



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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**Snauwaert, Rafael**

□□□: 23:47:16

□□: geen

□□: 6.73 km/h

□□: 163

□□□□: 8:52 min/km

□□: 160.90 km

□□□□□/□□□□: 107 (of 221)

100MeilenBerlin

□□□□□/□: 96 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 26(of 52)

Senioren M50 (50-54 Jahre)

□□□□□□□: 18:08:24

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□□□□

□□□

| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| km 6,28 Gedenk:  | 6.28     | 42:19    | 6:44         | 25      | 6:07    | 97      | 8:59    | 6.28   | 42:19     | 6:44      | 25            | 6:07    | 97      | 8:59    |         |
| km 11,32 Behms   | 5.04     | 33:01    | 6:33         | 23      | 5:12    | 113     | 8:19    | 11.32  | 1:15:20   | 6:39      | 26            | 8:37    | 108     | 17:18   |         |
| km 22,10 Lübars  | 10.78    | 1:27:39  | 8:07         | 49      | 31:52   | 186     | 36:43   | 22.10  | 2:42:59   | 7:22      | 42            | 38:40   | 165     | 49:48   |         |
| km 32,52 Naturs  | 10.42    | 1:23:42  | 8:01         | 43      | 26:04   | 164     | 31:56   | 32.52  | 4:06:41   | 7:35      | 42            | 1:04:14 | 165     | 1:17:11 |         |
| km 43,36 Ruderc  | 10.84    | 1:23:21  | 7:41         | 26      | 23:18   | 112     | 30:33   | 43.36  | 5:30:02   | 7:36      | 40            | 1:27:06 | 151     | 1:45:51 |         |
| km 55,35 Schönv  | 11.99    | 1:32:20  | 7:42         | 30      | 25:10   | 113     | 32:03   | 55.35  | 7:02:22   | 7:37      | 41            | 1:52:16 | 144     | 2:17:54 |         |
| km 68,07 Garten  | 12.72    | 1:55:05  | 9:02         | 37      | 34:16   | 126     | 42:08   | 68.07  | 8:57:27   | 7:53      | 38            | 2:26:32 | 137     | 2:59:18 |         |
| km 80,53 Schloß  | 12.46    | 2:04:14  | 9:58         | 31      | 43:19   | 126     | 53:11   | 80.53  | 11:01:41  | 8:12      | 37            | 3:09:51 | 132     | 3:44:33 |         |
| km 99,65 Geden   | 19.12    | 2:37:10  | 8:13         | 21      | 33:32   | 72      | 52:27   | 99.65  | 13:38:51  | 8:13      | 29            | 3:43:23 | 115     | 4:23:49 |         |
| km 112,75 Sport  | 13.10    | 1:54:51  | 8:46         | 14      | 21:24   | 53      | 1:47:59 | 112.75 | 15:33:42  | 8:16      | 28            | 4:04:47 | 104     | 4:57:13 |         |
| km 124,92 Lichte | 12.17    | 2:06:22  | 10:23        | 18      | 40:53   | 63      | 47:36   | 124.92 | 17:40:04  | 8:29      | 28            | 4:37:05 | 100     | 5:43:14 |         |
| km 134,98 Buck   | 10.06    | 1:36:39  | 9:36         | 26      | 19:38   | 77      | 39:10   | 134.98 | 19:16:43  | 8:34      | 29            | 4:42:40 | 99      | 6:16:00 |         |
| Test             | 9.89     | 1:53:54  | 11:31        | 29      | 33:13   | 87      | 51:07   | 144.87 | 21:10:37  | 8:46      | 28            | 5:11:05 | 98      | 7:06:44 |         |
| Stadion Lobeckst | 16.01    | 2:36:39  | 9:47         | 19      | 35:04   | 46      | 46:47   | 160.90 | 23:47:16  | 8:52      | 26            | 5:38:52 | 96      | 7:53:31 |         |