

# Crosslauf der Deutschen Bundesbank 2019

## Ergebnisse: 10 km

Gesamt	Platz m	Stnr	Name	Verein	Ak	Platz AK	Runde1	Runde2	Runde3	Runde4	Runde5	Endzeit	Rückstand
1	1	301	Mustapha EL Ouartassy	1. VfL FORTUNA Marzahn	M 20	1	06:20(1)	05:43(1)	05:36(1)	05:38(1)	05:44(1)	0:29:01	
2	2	318	Tobias Behrendt	Falkenberg/Mark	M 20	2	06:47(6)	06:54(2)	06:55(2)	07:02(2)	06:56(2)	0:34:34	05:33
3	3	313	Lucas Zimmermann	Falkenberger SV	M 20	3	06:48(7)	06:57(3)	06:58(3)	07:08(3)	06:56(2)	0:34:47	05:46
4	4	303	John Heinze	VfB67 Blankenburg	M 30	1	06:38(4)	07:06(4)	07:06(4)	07:08(3)	06:56(2)	0:34:54	05:53
5	5	319	Sebastian Behrendt	Falkenberg	M 20	4	07:01(8)	07:19(5)	07:23(5)	07:34(5)	07:36(5)	0:36:53	07:52
6	6	302	Milad Ghafari	1. VfL FORTUNA Marzahn	MJ 17-19	1	06:28(3)	07:27(8)	07:43(8)	07:59(8)	07:37(6)	0:37:14	08:13
7	7	304	Denis Kiekeben	Athleticon 97 Bad Freienwalde	M 40	1	07:02(9)	07:20(6)	07:39(6)	07:43(6)	07:38(7)	0:37:22	08:21
8	8	300	Jaime Casado Tornero	Pablo-Caracola	M 40	2	06:45(5)	07:20(6)	07:42(7)	07:59(8)	08:14(11)	0:38:00	08:59
9	9	306	Ewaz Malekzada	1. VfL FORTUNA Marzahn	MJ 17-19	2	06:25(2)	07:28(9)	08:20(11)	08:17(11)	07:44(8)	0:38:14	09:13
10	10	329	Michael Kretschmann		M 50	1	07:02(9)	07:34(10)	07:52(9)	07:56(7)	07:55(9)	0:38:19	09:18
11	11	312	Mario Zelsmann		M 40	3	07:37(11)	08:07(11)	08:09(10)	08:10(10)	08:07(10)	0:40:10	11:09
12	12	324	Louis Schleinitz		MJ 14-16	1	08:01(13)	08:45(12)	08:42(12)	09:23(12)	09:46(17)	0:44:37	15:36
13	13	309	Rodger Soyke		M 40	4	08:26(14)	09:04(13)	09:14(13)	09:31(14)	09:40(14)	0:45:55	16:54
13	13	321	Christian Mówisch	Heckelberg-Brunow	M 40	4	08:26(14)	09:05(14)	09:14(13)	09:31(14)	09:39(13)	0:45:55	16:54
15	15	315	Paul Rehfeldt	Gersdorf	M 30	2	08:26(14)	09:05(14)	09:14(13)	09:31(14)	09:40(14)	0:45:56	16:55
16	16	327	Heiko Zink		M 40	6	09:09(20)	09:07(16)	09:16(16)	09:29(13)	09:41(16)	0:46:42	17:41
17	17	308	Henry Riemland		M 30	3	08:46(17)	09:48(19)	09:44(17)	09:48(17)	10:07(19)	0:48:13	19:12
18	18	326	Bernd Wittkopf		M 70	1	09:26(23)	09:40(17)	09:44(17)	09:49(18)	10:08(20)	0:48:47	19:46
19	19	328	Volker Kühn		M 50	2	09:09(20)	09:52(20)	09:48(19)	10:38(19)	10:55(24)	0:50:22	21:21
20	20	311	Dandy Vogt	Die Brötchenholer	M 30	4	07:46(12)	09:46(18)	11:03(22)	11:38(22)	10:53(23)	0:51:06	22:05
20	20	320	Marco Kuschel	Grünheide	M 50	3	09:38(24)	09:54(21)	10:16(20)	10:38(19)	10:40(22)	0:51:06	22:05
22	22	325	Martin Sprenger	Krüge	M 30	5	09:18(22)	10:08(22)	10:43(21)	10:38(19)	10:23(21)	0:51:10	22:09
23	23	323	Malvin Klingbeil		MJ 14-16	2	09:05(18)	10:22(23)	11:42(23)	11:48(23)	08:52(12)	0:51:49	22:48
24	24	322	Til Schleinitz		MJ 14-16	3	09:05(18)	10:22(23)	11:42(23)	11:48(23)	09:59(18)	0:52:56	23:55
25	25	314	Kai-Uwe Herbst	Berlin	M 50	4	11:34(25)	13:01(25)	14:00(25)	14:25(25)	14:33(25)	1:07:33	38:32