina	Meyer	Osnabrück	1970	GER	585		05:09:47	05:20:41	05:23:10	05:38:18	05:49:41	05:28:19	04:42:02
181	145	Torsten	Schacht	Norderstedt	1961	GER	162		05:24:36	05:31:05	05:40:40	05:56:34	06:28:21	05:48:15	04:42:11
182	146	Dirk	Nolte	Hannover	1982	GER	449		04:33:23	04:51:36	04:52:31	04:57:59	05:09:10	04:52:56	04:43:00
183	37	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	04:43:33
184	147	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	04:45:07
185	38	Michaela	Wiemers	Hövelhof	1979	GER	633		04:57:17	05:01:40	05:11:06	05:11:41	05:12:47	05:06:54	04:45:22
186	148	Hans	Würl	Rödinghausen	1961	GER	320		05:35:02	05:41:33	05:57:28	05:59:39	06:08:37	05:52:28	04:45:36
187	149	Peter	Kummer	Hamburg	1953	GER	329		05:51:50	05:54:20	06:43:22	06:44:40	06:45:31	06:23:57	04:47:23
188	150	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	04:47:23
189	151	Gerd	Junker	Wallenhorst	1956	GER	323		05:33:12	05:35:24	06:38:17	06:41:04	06:42:57	06:14:11	04:48:48
190	152	Martin	Kostrewa	Fröndenberg	1964	GER		N	05:21:10	05:49:59	05:56:21	06:00:00	06:01:00	05:49:42	04:51:20
191	153	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	04:52:55
192	154	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	04:53:10
193	39	Tanya	Ostapenko	Landolfshausen	1984	USA	491		04:58:36	05:00:47	05:03:43	05:09:07	05:11:37	05:04:46	04:54:13
194	40	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	04:55:49
195	155	René	Huber	Ostrhauderfehn	1966	GER	517		05:25:10	05:25:30	06:00:00	06:04:14	06:13:14	05:49:38	04:56:35
196	156	Carsten	Koczor	Kreuztal	1972	GER	496		05:06:36	05:24:28	05:36:05	05:44:34	05:56:56	05:33:44	04:58:03
197	157	Klaus	Felser	Bellheim	1946	GER	463		07:15:51	07:21:00	07:22:47	07:25:00	07:27:00	07:22:20	04:59:01
198	41	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	04:59:12
199	42	Ute	Karklis	Steinhagen	1969	GER	567		05:31:04	05:45:58	06:00:00	06:01:21	06:01:52	05:52:03	04:59:27
200	158	Frank	Jungclaus	Wedemark	1969	GER	413		05:03:27	05:44:17	05:50:42	06:03:27	06:05:26	05:45:28	05:00:50
201	159	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	05:01:38
202	160	Dietmar	Mintgen	Nickenich	1954	GER	237		06:19:54	06:33:47	06:43:43	06:46:09	06:56:02	06:39:55	05:02:27

203	161	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	05:04:36
204	43	Monika	Tegge-Walderstein	Norderstedt	1968	GER	477		05:14:28	05:19:01	06:06:00	06:16:01	07:19:20	06:02:58	05:05:39
205	44	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	05:06:19
206	162	Mirko	Leffler	Suhl	1970	GER	338		05:33:12	05:37:16	05:44:56	06:00:00	06:11:14	05:49:20	05:06:49
207	163	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	05:09:15
208	164	Werner	Britz	Aurich	1945	GER	226		07:47:53	07:51:54	07:53:03	07:54:21	07:57:00	07:52:50	05:14:06
209	165	Uwe	Laig	Lengerich	1957	GER	432		06:35:35	06:38:58	06:41:56	07:05:56	07:14:28	06:51:23	05:20:43
210	45	Melanie	Schulte	Wolffhagen	1979	GER	664	N	05:31:39	05:36:59	05:44:09	05:50:40	06:02:09	05:45:07	05:20:54
211	166	Peer	Cavaleiro	Viersen	1981	GER	292		05:29:17	05:35:24	05:40:42	05:47:17	06:09:11	05:44:22	05:30:13
212	167	Martin	Törber	Hamburg	1975	GER	485		05:55:28	05:57:30	05:58:22	06:07:16	06:07:22	06:01:12	05:30:36
213	46	Cornelia	Feurich	Hamburg	1955	GER	458		07:33:19	07:39:58	07:42:25	07:45:09	07:45:31	07:41:16	05:33:55
214	168	Hans-Jürgen	Hetzel	Ellerbek	1962	GER	332		06:15:26	06:46:14	06:56:42	06:57:14	07:17:54	06:50:42	05:35:55
215	169	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	05:39:39
216	170	Bernd	Neumann	Vellmar	1951	GER	345		07:44:22	07:44:30	07:53:40	07:54:45	07:54:51	07:50:26	05:41:04
217	171	Ewald	Komar	Weinheim	1950	GER	493		07:49:11	07:50:00	07:56:34	08:05:57	08:12:59	07:58:56	05:43:09
218	47	Sara	Kortyka	Speyer	1991	GER	351		05:23:44	05:38:01	05:50:19	05:56:07	05:57:23	05:45:07	05:45:07
219	172	Thomas	Radzuweit	Hamburg	1965	GER	124		06:49:57	06:50:15	06:53:00	06:58:36	07:00:29	06:54:27	05:48:26
220	48	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	05:52:24
221	173	Markus	Szarvas	Sonsbeck	1967	GER	424		06:40:42	06:52:17	06:58:10	07:05:00	07:08:37	06:56:57	05:56:50
222	174	Jürgen	Reuter	Lebach	1966	GER	487		06:49:03	06:51:45	07:01:25	07:12:59	07:14:06	07:01:52	05:57:52
223	175	Dietrich	Eberle	Seevetal	1951	GER	103		07:56:02	08:18:59	08:19:04	08:20:03	08:21:10	08:15:04	05:58:55
224	49	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	06:05:29
225	50	Rita	Brämer	Itzehoe	1963	GER	310		07:22:59	07:24:59	07:44:59	07:46:59	07:56:59	07:39:23	06:06:46
226	176	Dieter	Merker	Hamburg	1966	GER	60		06:15:07	07:22:53	07:24:54	07:29:29	07:44:55	07:15:28	06:09:24
227	177	Stefan	Bicher	Berlin	1982	GER	276		06:11:14	06:32:18	06:51:18	06:56:23	07:31:44	06:48:35	06:34:44

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)
Av ag	altersbereinigter Durchschnitt (age-graded average)

Age-grade factors WMA

Alter	m	w
30	1,0000	1,0000
31	1,0000	1,0000
32	1,0000	1,0000
33	1,0000	1,0000
34	1,0000	1,0000
35	1,0000	0,9982
36	1,0000	0,9918
37	1,0000	0,9854
38	0,9947	0,9789
39	0,9876	0,9722
40	0,9804	0,9654
41	0,9733	0,9585
42	0,9661	0,9515
43	0,9589	0,9444
44	0,9517	0,9371
45	0,9445	0,9298
46	0,9372	0,9223
47	0,9299	0,9148
48	0,9226	0,9071
49	0,9153	0,8993
50	0,9079	0,8915
51	0,9005	0,8835
52	0,8931	0,8754
53	0,8857	0,8672
54	0,8783	0,8590
55	0,8708	0,8506
56	0,8633	0,8421
57	0,8558	0,8336
58	0,8483	0,8249
59	0,8407	0,8162
60	0,8331	0,8073
61	0,8255	0,7984
62	0,8179	0,7894

63	0,8103	0,7803
64	0,8026	0,7711
65	0,7950	0,7618
66	0,7873	0,7524
67	0,7796	0,7430
68	0,7718	0,7335
69	0,7641	0,7239
70	0,7563	0,7142
71	0,7485	0,7044
72	0,7329	0,6946
73	0,7250	0,6846
74	0,7165	0,6746
75	0,7074	0,6646
76	0,6976	0,6544
77	0,6871	0,6442
78	0,6760	0,6339
79	0,6643	0,6235
80	0,6519	0,6131
81	0,6388	0,6025
82	0,6251	0,5914
83	0,6108	0,5795
84	0,5958	0,5670
85	0,5801	0,5538
86	0,5638	0,5400
87	0,5469	0,5254
88	0,5293	0,5103
89	0,5110	0,4944
90	0,4921	0,4779