



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Marconi, Massimo

□□: Magredi Mountain Trail

□□: 131

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 23:43:57

□□: 6.74 km/h

□□□□: 8:51 min/km

□□□□□/□□□□: 100 (of 221)

□□□□□/□: 90 (of 193)

□□□□□□: 15:53:45

□□□□□: 23(of 33)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	44:43	7:07	28	11:23	136	11:23	6.28	44:43	7:07	28	11:23	136	11:23	
km 11,32 Behms	5.04	32:04	6:21	21	7:22	93	7:22	11.32	1:16:47	6:46	26	18:45	122	18:45	
km 22,10 Lübars	10.78	1:09:47	6:28	20	15:14	86	18:51	22.10	2:26:34	6:37	22	33:23	103	33:23	
km 32,52 Naturs	10.42	1:12:41	6:58	21	17:59	95	20:55	32.52	3:39:15	6:44	21	49:45	101	49:45	
km 43,36 Ruderc	10.84	1:16:32	7:03	15	18:03	70	23:44	43.36	4:55:47	6:49	21	1:06:00	90	1:11:36	
km 55,35 Schönv	11.99	1:25:43	7:08	20	22:30	78	25:26	55.35	6:21:30	6:53	19	1:22:55	81	1:37:02	
km 68,07 Garten	12.72	1:40:40	7:54	18	27:43	70	27:43	68.07	8:02:10	7:05	18	1:40:41	79	2:04:01	
km 80,53 Schloß	12.46	1:39:10	7:57	12	27:49	47	28:07	80.53	9:41:20	7:13	16	2:08:30	70	2:24:12	
km 99,65 Geden	19.12	2:25:43	7:37	12	35:17	40	41:00	99.65	12:07:03	7:17	12	2:43:47	60	2:52:01	
km 112,75 Sport	13.10	1:58:17	9:01	16	40:09	61	1:51:25	112.75	14:05:20	7:29	12	3:20:29	54	3:28:51	
km 124,92 Lichte	12.17	2:20:28	11:32	25	1:01:42	112	1:01:42	124.92	16:25:48	7:53	13	4:22:11	62	4:28:58	
km 134,98 Buck	10.06	1:53:24	11:16	26	55:55	124	55:55	134.98	18:19:12	8:08	18	5:18:06	72	5:18:29	
Test	9.89	2:10:43	13:13	24	1:07:56	118	1:07:56	144.87	20:29:55	8:29	21	6:26:02	76	6:26:02	
Stadion Lobeckst	16.01	3:14:02	12:07	27	1:24:10	127	1:24:10	160.90	23:43:57	8:50	23	7:50:12	90	7:50:12	