



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Weber, Ingmar

□□: Doha Bay Running Club

□□: 236

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 23:46:52

□□: 6.73 km/h

□□□□: 8:52 min/km

□□□□□/□□□□: 106 (of 221)

□□□□□/□: 95 (of 193)

□□□□□□: 15:53:45

□□□□□: 11(of 15)

□□□□□□□: 16:13:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	41:17	6:34	6	6:41	58	7:57	6.28	41:17	6:34	6	6:41	58	7:57	
km 11,32 Behms	5.04	29:45	5:54	4	3:39	42	5:03	11.32	1:11:02	6:16	6	10:20	61	13:00	
km 22,10 Lübars	10.78	1:04:20	5:58	7	12:08	49	13:24	22.10	2:15:22	6:07	7	16:18	54	22:11	
km 32,52 Naturs	10.42	1:02:52	6:01	7	10:24	40	11:06	32.52	3:18:14	6:05	7	25:24	48	28:44	
km 43,36 Ruderc	10.84	1:08:44	6:20	5	12:30	36	15:56	43.36	4:26:58	6:09	7	37:54	41	42:47	
km 55,35 Schönv	11.99	1:20:04	6:40	5	13:57	51	19:47	55.35	5:47:02	6:16	7	48:32	41	1:02:34	
km 68,07 Garten	12.72	1:42:14	8:02	10	20:00	79	29:17	68.07	7:29:16	6:36	6	1:07:34	50	1:31:07	
km 80,53 Schloß	12.46	1:44:38	8:23	9	33:35	65	33:35	80.53	9:13:54	6:52	6	1:41:09	48	1:56:46	
km 99,65 Geden	19.12	3:01:20	9:29	13	1:13:35	120	1:16:37	99.65	12:15:14	7:22	9	2:54:44	67	3:00:12	
km 112,75 Sport	13.10	1:47:25	8:11	3	31:26	21	1:40:33	112.75	14:02:39	7:28	6	3:26:10	51	3:26:10	
km 124,92 Lichte	12.17	2:15:46	11:09	10	55:25	99	57:00	124.92	16:18:25	7:49	7	4:21:35	58	4:21:35	
km 134,98 Buck	10.06	1:51:57	11:07	13	48:04	119	54:28	134.98	18:10:22	8:04	9	5:09:39	65	5:09:39	
Test	9.89	2:01:01	12:14	10	47:01	102	58:14	144.87	20:11:23	8:21	10	5:56:40	71	6:07:30	
Stadion Lobeckst	16.01	3:35:29	13:27	13	1:37:01	149	1:45:37	160.90	23:46:52	8:52	11	7:33:11	95	7:53:07	