



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Schröter, Swen

□□: Die Kraft Dahinter

□□: 12

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 27:19:37

□□: 5.86 km/h

□□□□: 10:11 min/km

□□□□□/□□□□: 144 (of 221)

□□□□□/□: 129 (of 193)

□□□□□□: 15:53:45

□□□□□: 29(of 33)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	41:34	6:37	15	8:14	67	8:14	6.28	41:34	6:37	15	8:14	67	8:14	
km 11,32 Behms	5.04	29:09	5:47	9	4:27	27	4:27	11.32	1:10:43	6:14	15	12:41	58	12:41	
km 22,10 Lübars	10.78	1:04:43	6:00	12	10:10	50	13:47	22.10	2:15:26	6:07	13	22:15	55	22:15	
km 32,52 Naturs	10.42	1:06:17	6:21	13	11:35	52	14:31	32.52	3:21:43	6:12	13	32:13	53	32:13	
km 43,36 Ruderc	10.84	1:14:40	6:53	10	16:11	58	21:52	43.36	4:36:23	6:22	13	46:36	53	52:12	
km 55,35 Schönv	11.99	1:38:03	8:10	29	34:50	137	37:46	55.35	6:14:26	6:45	18	1:15:51	72	1:29:58	
km 68,07 Garten	12.72	2:03:53	9:44	29	50:56	155	50:56	68.07	8:18:19	7:19	20	1:56:50	89	2:20:10	
km 80,53 Schloß	12.46	2:08:34	10:19	30	57:13	139	57:31	80.53	10:26:53	7:47	25	2:54:03	106	3:09:45	
km 99,65 Geden	19.12	3:15:11	10:12	29	1:24:45	132	1:30:28	99.65	13:42:04	8:14	28	4:18:48	118	4:27:02	
km 112,75 Sport	13.10	2:48:50	12:53	29	1:30:42	137	2:41:58	112.75	16:30:54	8:47	29	5:46:03	124	5:54:25	
km 124,92 Lichte	12.17	2:39:01	13:03	29	1:20:15	147	1:20:15	124.92	19:09:55	9:12	29	7:06:18	124	7:13:05	
km 134,98 Buck	10.06	2:21:14	14:02	29	1:23:45	155	1:23:45	134.98	21:31:09	9:33	29	8:30:03	129	8:30:26	
Test	9.89	2:40:11	16:11	29	1:37:24	152	1:37:24	144.87	24:11:20	10:01	28	10:07:27	126	10:07:27	
Stadion Lobeckst	16.01	3:08:17	11:45	25	1:18:25	113	1:18:25	160.90	27:19:37	10:11	29	11:25:52	129	11:25:52	