



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Rosenau, Dietmar

□□□: 23:44:30

□□: LG DUV

□□: 6.74 km/h

□□: 35

□□□□: 8:51 min/km

□□: 160.90 km

□□□□□/□□□: 103 (of 221)

100MeilenBerlin

□□□□□/□: 92 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 23(of 52)

Senioren M50 (50-54 Jahre)

□□□□□□□: 18:08:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	43:22	6:54	27	7:10	110	10:02	6.28	43:22	6:54	27	7:10	110	10:02	
km 11,32 Behms	5.04	32:01	6:21	18	4:12	92	7:19	11.32	1:15:23	6:39	27	8:40	110	17:21	
km 22,10 Lübars	10.78	1:13:14	6:47	28	17:27	116	22:18	22.10	2:28:37	6:43	28	24:18	118	35:26	
km 32,52 Naturs	10.42	1:13:32	7:03	25	15:54	104	21:46	32.52	3:42:09	6:49	28	39:42	112	52:39	
km 43,36 Ruderc	10.84	1:29:09	8:13	36	29:06	139	36:21	43.36	5:11:18	7:10	28	1:08:22	115	1:27:07	
km 55,35 Schönv	11.99	1:29:41	7:28	27	22:31	100	29:24	55.35	6:40:59	7:14	26	1:30:53	107	1:56:31	
km 68,07 Garten	12.72	1:49:10	8:34	25	28:21	105	36:13	68.07	8:30:09	7:29	25	1:59:14	105	2:32:00	
km 80,53 Schloß	12.46	1:52:41	9:02	21	31:46	92	41:38	80.53	10:22:50	7:44	24	2:31:00	100	3:05:42	
km 99,65 Geden	19.12	2:53:36	9:04	29	49:58	105	1:08:53	99.65	13:16:26	7:59	26	3:20:58	104	4:01:24	
km 112,75 Sport	13.10	2:03:05	9:23	21	29:38	76	1:56:13	112.75	15:19:31	8:09	24	3:50:36	98	4:43:02	
km 124,92 Lichte	12.17	2:06:53	10:25	19	41:24	67	48:07	124.92	17:26:24	8:22	24	4:23:25	94	5:29:34	
km 134,98 Buck	10.06	1:34:20	9:22	20	17:19	66	36:51	134.98	19:00:44	8:27	24	4:26:41	91	6:00:01	
Test	9.89	1:56:33	11:47	33	35:52	94	53:46	144.87	20:57:17	8:40	25	4:57:45	90	6:53:24	
Stadion Lobeckst	16.01	2:47:13	10:26	23	45:38	69	57:21	160.90	23:44:30	8:51	23	5:36:06	92	7:50:45	