



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Haschen, Jürgen

□□□: 24:55:47

□□: 100 Marathon Club Deutschland

□□: 6.42 km/h

□□: 148

□□□□: 9:18 min/km

□□: 160.90 km

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100MeilenBerlin

□□□□□/□: 106 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 33(of 52)

Senioren M50 (50-54 Jahre)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	41:33	6:36	16	5:21	66	8:13	6.28	41:33	6:36	16	5:21	66	8:13
km 11,32 Behms	5.04	29:39	5:52	9	1:50	41	4:57	11.32	1:11:12	6:17	16	4:29	64	13:10
km 22,10 Lübars	10.78	1:07:32	6:15	19	11:45	74	16:36	22.10	2:18:44	6:16	19	14:25	71	25:33
km 32,52 Naturs	10.42	1:09:03	6:37	16	11:25	68	17:17	32.52	3:27:47	6:23	17	25:20	69	38:17
km 43,36 Ruderc	10.84	1:14:11	6:50	14	14:08	57	21:23	43.36	4:41:58	6:30	14	39:02	61	57:47
km 55,35 Schönv	11.99	1:23:53	6:59	14	16:43	68	23:36	55.35	6:05:51	6:36	14	55:45	60	1:21:23
km 68,07 Garten	12.72	1:45:02	8:15	20	24:13	89	32:05	68.07	7:50:53	6:55	15	1:19:58	65	1:52:44
km 80,53 Schloß	12.46	1:48:35	8:42	18	27:40	76	37:32	80.53	9:39:28	7:11	14	1:47:38	66	2:22:20
km 99,65 Geden	19.12	2:52:30	9:01	27	48:52	103	1:07:47	99.65	12:31:58	7:32	15	2:36:30	77	3:16:56
km 112,75 Sport	13.10	2:11:58	10:04	31	38:31	102	2:05:06	112.75	14:43:56	7:50	18	3:15:01	81	4:07:27
km 124,92 Lichte	12.17	2:15:53	11:09	26	50:24	101	57:07	124.92	16:59:49	8:09	18	3:56:50	78	5:02:59
km 134,98 Buck	10.06	1:47:26	10:40	33	30:25	107	49:57	134.98	18:47:15	8:21	19	4:13:12	83	5:46:32
Test	9.89	2:53:51	17:34	44	1:33:10	157	1:51:04	144.87	21:41:06	8:58	29	5:41:34	101	7:37:13
Stadion Lobeckst	16.01	3:14:41	12:09	39	1:13:06	130	1:24:49	160.90	24:55:47	9:17	33	6:47:23	106	9:02:02