



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Wörn, Frank

□□□: 28:08:50

□□: Ehingen

□□: 5.68 km/h

□□: 189

□□□□: 10:30 min/km

□□: 160.90 km

□□□□□/□□□□: 153 (of 221)

100MeilenBerlin

□□□□□/□: 137 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 23(of 35)

Senioren M45 (45-49 Jahre)

□□□□□□□: 17:53:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	45:20	7:13	29	9:07	144	12:00	6.28	45:20	7:13	29	9:07	144	12:00
km 11,32 Behms	5.04	35:23	7:01	27	8:17	151	10:41	11.32	1:20:43	7:07	28	14:40	148	22:41
km 22,10 Lübars	10.78	1:23:36	7:45	33	26:53	178	32:40	22.10	2:44:19	7:26	32	38:26	169	51:08
km 32,52 Naturs	10.42	1:23:07	7:58	28	26:50	158	31:21	32.52	4:07:26	7:36	31	1:05:16	168	1:17:56
km 43,36 Ruderc	10.84	1:42:34	9:27	33	42:48	180	49:46	43.36	5:50:00	8:04	33	1:46:26	178	2:05:49
km 55,35 Schönv	11.99	1:36:50	8:04	25	31:11	130	36:33	55.35	7:26:50	8:04	32	2:16:17	165	2:42:22
km 68,07 Garten	12.72	2:06:41	9:57	29	51:15	169	53:44	68.07	9:33:31	8:25	30	3:06:58	163	3:35:22
km 80,53 Schloß	12.46	2:38:52	12:45	31	1:21:50	180	1:27:49	80.53	12:12:23	9:05	32	4:28:48	170	4:55:15
km 99,65 Geden	19.12	3:40:23	11:31	30	1:47:20	165	1:55:40	99.65	15:52:46	9:33	29	5:56:57	165	6:37:44
km 112,75 Sport	13.10	2:41:00	12:17	22	1:13:21	133	2:34:08	112.75	18:33:46	9:52	27	6:43:21	154	7:57:17
km 124,92 Lichte	12.17	2:12:34	10:53	15	37:06	88	53:48	124.92	20:46:20	9:58	25	7:06:55	142	8:49:30
km 134,98 Buck	10.06	1:46:32	10:35	16	35:01	103	49:03	134.98	22:32:52	10:01	25	7:41:56	141	9:32:09
Test	9.89	2:06:39	12:48	16	57:45	110	1:03:52	144.87	24:39:31	10:12	23	8:39:41	136	10:35:38
Stadion Lobeckst	16.01	3:29:19	13:04	25	1:35:57	145	1:39:27	160.90	28:08:50	10:29	23	10:15:38	137	12:15:05