



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Liegmann, Günter

□□□: 23:41:29

□□: TV Georgsmarienhütte / 100 MC

□□: 6.75 km/h

□□: 76

□□□□: 8:50 min/km

□□: 160.90 km

□□□□□/□□□: 96 (of 221)

100MeilenBerlin

□□□□□/□: 86 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 9(of 28)

Senioren M55 (55-59 Jahre)

□□□□□□□: 17:43:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	39:52	6:20	5	3:53	52	6:32	6.28	39:52	6:20	5	3:53	52	6:32
km 11,32 Behms	5.04	29:24	5:49	2	1:37	36	4:42	11.32	1:09:16	6:07	4	1:22	42	11:14
km 22,10 Lübars	10.78	1:04:52	6:01	5	13:56	52	13:56	22.10	2:14:08	6:04	5	14:54	49	20:57
km 32,52 Naturs	10.42	1:10:23	6:45	6	18:14	77	18:37	32.52	3:24:31	6:17	5	33:08	57	35:01
km 43,36 Ruderc	10.84	1:17:57	7:11	9	25:09	78	25:09	43.36	4:42:28	6:30	6	58:17	64	58:17
km 55,35 Schönv	11.99	1:27:40	7:18	9	26:39	85	27:23	55.35	6:10:08	6:41	6	1:24:56	69	1:25:40
km 68,07 Garten	12.72	1:48:56	8:33	12	35:03	102	35:59	68.07	7:59:04	7:02	6	1:59:59	71	2:00:55
km 80,53 Schloß	12.46	1:45:34	8:28	11	27:31	69	34:31	80.53	9:44:38	7:15	7	2:27:30	74	2:27:30
km 99,65 Geden	19.12	3:01:24	9:29	12	1:16:41	121	1:16:41	99.65	12:46:02	7:41	10	3:31:00	84	3:31:00
km 112,75 Sport	13.10	2:09:53	9:54	9	39:19	97	2:03:01	112.75	14:55:55	7:56	9	4:10:19	86	4:19:26
km 124,92 Lichte	12.17	2:21:58	11:39	15	54:54	118	1:03:12	124.92	17:17:53	8:18	10	5:05:13	90	5:21:03
km 134,98 Buck	10.06	1:45:01	10:26	11	28:12	100	47:32	134.98	19:02:54	8:28	10	5:33:25	94	6:02:11
Test	9.89	1:47:37	10:52	7	29:54	66	44:50	144.87	20:50:31	8:37	10	6:03:19	88	6:46:38
Stadion Lobeckst	16.01	2:50:58	10:40	10	43:56	80	1:01:06	160.90	23:41:29	8:50	9	5:57:55	86	7:47:44