



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Gladasch, Gerd

00: memler.de

00: 102

00: 160.90 km

100MeilenBerlin

0000:

Senioren M50 (50-54 Jahre)

000: 27:28:31

00: 5.82 km/h

0000: 10:15 min/km

00000/0000: 146 (of 221)

00000/0: 130 (of 193)

000000: 15:53:45

00000: 37(of 52)

0000000: 18:08:24

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
km 6,28 Gedenk:	6.28	50:21	8:01	49	14:09	188	17:01	6.28	50:21	8:01	49	14:09	188	17:01
km 11,32 Behms	5.04	36:05	7:09	43	8:16	162	11:23	11.32	1:26:26	7:38	49	19:43	187	28:24
km 22,10 Lübars	10.78	1:22:16	7:37	45	26:29	174	31:20	22.10	2:48:42	7:38	46	44:23	181	55:31
km 32,52 Naturs	10.42	1:19:24	7:37	36	21:46	134	27:38	32.52	4:08:06	7:37	43	1:05:39	171	1:18:36
km 43,36 Ruderc	10.84	1:31:33	8:26	42	31:30	151	38:45	43.36	5:39:39	7:49	42	1:36:43	162	1:55:28
km 55,35 Schönv	11.99	1:29:14	7:26	20	22:04	91	28:57	55.35	7:08:53	7:44	42	1:58:47	147	2:24:25
km 68,07 Garten	12.72	1:50:07	8:39	27	29:18	109	37:10	68.07	8:59:00	7:55	40	2:28:05	139	3:00:51
km 80,53 Schloß	12.46	2:00:49	9:41	27	39:54	116	49:46	80.53	10:59:49	8:11	36	3:07:59	130	3:42:41
km 99,65 Geden	19.12	2:56:19	9:13	30	52:41	110	1:11:36	99.65	13:56:08	8:23	34	4:00:40	126	4:41:06
km 112,75 Sport	13.10	2:58:49	13:39	42	1:25:22	152	2:51:57	112.75	16:54:57	9:00	37	5:26:02	132	6:18:28
km 124,92 Lichte	12.17	2:27:48	12:08	34	1:02:19	133	1:09:02	124.92	19:22:45	9:18	36	6:19:46	128	7:25:55
km 134,98 Buck	10.06	1:52:52	11:13	36	35:51	121	55:23	134.98	21:15:37	9:27	36	6:41:34	125	8:14:54
Test	9.89	2:56:47	17:52	45	1:36:06	159	1:54:00	144.87	24:12:24	10:01	37	8:12:52	127	10:08:31
Stadion Lobeckst	16.01	3:16:07	12:14	41	1:14:32	134	1:26:15	160.90	27:28:31	10:14	37	9:20:07	130	11:34:46