



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Gronau, Rob

□□: Instituto Andalusi

□□: 181

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 23:18:32

□□: 6.86 km/h

□□□□: 8:41 min/km

□□□□□/□□□□: 82 (of 221)

□□□□□/□: 74 (of 193)

□□□□□□: 15:53:45

□□□□□: 18(of 33)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	41:36	6:37	16	8:16	69	8:16	6.28	41:36	6:37	16	8:16	69	8:16	
km 11,32 Behms	5.04	29:56	5:56	12	5:14	46	5:14	11.32	1:11:32	6:19	16	13:30	66	13:30	
km 22,10 Lübars	10.78	1:06:54	6:12	17	12:21	68	15:58	22.10	2:18:26	6:15	17	25:15	68	25:15	
km 32,52 Naturs	10.42	1:10:05	6:43	19	15:23	75	18:19	32.52	3:28:31	6:24	17	39:01	72	39:01	
km 43,36 Ruderc	10.84	1:20:57	7:28	22	22:28	94	28:09	43.36	4:49:28	6:40	18	59:41	77	1:05:17	
km 55,35 Schönv	11.99	1:18:28	6:32	12	15:15	44	18:11	55.35	6:07:56	6:38	16	1:09:21	66	1:23:28	
km 68,07 Garten	12.72	1:33:47	7:22	12	20:50	43	20:50	68.07	7:41:43	6:46	13	1:20:14	58	1:43:34	
km 80,53 Schloß	12.46	1:57:48	9:27	26	46:27	109	46:45	80.53	9:39:31	7:11	14	2:06:41	67	2:22:23	
km 99,65 Geden	19.12	2:35:57	8:09	16	45:31	70	51:14	99.65	12:15:28	7:22	14	2:52:12	68	3:00:26	
km 112,75 Sport	13.10	2:10:26	9:57	22	52:18	100	2:03:34	112.75	14:25:54	7:40	16	3:41:03	71	3:49:25	
km 124,92 Lichte	12.17	2:05:05	10:16	14	46:19	60	46:19	124.92	16:30:59	7:55	15	4:27:22	66	4:34:09	
km 134,98 Buck	10.06	1:43:05	10:14	19	45:36	94	45:36	134.98	18:14:04	8:06	16	5:12:58	69	5:13:21	
Test	9.89	2:01:39	12:18	23	58:52	106	58:52	144.87	20:15:43	8:23	19	6:11:50	72	6:11:50	
Stadion Lobeckst	16.01	3:02:49	11:25	21	1:12:57	97	1:12:57	160.90	23:18:32	8:41	18	7:24:47	74	7:24:47	