



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Roucka, Armin

□□□: 23:18:48

□□: Team Klinikum Nürnberg

□□: 6.86 km/h

□□: 117

□□□□: 8:41 min/km

□□: 160.90 km

□□□□□/□□□□: 85 (of 221)

100MeilenBerlin

□□□□□/□: 77 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 20(of 52)

Senioren M50 (50-54 Jahre)

□□□□□□□: 18:08:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	36:12	5:45	1	-	10	2:52	6.28	36:12	5:45	1	-	10	2:52	
km 11,32 Behms	5.04	35:56	7:07	42	8:07	161	11:14	11.32	1:12:08	6:22	17	5:25	71	14:06	
km 22,10 Lübars	10.78	55:47	5:10	1	-	8	4:51	22.10	2:07:55	5:47	4	3:36	27	14:44	
km 32,52 Naturs	10.42	1:01:48	5:55	9	4:10	30	10:02	32.52	3:09:43	5:50	6	7:16	30	20:13	
km 43,36 Ruderc	10.84	1:01:12	5:38	5	1:09	15	8:24	43.36	4:10:55	5:47	5	7:59	19	26:44	
km 55,35 Schönv	11.99	1:13:27	6:07	7	6:17	27	13:10	55.35	5:24:22	5:51	6	14:16	22	39:54	
km 68,07 Garten	12.72	1:34:22	7:25	12	13:33	45	21:25	68.07	6:58:44	6:09	6	27:49	24	1:00:35	
km 80,53 Schloß	12.46	1:48:04	8:40	15	27:09	72	37:01	80.53	8:46:48	6:32	9	54:58	35	1:29:40	
km 99,65 Geden	19.12	3:03:38	9:36	34	1:00:00	124	1:18:55	99.65	11:50:26	7:07	11	1:54:58	47	2:35:24	
km 112,75 Sport	13.10	2:28:14	11:18	36	54:47	118	2:21:22	112.75	14:18:40	7:36	13	2:49:45	66	3:42:11	
km 124,92 Lichte	12.17	2:44:17	13:29	42	1:18:48	152	1:25:31	124.92	17:02:57	8:11	20	3:59:58	81	5:06:07	
km 134,98 Buck	10.06	1:33:40	9:18	18	16:39	64	36:11	134.98	18:36:37	8:16	18	4:02:34	78	5:35:54	
Test	9.89	1:47:08	10:49	22	26:27	65	44:21	144.87	20:23:45	8:26	17	4:24:13	75	6:19:52	
Stadion Lobeckst	16.01	2:55:03	10:56	30	53:28	87	1:05:11	160.90	23:18:48	8:41	20	5:10:24	77	7:25:03	