



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

0000

Borlenghi, Federico

00: Marathon Cremona CR554

00: 253

00: 160.90 km

100MeilenBerlin

0000:

Senioren M35 (35-39 Jahre)

000: 16:13:41

00: 9.86 km/h

0000: 6:03 min/km

00000/0000: 2 (of 221)

00000/0: 2 (of 193)

000000: 15:53:45

00000: 1(of 15)

0000000: 16:13:41

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
km 6,28 Gedenk:	6.28	35:57	5:43	2	1:21	4	2:37	6.28	35:57	5:43	2	1:21	4	2:37
km 11,32 Behms	5.04	32:13	6:23	13	6:07	98	7:31	11.32	1:08:10	6:01	4	7:28	30	10:08
km 22,10 Lübars	10.78	52:12	4:50	1	-	2	1:16	22.10	2:00:22	5:26	2	1:18	5	7:11
km 32,52 Naturs	10.42	52:28	5:02	1	-	3	0:42	32.52	2:52:50	5:18	1	-	4	3:20
km 43,36 Ruderc	10.84	56:14	5:11	1	-	3	3:26	43.36	3:49:04	5:16	1	-	3	4:53
km 55,35 Schönv	11.99	1:09:26	5:47	3	3:19	15	9:09	55.35	4:58:30	5:23	1	-	3	14:02
km 68,07 Garten	12.72	1:23:12	6:32	3	0:58	18	10:15	68.07	6:21:42	5:36	1	-	4	23:33
km 80,53 Schloß	12.46	1:11:03	5:42	1	-	1	-	80.53	7:32:45	5:37	1	-	3	15:37
km 99,65 Geden	19.12	1:47:45	5:38	1	-	2	3:02	99.65	9:20:30	5:37	1	-	2	5:28
km 112,75 Sport	13.10	1:15:59	5:48	1	-	2	1:09:07	112.75	10:36:29	5:38	1	-	1	-
km 124,92 Lichte	12.17	1:20:21	6:36	1	-	2	1:35	124.92	11:56:50	5:44	1	-	1	-
km 134,98 Buck	10.06	1:03:53	6:21	1	-	2	6:24	134.98	13:00:43	5:47	1	-	1	-
Test	9.89	1:14:00	7:28	1	-	4	11:13	144.87	14:14:43	5:53	1	-	2	10:50
Stadion Lobeckst	16.01	1:58:58	7:25	2	0:30	5	9:06	160.90	16:13:41	6:03	1	-	2	19:56