



Alster Ergo-Cup HAMBURG

10000 Meter vom 18.01.2016

Rang	Name	Zeit	Referenz	Abweichung [%]
1	Bernhard Strocka	00:38:47,6	00:37:13,9	4,19%
2	Björn Schulze-Gülich	00:37:17,3	00:32:55,9	13,23%
3	Kathrin Otto	00:42:36,1	00:37:36,5	13,28%
4	Gerhard Neumann	00:39:38,8	00:34:54,3	13,58%
5	Hagen Ohlmann	00:36:42,1	00:32:15,7	13,76%
6	Jan Zamow	00:39:16,7	00:34:20,2	14,39%
7	Fabian Rennack	00:39:17,8	00:34:20,2	14,45%
8	Ansgar Heinze	00:37:46,5	00:32:55,9	14,71%
9	Sönke Jensen	00:38:00,1	00:32:55,9	15,40%
10	Mathias Thees	00:36:01,0	00:31:05,2	15,86%
11	Wiebke Köster	00:44:32,7	00:38:11,3	16,65%
12	Stephan Olesinski	00:38:55,8	00:32:55,9	18,21%
13	Michael Bögle	00:40:06,1	00:33:31,0	19,65%
14	Stefan Kostrewa	00:39:26,7	00:32:55,9	19,78%
15	Eike Christian Schmidt	00:37:15,0	00:31:05,2	19,83%
16	Anouk Rijs	00:45:06,4	00:37:36,5	19,94%
17	Beatrice Techen	00:46:26,8	00:38:33,0	20,48%
18	Hauke Pauly	00:38:32,6	00:31:58,9	20,52%
19	Katja Sauerbier	00:47:08,5	00:38:57,1	21,03%
20	Johannes Delfs	00:37:56,8	00:31:05,2	22,07%
21	Piet Hansen	00:45:33,4	00:37:13,9	22,36%
22	Selina Maas	00:46:27,8	00:37:57,6	22,40%
23	Michael Schawe	00:40:26,6	00:32:55,9	22,81%
24	Wolfgang Beifuß	00:41:17,2	00:33:31,0	23,18%
25	Alexander Liedtke	00:38:18,7	00:31:05,2	23,24%
26	Jan Sedlacik	00:39:00,4	00:31:05,2	25,48%
27	Arne Althaus	00:39:02,6	00:31:05,2	25,60%
28	Stefan Czerner	00:43:58,7	00:34:20,2	28,08%
29	Ulrike Lange	00:49:14,1	00:37:36,5	30,92%
30	Michael Damm	00:45:38,0	00:32:55,9	38,57%