

	Name	Vorname	Jg.	AK	Verein	Zeit	Pl. Ges	Pl.Ak AK
	5km							
95	Geyer	Thomas	82	M30	Neustrelitz	18:42,0	1	1
76	Gipp	Svea	2001	12w	LAV	21:26,0	2	1
85	Nitschke	Lena	97	WJB	LAV	21:40,0	3	1
92	Rütz	Max	99	14m	Schloss Torgelow	21:45,0	4	1
88	Parschau	Axel	67	M45	Torgelow amSee	22:10,0	5	1
84	Adams	Elisa	98	15w	LAV	22:39,0	6	1
77	Behncke	Marco	85	M20	Waren	22:43,0	7	1
94	Flotow	Hanfried	46	M65	Waren	23:04,0	8	1
96	Köhler	Christian	78	M35	Röbel	23:56,0	9	1
62	Heise	Maximilian	2001	12m	SC Laage	23:59,0	10	1
91	Hochkeppler	Lasse	2003	10m	Walow	24:38,0	11	1
81	Könnecke	Rainer	65	M45	LAV	24:50,0	12	2
55	Well	Pascal	2002	11m	SC Laage	25:02,0	13	1
65	Blum	Matty	2003	10m	SC Laage	25:47,0	14	2
78	Behncke	Eckhard	61	M50	Waren	26:30,0	15	1
75	Zimmer	Fabian	2001	12m	SV Rot-Weiss Neuenh.	27:03,0	16	2
90	von Lühmann	Nis	98	15m	Röbeler Segelverein	27:08,0	17	1
89	Jordt	Thorben	99	14m	Röbeler Segelverein	27:13,0	18	2
61	Stolzke	Janis	2000	13m	SC Laage	27:18,0	19	1
66	Blum	Paul	2000	13m	SC Laage	27:18,0	20	1
50	Heise	Jennifer	2003	10w	SC Laage	27:32,0	21	1
51	Fischer	Margit	2003	10w	SC Laage	27:32,0	22	2
56	Arendt	Pia-Marie	2001	12w	SC Laage	27:32,0	23	2
58	Grobbecker	Greta	99	14w	SC Laage	27:32,0	24	1
68	Kanserske	Thomas	97	MJB	SC Laage	27:50,0	29	1
60	Schulze	Florian	98	15m	SC Laage	28:14,0	25	2
64	Blum	Stephan	70	M40	SC Laage	28:25,0	26	1
86	Beier	Kathleen	76	W35	Nbg.	28:48,0	27	1
80	Müller	Kristina	60	W50	LAV	29:00,0	28	1
93	Spietz	Manuela	67	W45	Nbg.	30:11,0	30	1
71	Fischer	Philipp	97	MJB	SC Laage	30:48,0	31	2
82	Meidow	Karin	57	W55	LAV	31:05,0	32	1
59	Bartusch	Sonja	99	14w	SC Laage	31:34,0	33	2
70	Heise	Andreas	78	M35	SC Laage	31:41,0	34	2
63	Jänike	Silke	64	W45	SC Laage	31:59,0	35	2
83	Streblow	Bodo	52	M60	LAV	32:07,0	36	1
69	Arendt	Heidi	71	W40	SC Laage	32:20,0	37	1
57	Nieß	Teresa	88	W20	SC Laage	32:33,0	38	1
72	Strobach	Grit	68	W45	Turbine Nbg.	33:25,0	39	3
73	Rechlin	Birgit	64	W45	Turbine Nbg.	33:25,0	40	3
74	Getschmann	Diana	73	W40	Turbine Nbg.	34:03,0	41	2
134	Trebbin	Gabi	55	W55	Turbine Nbg.	34:03,0	42	2
79	Adams	Manuela	73	W40	Turbine Nbg.	36:03,0	43	3
67	Kanserske	Kerstin	95	WJA	SC Laage	36:06,0	44	1

Nach AK

91	Hochkeppler	Lasse	2003	10m	Walow	24:38,0	11	1
65	Blum	Matty	2003	10m	SC Laage	25:47,0	14	2
50	Heise	Jennifer	2003	10w	SC Laage	27:32,0	21	1
51	Fischer	Margit	2003	10w	SC Laage	27:32,0	22	2
55	Well	Pascal	2002	11m	SC Laage	25:02,0	13	1
62	Heise	Maximilian	2001	12m	SC Laage	23:59,0	10	1
75	Zimmer	Fabian	2001	12m	SV Rot-Weiss Neuenh.	27:03,0	16	2
76	Gipp	Svea	2001	12w	LAV	21:26,0	2	1
56	Arendt	Pia-Marie	2001	12w	SC Laage	27:32,0	23	2
61	Stolzke	Janis	2000	13m	SC Laage	27:18,0	19	1

66	Blum	Paul	2000	13m	SC Laage	27:18,0	20	1
92	Rütz	Max	99	14m	Schloss Torgelow	21:45,0	4	1
89	Jordt	Thorben	99	14m	Röbeler Segelverein	27:13,0	18	2
58	Grobbecker	Greta	99	14w	SC Laage	27:32,0	24	1
59	Bartusch	Sonja	99	14w	SC Laage	31:34,0	33	2
90	von Lühmann	Nis	98	15m	Röbeler Segelverein	27:08,0	17	1
60	Schulze	Florian	98	15m	SC Laage	28:14,0	25	2
84	Adams	Elisa	98	15w	LAV	22:39,0	6	1
77	Behncke	Marco	85	M20	Waren	22:43,0	7	1
95	Geyer	Thomas	82	M30	Neustrelitz	18:42,0	1	1
96	Köhler	Christian	78	M35	Röbel	23:56,0	9	1
70	Heise	Andreas	78	M35	SC Laage	31:41,0	34	2
64	Blum	Stephan	70	M40	SC Laage	28:25,0	26	1
88	Parschau	Axel	67	M45	Torgelow amSee	22:10,0	5	1
81	Könnecke	Rainer	65	M45	LAV	24:50,0	12	2
78	Behncke	Eckhard	61	M50	Waren	26:30,0	15	1
83	Streblow	Bodo	52	M60	LAV	32:07,0	36	1
94	Flotow	Hanfried	46	M65	Waren	23:04,0	8	1
68	Kanserske	Thomas	97	MJB	SC Laage	27:50,0	29	1
71	Fischer	Philipp	97	MJB	SC Laage	30:48,0	31	2
57	Nieß	Teresa	88	W20	SC Laage	32:33,0	38	1
86	Beier	Kathleen	76	W35	Nbg.	28:48,0	27	1
69	Arendt	Heidi	71	W40	SC Laage	32:20,0	37	1
74	Getschmann	Diana	73	W40	Turbine Nbg.	34:03,0	41	2
79	Adams	Manuela	73	W40	Turbine Nbg.	36:03,0	43	3
93	Spietz	Manuela	67	W45	Nbg.	30:11,0	30	1
63	Jänike	Silke	64	W45	SC Laage	31:59,0	35	2
72	Strobach	Grit	68	W45	Turbine Nbg.	33:25,0	39	3
73	Rechlin	Birgit	64	W45	Turbine Nbg.	33:25,0	40	3
80	Müller	Kristina	60	W50	LAV	29:00,0	28	1
82	Meidow	Karin	57	W55	LAV	31:05,0	32	1
134	Trebbin	Gabi	55	W55	Turbine Nbg.	34:03,0	42	2
67	Kanserske	Kerstin	95	WJA	SC Laage	36:06,0	44	1
85	Nitschke	Lena	97	WJB	LAV	21:40,0	3	1

10km

	Name	Vorname	Jg.		Verein	Zeit	Pl. Ges	Pl.Ak
192	Solf	Jobst		M20	MSC	37:47,0	1	
155	Schnee	Paul	97	MJB	SCN / Tri	39:39,0	2	
156	Diekelmann	Justin	97	MJB	Jabel	39:50,0	3	
158	Stelzer	Joachim	86	M20	MSC	41:16,0	4	
193	Wernicke	Carsten	78	M35	TSV Röbel	41:24,0	5	
153	Bollow	Alexander	72	M40	Turbine Nbg.	41:42,0	6	
163	Eiland	Philip	95	MJA	Schloss Torgelow	43:09,0	7	
151	Quiram	Heiko	72	M40	LAV	43:45,0	8	
152	Poguntke	Jens	65	M45	Müritzer LSV	44:08,0	9	
174	Stelzer	Tobias	90	M20	MSC	44:37,0	10	
143	Fritsche	Ronny	71	M40	Turbine Nbg.	45:17,0	11	
175	Kaufmann	Kathleen	79	W30	Turbine Nbg.	45:31,0	12	
139	Knospe	Jörg	57	M55	Turbine Nbg.	46:05,0	13	
157	Nitschke	Andreas	72	M40	Jabel	47:32,0	14	
170	Hanold	Uwe	57	M55	Post Schwerin	47:37,0	15	
144	Kosmehl	Uwe	64	M45	LAV	48:08,0	16	
169	Mamerow	Ingo	71	M40	Waren	49:00,0	17	
128	Kanserske	Stefan	93	M20	SC Laage	49:25,0	18	
191	Binder	Matthias	56	M55	MSC	49:26,0	19	
120	Fischer	Bernd	60	M50	SC Laage	49:30,0	20	

162	Golzow	Frank	66	M45	Tollense HANSeln	49:41,0	21
142	Schulz	Michael	63	M50	Bremerhaven	50:04,0	22
135	Möller	Thomas	68	M45	Warenhof	50:35,0	23
173	Teske	Toralf	66	M45	LSV Teterow	51:02,0	24
159	Radecke	Carsten	65	M45	Euromaster Nbg.	54:47,0	25
100	Simon	Reinhard	63	M50	Team Erd.Alkoh. Nstr.	55:11,0	26
116	Bartusch	Falk	66	M45	SC Laage	56:37,0	27
113	Grobbecker	Stella	96	WJB	SC Laage	58:28,0	28
164	Strobach	Norbert	58	M55	KGL-GmbH	1:00:20,0	29
148	Gläsel	Elfi	63	W50	Teterow	1:00:48,0	30
122	Jürß	Laura	97	WJB	SC Laage	1:01:56,0	31
136	Josek	Kathrin	64	W45	Tollense HANSeln	1:02:00,0	32
130	Schulze	Michaela	70	W40	SC Laage	1:03:03,0	33
168	Dobbertin	Klaus	52	M60	Turbine Nbg.	1:03:56,0	34
127	Blum	Jeannine	78	W35	SC Laage	1:04:06,0	35
132	Kanserske	Andreas	64	M45	SC Laage	1:07:05,0	36
110	Stache	Andre'	65	M45	SC Laage	1:09:07,0	37
111	Gudera	Christiane	66	W45	SC Laage	1:09:11,0	38

Nach AK

192	Solf	Jobst		M20	MSC	37:47,0	1	1
158	Stelter	Joachim	86	M20	MSC	41:16,0	4	2
174	Stelter	Tobias	90	M20	MSC	44:37,0	10	3
128	Kanserske	Stefan	93	M20	SC Laage	49:25,0	18	4
193	Wernicke	Carsten	78	M35	TSV Röbel	41:24,0	5	1
153	Bollow	Alexander	72	M40	Turbine Nbg.	41:42,0	6	1
151	Quiram	Heiko	72	M40	LAV	43:45,0	8	2
143	Fritsche	Ronny	71	M40	Turbine Nbg.	45:17,0	11	3
157	Nitschke	Andreas	72	M40	Jabel	47:32,0	14	4
169	Mamerow	Ingo	71	M40	Waren	49:00,0	17	5
152	Poguntke	Jens	65	M45	Müritzer LSV	44:08,0	9	1
144	Kosmehl	Uwe	64	M45	LAV	48:08,0	16	2
162	Golzow	Frank	66	M45	Tollense HANSeln	49:41,0	21	3
135	Möller	Thomas	68	M45	Warenhof	50:35,0	23	4
173	Teske	Toralf	66	M45	LSV Teterow	51:02,0	24	5
159	Radecke	Carsten	65	M45	Euromaster Nbg.	54:47,0	25	6
116	Bartusch	Falk	66	M45	SC Laage	56:37,0	27	7
132	Kanserske	Andreas	64	M45	SC Laage	1:07:05,0	36	8
110	Stache	Andre'	65	M45	SC Laage	1:09:07,0	37	9
120	Fischer	Bernd	60	M50	SC Laage	49:30,0	20	1
142	Schulz	Michael	63	M50	Bremerhaven	50:04,0	22	2
100	Simon	Reinhard	63	M50	Team Erd.Alkoh. Nstr.	55:11,0	26	3
139	Knospe	Jörg	57	M55	Turbine Nbg.	46:05,0	13	1
170	Hanold	Uwe	57	M55	Post Schwerin	47:37,0	15	2
191	Binder	Matthias	56	M55	MSC	49:26,0	19	3
164	Strobach	Norbert	58	M55	KGL-GmbH	1:00:20,0	29	4
168	Dobbertin	Klaus	52	M60	Turbine Nbg.	1:03:56,0	34	1
163	Eiland	Philip	95	MJA	Schloss Torgelow	43:09,0	7	1
155	Schnee	Paul	97	MJB	SCN / Tri	39:39,0	2	1
156	Diekelmann	Justin	97	MJB	Jabel	39:50,0	3	2
175	Kaufmann	Kathleen	79	W30	Turbine Nbg.	45:31,0	12	1
127	Blum	Jeannine	78	W35	SC Laage	1:04:06,0	35	1
130	Schulze	Michaela	70	W40	SC Laage	1:03:03,0	33	1
136	Josek	Kathrin	64	W45	Tollense HANSeln	1:02:00,0	32	1
111	Gudera	Christiane	66	W45	SC Laage	1:09:11,0	38	2
148	Gläsel	Elfi	63	W50	Teterow	1:00:48,0	30	1
113	Grobbecker	Stella	96	WJB	SC Laage	58:28,0	28	1
122	Jürß	Laura	97	WJB	SC Laage	1:01:56,0	31	2

Name	Vorname	Jg.		Verein	Zeit	Pl. Ges	Pl.Ak
15km							
187	Litzenberg	Anne-Katrin	91	W20	TriFun Güstrow	1:06:16,0	1
186	Trettin	Stephan	86	M20	TriFun Güstrow	1:06:17,0	2
180	Möller	Norbert	59	M50	MSC	1:13:07,0	3
181	Josek	Frank	63	M50	Tollense HANSEln	1:18:35,0	4
189	Thämlitz	Andreas	57	M55	Rostock	1:18:36,0	5
160	Fredrich	Maik	73	M40	Euromaster Nbg.	1:19:05,0	7
183	Sommer	Grit	69	W40	Turbine Nbg.	1:19:05,0	6
190	Plothe	Michael	70	M40	Rostock	1:21:39,0	8
188	Heinz	Marko		M45	Waren	1:22:16,0	9
182	Larisch	Nicole	78	W35	Warenschhof	1:23:35,0	10
178	Ponndorf	Konrad	47	M65	Waren	1:24:55,0	11
184	Kröpsky	Susanne	64	W45	MSC	1:24:55,0	12
177	Krüger	Martina	78	W35	Levenstorf	1:25:24,0	13
176	Heise	Anke	70	W40	SC Laage	1:26:04,0	14
179	Kunzemann	Gernot	53	M60	Tollense HANSEln	1:32:53,0	15

Nach AK

186	Trettin	Stephan	86	M20	TriFun Güstrow	1:06:17,0	2	1
160	Fredrich	Maik	73	M40	Euromaster Nbg.	1:19:05,0	7	1
190	Plothe	Michael	70	M40	Rostock	1:21:39,0	8	2
188	Heinz	Marko		M45	Waren	1:22:16,0	9	1
180	Möller	Norbert	59	M50	MSC	1:13:07,0	3	1
181	Josek	Frank	63	M50	Tollense HANSEln	1:18:35,0	4	2
189	Thämlitz	Andreas	57	M55	Rostock	1:18:36,0	5	1
179	Kunzemann	Gernot	53	M60	Tollense HANSEln	1:32:53,0	15	1
178	Ponndorf	Konrad	47	M65	Waren	1:24:55,0	11	1
187	Litzenberg	Anne-Katrin	91	W20	TriFun Güstrow	1:06:16,0	1	1
182	Larisch	Nicole	78	W35	Warenschhof	1:23:35,0	10	1
177	Krüger	Martina	78	W35	Levenstorf	1:25:24,0	13	2
183	Sommer	Grit	69	W40	Turbine Nbg.	1:19:05,0	6	1
176	Heise	Anke	70	W40	SC Laage	1:26:04,0	14	2
184	Kröpsky	Susanne	64	W45	MSC	1:24:55,0	12	1

HM

217	Jänike	Bernd	65	M45	SC Laage	1:32:18,0	1
232	Röthling	Alf	61	M50	Turbine Nbg.	1:38:35,0	2
226	Köhler	Thomas	78	M35	HSV	1:40:25,0	3
216	Schulze	Michael	70	M40	SC Laage	1:41:31,0	4
203	Koch	Ingo	76	M35	KV Lohmen	1:42:12,0	6
225	Sommer	Uwe	67	M45	Turbine Nbg.	1:43:07,0	5
219	Schlender-Kamp	Angelika	72	W40	HSV	1:43:07,0	7
224	Völske	Jörg	54	M55	1.LAV Rostock	1:44:27,0	8
209	Grobbecker	Stefan	68	M45	SC Laage	1:48:33,0	9
220	Rong	Lambert	46	M65	HSV	1:48:57,0	10
227	Meier	Bettina	78	W35	HSV	1:50:02,0	11
234	Dammann	Peter	61	M50	LSV Teterow	1:51:15,0	12
206	Egide	Marian	69	M40	Rostock	1:51:34,0	13
222	Klauke	Dirk	64	M45	Wittstock	1:56:02,0	14
233	Kiesendahl	Fred		M50	Post Schwerin	1:57:13,0	15
208	Ridder	Jens	68	M45	TC FIKO Rostock	2:00:10,0	16
218	Lindow	Margitta	61	W50	Turbine Nbg.	2:04:08,0	17
223	Mundt	Sylvia	59	W50	HSV	2:04:09,0	18
231	Klinkenberg	Katrin	67	W45	Turbine Nbg.	2:11:14,0	19

Nach AK

226	Köhler	Thomas	78	M35	HSV	1:40:25,0	3	1
203	Koch	Ingo	76	M35	KV Lohmen	1:42:12,0	6	2
216	Schulze	Michael	70	M40	SC Laage	1:41:31,0	4	1
206	Egide	Marian	69	M40	Rostock	1:51:34,0	13	2
217	Jänike	Bernd	65	M45	SC Laage	1:32:18,0	1	1
225	Sommer	Uwe	67	M45	Turbine Nbg.	1:43:07,0	5	2
209	Grobbecker	Stefan	68	M45	SC Laage	1:48:33,0	9	3
222	Klauke	Dirk	64	M45	Wittstock	1:56:02,0	14	4
208	Ridder	Jens	68	M45	TC FIKO Rostock	2:00:10,0	16	5
232	Röthling	Alf	61	M50	Turbine Nbg.	1:38:35,0	2	1
234	Dammann	Peter	61	M50	LSV Teterow	1:51:15,0	12	2
233	Kiesendahl	Fred		M50	Post Schwerin	1:57:13,0	15	3
224	Völske	Jörg	54	M55	1.LAV Rostock	1:44:27,0	8	1
220	Rong	Lambert	46	M65	HSV	1:48:57,0	10	1
227	Meier	Bettina	78	W35	HSV	1:50:02,0	11	1
219	Schlender-Kamp	Angelika	72	W40	HSV	1:43:07,0	7	1
231	Klinkenberg	Katrin	67	W45	Turbine Nbg.	2:11:14,0	19	1
218	Lindow	Margitta	61	W50	Turbine Nbg.	2:04:08,0	17	1
223	Mundt	Sylvia	59	W50	HSV	2:04:09,0	18	2

25km

258	Becher	Sven	72	M40	Altenhof	1:52:00,0	1	1
252	Safranowski	Heiko	69	M40	HSV	1:59:46,0	3	2
251	Ott	Mike	65	M45	HSV	1:59:46,0	2	1
256	Zimmer	Jörgen	68	M45	SV Blau-Weiß Pe./Eg.	2:13:55,0	6	2
261	Kuhnlein	Franz	62	M50	SSC Chaos Gang	2:28:24,0	7	3
253	Rudolph	Joachim	61	M50	active beach	2:38:48,0	9	1
255	Soltzim	Hans	51	M60	Tollense HANSEln	2:12:45,0	5	1
257	Pioch	Kerstin	76	W35	Tollense HANSEln	2:12:43,0	4	1
254	Schaarschmidt	Annett	68	W45	active beach	2:38:50,0	10	1
260	Bromund	Bianka	66	W45	Turbine Nbg.	2:41:21,0	11	2
259	Meissner	Sabine	59	W50	Turbine Nbg.	2:33:50,0	8	1

Walking

455	Behrend	Jürgen	38	M70	MSC	1:18:18,0		10km
460	Nehls	Rainer	55	M55	SC Laage	45:46,0		5km
461	Nehls	Teresa	49	W60	SC Laage	45:48,0		5km

Bambini

173	Krause	Arne-Willi	2006		Röbeler Segelverein	02:17,0		400m
385	Jordt	Maarten	2007		Röbeler Segelverein	02:18,0		400m
329	Karberg	Theo	2004		LAV	10:52,0		1500m
334	Quiram	Arne	2004		LAV	10:53,0		1500m
331	Quiram	Johanna	2006		LAV	12:55,0		1500m

Teilnehmer : 135

23.02.2013

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Stache	Andre'		65 M45	SC Laage
Grobbecker	Stella		96 15w	SC Laage
Bartusch	Sonja		99 12w	SC Laage
Naß	Manuela		72 W35	SC Laage
Grobbecker	Greta		99 12w	SC Laage
Schulze	Melanie		96 15w	SC Laage
Schulze	Florian		98 13m	SC Laage
Jürß	Laura		97 14w	SC Laage
Naß	Tobias		96 15m	SC Laage
Heise	Maximilian	o1	10m	SC Laage
Kanserske	Andreas		64 M45	SC Laage
Kanserske	Kerstin		95 WJB	SC Laage
Wendt	Mirko		96 15m	SC Laage
Gudera	Christiane		66 W45	SC Laage
Blum	Jeannine		78 W30	SC Laage
Behnke	Eckhardt		61 M50	
Dr. Dinsel	Silke		59 W50	
Nieß	Teresa		88 W20	SC Laage
Bauermann	Fidi		57 M50	Waren
Strobach	Grit		66 W45	Turbine
Strobach	Lena		98 13w	Turbine
Rechlin	Birgit		64 W45	Turbine
Blum	Paul	2000	11m	SC Laage
Dr.Haug	Dietlind		61 W50	LAV Waren
Quiram	Cindy		79 W30	LAV Waren
Könnecke	Rainer		65 M45	LAV Waren
Könnecke	Andy		91 M20	LAV Waren
Adams	Elke		71 W40	LAV Waren
Adams	Gabriel	2001	10m	LAV Waren
Adams	Thomas		62 M45	LAV Waren
König	Katrin		67 W40	Spazierläufer Rostock
König	Dieter		64 M45	Spazierläufer Rostock
Köhler	Christian		78 M30	Gotthun
Hoffmann	Arno		54 M55	Waren
Schlapmann	Max		98 13m	Gnoiener SV
Schröder	Thomas		83 M20	Gnoiener SV