



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)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
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	