



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Hofmann, Friedhelm

□□□: 26:43:45

□□: DLR Simmern

□□: 5.99 km/h

□□: 168

□□□□: 9:58 min/km

□□: 160.90 km

□□□□□/□□□□: 134 (of 221)

100MeilenBerlin

□□□□□/□: 120 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 17(of 35)

Senioren M45 (45-49 Jahre)

□□□□□□□: 17:53:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	44:12	7:02	25	7:59	128	10:52	6.28	44:12	7:02	25	7:59	128	10:52	
km 11,32 Behms	5.04	34:37	6:52	26	7:31	138	9:55	11.32	1:18:49	6:57	26	12:46	130	20:47	
km 22,10 Lübars	10.78	1:18:11	7:15	29	21:28	159	27:15	22.10	2:37:00	7:06	26	31:07	152	43:49	
km 32,52 Naturs	10.42	1:19:56	7:40	25	23:39	138	28:10	32.52	3:56:56	7:17	26	54:46	145	1:07:26	
km 43,36 Ruderc	10.84	1:29:48	8:17	25	30:02	143	37:00	43.36	5:26:44	7:32	25	1:23:10	145	1:42:33	
km 55,35 Schönv	11.99	1:33:53	7:49	23	28:14	116	33:36	55.35	7:00:37	7:35	25	1:50:04	142	2:16:09	
km 68,07 Garten	12.72	1:54:45	9:01	24	39:19	125	41:48	68.07	8:55:22	7:51	24	2:28:49	136	2:57:13	
km 80,53 Schloß	12.46	2:10:49	10:29	26	53:47	142	59:46	80.53	11:06:11	8:16	23	3:22:36	138	3:49:03	
km 99,65 Geden	19.12	2:56:07	9:12	20	1:03:04	109	1:11:24	99.65	14:02:18	8:27	22	4:06:29	128	4:47:16	
km 112,75 Sport	13.10	2:23:32	10:57	17	55:53	111	2:16:40	112.75	16:25:50	8:44	20	4:35:25	121	5:49:21	
km 124,92 Lichte	12.17	2:39:48	13:07	27	1:04:20	149	1:21:02	124.92	19:05:38	9:10	19	5:26:13	123	7:08:48	
km 134,98 Buck	10.06	2:13:39	13:17	26	1:02:08	148	1:16:10	134.98	21:19:17	9:28	19	6:28:21	127	8:18:34	
Test	9.89	2:14:22	13:35	21	1:05:28	130	1:11:35	144.87	23:33:39	9:45	17	7:33:49	121	9:29:46	
Stadion Lobeckst	16.01	3:10:06	11:52	18	1:16:44	120	1:20:14	160.90	26:43:45	9:58	17	8:50:33	120	10:50:00	