



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Gass, Wolfgang

□□: Kleinmachnow

□□: 208

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 23:30:59

□□: 6.80 km/h

□□□□: 8:46 min/km

□□□□□/□□□□: 89 (of 221)

□□□□□/□: 81 (of 193)

□□□□□□: 15:53:45

□□□□□: 7(of 28)

□□□□□□□: 17:43:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	44:10	7:01	17	8:11	126	10:50	6.28	44:10	7:01	17	8:11	126	10:50	
km 11,32 Behms	5.04	34:05	6:45	18	6:18	128	9:23	11.32	1:18:15	6:54	17	10:21	127	20:13	
km 22,10 Lübars	10.78	1:17:31	7:11	21	26:35	154	26:35	22.10	2:35:46	7:02	20	36:32	137	42:35	
km 32,52 Naturs	10.42	1:17:56	7:28	14	25:47	126	26:10	32.52	3:53:42	7:11	18	1:02:19	136	1:04:12	
km 43,36 Ruderc	10.84	1:33:28	8:37	22	40:40	161	40:40	43.36	5:27:10	7:32	20	1:42:59	148	1:42:59	
km 55,35 Schönv	11.99	1:27:54	7:19	10	26:53	86	27:37	55.35	6:55:04	7:29	13	2:09:52	126	2:10:36	
km 68,07 Garten	12.72	1:40:01	7:51	7	26:08	64	27:04	68.07	8:35:05	7:34	12	2:36:00	112	2:36:56	
km 80,53 Schloß	12.46	1:51:27	8:56	13	33:24	87	40:24	80.53	10:26:32	7:46	12	3:09:24	105	3:09:24	
km 99,65 Geden	19.12	2:24:01	7:31	5	39:18	31	39:18	99.65	12:50:33	7:43	12	3:35:31	89	3:35:31	
km 112,75 Sport	13.10	2:01:52	9:18	7	31:18	73	1:55:00	112.75	14:52:25	7:54	8	4:06:49	84	4:15:56	
km 124,92 Lichte	12.17	2:18:56	11:24	11	51:52	108	1:00:10	124.92	17:11:21	8:15	9	4:58:41	86	5:14:31	
km 134,98 Buck	10.06	1:41:57	10:08	9	25:08	92	44:28	134.98	18:53:18	8:23	9	5:23:49	87	5:52:35	
Test	9.89	1:40:05	10:07	3	22:22	38	37:18	144.87	20:33:23	8:30	8	5:46:11	80	6:29:30	
Stadion Lobeckst	16.01	2:57:36	11:05	12	50:34	92	1:07:44	160.90	23:30:59	8:46	7	5:47:25	81	7:37:14	