



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Wittenberg, Ben

□□: Southport and Waterloo Athletics Club

□□: 103

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 23:16:39

□□: 6.87 km/h

□□□□: 8:41 min/km

□□□□□/□□□□: 80 (of 221)

□□□□□/□: 71 (of 193)

□□□□□□: 15:53:45

□□□□□: 10(of 15)

□□□□□□□: 16:13:41

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
km 6,28 Gedenk:	6.28	43:03	6:51	11	8:27	102	9:43	6.28	43:03	6:51	11	8:27	102	9:43
km 11,32 Behms	5.04	30:58	6:08	8	4:52	65	6:16	11.32	1:14:01	6:32	11	13:19	96	15:59
km 22,10 Lübars	10.78	1:13:48	6:50	14	21:36	117	22:52	22.10	2:27:49	6:41	14	28:45	113	34:38
km 32,52 Naturs	10.42	1:11:14	6:50	11	18:46	83	19:28	32.52	3:39:03	6:44	12	46:13	97	49:33
km 43,36 Ruderc	10.84	1:19:52	7:22	12	23:38	87	27:04	43.36	4:58:55	6:53	12	1:09:51	93	1:14:44
km 55,35 Schönv	11.99	1:24:43	7:03	9	18:36	74	24:26	55.35	6:23:38	6:55	12	1:25:08	85	1:39:10
km 68,07 Garten	12.72	1:37:37	7:40	6	15:23	59	24:40	68.07	8:01:15	7:04	8	1:39:33	74	2:03:06
km 80,53 Schloß	12.46	1:37:56	7:51	7	26:53	44	26:53	80.53	9:39:11	7:11	9	2:06:26	64	2:22:03
km 99,65 Geden	19.12	2:33:05	8:00	8	45:20	61	48:22	99.65	12:12:16	7:20	8	2:51:46	65	2:57:14
km 112,75 Sport	13.10	2:07:37	9:44	11	51:38	92	2:00:45	112.75	14:19:53	7:37	10	3:43:24	67	3:43:24
km 124,92 Lichte	12.17	2:09:39	10:39	7	49:18	80	50:53	124.92	16:29:32	7:55	10	4:32:42	65	4:32:42
km 134,98 Buck	10.06	1:43:28	10:17	11	39:35	98	45:59	134.98	18:13:00	8:05	10	5:12:17	67	5:12:17
Test	9.89	1:45:04	10:37	8	31:04	59	42:17	144.87	19:58:04	8:16	8	5:43:21	62	5:54:11
Stadion Lobeckst	16.01	3:18:35	12:24	12	1:20:07	136	1:28:43	160.90	23:16:39	8:40	10	7:02:58	71	7:22:54