



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Welter, Marc

□□: Marche Equipe Police

□□: 8

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 27:12:40

□□: 5.88 km/h

□□□□: 10:09 min/km

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□□□□□/□: 127 (of 193)

□□□□□□: 15:53:45

□□□□□: 28(of 33)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	50:15	8:00	33	16:55	184	16:55	6.28	50:15	8:00	33	16:55	184	16:55
km 11,32 Behms	5.04	40:00	7:56	33	15:18	190	15:18	11.32	1:30:15	7:58	33	32:13	188	32:13
km 22,10 Lübars	10.78	1:26:46	8:02	33	32:13	184	35:50	22.10	2:57:01	8:00	33	1:03:50	188	1:03:50
km 32,52 Naturs	10.42	1:27:31	8:23	33	32:49	179	35:45	32.52	4:24:32	8:08	33	1:35:02	185	1:35:02
km 43,36 Ruderc	10.84	1:38:07	9:03	32	39:38	170	45:19	43.36	6:02:39	8:21	33	2:12:52	185	2:18:28
km 55,35 Schönv	11.99	1:48:00	9:00	32	44:47	170	47:43	55.35	7:50:39	8:30	32	2:52:04	183	3:06:11
km 68,07 Garten	12.72	2:06:03	9:54	32	53:06	167	53:06	68.07	9:56:42	8:45	32	3:35:13	175	3:58:33
km 80,53 Schloß	12.46	2:36:13	12:32	33	1:24:52	178	1:25:10	80.53	12:32:55	9:20	32	5:00:05	177	5:15:47
km 99,65 Geden	19.12	3:15:27	10:13	30	1:25:01	134	1:30:44	99.65	15:48:22	9:31	31	6:25:06	161	6:33:20
km 112,75 Sport	13.10	2:48:54	12:53	30	1:30:46	138	2:42:02	112.75	18:37:16	9:54	30	7:52:25	156	8:00:47
km 124,92 Lichte	12.17	2:09:11	10:36	19	50:25	77	50:25	124.92	20:46:27	9:58	30	8:42:50	143	8:49:37
km 134,98 Buck	10.06	1:48:30	10:47	22	51:01	110	51:01	134.98	22:34:57	10:02	30	9:33:51	142	9:34:14
Test	9.89	1:57:36	11:53	21	54:49	96	54:49	144.87	24:32:33	10:09	29	10:28:40	135	10:28:40
Stadion Lobeckst	16.01	2:40:07	10:00	12	50:15	52	50:15	160.90	27:12:40	10:08	28	11:18:55	127	11:18:55