



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

□□□□

Grigoleit, Axel

□□: Leichlingen

□□: 140

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 23:47:26

□□: 6.76 km/h

□□□□: 8:52 min/km

□□□□□/□□□□: 108 (of 221)

□□□□□/□: 97 (of 193)

□□□□□□: 15:53:45

□□□□□: 27(of 52)

□□□□□□□: 18:08:24

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	41:47	6:39	20	5:35	77	8:27	6.28	41:47	6:39	20	5:35	77	8:27	
km 11,32 Behms	5.04	30:58	6:08	13	3:09	65	6:16	11.32	1:12:45	6:25	19	6:02	79	14:43	
km 22,10 Lübars	10.78	1:08:44	6:22	21	12:57	80	17:48	22.10	2:21:29	6:24	20	17:10	78	28:18	
km 32,52 Naturs	10.42	1:10:07	6:43	18	12:29	76	18:21	32.52	3:31:36	6:30	19	29:09	81	42:06	
km 43,36 Ruderc	10.84	1:20:24	7:25	18	20:21	89	27:36	43.36	4:52:00	6:44	20	49:04	81	1:07:49	
km 55,35 Schönv	11.99	1:22:10	6:51	13	15:00	61	21:53	55.35	6:14:10	6:45	17	1:04:04	71	1:29:42	
km 68,07 Garten	12.72	1:39:50	7:50	14	19:01	62	26:53	68.07	7:54:00	6:57	16	1:23:05	66	1:55:51	
km 80,53 Schloß	12.46	2:04:41	10:00	32	43:46	127	53:38	80.53	9:58:41	7:26	17	2:06:51	82	2:41:33	
km 99,65 Geden	19.12	3:03:45	9:36	35	1:00:07	125	1:19:02	99.65	13:02:26	7:51	21	3:06:58	95	3:47:24	
km 112,75 Sport	13.10	2:05:19	9:33	23	31:52	84	1:58:27	112.75	15:07:45	8:03	22	3:38:50	93	4:31:16	
km 124,92 Lichte	12.17	2:18:48	11:24	29	53:19	106	1:00:02	124.92	17:26:33	8:22	26	4:23:34	96	5:29:43	
km 134,98 Buck	10.06	1:41:42	10:06	32	24:41	90	44:13	134.98	19:08:15	8:30	27	4:34:12	96	6:07:32	
Test	9.89	1:51:19	11:15	27	30:38	78	48:32	144.87	20:59:34	8:41	26	5:00:02	91	6:55:41	
Stadion Lobeckst	16.01	2:47:52	10:29	24	46:17	71	58:00	160.90	23:47:26	8:52	27	5:39:02	97	7:53:41	