



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Schwochert, Marcus

□□□: 23:25:45

□□: Berlin

□□: 6.83 km/h

□□: 87

□□□□: 8:44 min/km

□□: 160.90 km

□□□□□/□□□□: 87 (of 221)

100MeilenBerlin

□□□□□/□: 79 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 20(of 33)

Senioren M40 (40-44 Jahre)

□□□□□□□: 15:53:45

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□□□	□□ km	□□ □□ min/km	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	42:06	6:42	20	8:46	91	8:46	6.28	42:06	6:42	20	8:46	91	8:46
km 11,32 Behms	5.04	30:57	6:08	16	6:15	63	6:15	11.32	1:13:03	6:27	18	15:01	85	15:01
km 22,10 Lübars	10.78	1:10:48	6:34	22	16:15	92	19:52	22.10	2:23:51	6:30	20	30:40	85	30:40
km 32,52 Naturs	10.42	1:12:46	6:59	23	18:04	97	21:00	32.52	3:36:37	6:39	20	47:07	88	47:07
km 43,36 Ruderc	10.84	1:19:08	7:18	20	20:39	85	26:20	43.36	4:55:45	6:49	20	1:05:58	87	1:11:34
km 55,35 Schönv	11.99	1:34:35	7:53	27	31:22	122	34:18	55.35	6:30:20	7:03	22	1:31:45	94	1:45:52
km 68,07 Garten	12.72	2:00:10	9:26	28	47:13	146	47:13	68.07	8:30:30	7:29	25	2:09:01	106	2:32:21
km 80,53 Schloß	12.46	2:05:11	10:02	28	53:50	129	54:08	80.53	10:35:41	7:53	29	3:02:51	115	3:18:33
km 99,65 Geden	19.12	2:39:52	8:21	20	49:26	76	55:09	99.65	13:15:33	7:59	24	3:52:17	103	4:00:31
km 112,75 Sport	13.10	1:54:06	8:42	11	35:58	47	1:47:14	112.75	15:09:39	8:04	24	4:24:48	95	4:33:10
km 124,92 Lichte	12.17	2:00:54	9:56	8	42:08	46	42:08	124.92	17:10:33	8:14	22	5:06:56	85	5:13:43
km 134,98 Buck	10.06	1:43:13	10:15	20	45:44	97	45:44	134.98	18:53:46	8:23	22	5:52:40	88	5:53:03
Test	9.89	1:56:34	11:47	20	53:47	95	53:47	144.87	20:50:20	8:37	22	6:46:27	87	6:46:27
Stadion Lobeckst	16.01	2:35:25	9:42	8	45:33	43	45:33	160.90	23:25:45	8:44	20	7:32:00	79	7:32:00