



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Friedl, Mike

□□: Marathon Club Istanbul

□□: 242

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 23:38:01

□□: 6.81 km/h

□□□□: 8:49 min/km

□□□□□/□□□□: 93 (of 221)

□□□□□/□: 84 (of 193)

□□□□□□: 15:53:45

□□□□□: 3(of 11)

□□□□□□□: 20:42:27

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	43:20	6:54	2	1:39	108	10:00	6.28	43:20	6:54	2	1:39	108	10:00	
km 11,32 Behms	5.04	31:04	6:09	1	-	71	6:22	11.32	1:14:24	6:34	2	1:31	101	16:22	
km 22,10 Lübars	10.78	1:10:35	6:32	1	-	90	19:39	22.10	2:24:59	6:33	2	0:12	94	31:48	
km 32,52 Naturs	10.42	1:13:24	7:02	3	0:47	103	21:38	32.52	3:38:23	6:42	2	0:59	96	48:53	
km 43,36 Ruderc	10.84	1:18:24	7:13	2	6:13	82	25:36	43.36	4:56:47	6:50	2	4:17	92	1:12:36	
km 55,35 Schönv	11.99	1:31:22	7:37	3	9:52	108	31:05	55.35	6:28:09	7:00	2	9:49	91	1:43:41	
km 68,07 Garten	12.72	1:43:14	8:06	3	11:31	82	30:17	68.07	8:11:23	7:13	3	12:01	84	2:13:14	
km 80,53 Schloß	12.46	1:59:29	9:35	6	25:33	114	48:26	80.53	10:10:52	7:35	3	37:34	88	2:53:44	
km 99,65 Geden	19.12	3:15:15	10:12	8	1:01:54	133	1:30:32	99.65	13:26:07	8:05	4	1:23:42	108	4:11:05	
km 112,75 Sport	13.10	2:09:17	9:52	5	2:02:25	95	2:02:25	112.75	15:35:24	8:17	5	1:49:21	105	4:58:55	
km 124,92 Lichte	12.17	2:15:27	11:07	6	27:43	98	56:41	124.92	17:50:51	8:34	4	2:06:04	106	5:54:01	
km 134,98 Buck	10.06	1:41:27	10:05	3	14:41	89	43:58	134.98	19:32:18	8:41	4	2:20:43	104	6:31:35	
Test	9.89	1:55:55	11:43	5	32:43	92	53:08	144.87	21:28:13	8:53	4	2:53:26	99	7:24:20	
Stadion Lobeckst	16.01	2:09:48	8:06	2	2:08	19	19:56	160.90	23:38:01	8:48	3	2:55:34	84	7:44:16	