



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Koenig, Jörg

□□: TUS Harsefeld

□□: 252

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 25:27:52

□□: 6.32 km/h

□□□□: 9:30 min/km

□□□□□/□□□□: 122 (of 221)

□□□□□/□: 109 (of 193)

□□□□□□: 15:53:45

□□□□□: 5(of 11)

□□□□□□□: 20:42:27

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	45:41	7:16	8	4:00	149	12:21	6.28	45:41	7:16	8	4:00	149	12:21	
km 11,32 Behms	5.04	36:53	7:19	8	5:49	172	12:11	11.32	1:22:34	7:17	8	9:41	162	24:32	
km 22,10 Lübars	10.78	1:21:58	7:36	10	11:23	172	31:02	22.10	2:44:32	7:26	9	19:45	170	51:21	
km 32,52 Naturs	10.42	1:24:16	8:05	9	11:39	169	32:30	32.52	4:08:48	7:39	10	31:24	172	1:19:18	
km 43,36 Ruderc	10.84	1:30:47	8:22	8	18:36	147	37:59	43.36	5:39:35	7:49	8	47:05	161	1:55:24	
km 55,35 Schönv	11.99	1:38:01	8:10	5	16:31	136	37:44	55.35	7:17:36	7:54	8	59:16	158	2:33:08	
km 68,07 Garten	12.72	1:55:44	9:05	5	24:01	128	42:47	68.07	9:13:20	8:07	7	1:13:58	148	3:15:11	
km 80,53 Schloß	12.46	2:02:53	9:51	7	28:57	124	51:50	80.53	11:16:13	8:23	7	1:42:55	144	3:59:05	
km 99,65 Geden	19.12	3:01:52	9:30	6	48:31	122	1:17:09	99.65	14:18:05	8:36	8	2:15:40	135	5:03:03	
km 112,75 Sport	13.10	2:18:52	10:36	6	2:12:00	107	2:12:00	112.75	16:36:57	8:50	7	2:50:54	127	6:00:28	
km 124,92 Lichte	12.17	2:00:45	9:55	3	13:01	45	41:59	124.92	18:37:42	8:56	6	2:52:55	113	6:40:52	
km 134,98 Buck	10.06	1:42:17	10:10	4	15:31	93	44:48	134.98	20:19:59	9:02	6	3:08:24	113	7:19:16	
Test	9.89	1:59:02	12:02	6	35:50	99	56:15	144.87	22:19:01	9:14	5	3:44:14	106	8:15:08	
Stadion Lobeckst	16.01	3:08:51	11:47	8	1:01:11	116	1:18:59	160.90	25:27:52	9:29	5	4:45:25	109	9:34:07	