



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Hopp, Ulrich

□□: Berlin

□□: 121

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 25:15:34

□□: 6.33 km/h

□□□□: 9:25 min/km

□□□□□/□□□□: 120 (of 221)

□□□□□/□: 107 (of 193)

□□□□□□: 15:53:45

□□□□□: 11(of 28)

□□□□□□□: 17:43:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	46:49	7:27	24	10:50	162	13:29	6.28	46:49	7:27	24	10:50	162	13:29
km 11,32 Behms	5.04	35:48	7:06	23	8:01	157	11:06	11.32	1:22:37	7:17	23	14:43	164	24:35
km 22,10 Lübars	10.78	1:12:54	6:45	12	21:58	111	21:58	22.10	2:35:31	7:02	19	36:17	134	42:20
km 32,52 Naturs	10.42	1:18:22	7:31	15	26:13	129	26:36	32.52	3:53:53	7:11	19	1:02:30	137	1:04:23
km 43,36 Ruderc	10.84	1:23:32	7:42	13	30:44	115	30:44	43.36	5:17:25	7:19	15	1:33:14	129	1:33:14
km 55,35 Schönv	11.99	1:42:14	8:31	19	41:13	156	41:57	55.35	6:59:39	7:34	15	2:14:27	138	2:15:11
km 68,07 Garten	12.72	2:05:22	9:51	21	51:29	161	52:25	68.07	9:05:01	8:00	16	3:05:56	141	3:06:52
km 80,53 Schloß	12.46	1:55:54	9:18	14	37:51	102	44:51	80.53	11:00:55	8:12	15	3:43:47	131	3:43:47
km 99,65 Geden	19.12	2:52:02	8:59	11	1:07:19	102	1:07:19	99.65	13:52:57	8:21	13	4:37:55	124	4:37:55
km 112,75 Sport	13.10	2:33:12	11:41	14	1:02:38	122	2:26:20	112.75	16:26:09	8:44	11	5:40:33	122	5:49:40
km 124,92 Lichte	12.17	2:22:55	11:44	17	55:51	122	1:04:09	124.92	18:49:04	9:02	11	6:36:24	116	6:52:14
km 134,98 Buck	10.06	1:35:58	9:32	7	19:09	74	38:29	134.98	20:25:02	9:04	11	6:55:33	117	7:24:19
Test	9.89	2:01:49	12:19	11	44:06	108	59:02	144.87	22:26:51	9:17	11	7:39:39	111	8:22:58
Stadion Lobeckst	16.01	2:48:43	10:32	8	41:41	73	58:51	160.90	25:15:34	9:25	11	7:32:00	107	9:21:49