



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

0000

Henry, Paul

00: Active lauffreunde Hamm

00: 60

00: 160.90 km

100MeilenBerlin

0000:

Senioren M40 (40-44 Jahre)

000: 22:50:57

00: 7.04 km/h

0000: 8:31 min/km

00000/000: 67 (of 221)

00000/0: 61 (of 193)

000000: 15:53:45

00000: 15 (of 33)

0000000: 15:53:45

0000

0000

000

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	42:04	6:41	19	8:44	89	8:44	6.28	42:04	6:41	19	8:44	89	8:44
km 11,32 Behms	5.04	32:11	6:23	23	7:29	97	7:29	11.32	1:14:15	6:33	22	16:13	99	16:13
km 22,10 Lübars	10.78	1:13:06	6:46	25	18:33	115	22:10	22.10	2:27:21	6:40	24	34:10	112	34:10
km 32,52 Naturs	10.42	1:12:02	6:54	20	17:20	88	20:16	32.52	3:39:23	6:44	22	49:53	102	49:53
km 43,36 Ruderc	10.84	1:26:14	7:57	29	27:45	132	33:26	43.36	5:05:37	7:02	24	1:15:50	109	1:21:26
km 55,35 Schönv	11.99	1:24:22	7:02	18	21:09	72	24:05	55.35	6:29:59	7:02	21	1:31:24	93	1:45:31
km 68,07 Garten	12.72	1:40:13	7:52	17	27:16	66	27:16	68.07	8:10:12	7:12	19	1:48:43	83	2:12:03
km 80,53 Schloß	12.46	2:02:34	9:50	27	51:13	121	51:31	80.53	10:12:46	7:36	20	2:39:56	89	2:55:38
km 99,65 Geden	19.12	2:38:51	8:18	18	48:25	74	54:08	99.65	12:51:37	7:44	22	3:28:21	91	3:36:35
km 112,75 Sport	13.10	1:50:50	8:27	7	32:42	28	1:43:58	112.75	14:42:27	7:49	21	3:57:36	80	4:05:58
km 124,92 Lichte	12.17	2:01:51	10:00	10	43:05	50	43:05	124.92	16:44:18	8:02	18	4:40:41	71	4:47:28
km 134,98 Buck	10.06	1:33:21	9:16	12	35:52	61	35:52	134.98	18:17:39	8:07	17	5:16:33	71	5:16:56
Test	9.89	1:39:51	10:05	8	37:04	36	37:04	144.87	19:57:30	8:15	14	5:53:37	60	5:53:37
Stadion Lobeckst	16.01	2:53:27	10:50	15	1:03:35	82	1:03:35	160.90	22:50:57	8:31	15	6:57:12	61	6:57:12