



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Willcox, Traviss

□□: 100 Marathon Club

□□: 177

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 23:16:39

□□: 6.87 km/h

□□□□: 8:41 min/km

□□□□□/□□□□: 79 (of 221)

□□□□□/□: 71 (of 193)

□□□□□□: 15:53:45

□□□□□: 15(of 35)

□□□□□□□: 17:53:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	39:49	6:20	12	3:36	50	6:29	6.28	39:49	6:20	12	3:36	50	6:29
km 11,32 Behms	5.04	28:23	5:37	5	1:17	19	3:41	11.32	1:08:12	6:01	8	2:09	31	10:10
km 22,10 Lübars	10.78	1:03:10	5:51	10	6:27	43	12:14	22.10	2:11:22	5:56	10	5:29	42	18:11
km 32,52 Naturs	10.42	1:04:05	6:09	11	7:48	45	12:19	32.52	3:15:27	6:00	9	13:17	40	25:57
km 43,36 Ruderc	10.84	1:11:33	6:36	12	11:47	45	18:45	43.36	4:27:00	6:09	10	23:26	42	42:49
km 55,35 Schönv	11.99	1:21:32	6:48	14	15:53	56	21:15	55.35	5:48:32	6:17	10	37:59	43	1:04:04
km 68,07 Garten	12.72	1:37:59	7:42	15	22:33	60	25:02	68.07	7:26:31	6:33	12	59:58	48	1:28:22
km 80,53 Schloß	12.46	1:50:38	8:52	17	33:36	85	39:35	80.53	9:17:09	6:55	13	1:33:34	51	2:00:01
km 99,65 Geden	19.12	2:47:46	8:46	16	54:43	94	1:03:03	99.65	12:04:55	7:16	14	2:09:06	56	2:49:53
km 112,75 Sport	13.10	2:04:37	9:30	15	36:58	81	1:57:45	112.75	14:09:32	7:32	14	2:19:07	61	3:33:03
km 124,92 Lichte	12.17	2:08:59	10:35	14	33:31	74	50:13	124.92	16:18:31	7:49	14	2:39:06	60	4:21:41
km 134,98 Buck	10.06	1:45:44	10:30	15	34:13	102	48:15	134.98	18:04:15	8:01	14	3:13:19	61	5:03:32
Test	9.89	1:53:47	11:30	14	44:53	86	51:00	144.87	19:58:02	8:16	14	3:58:12	61	5:54:09
Stadion Lobeckst	16.01	3:18:37	12:24	22	1:25:15	137	1:28:45	160.90	23:16:39	8:40	15	5:23:27	71	7:22:54