



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Mörrtl, Karl

00: X3 Team Austria

00: 172

00: 160.90 km

100MeilenBerlin

0000:

Senioren M50 (50-54 Jahre)

000: 23:44:32

00: 6.74 km/h

0000: 8:51 min/km

00000/0000: 104 (of 221)

00000/0: 93 (of 193)

000000: 15:53:45

00000: 24(of 52)

0000000: 18:08:24

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
km 6,28 Gedenk:	6.28	42:06	6:42	24	5:54	91	8:46	6.28	42:06	6:42	24	5:54	91	8:46
km 11,32 Behms	5.04	30:57	6:08	12	3:08	63	6:15	11.32	1:13:03	6:27	22	6:20	85	15:01
km 22,10 Lübars	10.78	1:12:05	6:41	27	16:18	109	21:09	22.10	2:25:08	6:34	25	20:49	97	31:57
km 32,52 Naturs	10.42	1:12:58	7:00	22	15:20	98	21:12	32.52	3:38:06	6:42	24	35:39	93	48:36
km 43,36 Ruderc	10.84	1:25:16	7:51	32	25:13	126	32:28	43.36	5:03:22	6:59	26	1:00:26	105	1:19:11
km 55,35 Schönv	11.99	1:37:11	8:06	36	30:01	132	36:54	55.35	6:40:33	7:14	25	1:30:27	106	1:56:05
km 68,07 Garten	12.72	1:49:03	8:34	24	28:14	104	36:06	68.07	8:29:36	7:29	24	1:58:41	104	2:31:27
km 80,53 Schloß	12.46	1:58:24	9:30	25	37:29	110	47:21	80.53	10:28:00	7:47	27	2:36:10	107	3:10:52
km 99,65 Geden	19.12	2:48:30	8:48	25	44:52	96	1:03:47	99.65	13:16:30	7:59	27	3:21:02	105	4:01:28
km 112,75 Sport	13.10	2:04:17	9:29	22	30:50	80	1:57:25	112.75	15:20:47	8:09	26	3:51:52	100	4:44:18
km 124,92 Lichte	12.17	2:05:34	10:19	16	40:05	61	46:48	124.92	17:26:21	8:22	23	4:23:22	93	5:29:31
km 134,98 Buck	10.06	1:34:46	9:25	23	17:45	69	37:17	134.98	19:01:07	8:27	25	4:27:04	92	6:00:24
Test	9.89	1:54:37	11:35	30	33:56	89	51:50	144.87	20:55:44	8:40	24	4:56:12	89	6:51:51
Stadion Lobeckst	16.01	2:48:48	10:32	25	47:13	74	58:56	160.90	23:44:32	8:51	24	5:36:08	93	7:50:47