



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Neumann, KLaus

□□□: 23:41:31

□□: 100 Marathon Club

□□: 6.75 km/h

□□: 106

□□□□: 8:50 min/km

□□: 160.90 km

□□□□□/□□□□: 98 (of 221)

100MeilenBerlin

□□□□□/□: 88 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 4(of 11)

Senioren M60 (60-64 Jahre)

□□□□□□□: 20:42:27

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	44:59	7:09	7	3:18	138	11:39	6.28	44:59	7:09	7	3:18	138	11:39
km 11,32 Behms	5.04	35:34	7:03	6	4:30	155	10:52	11.32	1:20:33	7:06	6	7:40	146	22:31
km 22,10 Lübars	10.78	1:15:14	6:58	5	4:39	136	24:18	22.10	2:35:47	7:02	5	11:00	138	42:36
km 32,52 Naturs	10.42	1:17:09	7:24	6	4:32	122	25:23	32.52	3:52:56	7:09	6	15:32	131	1:03:26
km 43,36 Ruderc	10.84	1:28:00	8:07	6	15:49	137	35:12	43.36	5:20:56	7:24	6	28:26	134	1:36:45
km 55,35 Schönv	11.99	1:36:16	8:01	4	14:46	128	35:59	55.35	6:57:12	7:32	6	38:52	134	2:12:44
km 68,07 Garten	12.72	1:48:02	8:29	4	16:19	97	35:05	68.07	8:45:14	7:42	4	45:52	123	2:47:05
km 80,53 Schloß	12.46	1:49:31	8:47	3	15:35	80	38:28	80.53	10:34:45	7:52	4	1:01:27	114	3:17:37
km 99,65 Geden	19.12	2:41:51	8:27	3	28:30	80	57:08	99.65	13:16:36	7:59	3	1:14:11	106	4:01:34
km 112,75 Sport	13.10	2:05:06	9:32	4	1:58:14	82	1:58:14	112.75	15:21:42	8:10	4	1:35:39	102	4:45:13
km 124,92 Lichte	12.17	2:13:04	10:56	5	25:20	89	54:18	124.92	17:34:46	8:26	3	1:49:59	98	5:37:56
km 134,98 Buck	10.06	1:47:11	10:39	5	20:25	105	49:42	134.98	19:21:57	8:36	3	2:10:22	103	6:21:14
Test	9.89	1:39:37	10:04	3	16:25	35	36:50	144.87	21:01:34	8:42	3	2:26:47	93	6:57:41
Stadion Lobeckst	16.01	2:39:57	9:59	4	32:17	51	50:05	160.90	23:41:31	8:50	4	2:59:04	88	7:47:46