



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Bartkowski, Mario

□□□: 27:04:14

□□: Sehnde

□□: 5.91 km/h

□□: 86

□□□□: 10:05 min/km

□□: 160.90 km

□□□□□/□□□□: 141 (of 221)

100MeilenBerlin

□□□□□/□: 126 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 13(of 15)

Senioren M35 (35-39 Jahre)

□□□□□□□: 16:13:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	44:33	7:05	14	9:57	134	11:13	6.28	44:33	7:05	14	9:57	134	11:13
km 11,32 Behms	5.04	31:03	6:09	9	4:57	69	6:21	11.32	1:15:36	6:40	14	14:54	114	17:34
km 22,10 Lübars	10.78	1:11:21	6:37	12	19:09	100	20:25	22.10	2:26:57	6:38	13	27:53	107	33:46
km 32,52 Naturs	10.42	1:11:25	6:51	12	18:57	85	19:39	32.52	3:38:22	6:42	11	45:32	95	48:52
km 43,36 Ruderc	10.84	1:22:57	7:39	14	26:43	109	30:09	43.36	5:01:19	6:56	14	1:12:15	98	1:17:08
km 55,35 Schönv	11.99	1:32:02	7:40	12	25:55	110	31:45	55.35	6:33:21	7:06	13	1:34:51	98	1:48:53
km 68,07 Garten	12.72	1:51:15	8:44	12	29:01	114	38:18	68.07	8:24:36	7:24	13	2:02:54	97	2:26:27
km 80,53 Schloß	12.46	2:17:19	11:01	13	1:06:16	155	1:06:16	80.53	10:41:55	7:58	13	3:09:10	118	3:24:47
km 99,65 Geden	19.12	3:12:46	10:04	14	1:25:01	131	1:28:03	99.65	13:54:41	8:22	13	4:34:11	125	4:39:39
km 112,75 Sport	13.10	2:36:03	11:54	14	1:20:04	125	2:29:11	112.75	16:30:44	8:47	13	5:54:15	123	5:54:15
km 124,92 Lichte	12.17	2:25:47	11:58	14	1:05:26	128	1:07:01	124.92	18:56:31	9:05	14	6:59:41	121	6:59:41
km 134,98 Buck	10.06	2:01:42	12:05	14	57:49	135	1:04:13	134.98	20:58:13	9:19	14	7:57:30	121	7:57:30
Test	9.89	2:56:14	17:49	13	1:42:14	158	1:53:27	144.87	23:54:27	9:54	13	9:39:44	125	9:50:34
Stadion Lobeckst	16.01	3:09:47	11:51	9	1:11:19	119	1:19:55	160.90	27:04:14	10:05	13	10:50:33	126	11:10:29