



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Rohwedder, Karl

00: LG DUV (Braunschweig)

00: 99

00: 160.90 km

100MeilenBerlin

0000:

Senioren M55 (55-59 Jahre)

000: 19:45:01

00: 8.15 km/h

0000: 7:22 min/km

00000/000: 19 (of 221)

00000/0: 16 (of 193)

000000: 15:53:45

00000: 2 (of 28)

0000000: 17:43:34

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
km 6,28 Gedenk:	6.28	41:12	6:33	6	5:13	55	7:52	6.28	41:12	6:33	6	5:13	55	7:52
km 11,32 Behms	5.04	27:47	5:30	1	-	11	3:05	11.32	1:08:59	6:05	3	1:05	39	10:57
km 22,10 Lübars	10.78	1:01:48	5:43	3	10:52	37	10:52	22.10	2:10:47	5:55	3	11:33	38	17:36
km 32,52 Naturs	10.42	1:04:13	6:09	3	12:04	46	12:27	32.52	3:15:00	5:59	3	23:37	39	25:30
km 43,36 Ruderc	10.84	1:06:41	6:09	2	13:53	28	13:53	43.36	4:21:41	6:02	3	37:30	35	37:30
km 55,35 Schönv	11.99	1:14:58	6:15	2	13:57	32	14:41	55.35	5:36:39	6:04	3	51:27	33	52:11
km 68,07 Garten	12.72	1:22:09	6:27	2	8:16	11	9:12	68.07	6:58:48	6:09	2	59:43	26	1:00:39
km 80,53 Schloß	12.46	1:22:34	6:37	2	4:31	10	11:31	80.53	8:21:22	6:13	2	1:04:14	18	1:04:14
km 99,65 Geden	19.12	2:28:56	7:47	8	44:13	51	44:13	99.65	10:50:18	6:31	2	1:35:16	23	1:35:16
km 112,75 Sport	13.10	1:34:52	7:14	2	4:18	11	1:28:00	112.75	12:25:10	6:36	2	1:39:34	19	1:48:41
km 124,92 Lichte	12.17	2:02:20	10:03	7	35:16	56	43:34	124.92	14:27:30	6:56	2	2:14:50	20	2:30:40
km 134,98 Buck	10.06	1:18:07	7:45	3	1:18	14	20:38	134.98	15:45:37	7:00	2	2:16:08	19	2:44:54
Test	9.89	1:40:31	10:09	5	22:48	40	37:44	144.87	17:26:08	7:13	2	2:38:56	16	3:22:15
Stadion Lobeckst	16.01	2:18:53	8:40	3	11:51	27	29:01	160.90	19:45:01	7:21	2	2:01:27	16	3:51:16