



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Hloucal, Stephan

□□□: 28:23:06

□□: DUV - Erfurt

□□: 5.64 km/h

□□: 151

□□□□: 10:35 min/km

□□: 160.90 km

□□□□□/□□□: 155 (of 221)

100MeilenBerlin

□□□□□/□: 138 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 9(of 11)

Senioren M60 (60-64 Jahre)

□□□□□□□: 20:42:27

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	45:51	7:18	10	4:10	154	12:31	6.28	45:51	7:18	10	4:10	154	12:31	
km 11,32 Behms	5.04	36:54	7:19	9	5:50	173	12:12	11.32	1:22:45	7:18	9	9:52	165	24:43	
km 22,10 Lübars	10.78	1:15:59	7:02	7	5:24	145	25:03	22.10	2:38:44	7:10	8	13:57	156	45:33	
km 32,52 Naturs	10.42	1:21:21	7:48	7	8:44	148	29:35	32.52	4:00:05	7:22	7	22:41	152	1:10:35	
km 43,36 Ruderc	10.84	1:28:30	8:09	7	16:19	138	35:42	43.36	5:28:35	7:34	7	36:05	149	1:44:24	
km 55,35 Schönv	11.99	1:44:22	8:42	8	22:52	159	44:05	55.35	7:12:57	7:49	7	54:37	154	2:28:29	
km 68,07 Garten	12.72	2:04:48	9:48	8	33:05	160	51:51	68.07	9:17:45	8:11	8	1:18:23	152	3:19:36	
km 80,53 Schloß	12.46	2:08:50	10:20	9	34:54	140	57:47	80.53	11:26:35	8:31	9	1:53:17	148	4:09:27	
km 99,65 Geden	19.12	3:32:38	11:07	10	1:19:17	157	1:47:55	99.65	14:59:13	9:01	9	2:56:48	149	5:44:11	
km 112,75 Sport	13.10	2:36:36	11:57	9	2:29:44	128	2:29:44	112.75	17:35:49	9:21	9	3:49:46	144	6:59:20	
km 124,92 Lichte	12.17	3:16:06	16:06	10	1:28:22	163	1:57:20	124.92	20:51:55	10:01	10	5:07:08	148	8:55:05	
km 134,98 Buck	10.06	2:10:20	12:57	9	43:34	146	1:12:51	134.98	23:02:15	10:14	10	5:50:40	148	10:01:32	
Test	9.89	2:13:42	13:31	9	50:30	126	1:10:55	144.87	25:15:57	10:27	10	6:41:10	142	11:12:04	
Stadion Lobeckst	16.01	3:07:09	11:41	7	59:29	108	1:17:17	160.90	28:23:06	10:35	9	7:40:39	138	12:29:21	