



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Langer, Christian

□□□: 23:36:49

□□: GutsMuths-Rennsteiglaufverein

□□: 6.78 km/h

□□: 21

□□□□: 8:49 min/km

□□: 160.90 km

□□□□□/□□□□: 92 (of 221)

100MeilenBerlin

□□□□□/□: 83 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 21(of 33)

Senioren M40 (40-44 Jahre)

□□□□□□□: 15:53:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	33:20	5:18	1	-	1	-	6.28	33:20	5:18	1	-	1	-	
km 11,32 Behms	5.04	24:42	4:54	1	-	1	-	11.32	58:02	5:07	1	-	1	-	
km 22,10 Lübars	10.78	55:09	5:06	3	0:36	6	4:13	22.10	1:53:11	5:07	1	-	1	-	
km 32,52 Naturs	10.42	56:19	5:24	3	1:37	8	4:33	32.52	2:49:30	5:12	1	-	1	-	
km 43,36 Ruderc	10.84	1:00:17	5:33	5	1:48	11	7:29	43.36	3:49:47	5:17	1	-	4	5:36	
km 55,35 Schönv	11.99	1:08:48	5:44	5	5:35	13	8:31	55.35	4:58:35	5:23	1	-	4	14:07	
km 68,07 Garten	12.72	1:34:26	7:25	13	21:29	46	21:29	68.07	6:33:01	5:46	5	11:32	11	34:52	
km 80,53 Schloß	12.46	1:47:33	8:37	15	36:12	71	36:30	80.53	8:20:34	6:12	5	47:44	17	1:03:26	
km 99,65 Geden	19.12	2:39:21	8:20	19	48:55	75	54:38	99.65	10:59:55	6:37	8	1:36:39	28	1:44:53	
km 112,75 Sport	13.10	2:05:09	9:33	20	47:01	83	1:58:17	112.75	13:05:04	6:57	8	2:20:13	30	2:28:35	
km 124,92 Lichte	12.17	2:27:51	12:08	27	1:09:05	134	1:09:05	124.92	15:32:55	7:28	11	3:29:18	39	3:36:05	
km 134,98 Buck	10.06	2:01:24	12:04	27	1:03:55	134	1:03:55	134.98	17:34:19	7:48	11	4:33:13	50	4:33:36	
Test	9.89	2:26:07	14:46	26	1:23:20	144	1:23:20	144.87	20:00:26	8:17	15	5:56:33	64	5:56:33	
Stadion Lobeckst	16.01	3:36:23	13:30	28	1:46:31	151	1:46:31	160.90	23:36:49	8:48	21	7:43:04	83	7:43:04	