



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

0000

Krüger, Mario

00: neuenhagen

00: 40

00: 160.90 km

100MeilenBerlin

0000:

Senioren M45 (45-49 Jahre)

000: 27:53:04

00: 5.74 km/h

0000: 10:24 min/km

00000/0000: 149 (of 221)

00000/0: 134 (of 193)

000000: 15:53:45

00000: 22(of 35)

0000000: 17:53:12

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
km 6,28 Gedenk:	6.28	47:30	7:33	34	11:17	176	14:10	6.28	47:30	7:33	34	11:17	176	14:10
km 11,32 Behms	5.04	37:15	7:23	32	10:09	176	12:33	11.32	1:24:45	7:29	34	18:42	176	26:43
km 22,10 Lübars	10.78	1:17:05	7:09	27	20:22	153	26:09	22.10	2:41:50	7:19	29	35:57	161	48:39
km 32,52 Naturs	10.42	1:24:13	8:04	31	27:56	166	32:27	32.52	4:06:03	7:33	30	1:03:53	164	1:16:33
km 43,36 Ruderc	10.84	1:23:27	7:41	22	23:41	113	30:39	43.36	5:29:30	7:35	27	1:25:56	150	1:45:19
km 55,35 Schönv	11.99	1:42:11	8:31	28	36:32	155	41:54	55.35	7:11:41	7:47	27	2:01:08	152	2:27:13
km 68,07 Garten	12.72	1:58:54	9:20	26	43:28	137	45:57	68.07	9:10:35	8:05	27	2:44:02	146	3:12:26
km 80,53 Schloß	12.46	1:57:30	9:25	20	40:28	108	46:27	80.53	11:08:05	8:17	24	3:24:30	139	3:50:57
km 99,65 Geden	19.12	3:07:50	9:49	23	1:14:47	128	1:23:07	99.65	14:15:55	8:35	23	4:20:06	131	5:00:53
km 112,75 Sport	13.10	2:56:16	13:27	26	1:28:37	146	2:49:24	112.75	17:12:11	9:09	24	5:21:46	136	6:35:42
km 124,92 Lichte	12.17	2:31:24	12:26	23	55:56	137	1:12:38	124.92	19:43:35	9:28	22	6:04:10	134	7:46:45
km 134,98 Buck	10.06	2:02:50	12:12	21	51:19	136	1:05:21	134.98	21:46:25	9:40	22	6:55:29	133	8:45:42
Test	9.89	2:30:59	15:15	25	1:22:05	147	1:28:12	144.87	24:17:24	10:03	21	8:17:34	131	10:13:31
Stadion Lobeckst	16.01	3:35:40	13:28	27	1:42:18	150	1:45:48	160.90	27:53:04	10:23	22	9:59:52	134	11:59:19