



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Leffler, Mirko

□□□: 23:41:28

□□: PHOTO PERFECT Suhl

□□: 6.75 km/h

□□: 147

□□□□: 8:50 min/km

□□: 160.90 km

□□□□□/□□□: 95 (of 221)

100MeilenBerlin

□□□□□/□: 85 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 22(of 33)

Senioren M40 (40-44 Jahre)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	42:44	6:48	21	9:24	98	9:24	6.28	42:44	6:48	21	9:24	98	9:24	
km 11,32 Behms	5.04	32:43	6:29	24	8:01	110	8:01	11.32	1:15:27	6:39	24	17:25	111	17:25	
km 22,10 Lübars	10.78	1:11:41	6:38	23	17:08	105	20:45	22.10	2:27:08	6:39	23	33:57	111	33:57	
km 32,52 Naturs	10.42	1:12:41	6:58	21	17:59	95	20:55	32.52	3:39:49	6:45	23	50:19	103	50:19	
km 43,36 Ruderc	10.84	1:21:41	7:32	25	23:12	102	28:53	43.36	5:01:30	6:57	22	1:11:43	101	1:17:19	
km 55,35 Schönv	11.99	1:41:31	8:28	30	38:18	149	41:14	55.35	6:43:01	7:16	26	1:44:26	113	1:58:33	
km 68,07 Garten	12.72	1:59:29	9:23	27	46:32	140	46:32	68.07	8:42:30	7:40	29	2:21:01	119	2:44:21	
km 80,53 Schloß	12.46	1:48:28	8:42	16	37:07	75	37:25	80.53	10:30:58	7:50	27	2:58:08	110	3:13:50	
km 99,65 Geden	19.12	3:02:12	9:31	28	1:11:46	123	1:17:29	99.65	13:33:10	8:09	27	4:09:54	113	4:18:08	
km 112,75 Sport	13.10	2:03:44	9:26	19	45:36	79	1:56:52	112.75	15:36:54	8:18	26	4:52:03	107	5:00:25	
km 124,92 Lichte	12.17	2:12:21	10:52	22	53:35	87	53:35	124.92	17:49:15	8:33	26	5:45:38	105	5:52:25	
km 134,98 Buck	10.06	1:31:18	9:04	9	33:49	52	33:49	134.98	19:20:33	8:35	25	6:19:27	101	6:19:50	
Test	9.89	1:41:47	10:17	9	39:00	44	39:00	144.87	21:02:20	8:42	23	6:58:27	95	6:58:27	
Stadion Lobeckst	16.01	2:39:08	9:56	11	49:16	49	49:16	160.90	23:41:28	8:50	22	7:47:43	85	7:47:43	