

Bestzeiten der Geher(innen) des Polizei SV Berlin

1. Zeile: erzielte Bestzeit 2012, 2. Zeile: absolute Bestzeit, die für den PSV-Berlin erzielt worden ist, Stand: 1. November 2012

Name	3.000mH	3.000mB	5.000mB	5 km	10.000mB	10 km	20 km	30 km	35 km	50 km	30 Min.	1 Stunde
K.-Heinz Mittmann M70	19:16,66 16:58,00	19:40,56 16:49,00	32:49,51 28:09,00	32:36,00 28:09,00	1:08:41,04 57:33,30	1:06:05,00 57:10,00	2:00:46,00	3:23:33,00			4.828 m	9.651 m
Karl Degener M65	16:55,65 16:55,65		28:46,16 28:46,16			59:54,00 59:54,00						
Wolf D. Giese M65	18:33,76 18:20,40	18:18,40	31:18,71	29:57,00	1:03:10,69 1:03:10,69	1:03:33,00 1:02:19,00	2:20:15,00 2:12:56,69	3:23:27,00			4.629 m	9.186 m
Dittmar Hendrich M65			32:52,77 32:52,77			1:09:25,00 1:09:25,00						
Bernd Hölters M 65	17:57,72 16:29,40	18:32,27 17:06,50	30:33,54 28:20,40	31:20,00 28:07,00	1:02:24,60 59:09,00	1:02:48,00 59:30,00	2:04:31,00	3:28:46,00 3:17:02,00			5.175 m	10.111 m
Bernd Affeln M60	16:12,69 16:12,00	16:15,40	28:16,82 27:53,46	27:17,00	58:24,10	57:00,00 57:00,00	2:08:08,00 2:05:34,00	3:13:15,00 3:05:34,00			4.711 m	9.700 m 9.914 m
Günter Evertz M55	15:53,76 15:30,47	15:54,97 15:49,23	27:18,12 27:05,00	26:37,00	55:54,11 55:54,11	55:57,00 55:07,00	1:57:53,00 1:57:53,00	3:10:25,00 3:03:19,00	3:47:12,00	5:32:36,00	5.330 m 5.330 m	10.038 m 10.050 m
Wilfried Gaube M55	15:23,27 14:48,01	14:58,08 14:58,08	25:49,65 25:49,65	25:22,00 25:22,00	53:04,87 53:04,87	54:35,00 53:45	1:51:20,00 1:51:20,00	2:53:28,00 2:53:28,00			5.552 m	10.857 m 11.017 m
Ralf Janotte M55	16:59,00 16:29,57	16:48,30	29:06,25 28:20,01	29:14,00 28:34,00	59:49,51	59:13,00	2:06:06,00 2:05:59,00	3:25:10,00 3:17:55,00		5:52:08,00 5:52:08,00		10.159 m
Uwe Tolle M55	16:09,99 15:57,03		26:48,15 26:48,15		56:26,94 56:26,94	55:48,00 55:42,00	1:58:19,00 1:58:19,00	3:05:29,00 3:04:10,00			5.312 m	
Brigitte Zeidler W45	18:29,59 17:53,80	17:53,47 17:38,00	30:55,11 30:12,40	30:08,00	1:03:28,00	1:04:19,00 1:00:46,00	2:16:03,00 2:08:29,00					
Ingrid Gabel W45	19:26,54 18:49,12	19:08,30	32:43,12 32:04,48	31:10,00		1:07:18,00 1:07:18,00						
Anneke Heuer W40	17:50,84 17:50,84		28:13,41 28:13,41			58:54,00 58:54,00	2:03:32,00 2:03:32,00					

Jahresbestleistungen 2012 der Mannschaften:

10 km-Team M über 60: Degener/Hölters/Giese:

3:06:15 Std. (PSV-Rekord: 2:54:25 Std.)

20 km-Team M 55: Gaube/Evertz/Tolle:

5:50:16 Std. (PSV-Rekord)

30 km-Team M55: Gaube/Tolle/Evertz:

9:09:22 Std. (PSV-Rekord)