



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Kuschel, Tom

□□: Marathon-Club Menden

□□: 108

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 23:18:33

□□: 6.86 km/h

□□□□: 8:41 min/km

□□□□□/□□□□: 83 (of 221)

□□□□□/□: 75 (of 193)

□□□□□□: 15:53:45

□□□□□: 19(of 33)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	43:27	6:55	25	10:07	112	10:07	6.28	43:27	6:55	25	10:07	112	10:07
km 11,32 Behms	5.04	34:12	6:47	28	9:30	131	9:30	11.32	1:17:39	6:51	27	19:37	125	19:37
km 22,10 Lübars	10.78	1:15:06	6:57	28	20:33	134	24:10	22.10	2:32:45	6:54	27	39:34	124	39:34
km 32,52 Naturs	10.42	1:17:09	7:24	25	22:27	122	25:23	32.52	3:49:54	7:04	26	1:00:24	122	1:00:24
km 43,36 Ruderc	10.84	1:21:30	7:31	24	23:01	100	28:42	43.36	5:11:24	7:10	26	1:21:37	116	1:27:13
km 55,35 Schönv	11.99	1:29:39	7:28	23	26:26	98	29:22	55.35	6:41:03	7:14	25	1:42:28	110	1:56:35
km 68,07 Garten	12.72	1:44:18	8:11	22	31:21	86	31:21	68.07	8:25:21	7:25	23	2:03:52	98	2:27:12
km 80,53 Schloß	12.46	1:51:34	8:57	20	40:13	89	40:31	80.53	10:16:55	7:39	22	2:44:05	94	2:59:47
km 99,65 Geden	19.12	2:32:46	7:59	15	42:20	58	48:03	99.65	12:49:41	7:43	20	3:26:25	86	3:34:39
km 112,75 Sport	13.10	1:51:14	8:29	8	33:06	32	1:44:22	112.75	14:40:55	7:48	20	3:56:04	78	4:04:26
km 124,92 Lichte	12.17	2:08:48	10:35	17	50:02	71	50:02	124.92	16:49:43	8:04	19	4:46:06	73	4:52:53
km 134,98 Buck	10.06	1:30:25	8:59	7	32:56	47	32:56	134.98	18:20:08	8:09	19	5:19:02	75	5:19:25
Test	9.89	1:50:06	11:07	15	47:19	72	47:19	144.87	20:10:14	8:21	17	6:06:21	68	6:06:21
Stadion Lobeckst	16.01	3:08:19	11:45	26	1:18:27	114	1:18:27	160.90	23:18:33	8:41	19	7:24:48	75	7:24:48