



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Giese, Kay

□□: Post SV Buxtehude

□□: 9

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 24:04:34

□□: 6.65 km/h

□□□□: 8:59 min/km

□□□□□/□□□: 113 (of 221)

□□□□□/□: 101 (of 193)

□□□□□□: 15:53:45

□□□□□: 25(of 33)

□□□□□□□: 15:53:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	43:19	6:53	24	9:59	107	9:59	6.28	43:19	6:53	24	9:59	107	9:59
km 11,32 Behms	5.04	30:14	5:59	14	5:32	52	5:32	11.32	1:13:33	6:29	20	15:31	92	15:31
km 22,10 Lübars	10.78	1:05:58	6:07	13	11:25	60	15:02	22.10	2:19:31	6:18	18	26:20	73	26:20
km 32,52 Naturs	10.42	1:09:17	6:38	17	14:35	69	17:31	32.52	3:28:48	6:25	18	39:18	73	39:18
km 43,36 Ruderc	10.84	1:22:28	7:36	26	23:59	108	29:40	43.36	4:51:16	6:43	19	1:01:29	79	1:07:05
km 55,35 Schönv	11.99	1:37:21	8:07	28	34:08	133	37:04	55.35	6:28:37	7:01	20	1:30:02	92	1:44:09
km 68,07 Garten	12.72	2:06:02	9:54	31	53:05	166	53:05	68.07	8:34:39	7:33	26	2:13:10	110	2:36:30
km 80,53 Schloß	12.46	1:53:43	9:07	23	42:22	96	42:40	80.53	10:28:22	7:48	26	2:55:32	108	3:11:14
km 99,65 Geden	19.12	2:57:06	9:15	27	1:06:40	114	1:12:23	99.65	13:25:28	8:04	25	4:02:12	107	4:10:26
km 112,75 Sport	13.10	2:22:52	10:54	25	1:04:44	110	2:16:00	112.75	15:48:20	8:24	27	5:03:29	112	5:11:51
km 124,92 Lichte	12.17	2:25:49	11:58	26	1:07:03	129	1:07:03	124.92	18:14:09	8:45	27	6:10:32	107	6:17:19
km 134,98 Buck	10.06	1:37:21	9:40	16	39:52	79	39:52	134.98	19:51:30	8:49	27	6:50:24	106	6:50:47
Test	9.89	1:45:06	10:37	11	42:19	60	42:19	144.87	21:36:36	8:57	25	7:32:43	100	7:32:43
Stadion Lobeckst	16.01	2:27:58	9:14	5	38:06	38	38:06	160.90	24:04:34	8:58	25	8:10:49	101	8:10:49