

# 47. Jedermannlauf und Walking/Nordic Walking

VfL Tegel 1891 e.V.

04.05.2025

Ergebnisliste

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## 10 km Lauf Gesamtwertung

| Platz | Pl. m. | Pl. wei. | Stnr. | Name, Vorname       | AK     | Platz AKI. | Verein                                  | Leistung  |
|-------|--------|----------|-------|---------------------|--------|------------|-----------------------------------------|-----------|
| 1.    | 1      |          | 32    | Goehring, Daniel    | M 45   | 1          | SCC Berlin                              | 38:42 min |
| 2.    | 2      |          | 37    | Hackel, Sascha      | M 35   | 1          | Berlin                                  | 39:22 min |
| 3.    | 3      |          | 2     | Aßmann, Cederic     | M 20   | 1          | Midnight Runners                        | 39:34 min |
| 4.    | 4      |          | 155   | Thiele, Daniel      | M 35   | 2          | Berlin                                  | 39:41 min |
| 5.    | 5      |          | 79    | Leidig, Holger      | M 55   | 1          | LEIDIG24 ft. CFYAY                      | 39:49 min |
| 6.    | 6      |          | 100   | Müller, Sven        | M 50   | 1          | LEIDIG24 ft. CFYAY                      | 39:59 min |
| 7.    | 7      |          | 179   | Hansel, Jens        | M 50   | 2          | LG Mauerweg Berlin e.V.                 | 40:13 min |
| 8.    |        | 1        | 20    | Fels, Anika         | W 30   | 1          | LSF Münster                             | 41:13 min |
| 8.    | 8      |          | 57    | Kaszuba, Krzysztof  | M 40   | 1          | 40-jährige Tichau/Pilen                 | 41:13 min |
| 10.   | 9      |          | 145   | Stephan, Torsten    | M 45   | 2          | LEIDIG24 ft. CFYAY                      | 41:31 min |
| 11.   | 10     |          | 139   | Sokiranski, David   | M 35   | 3          | Berlin                                  | 41:53 min |
| 12.   | 11     |          | 71    | Kulczak, Mario      | M 60   | 1          | 1. VfL FORTUNA Marzahn                  | 42:15 min |
| 13.   |        | 2        | 1     | Albrecht, Svende    | W 35   | 1          | LG Mauerweg Berlin e.V.                 | 42:18 min |
| 14.   | 12     |          | 59    | Keller, Holger      | M 55   | 2          | Berlin                                  | 42:54 min |
| 15.   |        | 3        | 184   | Kulow, Anico        | W 35   | 2          | Berliner Turnerschaft                   | 43:14 min |
| 16.   | 13     |          | 142   | Stein, Torsten      | M 55   | 3          | LG Mauerweg Berlin e.V.                 | 43:26 min |
| 17.   |        | 4        | 10    | de Prest, Jana      | W 20   | 1          | LG Mauerweg Berlin e.V.                 | 43:32 min |
| 18.   | 14     |          | 54    | Jäkel, Daniel       | M 50   | 3          | LEIDIG24 ft. CFYAY                      | 43:35 min |
| 19.   | 15     |          | 154   | Theuer, Kai         | M 35   | 4          | Expensive Runners                       | 43:40 min |
| 20.   | 16     |          | 11    | de Prest, Mathias   | M 45   | 3          | LG Mauerweg Berlin e.V.                 | 43:43 min |
| 21.   | 17     |          | 40    | Härtel, Robert      | M 40   | 2          | Berlin                                  | 43:50 min |
| 22.   | 18     |          | 197   | Lange, Martin       | M 45   | 4          | Berlin                                  | 44:18 min |
| 23.   |        | 5        | 173   | Schilling, Dorota   | W 40   | 1          | LT HASPA Marathon Hamburg               | 44:31 min |
| 24.   | 19     |          | 170   | Heilig, Ralf        | M 60   | 2          | LEIDIG24 ft. CFYAY                      | 44:32 min |
| 25.   | 20     |          | 153   | Tetzel, Jürgen      | M 60   | 3          | LC RON-HILL Berlin                      | 44:47 min |
| 26.   | 21     |          | 165   | Wrage, Nikolaus     | M 55   | 4          | LG Mauerweg Berlin e.V.                 | 45:16 min |
| 27.   |        | 6        | 178   | Grigalat, Katrin    | W 50   | 1          | LEIDIG24 ft. CFYAY / LG Nord Berlin     | 45:29 min |
| 28.   | 22     |          | 187   | Huppertz, Cornelius | M 45   | 5          | ASV Berlin                              | 45:34 min |
| 29.   | 23     |          | 69    | Kruhl-Habakuk, Ole  | M 50   | 4          | Bundeswehr                              | 45:38 min |
| 30.   |        | 7        | 88    | Maecker, Antonia    | W 55   | 1          | SCC Berlin                              | 45:45 min |
| 31.   |        | 8        | 192   | Kettner, Iris       | W 55   | 2          | Berlin                                  | 45:57 min |
| 32.   | 24     |          | 48    | Herrmann, Arne      | M 40   | 3          | Hampelmänner Tegel                      | 46:14 min |
| 33.   | 25     |          | 136   | Seeling, Mark       | M 40   | 4          | TuS Lichterfelde / Erdinger Active Team | 46:23 min |
| 34.   | 26     |          | 183   | Schulz, Cedric      | MJ U16 | 1          | Berlin                                  | 46:38 min |
| 35.   | 27     |          | 198   | Schatz, Eugen       | M 35   | 5          | Berlin                                  | 46:44 min |
| 36.   | 28     |          | 185   | Lehmann, Gideon     | M 50   | 5          | Berlin                                  | 46:46 min |
| 37.   | 29     |          | 22    | Frey, Robert        | M 55   | 5          | Backup e. V.                            | 47:14 min |
| 38.   | 30     |          | 177   | Hensel, Thomas      | M 55   | 6          | LG Nord Berlin Ultrateam                | 47:20 min |
| 39.   | 31     |          | 135   | Seelig, Sebastian   | M 35   | 6          | Berlin                                  | 47:36 min |
| 40.   | 32     |          | 14    | Donatus, Tyler      | MJ U16 | 2          | Team Donatus Heiligensee                | 47:42 min |
| 41.   | 33     |          | 72    | Künstner, Jörn      | M 55   | 7          | LG Mauerweg Berlin e.V.                 | 47:55 min |
| 42.   | 34     |          | 91    | Melchers, Bernd     | M 60   | 4          | SCC Berlin                              | 48:01 min |
| 43.   | 35     |          | 12    | Dermitzel, René     | M 60   | 5          | OSC Berlin                              | 48:13 min |
| 44.   | 36     |          | 127   | Schlimper, Marcel   | M 45   | 6          | beVegt.de                               | 48:17 min |
| 45.   | 37     |          | 47    | Henke, Thomas       | M 55   | 8          | Berlin                                  | 48:19 min |
| 46.   | 38     |          | 116   | Raue, Sven          | M 50   | 6          | The Lennings                            | 48:28 min |
| 47.   | 39     |          | 73    | Kuntze, Mike        | M 55   | 9          | Berlin-Moabit                           | 48:32 min |
| 48.   |        | 9        | 113   | Radatz, Christiane  | W 40   | 2          | LG Mauerweg Berlin e.V.                 | 48:37 min |
| 49.   |        | 10       | 46    | Helmecke, Manuela   | W 35   | 3          | LG Mauerweg Berlin e.V.                 | 48:39 min |
| 50.   | 40     |          | 131   | Schuchard, Michael  | M 55   | 10         | VfL Tegel                               | 48:42 min |
| 51.   | 41     |          | 99    | Müller, Paul        | M 70   | 1          | LG Mauerweg Berlin e.V./VfL Tegel       | 48:54 min |
| 52.   |        | 11       | 125   | Sanne, Mary         | W 45   | 1          | LG Mauerweg Berlin e.V.                 | 48:56 min |
| 53.   | 42     |          | 52    | Höhner, Ronald      | M 55   | 11         | LG Mauerweg Berlin e.V.                 | 49:05 min |
| 54.   | 43     |          | 93    | Mihram, Felix       | M 45   | 7          | TG Strand                               | 49:08 min |
| 55.   | 44     |          | 6     | Bickel, Markus      | M 50   | 7          | Roter Stern Beirut                      | 49:09 min |
| 56.   | 45     |          | 160   | van Raden, Jeff     | M 35   | 7          | Berlin                                  | 49:13 min |

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| Platz | Pl. m. | Pl. wei. | Stnr. | Name, Vorname         | AK     | Platz AKI. | Verein                               | Leistung  |
|-------|--------|----------|-------|-----------------------|--------|------------|--------------------------------------|-----------|
| 57.   | 46     |          | 123   | Rothe, Holger         | M 65   | 1          | LC RON-HILL Berlin                   | 49:14 min |
| 58.   |        | 12       | 4     | Bannach, Carina       | W 35   | 4          | Berlin                               | 49:17 min |
| 59.   | 47     |          | 85    | Lockstaedt, Jörg      | M 55   | 12         | LG Mauerweg Berlin e.V.              | 49:19 min |
| 60.   | 48     |          | 80    | Lewanzik, Günter      | M 70   | 2          | Pro Sport Berlin 24                  | 49:22 min |
| 61.   | 49     |          | 169   | Eberhardt, Ralf       | M 65   | 2          | Laufgruppe Hohenschönhausen          | 49:29 min |
| 62.   | 50     |          | 21    | Fels, Hubert          | M 65   | 3          | Billerbecker Läufer                  | 49:30 min |
| 63.   |        | 13       | 42    | Hecker, Sandra        | W 50   | 2          | SCC BERLIN                           | 49:44 min |
| 64.   | 51     |          | 3     | Baltruschat, Michael  | M 55   | 13         | Laufgruppe M&K - Berlin              | 49:54 min |
| 65.   | 52     |          | 132   | Schulz, Michael       | M 40   | 5          | Dahlem                               | 49:57 min |
| 66.   | 53     |          | 181   | Dr. Teschke, Olaf     | M 50   | 8          | Berlin                               | 49:58 min |
| 67.   | 54     |          | 31    | Giertz, Roberto       | M 40   | 6          | Berliner Turnerschaft                | 50:03 min |
| 68.   | 55     |          | 121   | Dr. Röpstorf, Peter   | M 65   | 4          | Pro Sport Berlin 24                  | 50:11 min |
| 69.   | 56     |          | 186   | Braun, Frank          | M 60   | 6          | Leidig 24                            | 50:15 min |
| 70.   |        | 14       | 34    | Grasso, Jessica       | W 35   | 5          | Saunafreunde Berlin / Paso Post Paso | 50:16 min |
| 71.   | 57     |          | 151   | Tarruhn, Florian      | M 40   | 7          | MileHigh Berlin                      | 50:59 min |
| 72.   | 58     |          | 102   | Neumann, Robert       | M 55   | 14         | Berlin                               | 51:13 min |
| 73.   |        | 15       | 56    | Kadenbach, Jette      | W 20   | 2          | Midnight Runners                     | 51:37 min |
| 74.   |        | 16       | 189   | Rausch, Nuria         | WJ U20 | 1          | Erlangen                             | 51:39 min |
| 75.   |        | 17       | 162   | Volkenandt, Anja      | W 40   | 3          | Backup e. V.                         | 51:42 min |
| 76.   | 59     |          | 68    | Krüger, Hawi          | M 45   | 8          | Berlin                               | 51:48 min |
| 77.   |        | 18       | 172   | Germeyer, Wiebke      | W 50   | 3          | BSG Berliner Sparkasse               | 51:50 min |
| 78.   | 60     |          | 106   | Olma, Michael         | M 60   | 7          | LIO                                  | 51:55 min |
| 79.   |        | 19       | 150   | Suhr, Svenja          | W 30   | 2          | Pro Sport Berlin 24                  | 51:58 min |
| 80.   | 61     |          | 26    | Gandecki, Dirk        | M 45   | 9          | LG Mauerweg Berlin e.V.              | 52:00 min |
| 81.   |        | 20       | 50    | Hinzer, Saskia        | W 35   | 6          | Team Universum                       | 52:07 min |
| 82.   |        | 21       | 195   | Boll, Luisa           | W 30   | 3          | LEIDIG24 ft. CFYAY                   | 52:15 min |
| 83.   | 62     |          | 108   | Papenbrock, Karsten   | M 60   | 8          | Pro Sport Berlin 24                  | 52:37 min |
| 84.   | 63     |          | 81    | Liedtke, Ralf         | M 35   | 8          | Berlin                               | 53:11 min |
| 85.   |        | 22       | 9     | Börner, Bettina       | W 65   | 1          | LC Stolpertruppe Berlin              | 53:26 min |
| 86.   |        | 23       | 166   | Ziener, Julia         | W 30   | 4          | Berlin                               | 53:30 min |
| 87.   | 64     |          | 35    | Haase, Enver          | M 50   | 9          | Lichtenrader Löwen                   | 53:34 min |
| 88.   | 65     |          | 194   | Sens, Steffen         | M 55   | 15         | LG Mauerweg Berlin e.V.              | 53:39 min |
| 89.   |        | 24       | 133   | Schwarz, Marion       | W 65   | 2          | LG Pegasos Berlin                    | 53:44 min |
| 90.   | 66     |          | 167   | Ziener, Kai-Uwe       | M 60   | 9          | BSG Berliner Sparkasse               | 53:57 min |
| 91.   |        | 25       | 119   | Ripke, Laureen        | W 35   | 7          | LEIDIG24 ft. CFYAY                   | 53:57 min |
| 92.   | 67     |          | 168   | Höhn, Andreas         | M 35   | 9          | Backup e.V.                          | 54:00 min |
| 93.   |        | 26       | 33    | Gotscha, Yvonne       | W 40   | 4          | MileHigh Berlin                      | 54:06 min |
| 94.   |        | 27       | 90    | Mc Bride, Martina     | W 55   | 3          | Roadrunner                           | 54:13 min |
| 95.   |        | 28       | 159   | Uhl, Anika            | W 35   | 8          | Berlin                               | 54:15 min |
| 96.   |        | 29       | 23    | Fritz, Catharina      | W 45   | 2          | Fritziverein                         | 54:33 min |
| 97.   | 68     |          | 180   | Schmidt, Jens         | M 50   | 10         | Berlin                               | 54:47 min |
| 98.   | 69     |          | 98    | Müller, Dieter        | M 55   | 16         | SCC Berlin                           | 54:52 min |
| 99.   | 70     |          | 196   | Westner, Ansgar       | M 50   | 11         | Berlin                               | 55:01 min |
| 100.  |        | 30       | 110   | Pfaff-Hofmann, Sylvia | W 55   | 4          | Pro Sport Berlin 24                  | 55:06 min |
| 101.  |        | 31       | 107   | Owuor, Fancy          | W 35   | 9          | VfL Brandenburg                      | 55:15 min |
| 102.  | 71     |          | 188   | Chauvistré, Eric      | M 60   | 10         | SCC Berlin                           | 55:17 min |
| 103.  | 72     |          | 63    | König, Rüdiger        | M 60   | 11         | Berliner Schluffen                   | 55:18 min |
| 104.  | 73     |          | 87    | Dr. Lüder, Steffen    | M 55   | 17         | LC RON-HILL Berlin                   | 55:33 min |
| 105.  | 74     |          | 174   | Dohmen, Lothar        | M 50   | 12         | Berlin                               | 55:38 min |
| 106.  | 75     |          | 129   | Schneyer, André       | M 55   | 18         | LG Mauerweg Berlin e.V.              | 55:54 min |
| 107.  |        | 32       | 28    | Gapski, Fanny         | W 35   | 10         | Laufklub Berlin                      | 56:19 min |
| 108.  | 76     |          | 124   | Rusher, Derek         | M 70   | 3          | Berlin                               | 56:41 min |
| 109.  | 77     |          | 171   | Kobe, Martin          | M 65   | 5          | Saunafreunde Berlin                  | 56:43 min |
| 110.  | 78     |          | 25    | Gäbler, Jens          | M 55   | 19         | Jenseits Fredsdorf E.V               | 56:49 min |
| 111.  | 79     |          | 8     | Bolm, Thomas          | M 65   | 6          | VfL Tegel                            | 56:52 min |
| 112.  |        | 33       | 117   | Rehberg, Luisa        | W 20   | 3          | SV Bau-Union Berlin e.V.             | 56:53 min |

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| Platz | Pl. mä. | Pl. wei. | Stnr. | Name, Vorname          | AK     | Platz AKI. | Verein                   | Leistung  |
|-------|---------|----------|-------|------------------------|--------|------------|--------------------------|-----------|
| 113.  | 80      |          | 97    | Möhr, Norbert          | M 60   | 12         | LG Mauerweg Berlin e.V.  | 56:54 min |
| 114.  |         | 34       | 41    | Hecht, Susanne         | W 50   | 4          | LEIDIG24 ft. CFYAY       | 56:59 min |
| 115.  |         | 35       | 120   | Dr. Röpstorff, Evgenia | W 65   | 3          | Pro Sport Berlin 24      | 57:06 min |
| 116.  | 81      |          | 16    | Duymelinck, Uwe        | M 70   | 4          | TiB Berlin               | 57:13 min |
| 117.  | 82      |          | 118   | Richter, Holger        | M 70   | 5          | Pro Sport Berlin 24      | 57:27 min |
| 118.  | 83      |          | 111   | Pötschick, Holger      | M 60   | 13         | Berlin-Rosenthal         | 57:29 min |
| 119.  | 84      |          | 143   | Steinbeck, Matthias    | M 45   | 10         | LG Mauerweg Berlin e.V.  | 57:33 min |
| 120.  |         | 36       | 156   | Thimm, Annette         | W 60   | 1          | SCC Berlin               | 57:35 min |
| 121.  | 85      |          | 199   | Marske, Reiner         | M 65   | 7          | Berlin                   | 57:39 min |
| 122.  | 86      |          | 60    | Kerutt, Thomas         | M 40   | 8          | Berlin                   | 57:41 min |
| 123.  | 87      |          | 122   | Röseler, Marc          | M 40   | 9          | Falkensee                | 58:08 min |
| 124.  | 88      |          | 13    | Donatus, David         | M 40   | 10         | Team Donatus Heiligensee | 59:05 min |
| 125.  |         | 37       | 58    | Katsch, Milena         | W 40   | 5          | Die KinderHerz Läufer    | 59:08 min |
| 126.  | 89      |          | 49    | Herz, Josef            | M 60   | 14         | SCC Berlin               | 59:43 min |
| 127.  |         | 38       | 62    | Kluge, Susanne         | W 50   | 5          | Backup e. V.             | 59:49 min |
| 128.  | 90      |          | 61    | Kluge, Harald          | M 60   | 15         | Backup e. V.             | 59:50 min |
| 129.  | 91      |          | 182   | Prinzler, Sven         | M 40   | 11         | Berlin                   | 59:50 min |
| 130.  |         | 39       | 86    | Lockstaedt, Silke      | W 50   | 6          | LG Mauerweg Berlin e.V.  | 59:52 min |
| 131.  | 92      |          | 112   | Queck, Klaus           | M 60   | 16         | Laufklub Berlin          | 1:00:07 h |
| 132.  |         | 40       | 161   | Veltmann, Daniela      | W 45   | 3          | LEIDIG24 ft. CFYAY       | 1:00:12 h |
| 133.  | 93      |          | 27    | Gandecki, Nico         | MJ U20 | 1          | LG Mauerweg Berlin e.V.  | 1:00:15 h |
| 134.  |         | 41       | 96    | Möhr, Andrea           | W 60   | 2          | LG Mauerweg Berlin e.V.  | 1:00:34 h |
| 135.  |         | 42       | 175   | Reinhold, Sabrina      | W 40   | 6          | Berlin                   | 1:00:40 h |
| 136.  |         | 43       | 74    | Kusma, Anja            | W 50   | 7          | Berlin                   | 1:00:43 h |
| 137.  | 94      |          | 66    | Koß, Detlef            | M 65   | 8          | BSG Berliner Sparkasse   | 1:01:20 h |
| 138.  |         | 44       | 158   | Türk, Martina          | W 50   | 8          | VfL Tegel                | 1:01:34 h |
| 139.  |         | 45       | 130   | Schneyer, Evelin       | W 50   | 9          | LG Mauerweg Berlin e.V.  | 1:01:42 h |
| 140.  | 95      |          | 140   | Sperling, Harald       | M 65   | 9          | Berlin                   | 1:02:05 h |
| 141.  |         | 46       | 128   | Schneider, Mandy       | W 40   | 7          | Grüner Campus Malchow    | 1:02:30 h |
| 142.  | 96      |          | 115   | Rämis, Bertold         | M 65   | 10         | LC RON-HILL Berlin       | 1:02:51 h |
| 143.  | 97      |          | 65    | Koschmieder, Wolfgang  | M 65   | 11         | Berlin                   | 1:03:00 h |
| 144.  | 98      |          | 447   | Speicher, Maximilian   | M 35   | 10         | Roadrunner               | 1:03:26 h |
| 145.  | 99      |          | 89    | Mc Bride, Benjamin     | M 45   | 11         | Roadrunner               | 1:04:25 h |
| 146.  |         | 47       | 149   | Suhr, Ruth             | W 70   | 1          | Pro Sport Berlin 24      | 1:05:31 h |
| 147.  | 100     |          | 55    | Junkes, Heinz          | M 60   | 17         | Pro Sport Berlin 24      | 1:05:31 h |
| 148.  | 101     |          | 126   | Schlegel, Harri        | M 65   | 12         | Berlin                   | 1:06:32 h |
| 149.  |         | 48       | 101   | Necker, Christiane     | W 60   | 3          | LG Mauerweg Berlin e.V.  | 1:07:15 h |
| 150.  |         | 49       | 77    | Lavie, Shir            | W 30   | 5          | DMSG Berlin              | 1:07:25 h |
| 151.  | 102     |          | 134   | Seelbach, Wolfgang     | M 70   | 6          | Dallgow-Döberitz         | 1:08:22 h |
| 152.  |         | 50       | 138   | Sieg, Jennifer         | W 35   | 11         | Berlin                   | 1:08:48 h |
| 153.  |         | 51       | 193   | Sens, Gritta           | W 55   | 5          | LG Mauerweg Berlin e.V.  | 1:08:58 h |
| 154.  | 103     |          | 114   | Raffel, Wolf-Ulrich    | M 50   | 13         | Lichtenrader Löwen       | 1:09:34 h |
| 155.  |         | 52       | 7     | Birke, Katrin          | W 65   | 4          | Laufklub Berlin          | 1:10:45 h |
| 156.  | 104     |          | 191   | Gottlieb, Tonio        | M 55   | 20         | Berlin                   | 1:11:13 h |
| 157.  |         | 53       | 176   | Eichner, Andrea        | W 50   | 10         | Laufklub Berlin          | 1:12:23 h |
| 158.  | 105     |          | 190   | Rausch, Stefan         | M 55   | 21         | Erlangen                 | 1:14:30 h |
| 159.  |         | 54       | 19    | Fehrmann, Marion       | W 60   | 4          | Laufklub Berlin          | 1:14:36 h |
| 160.  | 106     |          | 157   | Dr. Träger, Otto       | M 60   | 18         | SOIAM                    | 1:16:23 h |
| 161.  |         | 55       | 75    | Kuznetsova, Maria      | W 40   | 8          | Berlin                   | 1:27:03 h |

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