



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Wallesch, René

□□: 100 Marathon Club

□□: 154

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 24:39:10

□□: 6.49 km/h

□□□□: 9:11 min/km

□□□□□/□□□□: 115 (of 221)

□□□□□/□: 103 (of 193)

□□□□□□: 15:53:45

□□□□□: 26(of 33)

□□□□□□□: 15:53:45

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| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| km 6,28 Gedenk:  | 6.28     | 41:46    | 6:39         | 17      | 8:26    | 76      | 8:26    | 6.28   | 41:46     | 6:39      | 17            | 8:26    | 76      | 8:26    |         |
| km 11,32 Behms   | 5.04     | 31:24    | 6:13         | 17      | 6:42    | 76      | 6:42    | 11.32  | 1:13:10   | 6:27      | 19            | 15:08   | 89      | 15:08   |         |
| km 22,10 Lübars  | 10.78    | 1:06:44  | 6:11         | 16      | 12:11   | 66      | 15:48   | 22.10  | 2:19:54   | 6:19      | 19            | 26:43   | 75      | 26:43   |         |
| km 32,52 Naturs  | 10.42    | 1:09:49  | 6:42         | 18      | 15:07   | 74      | 18:03   | 32.52  | 3:29:43   | 6:26      | 19            | 40:13   | 76      | 40:13   |         |
| km 43,36 Ruderc  | 10.84    | 1:17:12  | 7:07         | 16      | 18:43   | 73      | 24:24   | 43.36  | 4:46:55   | 6:37      | 16            | 57:08   | 71      | 1:02:44 |         |
| km 55,35 Schönv  | 11.99    | 1:23:29  | 6:57         | 16      | 20:16   | 66      | 23:12   | 55.35  | 6:10:24   | 6:41      | 17            | 1:11:49 | 70      | 1:25:56 |         |
| km 68,07 Garten  | 12.72    | 1:40:07  | 7:52         | 16      | 27:10   | 65      | 27:10   | 68.07  | 7:50:31   | 6:54      | 16            | 1:29:02 | 64      | 1:52:22 |         |
| km 80,53 Schloß  | 12.46    | 1:53:12  | 9:05         | 22      | 41:51   | 94      | 42:09   | 80.53  | 9:43:43   | 7:14      | 17            | 2:10:53 | 71      | 2:26:35 |         |
| km 99,65 Geden   | 19.12    | 2:45:09  | 8:38         | 22      | 54:43   | 89      | 1:00:26 | 99.65  | 12:28:52  | 7:30      | 18            | 3:05:36 | 76      | 3:13:50 |         |
| km 112,75 Sport  | 13.10    | 2:18:54  | 10:36        | 24      | 1:00:46 | 108     | 2:12:02 | 112.75 | 14:47:46  | 7:52      | 22            | 4:02:55 | 82      | 4:11:17 |         |
| km 124,92 Lichte | 12.17    | 2:15:01  | 11:05        | 24      | 56:15   | 95      | 56:15   | 124.92 | 17:02:47  | 8:11      | 20            | 4:59:10 | 79      | 5:05:57 |         |
| km 134,98 Buck   | 10.06    | 2:05:20  | 12:27        | 28      | 1:07:51 | 141     | 1:07:51 | 134.98 | 19:08:07  | 8:30      | 23            | 6:07:01 | 95      | 6:07:24 |         |
| Test             | 9.89     | 2:34:28  | 15:37        | 28      | 1:31:41 | 149     | 1:31:41 | 144.87 | 21:42:35  | 8:59      | 26            | 7:38:42 | 102     | 7:38:42 |         |
| Stadion Lobeckst | 16.01    | 2:56:35  | 11:01        | 19      | 1:06:43 | 91      | 1:06:43 | 160.90 | 24:39:10  | 9:11      | 26            | 8:45:25 | 103     | 8:45:25 |         |