



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

0000

Heitfeldt, Ulrich

00: lg hannover

00: 205

00: 160.90 km

100MeilenBerlin

0000:

Senioren M55 (55-59 Jahre)

000: 23:33:40

00: 6.79 km/h

0000: 8:47 min/km

00000/0000: 91 (of 221)

00000/0: 82 (of 193)

000000: 15:53:45

00000: 8(of 28)

0000000: 17:43:34

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
km 6,28 Gedenk:	6.28	41:37	6:37	8	5:38	70	8:17	6.28	41:37	6:37	8	5:38	70	8:17
km 11,32 Behms	5.04	29:27	5:50	3	1:40	37	4:45	11.32	1:11:04	6:16	7	3:10	62	13:02
km 22,10 Lübars	10.78	1:07:31	6:15	7	16:35	73	16:35	22.10	2:18:35	6:16	7	19:21	70	25:24
km 32,52 Naturs	10.42	1:10:59	6:48	7	18:50	82	19:13	32.52	3:29:34	6:26	7	38:11	74	40:04
km 43,36 Ruderc	10.84	1:16:08	7:01	7	23:20	67	23:20	43.36	4:45:42	6:35	7	1:01:31	68	1:01:31
km 55,35 Schönv	11.99	1:28:52	7:24	11	27:51	89	28:35	55.35	6:14:34	6:46	7	1:29:22	73	1:30:06
km 68,07 Garten	12.72	1:46:35	8:22	11	32:42	91	33:38	68.07	8:01:09	7:04	7	2:02:04	73	2:03:00
km 80,53 Schloß	12.46	2:02:50	9:51	18	44:47	123	51:47	80.53	10:03:59	7:30	10	2:46:51	86	2:46:51
km 99,65 Geden	19.12	2:45:57	8:40	10	1:01:14	91	1:01:14	99.65	12:49:56	7:43	11	3:34:54	88	3:34:54
km 112,75 Sport	13.10	2:08:02	9:46	8	37:28	94	2:01:10	112.75	14:57:58	7:57	10	4:12:22	87	4:21:29
km 124,92 Lichte	12.17	2:08:40	10:34	8	41:36	69	49:54	124.92	17:06:38	8:13	8	4:53:58	83	5:09:48
km 134,98 Buck	10.06	1:40:26	9:59	8	23:37	84	42:57	134.98	18:47:04	8:20	8	5:17:35	82	5:46:21
Test	9.89	1:48:54	11:00	8	31:11	69	46:07	144.87	20:35:58	8:31	9	5:48:46	81	6:32:05
Stadion Lobeckst	16.01	2:57:42	11:05	13	50:40	93	1:07:50	160.90	23:33:40	8:47	8	5:50:06	82	7:39:55