



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Stojek, Thomas

□□: Bad Dürkheim

□□: 119

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 26:44:36

□□: 5.98 km/h

□□□□: 9:58 min/km

□□□□□/□□□□: 136 (of 221)

□□□□□/□: 121 (of 193)

□□□□□□: 15:53:45

□□□□□: 15(of 28)

□□□□□□□: 17:43:34

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□□□	□□ km	□□ □□ min/km	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	42:02	6:41	11	6:03	88	8:42	6.28	42:02	6:41	11	6:03	88	8:42
km 11,32 Behms	5.04	31:03	6:09	7	3:16	69	6:21	11.32	1:13:05	6:27	10	5:11	87	15:03
km 22,10 Lübars	10.78	1:12:55	6:45	13	21:59	112	21:59	22.10	2:26:00	6:36	11	26:46	100	32:49
km 32,52 Naturs	10.42	1:12:20	6:56	8	20:11	91	20:34	32.52	3:38:20	6:42	9	46:57	94	48:50
km 43,36 Ruderc	10.84	1:23:53	7:44	14	31:05	116	31:05	43.36	5:02:13	6:58	11	1:18:02	104	1:18:02
km 55,35 Schönv	11.99	1:31:19	7:36	13	30:18	106	31:02	55.35	6:33:32	7:06	11	1:48:20	100	1:49:04
km 68,07 Garten	12.72	1:57:07	9:12	13	43:14	130	44:10	68.07	8:30:39	7:30	11	2:31:34	107	2:32:30
km 80,53 Schloß	12.46	2:02:04	9:47	16	44:01	120	51:01	80.53	10:32:43	7:51	13	3:15:35	113	3:15:35
km 99,65 Geden	19.12	3:33:00	11:08	21	1:48:17	158	1:48:17	99.65	14:05:43	8:29	14	4:50:41	129	4:50:41
km 112,75 Sport	13.10	2:50:01	12:58	15	1:19:27	140	2:43:09	112.75	16:55:44	9:00	13	6:10:08	133	6:19:15
km 124,92 Lichte	12.17	2:23:21	11:46	18	56:17	124	1:04:35	124.92	19:19:05	9:16	12	7:06:25	127	7:22:15
km 134,98 Buck	10.06	1:54:39	11:23	18	37:50	127	57:10	134.98	21:13:44	9:26	14	7:44:15	124	8:13:01
Test	9.89	2:08:07	12:57	13	50:24	113	1:05:20	144.87	23:21:51	9:40	15	8:34:39	119	9:17:58
Stadion Lobeckst	16.01	3:22:45	12:39	18	1:15:43	139	1:32:53	160.90	26:44:36	9:58	15	9:01:02	121	10:50:51