



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Hahn, Ronald

00: LG DUV

00: 187

00: 160.90 km

100MeilenBerlin

0000:

Senioren M50 (50-54 Jahre)

000: 23:25:11

00: 6.83 km/h

0000: 8:44 min/km

00000/0000: 86 (of 221)

00000/0: 78 (of 193)

000000: 15:53:45

00000: 21(of 52)

0000000: 18:08:24

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
km 6,28 Gedenk:	6.28	42:01	6:41	22	5:49	87	8:41	6.28	42:01	6:41	22	5:49	87	8:41
km 11,32 Behms	5.04	30:50	6:07	11	3:01	59	6:08	11.32	1:12:51	6:26	20	6:08	80	14:49
km 22,10 Lübars	10.78	1:11:08	6:35	25	15:21	97	20:12	22.10	2:23:59	6:30	22	19:40	87	30:48
km 32,52 Naturs	10.42	1:16:05	7:18	31	18:27	120	24:19	32.52	3:40:04	6:46	25	37:37	104	50:34
km 43,36 Ruderc	10.84	1:20:47	7:27	19	20:44	92	27:59	43.36	5:00:51	6:56	24	57:55	97	1:16:40
km 55,35 Schönv	11.99	1:29:45	7:29	28	22:35	101	29:28	55.35	6:30:36	7:03	21	1:20:30	95	1:46:08
km 68,07 Garten	12.72	1:43:08	8:06	18	22:19	81	30:11	68.07	8:13:44	7:15	19	1:42:49	87	2:15:35
km 80,53 Schloß	12.46	1:45:12	8:26	14	24:17	68	34:09	80.53	9:58:56	7:26	18	2:07:06	83	2:41:48
km 99,65 Geden	19.12	2:41:52	8:27	22	38:14	81	57:09	99.65	12:40:48	7:38	18	2:45:20	81	3:25:46
km 112,75 Sport	13.10	2:13:47	10:12	32	40:20	104	2:06:55	112.75	14:54:35	7:56	19	3:25:40	85	4:18:06
km 124,92 Lichte	12.17	2:02:02	10:01	13	36:33	53	43:16	124.92	16:56:37	8:08	16	3:53:38	76	4:59:47
km 134,98 Buck	10.06	1:39:02	9:50	28	22:01	81	41:33	134.98	18:35:39	8:15	17	4:01:36	77	5:34:56
Test	9.89	1:55:41	11:41	31	35:00	91	52:54	144.87	20:31:20	8:29	18	4:31:48	78	6:27:27
Stadion Lobeckst	16.01	2:53:51	10:51	28	52:16	85	1:03:59	160.90	23:25:11	8:43	21	5:16:47	78	7:31:26