



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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MEWES, Michael

□□: SAFO Frankfurt

□□: 62

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 27:30:47

□□: 5.85 km/h

□□□□: 10:16 min/km

□□□□□/□□□□: 147 (of 221)

□□□□□/□: 132 (of 193)

□□□□□□: 15:53:45

□□□□□: 38 (of 52)

□□□□□□□: 18:08:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	38:09	6:04	11	1:57	34	4:49	6.28	38:09	6:04	11	1:57	34	4:49
km 11,32 Behms	5.04	29:22	5:49	6	1:33	33	4:40	11.32	1:07:31	5:57	3	0:48	20	9:29
km 22,10 Lübars	10.78	1:04:50	6:00	13	9:03	51	13:54	22.10	2:12:21	5:59	12	8:02	45	19:10
km 32,52 Naturs	10.42	1:05:52	6:19	13	8:14	49	14:06	32.52	3:18:13	6:05	13	15:46	47	28:43
km 43,36 Ruderc	10.84	1:30:48	8:22	41	30:45	148	38:00	43.36	4:49:01	6:39	17	46:05	76	1:04:50
km 55,35 Schönv	11.99	1:42:03	8:30	42	34:53	152	41:46	55.35	6:31:04	7:03	23	1:20:58	97	1:46:36
km 68,07 Garten	12.72	2:05:27	9:51	46	44:38	162	52:30	68.07	8:36:31	7:35	29	2:05:36	114	2:38:22
km 80,53 Schloß	12.46	2:13:26	10:42	39	52:31	147	1:02:23	80.53	10:49:57	8:04	32	2:58:07	124	3:32:49
km 99,65 Geden	19.12	3:29:17	10:56	42	1:25:39	153	1:44:34	99.65	14:19:14	8:37	38	4:23:46	137	5:04:12
km 112,75 Sport	13.10	2:59:24	13:41	43	1:25:57	153	2:52:32	112.75	17:18:38	9:12	38	5:49:43	139	6:42:09
km 124,92 Lichte	12.17	2:29:28	12:16	35	1:03:59	136	1:10:42	124.92	19:48:06	9:30	38	6:45:07	136	7:51:16
km 134,98 Buck	10.06	2:08:59	12:49	41	51:58	145	1:11:30	134.98	21:57:05	9:45	38	7:23:02	137	8:56:22
Test	9.89	2:18:03	13:57	39	57:22	133	1:15:16	144.87	24:15:08	10:02	38	8:15:36	130	10:11:15
Stadion Lobeckst	16.01	3:15:39	12:13	40	1:14:04	133	1:25:47	160.90	27:30:47	10:15	38	9:22:23	132	11:37:02