



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Bicher, Stefan

□□: Team Hanka

□□: 43

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 23:41:30

□□: 6.75 km/h

□□□□: 8:50 min/km

□□□□□/□□□□: 97 (of 221)

□□□□□/□: 87 (of 193)

□□□□□□: 15:53:45

□□□□□: 6(of 10)

□□□□□□□: 18:58:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	43:03	6:51	6	7:06	102	9:43	6.28	43:03	6:51	6	7:06	102	9:43
km 11,32 Behms	5.04	32:16	6:24	6	4:48	101	7:34	11.32	1:15:19	6:39	6	9:22	107	17:17
km 22,10 Lübars	10.78	1:11:31	6:38	8	17:51	104	20:35	22.10	2:26:50	6:38	7	27:13	105	33:39
km 32,52 Naturs	10.42	1:12:17	6:56	7	20:31	89	20:31	32.52	3:39:07	6:44	7	47:44	98	49:37
km 43,36 Ruderc	10.84	1:22:15	7:35	8	29:27	107	29:27	43.36	5:01:22	6:57	8	1:17:11	100	1:17:11
km 55,35 Schönv	11.99	1:41:42	8:28	8	41:25	150	41:25	55.35	6:43:04	7:16	8	1:58:36	114	1:58:36
km 68,07 Garten	12.72	1:59:26	9:23	7	45:45	139	46:29	68.07	8:42:30	7:40	8	2:44:21	119	2:44:21
km 80,53 Schloß	12.46	1:49:44	8:48	6	26:15	82	38:41	80.53	10:32:14	7:51	7	3:10:36	111	3:15:06
km 99,65 Geden	19.12	3:00:52	9:27	7	51:34	119	1:16:09	99.65	13:33:06	8:09	7	4:02:10	112	4:18:04
km 112,75 Sport	13.10	2:03:29	9:25	6	27:59	78	1:56:37	112.75	15:36:35	8:18	7	4:10:55	106	5:00:06
km 124,92 Lichte	12.17	2:11:38	10:48	5	24:39	85	52:52	124.92	17:48:13	8:33	6	4:35:34	104	5:51:23
km 134,98 Buck	10.06	1:32:11	9:09	3	10:26	56	34:42	134.98	19:20:24	8:35	6	4:46:00	100	6:19:41
Test	9.89	1:41:24	10:15	2	3:01	43	38:37	144.87	21:01:48	8:42	6	4:35:19	94	6:57:55
Stadion Lobeckst	16.01	2:39:42	9:58	3	24:37	50	49:50	160.90	23:41:30	8:50	6	4:42:55	87	7:47:45