

100MC Deutschland, Top 5 altersbereinigt, 2025, Rangliste

Jörg Chittka, 21. Januar 2026

										Top 5							Av	Av ag
Platz	m	w	Vorname	Name	Ort	Jg	Nat	Nr	St									
1	1		Jörg	Chittka Dr.	Wietze	1964	GER	451			3:08:21	3:13:12	3:13:32	3:13:51	3:16:06	3:13:00		2:39:20
2	2		Sascha	Dehling	Berlin	1977	GER	526			2:50:10	2:53:16	2:53:20	2:53:28	2:53:36	2:52:46		2:39:24
3	3		Martin	Lehner	Bayreuth	1963	GER	435			3:25:07	3:26:18	3:29:05	3:29:35	3:30:16	3:28:04		2:50:11
4	4		Jürgen	Bultmann	Asendorf	1961	GER	438			3:28:17	3:30:37	3:32:53	3:35:23	3:40:56	3:33:37		2:51:27
5	5		Frank	Danger	Hamburg	1964	GER	521			3:24:51	3:25:49	3:27:35	3:28:24	3:31:52	3:27:42		2:51:28
6	6		Ralf	Loeber	Bornheim	1977	GER	414			3:03:58	3:04:34	3:07:03	3:09:40	3:13:06	3:07:40		2:53:09
7	7		Sven	Grebe	Niestetal	1969	GER	568			3:11:59	3:18:59	3:26:18	3:28:59	3:30:59	3:23:27		2:55:38
8	8		Bodo	Abenhardt	Erfstadt	1968	GER	563			3:19:32	3:26:03	3:27:33	3:30:36	3:30:47	3:26:54		2:57:04
9	9		Volker	Schmitz	Elmshorn	1972	GER	620			3:17:13	3:18:31	3:26:11	3:26:49	3:27:20	3:23:13		2:59:59
10	10		Werner	Weber	Waiblingen	1962	GER	681	N		3:33:15	3:36:24	3:41:14	3:42:59	3:59:28	3:42:40		3:00:26
11	11		Jobst	von Palombini	Bückeburg	1969	GER	29			3:23:12	3:25:36	3:29:07	3:33:29	3:43:06	3:30:54		3:02:04
12		1	Eva-Maria	Gaszek	Senden	1966	GER	646			3:36:00	3:36:20	3:36:23	3:56:02	4:04:46	3:45:54		3:04:23
13	12		Jörn	Hesse	Freden	1974	GER	488			2:59:24	3:27:27	3:31:10	3:32:39	3:37:37	3:25:39		3:05:12
14	13		Utz	Meyer-Reim Dr.	Hamburg	1961	GER	713	N/A		3:49:29	3:50:34	3:54:32	3:56:47	4:02:30	3:54:46		3:08:26
15	14		Dieter	Schaab	Augsburg	1973	GER	628			3:27:02	3:27:14	3:30:10	3:36:03	3:36:24	3:31:23		3:08:47
15	15		Jürgen	Klopfer	Stuttgart	1978	GER	578			3:14:34	3:19:29	3:22:47	3:28:29	3:29:46	3:23:01		3:08:47
17	16		Björn	Bünemann	Kirchlengern	1981	GER	692	N		3:12:48	3:19:01	3:20:05	3:20:54	3:21:52	3:18:56		3:09:19
18	17		Jürgen	Haschen	Kassel	1962	GER	331			3:54:00	3:55:28	3:55:51	3:57:31	3:58:00	3:56:10		3:11:22
19	18		Christopher	Greenaway	Stuttgart	1974	GER	588			3:22:37	3:29:25	3:29:54	3:43:20	3:43:40	3:33:47		3:12:31
20	19		Detlef	Korioth	Bad Salzuflen	1948	GER	546			4:17:58	4:38:11	4:40:09	4:49:25	5:02:03	4:41:33		3:13:27
21	20		René	Slavik	Kirchheim-Teck	1969	GER	649			3:37:03	3:39:09	3:43:23	3:47:21	3:53:50	3:44:09		3:13:31
22	21		Wolfgang	Ratsch	Walsrode	1951	GER	684	N		4:11:19	4:18:42	4:25:55	4:36:14	5:01:56	4:30:49		3:14:03
23	22		Jens	Körner	Leipzig	1972	GER	512			3:31:17	3:37:11	3:41:06	3:42:25	3:43:38	3:39:07		3:14:05
24	23		Klaus	Neumeister	Gladenbach	1959	GER	13			4:00:20	4:02:10	4:08:09	4:09:09	4:14:02	4:06:46		3:14:17
25	24		Dirk	Theisges Dr.	Hemer	1965	GER	636			3:50:37	3:53:30	3:54:10	3:54:32	3:59:34	3:54:29		3:15:21
26	25		Rafael	Siems	Fehmarn	1983	GER	625			3:12:12	3:16:15	3:25:09	3:29:28	3:34:49	3:23:35		3:16:41
27	26		Alexander	Grosser	Bassum	1977	GER	601			3:16:29	3:18:30	3:43:40	3:44:31	3:45:04	3:33:39		3:17:07
28	27		Steve	Dolezych	Obernholz	1983	GER	482			3:16:24	3:18:41	3:24:29	3:25:54	3:36:29	3:24:23		3:17:28
29		2	Sylke	Kuhn	Kassel	1971	GER	422			3:46:43	3:46:53	3:51:17	3:51:55	3:52:45	3:49:55		3:17:30
30	28		Mario	Sagasser	Henstedt-Ulzburg	1965	GER	172			3:35:31	3:51:35	4:04:32	4:11:09	4:14:42	3:59:30		3:19:31
31	29		Andreas	Riedel	Roßleben	1976	GER	472			3:35:18	3:38:20	3:38:41	3:39:52	3:40:42	3:38:35		3:20:04
32	30		Jürgen	Clausen	Nübel	1962	GER	374			3:48:36	3:57:49	4:15:21	4:17:46	4:25:40	4:09:02		3:21:48
33	31		Hans	Jäger	Meckesheim	1968	GER	444			3:48:05	3:48:35	3:54:45	4:00:29	4:13:47	3:57:08		3:22:56
34	32		Dirk	Kahlmeyer	Wallenhorst	1966	GER	577			3:54:49	3:56:07	4:04:13	4:04:35	4:11:40	4:02:17		3:23:41
35	33		Udo	Heidemann	Bielefeld	1970	GER	540			3:28:50	3:49:01	3:51:17	4:11:47	4:12:29	3:54:41		3:24:22
36	34		Jörg	Bartz	Kremmen	1963	GER	566			3:56:59	4:09:59	4:10:59	4:13:59	4:18:59	4:10:11		3:24:37
37	35		Hanno	Höper	Lensahn	1960	GER	387			3:57:31	4:13:02	4:13:28	4:26:58	4:38:36	4:17:55		3:25:03
38	36		Michele	Rizzitelli	Barletta	1946	ITA	116			5:02:21	5:06:00	5:09:10	5:15:59	5:16:30	5:10:00		3:25:56

100MC Deutschland, Top 5 altersbereinigt, 2025, Rangliste

Jörg Chittka, 21. Januar 2026

										Top 5								Av	Av ag
Platz	m	w	Vorname	Name	Ort	Jg	Nat	Nr	St										
39	37		Wolfgang	Bernath	Waldbreitbach	1959	GER	395			4:12:08	4:24:04	4:24:48	4:26:01	4:26:01	4:22:36		3:26:45	
40	38		Johann	Spieker	Laar	1939	GER	135			5:43:38	5:57:57	6:13:04	6:13:39	6:25:47	6:06:49		3:26:49	
41	39		Bennie	De Vries	Stadskanaal	1965	NED	466			3:52:24	3:56:14	4:12:45	4:21:15	4:25:16	4:09:35		3:27:56	
42	40		Johan	Wander	Nagele	1960	NED	648			4:14:32	4:21:46	4:21:54	4:26:11	4:26:40	4:22:13		3:28:27	
43	41		Manfred	Westermann	Hannover	1949	GER	616			4:33:03	4:58:55	5:01:41	5:10:18	5:10:37	4:58:55		3:28:31	
44	42		Lutz	Messerschmidt	Magdeburg	1962	GER	575			4:12:25	4:13:23	4:16:20	4:17:16	4:34:31	4:18:47		3:29:42	
45		3	Christiane	Küttner	Köln	1967	GER	654			4:12:19	4:14:00	4:14:01	4:16:00	4:17:49	4:14:50		3:30:13	
46	43		Michael	Kiene	Northeim	1971	GER	308			3:47:18	3:56:03	3:56:54	4:03:19	4:15:50	3:59:53		3:30:41	
47	44		Sven	Sonnenberg	Hemmingstedt	1967	GER	656			4:04:14	4:06:36	4:09:54	4:12:09	4:14:08	4:09:24		3:31:34	
48	45		Wolfgang	Schulz	Barsinghausen	1968	GER	511			3:52:35	3:58:42	4:04:08	4:19:17	4:23:19	4:07:36		3:31:54	
49	46		Joachim	Kortyka	Speyer	1955	GER	287			4:26:40	4:33:29	4:45:53	4:47:55	4:48:11	4:40:26		3:32:05	
50	47		Marc	Fischer	Salzgitter	1973	GER	355			3:55:32	3:56:24	3:57:18	3:58:14	4:01:23	3:57:46		3:32:21	
51	48		Ralf	Dembeck	Geestland	1970	GER	518			3:47:19	3:51:56	4:06:55	4:16:42	4:19:56	4:04:34		3:32:58	
52	49		Frank	Tabbert	Aurich	1965	GER	711	N		3:58:20	4:12:04	4:15:31	4:23:48	4:30:10	4:15:59		3:33:15	
53		4	Iris	Lenhard	Sulzbach	1966	GER	686	N		4:08:57	4:11:22	4:16:44	4:25:44	4:45:29	4:21:39		3:33:34	
54	50		Frank	Dieter	Bad Soden Salmü.	1964	GER	579			4:11:33	4:15:45	4:21:18	4:21:49	4:25:14	4:19:08		3:33:55	
55	51		Benedikt	Brockmann	Borgholzhausen	1980	GER	682	N		3:18:09	3:39:48	3:42:16	4:06:14	4:10:37	3:47:25		3:34:48	
56	52		Pater Tobias	Breer	Duisburg	1963	GER	534			4:18:03	4:21:36	4:22:58	4:23:49	4:26:45	4:22:38		3:34:49	
57		5	Judith	Strack	München	1959	GER	548			4:42:24	4:44:01	4:45:09	4:46:55	4:49:12	4:45:32		3:34:50	
58	53		Thomas	Pielke	Hamburg	1963	GER	361			4:12:59	4:24:11	4:25:14	4:27:11	4:29:31	4:23:49		3:35:47	
59	54		Nico	Swart	Groningen	1977	NED	632			3:42:23	3:54:45	3:57:08	3:58:25	3:58:30	3:54:14		3:36:06	
60	55		Carsten	Nuhn	Bremen	1968	GER	623			3:50:12	3:53:32	3:59:35	4:35:29	4:44:28	4:12:39		3:36:13	
61	56		Michael	Menzhausen	Bielefeld	1956	GER	614			4:16:03	4:28:51	4:46:50	4:48:47	5:14:39	4:43:02		3:36:16	
62		6	Rabea	Reinhold	Nordstrand	1991	GER	626			3:28:58	3:36:43	3:36:44	3:39:25	3:43:23	3:37:03		3:37:03	
63	57		Wojciech Piotr	Mehl	Stockelsdorf	1951	GER	450			4:57:15	5:00:53	5:01:07	5:06:18	5:09:34	5:03:01		3:37:07	
64	58		Matthias	Sachse	Berlin	1964	GER	384			4:05:44	4:28:54	4:28:57	4:28:58	4:29:21	4:24:23		3:38:15	
65	59		Mike	Wingerning	Bothel	1973	GER	695	N		3:56:41	4:04:13	4:04:33	4:09:14	4:10:32	4:05:03		3:38:51	
66	60		Reinhold	Krause	Stuttgart	1957	GER	605			4:36:41	4:38:48	4:47:10	4:47:58	4:54:28	4:45:01		3:39:59	
67	61		Antonio	Salvatore	Campobasso (CB)	1954	ITA	653			4:46:59	4:51:59	4:55:59	4:57:59	4:57:59	4:54:11		3:40:12	
68	62		Reinhold	Schwalb	Antrifftal	1963	GER	712	N		4:14:59	4:15:48	4:29:48	4:42:58	4:44:29	4:29:36		3:40:31	
69	63		Roland	Krauss	Kammerstein	1962	GER	408			4:24:02	4:29:23	4:32:43	4:36:28	4:38:44	4:32:16		3:40:37	
70	64		Thomas	Redeker	Bielefeld	1968	GER	690	N		4:10:37	4:14:46	4:21:31	4:22:05	4:22:29	4:18:18		3:41:03	
71	65		Christoph	Jaekel	Hamburg	1973	GER	467			3:51:35	4:09:48	4:11:09	4:12:55	4:14:23	4:07:58		3:41:28	
72		7	Jessica	Wagner	Kropp	1983	GER	678			3:47:25	3:50:51	3:52:32	3:53:31	4:03:08	3:53:29		3:42:10	
73	66		Klaus	Neumann	Stuttgart	1952	GER	53			4:55:05	4:57:21	5:13:04	5:13:16	5:14:32	5:06:40		3:42:20	
74	67		Wolfgang	Möck	Linkenheim	1957	GER	207			4:18:09	4:34:35	5:00:57	5:01:47	5:04:55	4:48:05		3:42:20	
75		8	Vera	Thomas	Bad Rappenau	1960	GER	675			4:42:59	4:49:59	4:50:59	4:57:59	4:58:59	4:52:11		3:42:35	
76	68		Burkhard	Lachmann	Wehretal	1962	GER	604			4:24:13	4:37:04	4:38:07	4:38:30	4:39:39	4:35:31		3:43:15	

100MC Deutschland, Top 5 altersbereinigt, 2025, Rangliste

Jörg Chittka, 21. Januar 2026

										Top 5										Av		Av ag
Platz	m	w	Vorname	Name	Ort	Jg	Nat	Nr	St													
77	69		Gernot	Lang	Bad Hersfeld	1966	GER	665			3:58:42	4:18:11	4:27:43	4:41:28	4:43:27	4:25:54						3:43:33
78	70		Rob	Froonhoff	Amersfoort	1966	NED	119			4:21:02	4:25:06	4:25:27	4:26:22	4:32:49	4:26:09						3:43:45
79		9	Birgit	Graupner	Neumünster	1967	GER	666			4:26:44	4:30:10	4:31:10	4:33:54	4:34:58	4:31:23						3:43:52
80	71		Manfred	Steckel	Köln	1955	GER	385			4:51:37	4:55:03	4:57:41	4:57:58	4:58:50	4:56:14						3:44:02
81	72		Holger	Deifuß Dr.	Ascheberg	1968	GER	541			4:20:10	4:16:54	4:21:51	4:24:24	4:26:27	4:21:57						3:44:11
82	73		Ulrich	Niehuß	Hamburg	1969	GER	289			4:10:19	4:16:29	4:21:04	4:24:19	4:31:16	4:20:41						3:45:03
83	74		Andreas	Giersberg	Bochum	1965	GER	359			4:12:32	4:27:00	4:34:28	4:35:48	4:41:06	4:30:11						3:45:05
84	75		Andreas	Treiber	Heidelberg	1960	GER	530			4:00:36	4:47:45	4:56:29	4:57:42	4:59:36	4:44:26						3:46:07
85	76		Joachim	Risch	Köln	1955	GER	360			4:48:37	4:53:59	4:58:56	5:07:05	5:07:25	4:59:12						3:46:17
86	77		Thorsten	Stohldreier	Hamburg	1971	GER	390			3:57:06	4:13:55	4:25:00	4:25:59	4:27:51	4:17:58						3:46:35
87	78		Manfred	Gaudl	Bergen	1960	GER	277			4:34:44	4:38:02	4:48:11	4:52:52	4:53:08	4:45:23						3:46:53
88	79		Sebastian	Krampe	Warendorf	1984	GER	662			3:42:20	3:49:19	3:54:39	4:03:00	4:03:02	3:54:28						3:48:12
89	80		Andreas	Bettingen	München	1965	GER	549			4:28:10	4:28:35	4:35:07	4:38:37	4:39:25	4:33:59						3:48:15
90	81		Alexander	Hahn	Lensahn	1970	GER	524			3:57:44	4:25:53	4:26:10	4:27:35	4:36:24	4:22:45						3:48:48
91	82		Michael	Scheele	Essen	1976	GER	602			3:59:24	3:59:28	4:08:37	4:21:22	4:26:05	4:10:59						3:49:44
92	83		Manfred	Opl	Kassel	1957	GER	556			4:25:15	4:46:05	4:59:53	5:18:02	5:19:55	4:57:50						3:49:52
93	84		Jörg	Lüdtke	Hamburg	1965	GER	559			4:28:59	4:30:30	4:31:58	4:44:24	4:46:02	4:36:23						3:50:15
94	85		Günter	Petri	Berlin	1957	GER	597			4:53:20	4:54:17	4:58:24	5:00:00	5:05:48	4:58:22						3:50:17
95		10	Katrin	Neugebauer	Stadthagen	1986	GER	531			3:47:40	3:55:08	3:56:03	4:01:38	4:04:09	3:56:56						3:50:20
96	86		Mukir	Gluhic	Hamburg	1965	BIH	560			4:29:29	4:30:02	4:31:23	4:44:49	4:49:09	4:36:58						3:50:45
97	87		Robert	Pöttger	Remshalden	1960	GER	392			4:22:26	4:42:17	4:54:42	5:05:34	5:08:55	4:50:47						3:51:10
98		11	Beate	Gröhn	Kaltenkirchen	1962	GER	346			4:35:09	4:45:18	4:51:58	5:04:25	5:25:18	4:56:26						3:51:18
99	88		Harald	Bootz	Hamburg	1974	GER	677			3:54:52	4:14:28	4:18:36	4:28:28	4:28:51	4:17:03						3:51:28
100	89		Axel	Zachau	Viersen	1974	GER	558			4:06:44	4:08:05	4:18:42	4:20:18	4:34:57	4:17:45						3:52:06
101	90		Volker	Dörr	Harthausen	1957	GER	574			4:28:26	4:40:34	4:57:23	5:12:59	5:52:27	5:02:22						3:53:22
102	91		Erik	Spatz	Hamburg	1970	GER	505			4:03:52	4:23:18	4:25:59	4:40:00	4:52:49	4:29:12						3:54:25
103	92		Martin	Eitel	Vaihingen an der Er	1991	GER	667			3:42:23	3:54:59	3:56:15	3:59:43	4:00:09	3:54:42						3:54:42
104		12	Herta	de Buhr	Neukamperfehn	1960	GER	657			4:13:06	4:30:33	5:26:46	5:40:47	5:49:13	5:08:05						3:54:42
105		13	Annamaria	Di Felice	Roma	1957	ITA	643			5:12:37	5:14:52	5:22:59	5:25:59	5:26:59	5:20:41						3:55:13
106	93		Norbert	Fender	Rutesheim	1959	GER	336			4:48:36	4:49:51	4:56:48	5:06:42	5:14:13	4:59:14						3:55:35
107	94		Arne	Franck	Kaltenkirchen	1962	GER	175			4:37:01	4:39:00	4:48:47	5:04:00	5:05:05	4:50:47						3:55:37
108	95		Tom	Köhler	Steinfurt	1970	GER	507			3:59:58	4:28:45	4:36:25	4:43:07	4:45:15	4:30:42						3:55:44
109	96		Jürgen	Beck	Gelsenkirchen	1953	GER	634			5:13:38	5:18:16	5:23:31	5:27:15	5:27:23	5:22:01						3:56:00
110	97		Raik	Eckstein	Pulheim	1974	GER	679			3:59:07	4:19:24	4:26:54	4:29:00	4:36:25	4:22:10						3:56:05
111	98		Wolfgang	Gickler Dr.	Lahnstein	1959	GER	490			4:52:17	4:57:51	4:59:58	5:03:06	5:06:13	4:59:53						3:56:06
112		14	Verena	Hajek	Köln	1952	GER	503			5:34:57	5:37:22	5:41:25	5:51:13	6:04:59	5:45:59						3:56:52
113	99		Frank	Lorenzen	Flensburg	1973	GER	608			4:05:40	4:21:10	4:26:51	4:35:56	4:38:56	4:25:43						3:57:18
114	100		Michael	Kofferschläger	Wegberg	1978	GER	706	N		4:10:14	4:11:11	4:14:19	4:14:19	4:27:38	4:15:32						3:57:37

100MC Deutschland, Top 5 altersbereinigt, 2025, Rangliste

Jörg Chittka, 21. Januar 2026

										Top 5						
Platz	m	w	Vorname	Name	Ort	Jg	Nat	Nr	St						Av	Av ag
115	101		Christian	Marti	Zürich	1952	SUI	621		5:18:04	5:22:18	5:30:06	5:32:08	5:38:17	5:28:11	3:57:56
116	102		Klaus	Mantel	Fellbach	1963	GER	480		4:38:54	4:49:24	4:54:17	4:55:58	4:58:56	4:51:30	3:58:25
117	103		Kai	Pluschkat	Bad Fallingbostel	1974	GER	659		4:23:26	4:25:25	4:26:00	4:26:04	4:27:34	4:25:42	3:59:16
118		15	Petra	Niemeyer	Frankfurt/Main	1970	GER	635		4:35:56	4:43:12	4:43:28	4:44:24	4:44:29	4:42:18	4:00:07
119	104		Udo	Pitsch	Wehringen	1953	GER	642		5:05:29	5:13:29	5:34:58	5:43:58	5:46:04	5:28:48	4:00:58
120	105		Jens	Schlosser	Bennewitz	1961	GER	430		4:54:01	4:54:56	4:56:12	5:08:11	5:10:37	5:00:47	4:01:25
121	106		Markus	Pitz	Bad Driburg	1969	GER	406		4:33:23	4:36:58	4:38:47	4:46:13	4:50:47	4:41:14	4:02:47
122	107		Friedhelm	Tappe	Osnabrück	1957	GER	687	N	5:03:10	5:06:32	5:16:05	5:19:54	5:28:52	5:14:55	4:03:03
123	108		Lars	Koppmann	Leopoldshöhe	1969	GER	629		3:35:58	4:26:28	4:57:29	5:08:55	5:19:09	4:41:36	4:03:06
124		16	Nicole	Sasse	Bad Münster	1975	GER	631		4:15:50	4:26:35	4:40:02	4:40:21	4:41:33	4:32:52	4:03:16
125	109		Stefan	Hantscher	Suhl-Heinrichs	1970	GER	492		4:28:37	4:39:11	4:40:58	4:43:20	4:45:45	4:39:34	4:03:27
126	110		Ben	Mol	Almere	1949	NED	37		5:40:47	5:46:21	5:50:33	5:54:12	5:57:05	5:49:48	4:04:01
127	111		Martin	Kühne	Cuxhaven	1968	GER	572		4:30:18	4:42:01	4:45:30	4:51:36	4:58:58	4:45:41	4:04:29
128	112		Ulrich	Heitfeldt	Hohenhameln	1957	GER	440		5:09:37	5:15:25	5:18:56	5:20:07	5:20:23	5:16:54	4:04:35
129	113		Stefan	Hinrichsen	Koldenbüttel	1969	GER	661		4:27:00	4:37:29	4:49:31	4:50:45	4:52:41	4:43:29	4:04:44
130		17	Judith	Baumann	Jockgrim	1972	GER	536		4:29:43	4:33:38	4:39:03	4:54:26	4:56:10	4:42:36	4:05:04
131	114		Thomas	Mitterer	Hürth	1971	GER	641		4:24:37	4:40:28	4:42:53	4:43:43	4:44:04	4:39:09	4:05:11
132		18	Tanja	Meimann	Sassenberg	1972	GER	683	N	4:28:24	4:42:22	4:43:59	4:52:32	4:52:33	4:43:58	4:06:15
133	115		Markus	Ehrlich	Osnabrück	1970	GER	703	N/A	4:35:58	4:36:46	4:41:00	4:48:12	4:55:19	4:43:27	4:06:50
134	116		Jan	Seebode	Lindhorst	1972	GER	589		4:11:30	4:29:30	4:46:43	4:50:42	4:55:24	4:38:46	4:06:54
135	117		Bernd	Hadeler	Bremervörde	1967	GER	619		4:39:22	4:46:34	4:47:51	4:54:04	5:09:07	4:51:24	4:07:11
136	118		Volkmar	Henke Dr.	Rheine	1944	GER	17		6:23:00	6:23:35	6:26:10	6:29:51	6:32:53	6:27:06	4:07:17
137	119		Rolf	Graubner	Hamburg	1955	GER	375		5:04:32	5:22:02	5:30:26	5:35:35	5:42:43	5:27:04	4:07:21
138	120		Jens	Hunhold	Rathenow	1968	GER	367		4:39:44	4:40:43	4:47:25	4:58:30	4:59:56	4:49:16	4:07:33
139		19	Madeleine	Hamburger	Rostock	1963	GER	538		4:42:30	5:19:14	5:20:38	5:23:42	5:24:00	5:14:01	4:07:53
140	121		Dirk	Klatt	Montabaur	1959	GER	290		4:58:58	5:10:03	5:10:36	5:27:29	5:29:23	5:15:18	4:08:14
141	122		Peter	Martin	Bad Hersfeld	1965	GER	523		4:54:04	4:58:13	4:58:46	4:59:56	5:07:36	4:59:43	4:09:42
142		20	Manuela	Lange	Borgentreich	1965	GER	698	N	4:57:59	5:04:28	5:09:59	5:18:28	5:19:59	5:10:11	4:10:24
143	123		Gerd	Schremmer	Plauen	1956	GER	363		5:07:59	5:08:59	5:24:59	5:42:59	5:54:59	5:27:59	4:10:37
144	124		Stephan	Barz	Neu Wulmstorf	1965	GER	571		4:51:48	4:55:53	5:02:14	5:03:40	5:14:47	5:01:40	4:11:19
145	125		Dirk	Schreiber	Hamburg	1970	GER	640		4:14:38	4:39:53	4:43:06	5:12:05	5:17:05	4:49:21	4:11:58
146	126		Christoph	Holzapfel	Stuttgart	1961	GER	612		5:04:21	5:15:06	5:16:06	5:17:27	5:19:23	5:14:29	4:12:24
147	127		Jan	Kuhlmann Dr.	Geestland	1969	GER	582		4:48:59	4:49:59	4:55:59	4:56:59	4:49:59	4:52:23	4:12:25
148		21	Martina	Pahmeyer	Bünde	1967	GER	587		4:58:21	4:58:32	5:08:55	5:08:55	5:19:09	5:06:46	4:13:03
149	128		Tobias	Knaack	Hamburg	1975	GER	590		4:21:44	4:26:03	4:32:33	4:46:08	5:09:23	4:39:10	4:13:28
150		22	Dorota	Hinz	Eckernförde	1971	GER	486		4:47:38	4:48:44	4:56:06	5:01:56	5:02:50	4:55:27	4:13:47
151	129		Ralf	Sweers	Emden	1963	GER	425		4:51:59	5:14:37	5:14:51	5:14:58	5:15:59	5:10:29	4:13:56
152		23	Maria	Rolfes	Lohne	1954	GER	294		5:32:15	5:54:33	6:00:53	6:11:28	6:27:23	6:01:18	4:14:30

100MC Deutschland, Top 5 altersbereinigt, 2025, Rangliste

Jörg Chittka, 21. Januar 2026

										Top 5							Av	Av ag
Platz	m	w	Vorname	Name	Ort	Jg	Nat	Nr	St									
153	130		Jörg	Theelen	Nettetal	1966	GER	672		4:51:18	4:56:56	5:07:17	5:11:45	5:12:41	5:03:59		4:15:34	
154	131		Heiko	von der Ahé	Langenhagen	1972	GER	583		4:39:49	4:44:30	4:49:43	4:54:00	4:55:19	4:48:40		4:15:41	
155	132		Wolfgang Peter	Mnich	Odenthal	1962	GER	537		4:54:38	5:03:37	5:23:32	5:27:29	5:30:55	5:16:02		4:16:05	
156	133		Karl	Roch	Oberhausen	1963	GER	470		4:43:40	4:43:51	4:43:58	5:58:39	5:59:09	5:13:51		4:16:42	
157		24	Katja	Pfenningschmidt	Bielefeld	1973	GER	674		4:49:15	4:55:23	4:58:11	4:59:29	4:59:36	4:56:23		4:19:27	
158	134		Hans-Joachim	Westphal	Berlin	1957	GER	393		5:13:21	5:15:06	5:45:24	5:52:53	5:55:10	5:36:23		4:19:37	
159	135		Thomas	Busse	Bernterode	1965	GER	481		4:57:30	5:02:26	5:08:49	5:19:53	5:31:56	5:12:07		4:20:01	
160	136		Friedrich	Helle	Lage	1964	GER	655		4:56:08	5:00:01	5:09:48	5:33:03	5:40:52	5:15:58		4:20:50	
161	137		Winfried	Böttjer	Bremen	1956	GER	358		5:34:10	5:34:47	5:43:23	5:45:16	5:51:06	5:41:44		4:21:07	
162	138		Andreas	Bremer	Witten	1956	GER	468		5:33:32	5:37:23	5:46:58	5:47:22	5:49:00	5:42:51		4:21:58	
163	139		Peter	Kummer	Hamburg	1953	GER	329		5:37:47	5:46:43	6:03:24	6:08:32	6:11:20	5:57:33		4:22:03	
164	140		Marcello	Arena	Rom	1957	ITA	680	N	5:23:59	5:25:59	5:46:59	5:49:59	5:52:59	5:39:59		4:22:24	
165	141		Ralph	Benkert	Würzburg	1970	GER	689	N	4:41:35	4:53:03	5:01:42	5:08:15	5:23:28	5:01:37		4:22:39	
166		25	Martina	Ramthun	Hamburg	1964	GER	369		5:13:05	5:24:44	5:28:09	5:40:49	5:41:20	5:29:37		4:23:10	
167	142		Holger	Sawilla	Berne	1971	GER	553		4:46:31	4:47:26	4:53:51	5:12:31	5:18:31	4:59:46		4:23:17	
168	143		Robert	Boyde-Wolke	Zeuthen	1974	GER	545		4:35:01	4:50:12	4:55:46	5:01:08	5:01:23	4:52:42		4:23:35	
169	144		Thomas	Weissinger	Emden	1966	GER	708	N	5:12:43	5:12:56	5:13:07	5:15:42	5:19:30	5:14:48		4:24:39	
170	145		Thorsten	Grandt	Munkbrarup	1980	GER	663		4:31:38	4:41:12	4:41:45	4:42:38	4:47:09	4:40:52		4:25:17	
171	146		Ingo	Kloss	Bremen	1970	GER	513		4:35:42	4:38:16	4:48:24	5:41:58	5:42:53	5:05:27		4:25:59	
172	147		Michael	Blumenroth	Frankfurt/Main	1964	GER	403		5:14:13	5:19:58	5:23:49	5:28:51	5:29:55	5:23:21		4:26:56	
173		26	Regine	Dörnte	Kaltenkirchen	1963	GER	399		5:27:43	5:27:54	5:37:21	5:47:00	5:57:01	5:39:24		4:27:55	
174		27	Irina	Meyer	Osnabrück	1970	GER	585		4:51:10	5:08:45	5:18:02	5:25:46	5:35:38	5:15:52		4:28:41	
175	148		Marc	Hoppe	Reinheim	1979	GER	688	N	4:10:38	4:45:53	4:47:22	4:59:36	5:12:46	4:47:15		4:29:13	
176		28	Gabriele	Eisele	Kropp	1963	GER	354		5:12:30	5:36:43	5:50:23	5:54:32	5:55:04	5:41:50		4:29:51	
177		29	Jenny	Engler	Münster	1974	GER	611		4:21:21	5:10:18	5:15:11	5:16:03	5:27:04	5:05:59		4:30:21	
178	149		Michael	Turzynski	Hannover	1968	GER	10		5:09:25	5:16:59	5:18:29	5:21:15	5:21:29	5:17:31		4:31:44	
179		30	Angela	Gargano	Barletta	1961	ITA	115		5:40:54	5:54:01	5:54:41	5:55:14	5:58:43	5:52:43		4:31:58	
180		31	Ruth	Jäger	Rodgau	1952	GER	651		6:17:10	6:39:00	6:42:17	6:42:17	6:53:37	6:38:52		4:33:04	
181		32	Birgit	Fender	Rutesheim	1963	GER	335		5:23:35	5:42:53	5:44:32	5:50:48	6:11:53	5:46:44		4:33:43	
182	150		Peter	Kellermann	Wentorf	1957	GER	271		5:11:35	5:44:00	6:01:28	6:15:10	6:25:00	5:55:27		4:34:20	
183		33	Sylvia	Frühauf	Bramsche	1964	GER	328		5:31:41	5:32:17	5:39:51	5:47:46	6:07:41	5:43:51		4:34:32	
184	151		Georg	Schmauch	Hannover	1964	GER	707	N	5:20:53	5:27:23	5:33:00	5:37:03	5:52:00	5:34:04		4:35:46	
185	152		Vito Piero	Ancora	San Vito dei Normani	1953	ITA	127		6:10:59	6:15:59	6:17:59	6:19:59	6:20:59	6:17:11		4:36:26	
186	153		Stefan	Schulz	Osnabrück	1967	GER	710	N	5:04:47	5:22:34	5:33:15	5:34:13	5:40:21	5:27:02		4:37:25	
187	154		Dirk	Nolte	Hannover	1982	GER	449		4:27:58	4:41:58	4:51:14	4:57:32	5:10:20	4:49:48		4:37:54	
188		34	Andrea	Anger	Asbach	1965	GER	668		4:49:59	5:21:59	5:33:59	5:53:59	7:01:59	5:44:23		4:38:01	
189	155		Detlef	Klatt	Leverkusen	1966	GER	439		5:24:16	5:27:49	5:28:14	5:35:28	5:37:45	5:30:42		4:38:02	
190	156		Michael	Bruns	Bad Dürkheim	1965	GER	702	N	5:15:27	5:29:45	5:38:17	5:41:28	5:44:02	5:33:48		4:38:05	

										Top 5											
Platz	m	w	Vorname	Name	Ort	Jg	Nat	Nr	St											Av	Av ag
191	157		Michael	Bieler	Berlin	1978	GER	502		4:47:12	4:49:04	4:59:22	5:06:57	5:15:08	4:59:33	4:38:33					
192	158		Giuliano	Gennari	Terni	1949	ITA	638		6:21:57	6:28:57	6:45:00	6:49:50	6:50:53	6:39:19	4:38:34					
193	159		Ettore	Pavirani	Cesenatico	1952	ITA	691	N	6:10:21	6:27:57	6:28:04	6:29:30	6:30:37	6:25:18	4:39:20					
194	160		Ulrich	Tomaschewski	Crailsheim	1954	GER	233		5:57:11	6:02:45	6:15:09	6:28:17	6:29:09	6:14:30	4:40:19					
195	161		Wolfgang	Gieler Prof. Dr.	Bad Neuenahr	1960	GER	389		5:46:18	5:52:10	5:53:59	5:55:49	5:56:40	5:52:59	4:40:37					
196	162		Karsten	Krause	Düsseldorf	1972	GER	547		5:02:01	5:12:17	5:17:12	5:24:47	5:32:47	5:17:49	4:41:29					
197	163		Uwe	Laig	Lengerich	1957	GER	432		5:59:26	6:01:01	6:07:08	6:09:12	6:13:49	6:06:07	4:42:34					
198		35	Doris	Sagasser	Henstedt-Ulzburg	1968	GER	171	E	5:22:47	5:38:08	5:42:05	5:46:47	5:49:56	5:39:57	4:43:23					
199	164		Hans	Würl	Rödinghausen	1961	GER	320		5:43:25	5:46:23	5:56:33	5:57:29	6:02:18	5:53:14	4:43:30					
200	165		Michael	Rothmund	Stuttgart	1981	GER	714	N	4:24:59	4:31:59	5:05:59	5:25:59	5:25:59	4:58:59	4:44:33					
201		36	Jana	Bieler	Berlin	1979	GER	501		4:47:29	5:09:27	5:09:39	5:15:13	5:21:13	5:08:36	4:44:37					
202	166		Karl-Wolfgang	Baumgarten	Weyhe	1952	GER	196		6:26:39	6:34:34	6:35:05	6:35:55	6:39:21	6:34:19	4:45:53					
203		37	Carolina	Agabiti	Montecastrilli	1963	ITA	637		5:38:52	5:42:56	5:57:38	6:21:57	6:35:41	6:03:25	4:46:53					
204	167		Karl-Walter	Decius Dr.	Bünde	1949	GER	357		5:52:54	6:56:50	6:59:03	7:07:30	7:27:17	6:52:43	4:47:55					
205	168		Ingmar	Weber	Saarbrücken	1978	GER	704	N	4:06:12	4:44:14	5:29:09	5:30:12	6:02:18	5:10:25	4:48:39					
206	169		René	Huber	Ostrhauderfehn	1966	GER	517		5:17:32	5:26:30	5:52:25	5:54:32	6:12:12	5:44:38	4:49:44					
207	170		Torsten	Weismann	Breisach	1975	GER	442		4:39:29	5:18:02	5:29:48	5:31:35	5:37:00	5:19:11	4:49:47					
208	171		Frank	Jungclaus	Wedemark	1969	GER	413		4:55:26	5:08:47	5:42:53	6:06:50	6:08:05	5:36:24	4:50:25					
209		38	Ute	Karklis	Steinhagen	1969	GER	567		5:27:23	5:34:10	5:43:11	5:54:44	6:05:35	5:45:01	4:50:32					
210		39	Janina	Rauhut	Berlin	1982	GER	693	N	4:53:50	4:55:13	5:08:04	5:14:10	5:28:52	5:08:02	4:50:54					
211	172		Gerd	Junker	Wallenhorst	1956	GER	323		5:49:26	6:05:02	6:25:55	6:40:39	6:45:53	6:21:23	4:51:25					
212		40	Anja	Reddert	Bergisch Gladbach	1975	GER	542		5:12:47	5:20:58	5:24:16	5:37:28	5:40:52	5:27:16	4:51:46					
213	173		Davor	Bendin	Kiel	1971	GER	151		4:58:30	5:11:14	5:45:43	5:54:14	5:56:41	5:33:16	4:52:43					
214	174		Danny	Reinhold	Bremen	1975	GER	669		4:47:49	5:23:40	5:26:26	5:33:20	5:47:13	5:23:42	4:53:53					
215	175		Klaus-Peter	Ulmschneider	Ostfildern	1962	GER	202		6:02:31	6:10:25	6:10:45	6:14:57	6:15:10	6:10:46	5:00:26					
216	176		Mirko	Leffler	Suhl	1970	GER	338		5:33:06	5:47:59	5:49:14	5:51:51	6:02:40	5:48:58	5:03:53					
217	177		Werner	Britz	Aurich	1945	GER	226		7:40:58	7:42:30	7:47:10	7:49:30	7:52:59	7:46:37	5:04:12					
218	178		Gerhard	Loger	Oldenburg	1959	GER	378		5:51:46	6:07:21	6:33:06	6:50:59	6:52:14	6:27:05	5:04:45					
219		41	Tanya	Ostapenko	Landolfshausen	1984	USA	491		4:51:41	5:07:23	5:14:57	5:21:45	5:54:25	5:18:02	5:04:50					
220	179		Uwe	Klinger	Sindelfingen	1969	GER	508		5:31:59	5:40:01	5:43:59	5:53:31	6:44:59	5:54:54	5:06:23					
221		42	Monika	Tegge-Walderstei	Norderstedt	1968	GER	477		5:46:36	5:47:06	5:59:39	6:07:19	6:59:30	6:08:02	5:06:48					
222	180		Sivabalan	Pandian	Mumbai	1958	IND	457		6:10:17	6:29:55	6:38:29	6:39:15	6:50:10	6:33:37	5:06:52					
223		43	Annette	Bruns	Bad Dürkheim	1967	GER	565		6:01:55	6:07:06	6:15:45	6:18:38	6:18:57	6:12:28	5:07:15					
224	181		Dirk	Heumann	Gifhorn	1964	GER	709	N	5:44:37	6:15:29	6:15:52	6:28:15	6:30:02	6:14:51	5:09:26					
225	182		Hartmut	Feldmann	Uetze	1965	GER	544		6:00:00	6:05:52	6:19:15	6:26:28	6:28:05	6:15:56	5:13:11					
226	183		Christoph	Wenzel Dr.	Dortmund	1960	GER	44		6:33:03	6:36:02	6:41:08	6:42:01	6:42:05	6:38:52	5:17:06					
227	184		Markus	Drescher	Borna	1976	GER	697	N	5:11:24	5:28:44	5:44:20	5:45:51	6:48:07	5:47:41	5:18:14					
228	185		Carsten	Koczor	Kreuztal	1972	GER	496		5:43:19	5:54:36	6:00:00	6:00:00	6:19:05	5:59:24	5:18:19					

100MC Deutschland, Top 5 altersbereinigt, 2025, Rangliste

Jörg Chittka, 21. Januar 2026

										Top 5										Av		Av ag
Platz	m	w	Vorname	Name	Ort	Jg	Nat	Nr	St													
229		44	Claudia	Cavaleiro Prof. Dr	Viersen	1970	GER	248			5:51:17	6:12:59	6:19:51	6:31:45	6:39:33	6:19:05						5:22:27
230	186		Arne André	Funke	Berlin	1989	GER	610			4:57:03	5:17:45	5:23:23	5:35:59	5:44:33	5:23:45						5:23:45
231	187		Martin	Törber	Hamburg	1975	GER	485			5:56:31	5:57:00	5:58:19	5:58:26	6:06:05	5:59:16						5:26:11
232		45	Melanie	Schulte	Wolfhagen	1979	GER	664			5:19:04	5:53:42	6:02:31	6:04:49	6:15:30	5:55:07						5:27:32
233		46	Erika	Köhn	Tangstedt	1956	GER	272			7:17:28	7:27:38	7:27:50	7:38:27	7:55:03	7:33:17						5:28:08
234		47	Sara	Kortyka	Speyer	1991	GER	351			5:09:59	5:29:02	5:32:43	5:38:27	5:39:24	5:29:55						5:29:55
235		48	Nicole	Woermann-Riedel	Münster	1976	GER	700	N		5:49:32	6:05:58	6:15:41	6:17:05	6:17:41	6:09:11						5:32:01
236		49	Inka	Barz	Neu Wulmstorf	1971	GER	532			6:24:41	6:26:37	6:26:55	6:28:28	6:31:54	6:27:43						5:33:03
237	188		Bernd	Neumann	Vellmar	1951	GER	345			7:38:13	7:45:20	7:45:55	7:47:06	7:50:05	7:45:20						5:33:25
238		50	Christine	Schroeder	Hamburg	1958	GER	257			7:18:25	7:27:07	7:31:39	7:31:47	7:36:19	7:29:03						5:33:39
239			Bodo	Makuszies	Winsen/Luhe	1958	GER	160			6:45:00	6:51:54	6:53:40	7:30:04	7:41:08	7:08:21						5:33:57
240	190	51	Marion	Möhle	Darmstadt	1965	GER	282			6:29:59	6:58:59	7:01:59	7:05:59	7:10:28	6:57:29						5:37:02
241			Martin	Kostrewa	Fröndenberg	1964	GER	671			5:43:47	6:41:17	6:47:51	7:19:59	7:43:59	6:51:23						5:39:35
242		52	Cornelia	Feurich	Hamburg	1955	GER	458			7:54:56	7:55:55	7:57:07	7:57:11	8:00:40	7:57:10						5:40:47
243		53	Rita	Brämer	Itzehoe	1963	GER	310			7:12:59	7:18:59	7:22:59	7:23:59	7:25:59	7:20:59						5:48:07
244	191		Dietrich	Eberle	Seevetal	1951	GER	103			7:58:07	8:04:40	8:07:14	8:12:05	8:13:30	8:07:07						5:49:01
245		54	Nicola	Stelling	Aurich	1967	GER	592			6:52:38	6:45:33	6:51:29	7:28:05	7:32:08	7:05:59						5:51:23
246	192		Markus	Szarvas	Sonsbeck	1967	GER	424			6:23:47	6:52:42	6:58:40	7:07:57	7:09:39	6:54:33						5:51:40
247	193		Jürgen	Reuter	Lebach	1966	GER	487			6:48:47	6:58:01	7:00:00	7:02:13	7:09:03	6:59:37						5:52:46
248		55	Eva	Schlüter	Hatzenbühl	1968	GER	274			6:38:29	6:39:18	6:43:33	7:11:45	8:19:08	7:06:27						5:55:29
249	194		Martin	Traeder	Hamburg	1990	GER	307			5:44:11	5:50:17	5:57:46	6:07:36	6:08:13	5:57:37						5:57:37
250	195		Thomas	Radzuweit	Hamburg	1965	GER	124			6:51:54	7:10:10	7:10:46	7:13:49	7:20:28	7:09:25						5:57:45
251	196		Peer	Cavaleiro	Viersen	1981	GER	292			5:51:17	6:12:59	6:19:51	6:31:45	6:39:33	6:19:05						6:00:46
252	197		Helmut	Braun	Bielefeld	1951	GER	192			7:47:37	8:15:36	8:38:07	8:40:13	8:42:16	8:24:46						6:01:40
253	198		Sven	Benkelberg	Achim	1984	GER	701	N		5:57:40	6:17:45	6:23:49	6:24:11	6:29:00	6:18:29						6:08:23
254	199		Dieter	Merker	Hamburg	1966	GER	60			7:14:20	7:22:06	7:25:46	7:27:35	7:38:30	7:25:39						6:14:40
255	200		Klaus-Dieter	Schulze	Kropp	1952	GER	551			8:01:57	8:16:24	8:32:01	8:43:00	9:32:00	8:37:04						6:14:53
256		56	Cornelia	Balke	Berlin	1965	GER	356			7:32:00	7:50:00	7:51:00	7:52:00	7:52:00	7:47:24						6:17:20
257	201		Christian	Hottas	Hamburg	1956	GER	1			8:11:01	8:14:14	8:14:21	8:21:24	8:21:33	8:16:31						6:19:23
258		57	Kerstin	Felser Prof. Dr.	Oppenheim	1973	GER	441			6:03:28	6:55:33	7:11:00	8:13:16	9:36:29	7:35:57						6:39:08
259	202		Stefan	Bicher	Berlin	1982	GER	276			5:09:48	7:30:58	7:46:23	7:53:50	7:54:23	7:15:04						6:57:12
260	203		Torsten	Hirschberger	Hannover	1964	GER	125			7:43:59	8:21:59	8:51:59	8:52:59	9:54:59	8:45:11						7:13:32
261	204		Anton	Bulic	Stuttgart	1977	GER	705	N		8:48:00	8:51:00	8:57:00	9:06:00	9:18:00	9:00:00						8:18:12

m – männlich; w – weiblich; Jg – Jahrgang; Nat – Nation (IOC Code); Nr – Mitgliedsnr. 100 MC, St – Status: E – Ehrenmitglied, A – Anwarter,

N – Neumitglied; M – Marathon; U – Ultra; Top 5 – die schnellsten 5 Läufe im Berichtsjahr; Av – Durchschnitt (engl. Average);

Av ag – altersbereinigter Durchschnitt (age-graded average)