



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Coper, Sven

□□□: 26:02:00

□□: Berlin

□□: 6.18 km/h

□□: 61

□□□□: 9:43 min/km

□□: 160.90 km

□□□□□/□□□□: 129 (of 221)

100MeilenBerlin

□□□□□/□: 115 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 13(of 28)

Senioren M55 (55-59 Jahre)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	45:06	7:10	19	9:07	140	11:46	6.28	45:06	7:10	19	9:07	140	11:46
km 11,32 Behms	5.04	33:58	6:44	17	6:11	126	9:16	11.32	1:19:04	6:59	18	11:10	133	21:02
km 22,10 Lübars	10.78	1:15:52	7:02	19	24:56	144	24:56	22.10	2:34:56	7:00	18	35:42	129	41:45
km 32,52 Naturs	10.42	1:15:56	7:17	13	23:47	118	24:10	32.52	3:50:52	7:05	15	59:29	125	1:01:22
km 43,36 Ruderc	10.84	1:26:19	7:57	15	33:31	133	33:31	43.36	5:17:11	7:18	14	1:33:00	128	1:33:00
km 55,35 Schönv	11.99	1:48:21	9:02	20	47:20	172	48:04	55.35	7:05:32	7:41	17	2:20:20	146	2:21:04
km 68,07 Garten	12.72	1:59:41	9:24	17	45:48	141	46:44	68.07	9:05:13	8:00	17	3:06:08	142	3:07:04
km 80,53 Schloß	12.46	2:35:13	12:27	25	1:17:10	176	1:24:10	80.53	11:40:26	8:41	19	4:23:18	153	4:23:18
km 99,65 Geden	19.12	3:32:26	11:06	20	1:47:43	156	1:47:43	99.65	15:12:52	9:09	20	5:57:50	151	5:57:50
km 112,75 Sport	13.10	2:20:10	10:41	11	49:36	109	2:13:18	112.75	17:33:02	9:20	15	6:47:26	142	6:56:33
km 124,92 Lichte	12.17	2:01:10	9:57	6	34:06	48	42:24	124.92	19:34:12	9:23	14	7:21:32	132	7:37:22
km 134,98 Buck	10.06	1:35:27	9:29	6	18:38	73	37:58	134.98	21:09:39	9:24	13	7:40:10	123	8:08:56
Test	9.89	2:11:58	13:20	15	54:15	122	1:09:11	144.87	23:21:37	9:40	14	8:34:25	118	9:17:44
Stadion Lobeckst	16.01	2:40:23	10:01	5	33:21	55	50:31	160.90	26:02:00	9:42	13	8:18:26	115	10:08:15