



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Metzger, Wolfgang

□□□: 24:15:46

□□: DUV

□□: 6.59 km/h

□□: 114

□□□□: 9:03 min/km

□□: 160.90 km

□□□□□/□□□□: 114 (of 221)

100MeilenBerlin

□□□□□/□: 102 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 30(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	47:23	7:32	43	11:11	174	14:03	6.28	47:23	7:32	43	11:11	174	14:03
km 11,32 Behms	5.04	36:27	7:13	44	8:38	165	11:45	11.32	1:23:50	7:24	42	17:07	168	25:48
km 22,10 Lübars	10.78	1:20:54	7:30	41	25:07	166	29:58	22.10	2:44:44	7:27	43	40:25	171	51:33
km 32,52 Naturs	10.42	1:21:03	7:46	39	23:25	143	29:17	32.52	4:05:47	7:33	41	1:03:20	163	1:16:17
km 43,36 Ruderc	10.84	1:26:35	7:59	35	26:32	135	33:47	43.36	5:32:22	7:39	41	1:29:26	153	1:48:11
km 55,35 Schönv	11.99	1:29:14	7:26	20	22:04	91	28:57	55.35	7:01:36	7:37	40	1:51:30	143	2:17:08
km 68,07 Garten	12.72	1:41:52	8:00	16	21:03	77	28:55	68.07	8:43:28	7:41	32	2:12:33	122	2:45:19
km 80,53 Schloß	12.46	1:37:47	7:50	9	16:52	43	26:44	80.53	10:21:15	7:42	23	2:29:25	99	3:04:07
km 99,65 Geden	19.12	2:52:40	9:01	28	49:02	104	1:07:57	99.65	13:13:55	7:58	24	3:18:27	100	3:58:53
km 112,75 Sport	13.10	2:06:55	9:41	27	33:28	88	2:00:03	112.75	15:20:50	8:10	27	3:51:55	101	4:44:21
km 124,92 Lichte	12.17	2:15:02	11:05	25	49:33	96	56:16	124.92	17:35:52	8:27	27	4:32:53	99	5:39:02
km 134,98 Buck	10.06	1:39:31	9:53	29	22:30	82	42:02	134.98	19:15:23	8:33	28	4:41:20	98	6:14:40
Test	9.89	1:49:10	11:02	23	28:29	70	46:23	144.87	21:04:33	8:43	27	5:05:01	97	7:00:40
Stadion Lobeckst	16.01	3:11:13	11:56	37	1:09:38	123	1:21:21	160.90	24:15:46	9:02	30	6:07:22	102	8:22:01