



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Binias, Jürgen

□□: LC Duisburg

□□: 141

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 23:56:28

□□: 6.68 km/h

□□□□: 8:56 min/km

□□□□□/□□□□: 110 (of 221)

□□□□□/□: 99 (of 193)

□□□□□□: 15:53:45

□□□□□: 28(of 52)

□□□□□□□: 18:08:24

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
km 6,28 Gedenk:	6.28	44:11	7:02	30	7:59	127	10:51	6.28	44:11	7:02	30	7:59	127	10:51
km 11,32 Behms	5.04	35:52	7:06	41	8:03	159	11:10	11.32	1:20:03	7:04	36	13:20	143	22:01
km 22,10 Lübars	10.78	1:15:44	7:01	36	19:57	142	24:48	22.10	2:35:47	7:02	34	31:28	138	42:36
km 32,52 Naturs	10.42	1:21:07	7:47	41	23:29	146	29:21	32.52	3:56:54	7:17	37	54:27	143	1:07:24
km 43,36 Ruderc	10.84	1:29:39	8:16	38	29:36	141	36:51	43.36	5:26:33	7:31	39	1:23:37	143	1:42:22
km 55,35 Schönv	11.99	1:29:15	7:26	22	22:05	93	28:58	55.35	6:55:48	7:30	34	1:45:42	129	2:11:20
km 68,07 Garten	12.72	1:51:42	8:46	30	30:53	115	38:45	68.07	8:47:30	7:44	33	2:16:35	125	2:49:21
km 80,53 Schloß	12.46	2:15:52	10:54	42	54:57	152	1:04:49	80.53	11:03:22	8:14	39	3:11:32	135	3:46:14
km 99,65 Geden	19.12	2:35:32	8:08	18	31:54	66	50:49	99.65	13:38:54	8:13	30	3:43:26	116	4:23:52
km 112,75 Sport	13.10	2:06:39	9:40	25	33:12	86	1:59:47	112.75	15:45:33	8:23	30	4:16:38	110	5:09:04
km 124,92 Lichte	12.17	2:40:43	13:12	41	1:15:14	151	1:21:57	124.92	18:26:16	8:51	31	5:23:17	111	6:29:26
km 134,98 Buck	10.06	1:34:22	9:22	21	17:21	67	36:53	134.98	20:00:38	8:53	31	5:26:35	108	6:59:55
Test	9.89	1:43:56	10:30	17	23:15	54	41:09	144.87	21:44:34	9:00	30	5:45:02	103	7:40:41
Stadion Lobeckst	16.01	2:11:54	8:14	7	10:19	20	22:02	160.90	23:56:28	8:55	28	5:48:04	99	8:02:43