



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Grabow, Dieter

□□□: 25:59:32

□□: SportTrend Ultralaufteam Braunschweig

□□: 6.16 km/h

□□: 234

□□□□: 9:41 min/km

□□: 160.90 km

□□□□□/□□□: 127 (of 221)

100MeilenBerlin

□□□□□/□: 113 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 6(of 11)

Senioren M60 (60-64 Jahre)

□□□□□□□: 20:42:27

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	41:41	6:38	1	-	74	8:21	6.28	41:41	6:38	1	-	74	8:21	
km 11,32 Behms	5.04	31:12	6:11	2	0:08	73	6:30	11.32	1:12:53	6:26	1	-	81	14:51	
km 22,10 Lübars	10.78	1:11:54	6:40	3	1:19	107	20:58	22.10	2:24:47	6:33	1	-	93	31:36	
km 32,52 Naturs	10.42	1:12:37	6:58	1	-	94	20:51	32.52	3:37:24	6:41	1	-	91	47:54	
km 43,36 Ruderc	10.84	1:26:12	7:57	5	14:01	131	33:24	43.36	5:03:36	7:00	3	11:06	106	1:19:25	
km 55,35 Schönv	11.99	1:45:37	8:48	9	24:07	162	45:20	55.35	6:49:13	7:23	4	30:53	121	2:04:45	
km 68,07 Garten	12.72	2:05:41	9:52	10	33:58	165	52:44	68.07	8:54:54	7:51	6	55:32	135	2:56:45	
km 80,53 Schloß	12.46	2:15:37	10:53	10	41:41	150	1:04:34	80.53	11:10:31	8:19	6	1:37:13	141	3:53:23	
km 99,65 Geden	19.12	2:58:54	9:21	5	45:33	117	1:14:11	99.65	14:09:25	8:31	6	2:07:00	130	4:54:23	
km 112,75 Sport	13.10	6:52	0:31	1	-	1	-	112.75	14:16:17	7:35	3	30:14	62	3:39:48	
km 124,92 Lichte	12.17	4:29:37	22:09	11	2:41:53	164	3:10:51	124.92	18:45:54	9:00	7	3:01:07	115	6:49:04	
km 134,98 Buck	10.06	1:58:43	11:48	7	31:57	131	1:01:14	134.98	20:44:37	9:13	7	3:33:02	120	7:43:54	
Test	9.89	2:10:19	13:10	8	47:07	116	1:07:32	144.87	22:54:56	9:29	7	4:20:09	114	8:51:03	
Stadion Lobeckst	16.01	3:04:36	11:31	6	56:56	102	1:14:44	160.90	25:59:32	9:41	6	5:17:05	113	10:05:47	