



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Arzenton, Adriano

□□: Italia Atletica Vicentina

□□: 202

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 23:43:59

□□: 6.74 km/h

□□□□: 8:51 min/km

□□□□□/□□□□: 101 (of 221)

□□□□□/□: 91 (of 193)

□□□□□□: 15:53:45

□□□□□: 10(of 28)

□□□□□□□: 17:43:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	42:11	6:43	12	6:12	94	8:51	6.28	42:11	6:43	12	6:12	94	8:51	
km 11,32 Behms	5.04	32:14	6:23	13	4:27	99	7:32	11.32	1:14:25	6:34	12	6:31	102	16:23	
km 22,10 Lübars	10.78	1:10:40	6:33	9	19:44	91	19:44	22.10	2:25:05	6:33	10	25:51	95	31:54	
km 32,52 Naturs	10.42	1:14:08	7:06	11	21:59	110	22:22	32.52	3:39:13	6:44	10	47:50	100	49:43	
km 43,36 Ruderc	10.84	1:16:28	7:03	8	23:40	69	23:40	43.36	4:55:41	6:49	8	1:11:30	86	1:11:30	
km 55,35 Schönv	11.99	1:25:49	7:09	8	24:48	81	25:32	55.35	6:21:30	6:53	8	1:36:18	81	1:37:02	
km 68,07 Garten	12.72	1:40:39	7:54	9	26:46	69	27:42	68.07	8:02:09	7:04	9	2:03:04	78	2:04:00	
km 80,53 Schloß	12.46	1:36:08	7:42	6	18:05	40	25:05	80.53	9:38:17	7:10	6	2:21:09	62	2:21:09	
km 99,65 Geden	19.12	2:28:54	7:47	7	44:11	50	44:11	99.65	12:07:11	7:17	7	2:52:09	61	2:52:09	
km 112,75 Sport	13.10	1:58:17	9:01	5	27:43	61	1:51:25	112.75	14:05:28	7:29	7	3:19:52	56	3:28:59	
km 124,92 Lichte	12.17	2:20:22	11:32	12	53:18	111	1:01:36	124.92	16:25:50	7:53	7	4:13:10	63	4:29:00	
km 134,98 Buck	10.06	1:53:35	11:17	17	36:46	125	56:06	134.98	18:19:25	8:08	7	4:49:56	73	5:18:42	
Test	9.89	2:10:32	13:11	14	52:49	117	1:07:45	144.87	20:29:57	8:29	7	5:42:45	77	6:26:04	
Stadion Lobeckst	16.01	3:14:02	12:07	16	1:07:00	127	1:24:10	160.90	23:43:59	8:51	10	6:00:25	91	7:50:14	