



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Parravicini, Mario

□□□: 27:47:00

□□: Magredi Mountain Trail

□□: 5.76 km/h

□□: 246

□□□□: 10:22 min/km

□□: 160.90 km

□□□□□/□□□□: 148 (of 221)

100MeilenBerlin

□□□□□/□: 133 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 21(of 35)

Senioren M45 (45-49 Jahre)

□□□□□□□: 17:53:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	47:06	7:30	32	10:53	167	13:46	6.28	47:06	7:30	32	10:53	167	13:46	
km 11,32 Behms	5.04	36:47	7:17	31	9:41	171	12:05	11.32	1:23:53	7:24	31	17:50	169	25:51	
km 22,10 Lübars	10.78	1:21:16	7:32	32	24:33	169	30:20	22.10	2:45:09	7:28	33	39:16	173	51:58	
km 32,52 Naturs	10.42	1:23:45	8:02	30	27:28	165	31:59	32.52	4:08:54	7:39	33	1:06:44	173	1:19:24	
km 43,36 Ruderc	10.84	1:32:44	8:33	28	32:58	158	39:56	43.36	5:41:38	7:52	31	1:38:04	164	1:57:27	
km 55,35 Schönv	11.99	1:39:04	8:15	26	33:25	143	38:47	55.35	7:20:42	7:57	29	2:10:09	159	2:36:14	
km 68,07 Garten	12.72	1:48:34	8:32	19	33:08	100	35:37	68.07	9:09:16	8:04	26	2:42:43	145	3:11:07	
km 80,53 Schloß	12.46	2:13:02	10:40	27	56:00	145	1:01:59	80.53	11:22:18	8:28	26	3:38:43	146	4:05:10	
km 99,65 Geden	19.12	3:19:21	10:25	25	1:26:18	138	1:34:38	99.65	14:41:39	8:50	26	4:45:50	147	5:26:37	
km 112,75 Sport	13.10	2:34:35	11:48	20	1:06:56	124	2:27:43	112.75	17:16:14	9:11	25	5:25:49	138	6:39:45	
km 124,92 Lichte	12.17	2:27:24	12:06	22	51:56	130	1:08:38	124.92	19:43:38	9:28	23	6:04:13	135	7:46:48	
km 134,98 Buck	10.06	2:05:41	12:29	24	54:10	143	1:08:12	134.98	21:49:19	9:42	23	6:58:23	134	8:48:36	
Test	9.89	2:23:49	14:32	23	1:14:55	141	1:21:02	144.87	24:13:08	10:01	19	8:13:18	128	10:09:15	
Stadion Lobeckst	16.01	3:33:52	13:21	26	1:40:30	148	1:44:00	160.90	27:47:00	10:21	21	9:53:48	133	11:53:15	