



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Kowsky, Mirko

□□□: 22:54:49

□□: LV Tote Hose

□□: 7.02 km/h

□□: 44

□□□□: 8:32 min/km

□□: 160.90 km

□□□□□/□□□□: 72 (of 221)

100MeilenBerlin

□□□□□/□: 66 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 16 (of 33)

Senioren M40 (40-44 Jahre)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	44:05	7:01	26	10:45	124	10:45	6.28	44:05	7:01	26	10:45	124	10:45	
km 11,32 Behms	5.04	31:35	6:15	19	6:53	79	6:53	11.32	1:15:40	6:41	25	17:38	115	17:38	
km 22,10 Lübars	10.78	1:10:12	6:30	21	15:39	88	19:16	22.10	2:25:52	6:36	21	32:41	99	32:41	
km 32,52 Naturs	10.42	1:14:17	7:07	24	19:35	111	22:31	32.52	3:40:09	6:46	24	50:39	106	50:39	
km 43,36 Ruderc	10.84	1:24:34	7:48	28	26:05	123	31:46	43.36	5:04:43	7:01	23	1:14:56	107	1:20:32	
km 55,35 Schönv	11.99	1:32:26	7:42	25	29:13	115	32:09	55.35	6:37:09	7:10	23	1:38:34	104	1:52:41	
km 68,07 Garten	12.72	1:48:46	8:33	24	35:49	101	35:49	68.07	8:25:55	7:25	24	2:04:26	100	2:27:46	
km 80,53 Schloß	12.46	1:52:38	9:02	21	41:17	91	41:35	80.53	10:18:33	7:40	23	2:45:43	97	3:01:25	
km 99,65 Geden	19.12	2:25:01	7:35	9	34:35	35	40:18	99.65	12:43:34	7:39	19	3:20:18	83	3:28:32	
km 112,75 Sport	13.10	1:46:21	8:07	5	28:13	19	1:39:29	112.75	14:29:55	7:42	17	3:45:04	73	3:53:26	
km 124,92 Lichte	12.17	2:04:57	10:16	13	46:11	59	46:11	124.92	16:34:52	7:57	16	4:31:15	67	4:38:02	
km 134,98 Buck	10.06	1:24:53	8:26	5	27:24	33	27:24	134.98	17:59:45	7:59	14	4:58:39	60	4:59:02	
Test	9.89	1:50:15	11:08	16	47:28	74	47:28	144.87	19:50:00	8:12	13	5:46:07	57	5:46:07	
Stadion Lobeckst	16.01	3:04:49	11:32	22	1:14:57	103	1:14:57	160.90	22:54:49	8:32	16	7:01:04	66	7:01:04	