



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

□□□□

**Gladasch, Gerd**

□□: memler.de

□□: 102

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 27:28:31

□□: 5.86 km/h

□□□□: 10:15 min/km

□□□□□/□□□□: 146 (of 221)

□□□□□/□: 130 (of 193)

□□□□□□: 15:53:45

□□□□□: 37 (of 52)

□□□□□□□: 18:08:24

□□□□

□□□□

□□□

| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□  |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|---------------|---------|---------|---------|----------|
| km 6,28 Gedenk:  | 6.28     | 50:21    | 8:01         | 49      | 14:09   | 188     | 17:01   | 6.28   | 50:21     | 8:01          | 49      | 14:09   | 188     | 17:01    |
| km 11,32 Behms   | 5.04     | 36:05    | 7:09         | 43      | 8:16    | 162     | 11:23   | 11.32  | 1:26:26   | 7:38          | 49      | 19:43   | 187     | 28:24    |
| km 22,10 Lübars  | 10.78    | 1:22:16  | 7:37         | 45      | 26:29   | 174     | 31:20   | 22.10  | 2:48:42   | 7:38          | 46      | 44:23   | 181     | 55:31    |
| km 32,52 Naturs  | 10.42    | 1:19:24  | 7:37         | 36      | 21:46   | 134     | 27:38   | 32.52  | 4:08:06   | 7:37          | 43      | 1:05:39 | 171     | 1:18:36  |
| km 43,36 Ruderc  | 10.84    | 1:31:33  | 8:26         | 42      | 31:30   | 151     | 38:45   | 43.36  | 5:39:39   | 7:49          | 42      | 1:36:43 | 162     | 1:55:28  |
| km 55,35 Schönv  | 11.99    | 1:29:14  | 7:26         | 20      | 22:04   | 91      | 28:57   | 55.35  | 7:08:53   | 7:44          | 42      | 1:58:47 | 147     | 2:24:25  |
| km 68,07 Garten  | 12.72    | 1:50:07  | 8:39         | 27      | 29:18   | 109     | 37:10   | 68.07  | 8:59:00   | 7:55          | 40      | 2:28:05 | 139     | 3:00:51  |
| km 80,53 Schloß  | 12.46    | 2:00:49  | 9:41         | 27      | 39:54   | 116     | 49:46   | 80.53  | 10:59:49  | 8:11          | 36      | 3:07:59 | 130     | 3:42:41  |
| km 99,65 Geden   | 19.12    | 2:56:19  | 9:13         | 30      | 52:41   | 110     | 1:11:36 | 99.65  | 13:56:08  | 8:23          | 34      | 4:00:40 | 126     | 4:41:06  |
| km 112,75 Sport  | 13.10    | 2:58:49  | 13:39        | 42      | 1:25:22 | 152     | 2:51:57 | 112.75 | 16:54:57  | 9:00          | 37      | 5:26:02 | 132     | 6:18:28  |
| km 124,92 Lichte | 12.17    | 2:27:48  | 12:08        | 34      | 1:02:19 | 133     | 1:09:02 | 124.92 | 19:22:45  | 9:18          | 36      | 6:19:46 | 128     | 7:25:55  |
| km 134,98 Buck   | 10.06    | 1:52:52  | 11:13        | 36      | 35:51   | 121     | 55:23   | 134.98 | 21:15:37  | 9:27          | 36      | 6:41:34 | 125     | 8:14:54  |
| Test             | 9.89     | 2:56:47  | 17:52        | 45      | 1:36:06 | 159     | 1:54:00 | 144.87 | 24:12:24  | 10:01         | 37      | 8:12:52 | 127     | 10:08:31 |
| Stadion Lobeckst | 16.01    | 3:16:07  | 12:14        | 41      | 1:14:32 | 134     | 1:26:15 | 160.90 | 27:28:31  | 10:14         | 37      | 9:20:07 | 130     | 11:34:46 |