

Advents-Staffel-Läufe am 19.12.87 im Stadtpark

10 x 650 m

Lars Gronewold : 1:50 1:59 2:04 2:07 2:06 = 10:06
 Lars Hunsche : 1:49 1:54 2:04 2:07 1:50 = 9:44 = 19:50

Bernd Mischke : 2:01 2:10 2:15 2:16 2:10 = 10:52
 Uwe Heidner : 1:49 1:58 1:59 2:03 2:05 = 9:54 = 20:46

1986: 1:58 1:58 1:42 2:00 1:54 = 9:32
 1985: 1:51 2:00 2:07 2:12 2:11 = 10:21

Lars Haack : 1:48 2:10 2:21 2:28 2:29 = 11:16

1986: 1:58 2:05 2:12 2:14 2:08 = 10:37
 1985: 2:03 2:03 2:10 2:18 2:12 = 10:46

Michael Holzerland : 1:48 2:02 1:57 1:57 2:00 = 9:44 = 21:00

1986: 1:55 2:08 2:08 2:09 2:05 = 10:25
 1985: 1:57 2:11 2:07 2:08 1:56 = 10:19
 1984: 1:56 2:13 2:12 2:13 2:09 = 10:43
 1983: 2:15 2:17 2:27 2:22 2:15 = 11:36
 1982: 2:17 2:27 2:33 2:31 2:19 = 12:07

Volker Laabs : 1:58 2:07 2:09 2:14 2:09 = 10:37

Thomas Oppermann : 2:00 2:10 2:10 2:14 2:11 = 10:45 = 21:22

1986: 2:03 2:12 2:13 2:12 2:10 = 10:50
 1985: 2:04 2:13 2:19 2:20 2:18 = 11:14
 1984: 2:08 2:20 2:28 2:26 2:29 = 11:51
 1982: 2:31 2:49 2:56 2:46 2:55 = 13:57

Gerd Kuhnerz : 1:58 2:11 2:12 2:20 2:13 = 10:54

Hünter Helmerichs : 1:58 2:07 2:26 2:28 2:27 = 11:26 = 22:20

Bestleistungen

Mannschaften:	Einzel-Läufer/3.250m	Einzel-Zeit/650m
Gronewold/Hunsche = 19:50/1987	Heidner = 9:32/1986	Heidner 1:42/1986
Klein/Löwner = 20:09/1986	Srysen = 9:43/1984	Richter 1:43/1984
Rohleder/Richter = 20:42/1985	M. Holzerland = 9:44/1987	Kischel 1:46/ "
Haack/Klein = 20:45/ "	Hunsche = 9:44/ "	Löwner 1:48/1985
Mischke/Heidner = 20:46/1987	Löwner = 9:47/1985	Haack 1:48/1987
Kischel/Holzerland = 20:51/1985	Richter+Klein = 9:53/85/86	M. Holzerland 1:48/ "

8 x 650 m

Waltraut Schellenberg : 2:18 2:25 2:26 2:27 = 9:36
 Christiane Diesing : 2:14 2:33 2:35 2:29 = 9:51 = 19:27

1986: 2:11 2:25 2:28 2:25 = 9:29
 1985: 2:15 2:39 2:35 2:27 = 9:56

Susanne von Häfen : 2:24 2:37 2:43 2:38 = 10:22

Silke Haiber : 2:20 2:25 2:29 2:26 = 9:40 = 20:02

1986: 2:32 2:33 2:43 2:43 = 10:31

Angelika Wirlof : 2:18 2:47 2:56 2:43 = 10:44

1986: 2:30 2:33 2:35 2:37 = 10:15

Swenja Heiden : 2:35 2:43 3:00 2:48 = 11:06 = 21:50

1986: 2:27 2:29 2:31 2:29 = 9:56

Bestleistungen		
Gronewold/Mischke = 18:48/86	Gronewold = 9:02/86	Gronewold = 2:04/86
Diesing/Heiden = 19:25/86	Diesing = 9:29/86	Paradies = 2:08/86
" / Schellenberg = 19:27/87	Schellenberg = 9:36/87	Seemann = 2:09/86
v. Häfen/Haiber = 20:02/87	Mischke = 9:46/86	Diesing = 2:11/86
Seemann/Göbel = 20:46/86	Diesing = 9:51/87	Neumann = 2:13/86
Knaup/Neumann = 20:50/86	Neumann = 9:53/86	Diesing = 2:14/87
Paradies/D. Osterhof = 20:51/86		Mischke = 2:16/86

Zusammen-
gestellt:
Heinrich
Manuskript
Markus
Schellenberg