



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Ibron, Alexander

□□□: 23:15:11

□□: Birkesdorfer Turnverein 1864

□□: 6.88 km/h

□□: 57

□□□□: 8:40 min/km

□□: 160.90 km

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100MeilenBerlin

□□□□□/□: 70 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 17(of 33)

Senioren M40 (40-44 Jahre)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	46:39	7:25	31	13:19	159	13:19	6.28	46:39	7:25	31	13:19	159	13:19	
km 11,32 Behms	5.04	34:43	6:53	29	10:01	139	10:01	11.32	1:21:22	7:11	30	23:20	153	23:20	
km 22,10 Lübars	10.78	1:12:55	6:45	24	18:22	112	21:59	22.10	2:34:17	6:58	28	41:06	127	41:06	
km 32,52 Naturs	10.42	1:18:39	7:32	27	23:57	131	26:53	32.52	3:52:56	7:09	27	1:03:26	131	1:03:26	
km 43,36 Ruderc	10.84	1:17:39	7:09	18	19:10	76	24:51	43.36	5:10:35	7:09	25	1:20:48	113	1:26:24	
km 55,35 Schönv	11.99	1:26:37	7:13	21	23:24	83	26:20	55.35	6:37:12	7:10	24	1:38:37	105	1:52:44	
km 68,07 Garten	12.72	1:46:36	8:22	23	33:39	92	33:39	68.07	8:23:48	7:24	21	2:02:19	95	2:25:39	
km 80,53 Schloß	12.46	1:49:39	8:48	17	38:18	81	38:36	80.53	10:13:27	7:37	21	2:40:37	92	2:56:19	
km 99,65 Geden	19.12	2:38:06	8:16	17	47:40	73	53:23	99.65	12:51:33	7:44	21	3:28:17	90	3:36:31	
km 112,75 Sport	13.10	2:13:00	10:09	23	54:52	103	2:06:08	112.75	15:04:33	8:01	23	4:19:42	90	4:28:04	
km 124,92 Lichte	12.17	2:03:38	10:09	12	44:52	57	44:52	124.92	17:08:11	8:13	21	5:04:34	84	5:11:21	
km 134,98 Buck	10.06	1:32:10	9:09	10	34:41	55	34:41	134.98	18:40:21	8:18	20	5:39:15	79	5:39:38	
Test	9.89	1:38:44	9:58	7	35:57	33	35:57	144.87	20:19:05	8:24	20	6:15:12	74	6:15:12	
Stadion Lobeckst	16.01	2:56:06	10:59	18	1:06:14	88	1:06:14	160.90	23:15:11	8:40	17	7:21:26	70	7:21:26	