



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Kupferschmidt, John

□□□: 28:07:31

□□: LG Mauerweg Berlin e.V.

□□: 5.69 km/h

□□: 10

□□□□: 10:29 min/km

□□: 160.90 km

□□□□□/□□□: 151 (of 221)

100MeilenBerlin

□□□□□/□: 136 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 39(of 52)

Senioren M50 (50-54 Jahre)

□□□□□□□: 18:08:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	53:43	8:33	50	17:31	189	20:23	6.28	53:43	8:33	50	17:31	189	20:23
km 11,32 Behms	5.04	39:41	7:52	50	11:52	188	14:59	11.32	1:33:24	8:15	50	26:41	189	35:22
km 22,10 Lübars	10.78	1:25:57	7:58	47	30:10	183	35:01	22.10	2:59:21	8:06	50	55:02	189	1:06:10
km 32,52 Naturs	10.42	1:29:25	8:34	49	31:47	184	37:39	32.52	4:28:46	8:15	50	1:26:19	186	1:39:16
km 43,36 Ruderc	10.84	1:36:12	8:52	47	36:09	167	43:24	43.36	6:04:58	8:25	50	2:02:02	186	2:20:47
km 55,35 Schönv	11.99	1:53:21	9:27	51	46:11	179	53:04	55.35	7:58:19	8:38	50	2:48:13	185	3:13:51
km 68,07 Garten	12.72	2:15:29	10:39	50	54:40	177	1:02:32	68.07	10:13:48	9:01	49	3:42:53	181	4:15:39
km 80,53 Schloß	12.46	2:13:21	10:42	38	52:26	146	1:02:18	80.53	12:27:09	9:16	48	4:35:19	175	5:10:01
km 99,65 Geden	19.12	3:26:49	10:49	41	1:23:11	152	1:42:06	99.65	15:53:58	9:34	46	5:58:30	166	6:38:56
km 112,75 Sport	13.10	2:52:46	13:11	39	1:19:19	141	2:45:54	112.75	18:46:44	9:59	45	7:17:49	159	8:10:15
km 124,92 Lichte	12.17	2:38:03	12:59	39	1:12:34	144	1:19:17	124.92	21:24:47	10:17	43	8:21:48	154	9:27:57
km 134,98 Buck	10.06	2:03:45	12:18	40	46:44	138	1:06:16	134.98	23:28:32	10:26	42	8:54:29	154	10:27:49
Test	9.89	1:42:46	10:23	14	22:05	48	39:59	144.87	25:11:18	10:25	39	9:11:46	138	11:07:25
Stadion Lobeckst	16.01	2:56:13	11:00	31	54:38	89	1:06:21	160.90	28:07:31	10:29	39	9:59:07	136	12:13:46