



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

0000

de Kruijff, Johannes

00: LBN Duisburg

00: 259

00: 160.90 km

100MeilenBerlin

0000:

Senioren M55 (55-59 Jahre)

000: 25:16:35

00: 6.33 km/h

0000: 9:26 min/km

00000/0000: 121 (of 221)

00000/0: 108 (of 193)

000000: 15:53:45

00000: 12(of 28)

0000000: 17:43:34

0000

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
km 6,28 Gedenk:	6.28	44:20	7:03	18	8:21	132	11:00	6.28	44:20	7:03	18	8:21	132	11:00
km 11,32 Behms	5.04	35:07	6:58	21	7:20	145	10:25	11.32	1:19:27	7:01	19	11:33	139	21:25
km 22,10 Lübars	10.78	1:16:23	7:05	20	25:27	150	25:27	22.10	2:35:50	7:03	21	36:36	143	42:39
km 32,52 Naturs	10.42	1:21:04	7:46	20	28:55	145	29:18	32.52	3:56:54	7:17	20	1:05:31	143	1:07:24
km 43,36 Ruderc	10.84	1:29:43	8:16	16	36:55	142	36:55	43.36	5:26:37	7:31	19	1:42:26	144	1:42:26
km 55,35 Schönv	11.99	1:29:18	7:26	12	28:17	94	29:01	55.35	6:55:55	7:30	14	2:10:43	130	2:11:27
km 68,07 Garten	12.72	1:44:49	8:14	10	30:56	88	31:52	68.07	8:40:44	7:38	13	2:41:39	117	2:42:35
km 80,53 Schloß	12.46	1:43:10	8:16	8	25:07	61	32:07	80.53	10:23:54	7:44	11	3:06:46	102	3:06:46
km 99,65 Geden	19.12	2:19:35	7:18	4	34:52	27	34:52	99.65	12:43:29	7:39	9	3:28:27	82	3:28:27
km 112,75 Sport	13.10	4:31:23	20:42	23	3:00:49	174	4:24:31	112.75	17:14:52	9:10	14	6:29:16	137	6:38:23
km 124,92 Lichte	12.17	2:21:00	11:35	13	53:56	115	1:02:14	124.92	19:35:52	9:24	15	7:23:12	133	7:39:02
km 134,98 Buck	10.06	1:25:06	8:27	5	8:17	34	27:37	134.98	21:00:58	9:20	12	7:31:29	122	8:00:15
Test	9.89	2:07:56	12:56	12	50:13	112	1:05:09	144.87	23:08:54	9:35	12	8:21:42	116	9:05:01
Stadion Lobeckst	16.01	2:07:41	7:58	2	0:39	13	17:49	160.90	25:16:35	9:25	12	7:33:01	108	9:22:50