



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Kelbel, Joe

□□: marathon4you.de

□□: 5

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 26:48:14

□□: 5.97 km/h

□□□□: 10:00 min/km

□□□□□/□□□□: 137 (of 221)

□□□□□/□: 122 (of 193)

□□□□□□: 15:53:45

□□□□□: 18(of 35)

□□□□□□□: 17:53:12

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
km 6,28 Gedenk:	6.28	45:10	7:11	28	8:57	141	11:50	6.28	45:10	7:11	28	8:57	141	11:50
km 11,32 Behms	5.04	33:47	6:42	25	6:41	122	9:05	11.32	1:18:57	6:58	27	12:54	131	20:55
km 22,10 Lübars	10.78	1:16:03	7:03	25	19:20	146	25:07	22.10	2:35:00	7:00	25	29:07	130	41:49
km 32,52 Naturs	10.42	1:23:11	7:58	29	26:54	159	31:25	32.52	3:58:11	7:19	27	56:01	147	1:08:41
km 43,36 Ruderc	10.84	1:39:57	9:13	31	40:11	173	47:09	43.36	5:38:08	7:47	30	1:34:34	160	1:53:57
km 55,35 Schönv	11.99	1:34:30	7:52	24	28:51	120	34:13	55.35	7:12:38	7:48	28	2:02:05	153	2:28:10
km 68,07 Garten	12.72	1:54:03	8:57	23	38:37	124	41:06	68.07	9:06:41	8:01	25	2:40:08	144	3:08:32
km 80,53 Schloß	12.46	2:02:01	9:47	21	44:59	119	50:58	80.53	11:08:42	8:18	25	3:25:07	140	3:51:34
km 99,65 Geden	19.12	3:08:23	9:51	24	1:15:20	129	1:23:40	99.65	14:17:05	8:36	24	4:21:16	132	5:02:03
km 112,75 Sport	13.10	2:39:26	12:10	21	1:11:47	131	2:32:34	112.75	16:56:31	9:00	22	5:06:06	134	6:20:02
km 124,92 Lichte	12.17	2:22:03	11:40	21	46:35	119	1:03:17	124.92	19:18:34	9:16	21	5:39:09	126	7:21:44
km 134,98 Buck	10.06	2:17:26	13:39	28	1:05:55	150	1:19:57	134.98	21:36:00	9:36	21	6:45:04	131	8:35:17
Test	9.89	2:08:24	12:58	17	59:30	114	1:05:37	144.87	23:44:24	9:49	18	7:44:34	123	9:40:31
Stadion Lobeckst	16.01	3:03:50	11:28	15	1:10:28	99	1:13:58	160.90	26:48:14	9:59	18	8:55:02	122	10:54:29