



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

□□□□

Pflügler, Christian

□□□: 27:04:13

□□: 6h-Lauf-Münster/100MC

□□: 5.91 km/h

□□: 63

□□□□: 10:05 min/km

□□: 160.90 km

□□□□□/□□□□: 140 (of 221)

100MeilenBerlin

□□□□□/□: 124 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 19(of 35)

Senioren M45 (45-49 Jahre)

□□□□□□□: 17:53:12

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	41:37	6:37	16	5:24	70	8:17	6.28	41:37	6:37	16	5:24	70	8:17
km 11,32 Behms	5.04	30:24	6:01	15	3:18	54	5:42	11.32	1:12:01	6:21	16	5:58	70	13:59
km 22,10 Lübars	10.78	1:15:05	6:57	24	18:22	132	24:09	22.10	2:27:06	6:39	23	21:13	110	33:55
km 32,52 Naturs	10.42	1:19:43	7:39	24	23:26	135	27:57	32.52	3:46:49	6:58	23	44:39	114	57:19
km 43,36 Ruderc	10.84	1:24:10	7:45	23	24:24	121	31:22	43.36	5:10:59	7:10	24	1:07:25	114	1:26:48
km 55,35 Schönv	11.99	1:30:03	7:30	19	24:24	103	29:46	55.35	6:41:02	7:14	21	1:30:29	109	1:56:34
km 68,07 Garten	12.72	1:48:33	8:32	18	33:07	99	35:36	68.07	8:29:35	7:29	21	2:03:02	103	2:31:26
km 80,53 Schloß	12.46	2:08:30	10:18	25	51:28	138	57:27	80.53	10:38:05	7:55	21	2:54:30	116	3:20:57
km 99,65 Geden	19.12	2:54:25	9:07	19	1:01:22	106	1:09:42	99.65	13:32:30	8:09	21	3:36:41	111	4:17:28
km 112,75 Sport	13.10	2:58:28	13:37	27	1:30:49	150	2:51:36	112.75	16:30:58	8:47	21	4:40:33	125	5:54:29
km 124,92 Lichte	12.17	2:45:54	13:37	28	1:10:26	154	1:27:08	124.92	19:16:52	9:15	20	5:37:27	125	7:20:02
km 134,98 Buck	10.06	2:15:53	13:30	27	1:04:22	149	1:18:24	134.98	21:32:45	9:34	20	6:41:49	130	8:32:02
Test	9.89	2:40:55	16:16	27	1:32:01	153	1:38:08	144.87	24:13:40	10:02	20	8:13:50	129	10:09:47
Stadion Lobeckst	16.01	2:50:33	10:39	13	57:11	79	1:00:41	160.90	27:04:13	10:05	19	9:11:01	124	11:10:28