



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Maciejewski, Boguslaw

□□□: 26:06:27

□□: IP - Kwidzyn Team

□□: 6.13 km/h

□□: 169

□□□□: 9:44 min/km

□□: 160.90 km

□□□□□/□□□: 130 (of 221)

100MeilenBerlin

□□□□□/□: 116 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 14(of 28)

Senioren M55 (55-59 Jahre)

□□□□□□□: 17:43:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	47:15	7:31	26	11:16	171	13:55	6.28	47:15	7:31	26	11:16	171	13:55	
km 11,32 Behms	5.04	37:52	7:30	27	10:05	184	13:10	11.32	1:25:07	7:31	26	17:13	180	27:05	
km 22,10 Lübars	10.78	1:20:21	7:27	25	29:25	164	29:25	22.10	2:45:28	7:29	26	46:14	174	52:17	
km 32,52 Naturs	10.42	1:22:00	7:52	22	29:51	151	30:14	32.52	4:07:28	7:36	25	1:16:05	169	1:17:58	
km 43,36 Ruderc	10.84	1:33:57	8:40	23	41:09	163	41:09	43.36	5:41:25	7:52	24	1:57:14	163	1:57:14	
km 55,35 Schönv	11.99	1:35:17	7:56	14	34:16	125	35:00	55.35	7:16:42	7:53	21	2:31:30	157	2:32:14	
km 68,07 Garten	12.72	1:57:48	9:15	14	43:55	131	44:51	68.07	9:14:30	8:08	20	3:15:25	150	3:16:21	
km 80,53 Schloß	12.46	1:49:18	8:46	12	31:15	79	38:15	80.53	11:03:48	8:14	16	3:46:40	136	3:46:40	
km 99,65 Geden	19.12	3:22:33	10:35	15	1:37:50	140	1:37:50	99.65	14:26:21	8:41	15	5:11:19	140	5:11:19	
km 112,75 Sport	13.10	2:16:40	10:25	10	46:06	105	2:09:48	112.75	16:43:01	8:53	12	5:57:25	130	6:06:32	
km 124,92 Lichte	12.17	2:45:02	13:33	20	1:17:58	153	1:26:16	124.92	19:28:03	9:21	13	7:15:23	131	7:31:13	
km 134,98 Buck	10.06	1:50:57	11:01	16	34:08	117	53:28	134.98	21:19:00	9:28	15	7:49:31	126	8:18:17	
Test	9.89	1:58:29	11:58	9	40:46	97	55:42	144.87	23:17:29	9:38	13	8:30:17	117	9:13:36	
Stadion Lobeckst	16.01	2:48:58	10:33	9	41:56	76	59:06	160.90	26:06:27	9:44	14	8:22:53	116	10:12:42	