



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Posern, Thomas

□□: Team Ultrasports

□□: 53

□□: 160.90 km
100MeilenBerlin

□□□□:
Senioren M30 (30-34 Jahre)

□□□□□/□□□□: DNF (of 221)

□□□□□/□: DNF (of 193)

□□□□□□: 15:53:45

□□□□□: DNF(of 10)

□□□□□□□: 18:58:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	41:24	6:35	5	5:27	59	8:04	6.28	41:24	6:35	5	5:27	59	8:04	
km 11,32 Behms	5.04	30:18	6:00	3	2:50	53	5:36	11.32	1:11:42	6:20	5	5:45	67	13:40	
km 22,10 Lübars	10.78	1:05:41	6:05	4	12:01	56	14:45	22.10	2:17:23	6:12	5	17:46	62	24:12	
km 32,52 Naturs	10.42	1:07:21	6:27	5	15:35	57	15:35	32.52	3:24:44	6:17	5	33:21	59	35:14	
km 43,36 Ruderc	10.84	1:09:43	6:25	4	16:55	37	16:55	43.36	4:34:27	6:19	4	50:16	50	50:16	
km 55,35 Schönv	11.99	1:18:58	6:35	4	18:41	45	18:41	55.35	5:53:25	6:23	4	1:08:57	49	1:08:57	
km 68,07 Garten	12.72	1:36:00	7:32	6	22:19	52	23:03	68.07	7:29:25	6:36	4	1:31:16	51	1:31:16	
km 80,53 Schloß	12.46	1:41:30	8:08	5	18:01	57	30:27	80.53	9:10:55	6:50	4	1:49:17	46	1:53:47	
km 99,65 Geden	19.12	2:50:45	8:55	6	41:27	99	1:06:02	99.65	12:01:40	7:14	5	2:30:44	54	2:46:38	
km 112,75 Sport	13.10	3:07:17	14:17	9	1:31:47	157	3:00:25	112.75	15:08:57	8:03	6	3:43:17	94	4:32:28	
km 124,92 Lichte	12.17	fehlt!	-	-	-	-	-	124.92	-	-	-	-	-	-	
km 134,98 Buck	10.06	fehlt!	-	-	-	-	-	134.98	-	-	-	-	-	-	
Test	9.89	fehlt!	-	-	-	-	-	144.87	-	-	-	-	-	-	
Stadion Lobeckst	16.01	fehlt!	-	-	-	-	-	160.90	-	-	-	-	-	-	