



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Schenke, Holger

□□□: 23:56:11

□□: LC Blue Liner

□□: 6.68 km/h

□□: 170

□□□□: 8:56 min/km

□□: 160.90 km

□□□□□/□□□: 109 (of 221)

100MeilenBerlin

□□□□□/□: 98 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 24(of 33)

Senioren M40 (40-44 Jahre)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	45:52	7:18	30	12:32	155	12:32	6.28	45:52	7:18	30	12:32	155	12:32	
km 11,32 Behms	5.04	35:00	6:56	30	10:18	143	10:18	11.32	1:20:52	7:08	29	22:50	149	22:50	
km 22,10 Lübars	10.78	1:14:58	6:57	27	20:25	131	24:02	22.10	2:35:50	7:03	30	42:39	143	42:39	
km 32,52 Naturs	10.42	1:17:40	7:27	26	22:58	125	25:54	32.52	3:53:30	7:10	29	1:04:00	134	1:04:00	
km 43,36 Ruderc	10.84	1:20:12	7:23	21	21:43	88	27:24	43.36	5:13:42	7:14	27	1:23:55	122	1:29:31	
km 55,35 Schönv	11.99	1:31:40	7:38	24	28:27	109	31:23	55.35	6:45:22	7:19	27	1:46:47	117	2:00:54	
km 68,07 Garten	12.72	1:52:48	8:52	26	39:51	119	39:51	68.07	8:38:10	7:36	28	2:16:41	115	2:40:01	
km 80,53 Schloß	12.46	1:54:07	9:09	24	42:46	98	43:04	80.53	10:32:17	7:51	28	2:59:27	112	3:15:09	
km 99,65 Geden	19.12	2:55:16	9:09	25	1:04:50	108	1:10:33	99.65	13:27:33	8:06	26	4:04:17	109	4:12:31	
km 112,75 Sport	13.10	2:03:24	9:25	18	45:16	77	1:56:32	112.75	15:30:57	8:15	25	4:46:06	103	4:54:28	
km 124,92 Lichte	12.17	2:00:54	9:56	8	42:08	46	42:08	124.92	17:31:51	8:25	25	5:28:14	97	5:35:01	
km 134,98 Buck	10.06	1:41:45	10:06	18	44:16	91	44:16	134.98	19:13:36	8:32	24	6:12:30	97	6:12:53	
Test	9.89	1:50:26	11:09	17	47:39	76	47:39	144.87	21:04:02	8:43	24	7:00:09	96	7:00:09	
Stadion Lobeckst	16.01	2:52:09	10:45	14	1:02:17	81	1:02:17	160.90	23:56:11	8:55	24	8:02:26	98	8:02:26	