



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Malig, Ralf

□□: Bowlingclub Senftenberg

□□: 7

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 23:46:39

□□: 6.73 km/h

□□□□: 8:52 min/km

□□□□□/□□□□: 105 (of 221)

□□□□□/□: 94 (of 193)

□□□□□□: 15:53:45

□□□□□: 25(of 52)

□□□□□□□: 18:08:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	45:11	7:11	35	8:59	143	11:51	6.28	45:11	7:11	35	8:59	143	11:51
km 11,32 Behms	5.04	34:09	6:46	30	6:20	130	9:27	11.32	1:19:20	7:00	32	12:37	136	21:18
km 22,10 Lübars	10.78	1:14:37	6:55	30	18:50	126	23:41	22.10	2:33:57	6:57	30	29:38	126	40:46
km 32,52 Naturs	10.42	1:14:54	7:11	29	17:16	115	23:08	32.52	3:48:51	7:02	29	46:24	119	59:21
km 43,36 Ruderc	10.84	1:25:34	7:53	34	25:31	128	32:46	43.36	5:14:25	7:15	31	1:11:29	123	1:30:14
km 55,35 Schönv	11.99	1:27:26	7:17	18	20:16	84	27:09	55.35	6:41:51	7:15	29	1:31:45	112	1:57:23
km 68,07 Garten	12.72	1:40:59	7:56	15	20:10	73	28:02	68.07	8:22:50	7:23	21	1:51:55	94	2:24:41
km 80,53 Schloß	12.46	1:40:46	8:05	12	19:51	54	29:43	80.53	10:03:36	7:29	19	2:11:46	85	2:46:28
km 99,65 Geden	19.12	2:35:38	8:08	20	32:00	68	50:55	99.65	12:39:14	7:37	17	2:43:46	80	3:24:12
km 112,75 Sport	13.10	1:58:09	9:01	16	24:42	60	1:51:17	112.75	14:37:23	7:46	16	3:08:28	77	4:00:54
km 124,92 Lichte	12.17	2:22:23	11:41	32	56:54	121	1:03:37	124.92	16:59:46	8:09	17	3:56:47	77	5:02:56
km 134,98 Buck	10.06	1:47:31	10:41	34	30:30	108	50:02	134.98	18:47:17	8:21	20	4:13:14	84	5:46:34
Test	9.89	1:56:03	11:44	32	35:22	93	53:16	144.87	20:43:20	8:34	22	4:43:48	84	6:39:27
Stadion Lobeckst	16.01	3:03:19	11:27	32	1:01:44	98	1:13:27	160.90	23:46:39	8:52	25	5:38:15	94	7:52:54