



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Grittner, Werner

□□□: 23:56:28

□□: LC Duisburg

□□: 6.68 km/h

□□: 77

□□□□: 8:56 min/km

□□: 160.90 km

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100MeilenBerlin

□□□□□/□: 99 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 28(of 52)

Senioren M50 (50-54 Jahre)

□□□□□□□: 18:08:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	44:13	7:02	31	8:01	129	10:53	6.28	44:13	7:02	31	8:01	129	10:53
km 11,32 Behms	5.04	35:12	6:59	38	7:23	146	10:30	11.32	1:19:25	7:00	34	12:42	138	21:23
km 22,10 Lübars	10.78	1:16:25	7:05	39	20:38	151	25:29	22.10	2:35:50	7:03	36	31:31	143	42:39
km 32,52 Naturs	10.42	1:21:03	7:46	39	23:25	143	29:17	32.52	3:56:53	7:17	36	54:26	142	1:07:23
km 43,36 Ruderc	10.84	1:29:37	8:16	37	29:34	140	36:49	43.36	5:26:30	7:31	37	1:23:34	141	1:42:19
km 55,35 Schönv	11.99	1:29:26	7:27	24	22:16	96	29:09	55.35	6:55:56	7:30	35	1:45:50	131	2:11:28
km 68,07 Garten	12.72	1:51:44	8:47	32	30:55	117	38:47	68.07	8:47:40	7:45	34	2:16:45	126	2:49:31
km 80,53 Schloß	12.46	2:15:40	10:53	41	54:45	151	1:04:37	80.53	11:03:20	8:14	38	3:11:30	134	3:46:12
km 99,65 Geden	19.12	2:35:35	8:08	19	31:57	67	50:52	99.65	13:38:55	8:13	31	3:43:27	117	4:23:53
km 112,75 Sport	13.10	2:06:39	9:40	25	33:12	86	1:59:47	112.75	15:45:34	8:23	31	4:16:39	111	5:09:05
km 124,92 Lichte	12.17	2:40:41	13:12	40	1:15:12	150	1:21:55	124.92	18:26:15	8:51	30	5:23:16	110	6:29:25
km 134,98 Buck	10.06	1:34:22	9:22	21	17:21	67	36:53	134.98	20:00:37	8:53	30	5:26:34	107	6:59:54
Test	9.89	1:43:57	10:30	18	23:16	55	41:10	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