

Ergebnis des virtuellen 56. Sachsenhausen-Gedenklaufs vom 30. April bis 2. Mai 2021

Name	Vorname	Ort	Strecke km	Zeit h	Tempo min/km
Wellenbrock	Carmen	Wittenburg	35,00	03:11:08	00:05:28
Kahl	Oliver	Raben Steinfeld	31,60	02:53:00	00:05:28
Dörries	Annemarie	Rampe	29,45	03:09:20	00:06:26
Richter	Lutz	Wittenburg	28,50	04:16:36	00:09:00
Zierner	Daniel	Schwerin	22,37	02:00:49	00:05:24
Götz	Sandra	Schwerin	21,89	03:37:00	00:09:55
Soltow	Frank	Schwerin	21,40	02:26:23	00:06:50
Schultz	Heike	Schwerin	21,40	03:37:18	00:10:09
Stampnik	Jens	Bernburg	21,24	01:54:10	00:05:23
Ahrenberg	Jana	Pinnow	21,15	02:07:01	00:06:00
Ahrenberg	Mathias	Pinnow	20,02	01:18:08	00:03:54
Prahl	Andreas	Seehof	20,02	01:48:08	00:05:24
Kattenberg	Anja	Schwerin	20,01	01:55:29	00:05:46
Tschersich	Harald	Tramm	20,01	01:43:06	00:05:09
Bünger	Uta	Schwerin	20,00	01:51:25	00:05:34
Krey	Dr. Anne	Schwerin	20,00	01:50:20	00:05:31
Klar	Sabrina	Schwerin	19,86	02:04:23	00:06:16
Vogel	Fabian	Schwerin	18,00	01:26:30	00:04:48
Briesen	Christian	Schwerin	18,00	01:53:19	00:06:18
Tschiltshke	Kurt	Wittenburg	17,50	01:54:48	00:06:34
Waschulewski	Norbert	Schwerin	15,02	01:39:48	00:06:39
Lohmann	Frank	Rosenhagen	15,00	01:35:00	00:06:20
Oldag	Jörn	Rosenhagen	15,00	01:35:00	00:06:20
Lehmann	Jan	Rosenhagen	15,00	01:35:00	00:06:20
Priem	Sandra	Schwerin	13,24	01:11:44	00:05:25
Bohm	Melanie	Schwerin	12,52	01:16:02	00:06:04
Neumann	Ute	Schwerin	12,50	01:14:40	00:05:58
Kiesendahl	Fred	Rostock	12,30	01:24:14	00:06:51
Kiesendahl	Roland	Rostock	12,30	01:24:14	00:06:51
Borowka	Michael	Pampow	12,00	01:07:18	00:05:37
Lengsfeld	Tobias	Schwerin	11,66	01:09:01	00:05:55
Leveknecht	Andrea	Boizenburg	11,50	01:11:00	00:06:10
Franz	Dajana	Boizenburg /Elbe	11,44	01:11:15	00:06:14
Klüßendorf	Iris	Schwerin	11,20	01:09:47	00:06:14
Goede	Michael	Wittenburg	11,00	00:57:19	00:05:13
Kornberger	Ines	Schwerin	11,00	01:05:21	00:05:56
Karsten	Silvia	Schwerin	11,00	01:05:21	00:05:56
Lohöfener	Holger	Brüel	10,60	00:59:48	00:05:38
Hrubesch	Reiner	Neu Zachun.	10,48	01:04:54	00:06:12
Klein	Ralf	Schwerin	10,39	00:58:09	00:05:36
Hamacher	Jennifer	Übach-Palenberg	10,24	01:00:34	00:05:55
Kaps	Matthias	Schwerin	10,18	01:45:18	00:10:21
Kaps	Sandra	Schwerin	10,18	01:45:18	00:10:21
Schulz	Steffen	Schwerin	10,05	00:57:34	00:05:44
Norloch	Andreas	Schwerin	10,02	01:05:01	00:06:29
Leonhardt	Frank	Schwerin	10,01	00:44:48	00:04:29
Meyer	Madelaine	Schwerin	10,01	00:59:45	00:05:58
Schneider	Jana	Schwerin	10,01	00:59:45	00:05:58
Schöne	Ulli	Schwerin	10,01	00:59:45	00:05:58
Stüve	Jana	Schwerin	10,01	01:06:13	00:06:37
Beu	Katja	Laage	10,01	00:53:09	00:05:19
Gorny	Albrecht	Wittenburg	10,00	00:59:20	00:05:56
Milkau	Andrea	Wittenburg	10,00	01:05:46	00:06:35

Schultz	Konrad-Wilhelm	Wittenburg	10,00	00:44:19	00:04:26
Sindt	Monika	Wittenburg	10,00	01:05:46	00:06:35
Wilde	Nico	Wittenburg	10,00	00:44:27	00:04:27
Schöne	Sofie	Schwerin	10,00	00:57:49	00:05:47
Steinfeldt	Andreas	Leezen	10,00	01:18:00	00:07:48
Thoms	Michael	Nordheide	10,00	00:37:05	00:03:42
Pflücker	Dagmar	Schwerin	10,00	01:26:41	00:08:40
Porthun	André	Schwerin	10,00	00:55:40	00:05:34
Richter	Katja	Schwerin	10,00	01:26:41	00:08:40
Richter	Mark	Schwerin	10,00	00:55:40	00:05:34
Radscheidt	Ronald	Conrade	10,00	01:06:30	00:06:39
Badenschier	Rico	Schwerin	10,00	00:49:49	00:04:59
Wustrack	Christina		10,00	00:50:08	00:05:01
Jahncke	Nando	Ludwigslust	10,00	00:49:32	00:04:57
Dahl	Stefan	Schwerin	10,00	00:50:27	00:05:03
Lübke	Michael	Neu Schlagsdorf	10,00	01:03:13	00:06:19
Büch	Hans-Werner	Wittenförden	10,00	01:17:20	00:07:44
Nolde	Christian	Schwerin	10,00	00:56:15	00:05:37
Bodenstein	Martin	Schwerin	10,00	00:55:27	00:05:33
Klar	Andreas	Schwerin	9,88	00:56:30	00:05:43
Kaps	Kilian	Schwerin	9,32	00:44:16	00:04:45
Porthun	Julius	Schwerin	9,32	00:44:16	00:04:45
Laufer	Florian	Schwerin	9,32	00:44:16	00:04:45
Neubieser	Patrick	Schwerin	9,00	00:47:09	00:05:14
Stoll	Kerstin	Werder OT Glindow	8,76	01:30:58	00:10:23
Scholz	Ilka	Werder OT Glindow	8,76	01:30:58	00:10:23
Bischoff	Inga	Dobin am See	8,00	00:41:00	00:05:07
Ullerich	Michael	Wittenförden	8,00	01:14:41	00:09:20
Härtig	Uwe	Schwerin	8,00	00:36:00	00:04:30
Roll	Lena	Wittenförden	7,91	01:50:29	00:13:58
Roll	Sarah	Wittenförden	7,87	01:48:47	00:13:49
Roll	Sabine	Wittenförden	7,85	01:50:27	00:14:04
Roll	Michael	Wittenförden	7,80	01:50:19	00:14:09
Weber	Bernd	Warlow	7,50	00:34:10	00:04:33
Hüttner	Johann	Schwerin	7,40	00:41:35	00:05:37
Schmidt	Christian	Schwerin	7,40	00:41:56	00:05:40
Müller	Peter	Dömitz	6,97	00:51:17	00:07:21
Kunellis	Andre	Hamburg	6,33	00:34:18	00:05:25
Biedler	Katja	Schwerin	6,22	01:17:00	00:12:23
Greve	Melanie	Hamburg	5,62	00:37:12	00:06:37
Engwer	Tom	Schwerin	5,51	00:24:30	00:04:27
Engwer	Annemarie	Schwerin	5,51	00:46:40	00:08:28
Gliese	Wolfgang	Schwerin	5,51	00:32:20	00:05:52
Kaps	Adrian	Schwerin	5,39	00:28:15	00:05:14
Lempka	Marielle	Hamburg	5,31	00:35:45	00:06:44
Jöde-Rönck	Katrin	Wittenburg	5,20	00:34:02	00:06:33
Frühauf	Robert	Bad Doberan	5,10	00:27:10	00:05:20
Dumke	Britta	Schwerin	5,01	00:31:56	00:06:22
Pagel	Oliver	Wittenburg	5,00	00:18:09	00:03:38
Pankow	Martin	Wittenburg	5,00	00:18:29	00:03:42
Kuhlmann	Jessica	Schwerin	5,00	00:29:30	00:05:54
Schenk	Sven	Schwerin	5,00	00:20:12	00:04:02
Steinfeldt	Mathilda	Rostock	5,00	00:55:00	00:11:00
Steinfeldt	Luisa	Rostock	5,00	00:55:00	00:11:00
Gajek	Lothar	Schwerin	5,00	00:22:35	00:04:31
Schröder	Marko	Herren Steinfeld	5,00	00:26:46	00:05:21
Bengard	Sven	Schwerin	5,00	00:39:58	00:08:00
Schulz	Doreen	Schwerin	5,00	00:37:57	00:07:35
Beu	Hannah	Laage	5,00	03:55:00	05:35:00

Kuß	Christian	Schwerin	5,00	00:29:54	00:05:59
Dahl	Katrin	Herren Steinfeld	5,00	00:30:11	00:06:02
Kunth	Wolfram	Berlin	5,00	01:03:25	00:12:41
Zander	Kathrin	Pinnow	5,00	00:29:57	00:05:59
Czirpka	Reinhard	Leezen	5,00	00:29:57	00:05:59
Ihde	Heike	Leezen	5,00	00:29:57	00:05:59
Engwer	Lena	Schwerin	4,20	00:29:50	00:07:06
Meik	Ines	Schwerin	4,00	00:40:00	00:10:00
Briesen	Antonio	Schwerin	2,00	00:13:13	00:06:36
Briesen	Birga	Schwerin	2,00	00:13:21	00:06:41
Wustrack	Jasper		1,85	00:15:25	00:08:20
Wustrack	Max		1,85	00:15:25	00:08:20
Ackermann	Theres	Tangermünde	1,85	00:09:40	00:05:14
Brammer	Sandra	Lübeck	1,67	00:12:25	00:07:26
Ackermann	Jonathan	Tangermünde	1,00	00:05:30	00:05:30
Nerger	Mike	Schwerin			
Nerger	Nicole	Schwerin			
Paul	Patrick	Schwerin			
Porthun	Julius	Schwerin			
Laufer	Florian	Schwerin			
Kaps	Kilian	Schwerin			