



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

0000

Krüger, Randy

000: 28:24:23

00: Heinersdorf

00: 5.63 km/h

00: 184

0000: 10:35 min/km

00: 160.90 km

00000/0000: 156 (of 221)

100MeilenBerlin

00000/0: 139 (of 193)

000000: 15:53:45

0000:

00000: 7(of 10)

Senioren M30 (30-34 Jahre)

0000000: 18:58:35

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
km 6,28 Gedenk:	6.28	46:48	7:27	9	10:51	161	13:28	6.28	46:48	7:27	9	10:51	161	13:28
km 11,32 Behms	5.04	35:21	7:00	9	7:53	150	10:39	11.32	1:22:09	7:15	9	16:12	160	24:07
km 22,10 Lübars	10.78	1:14:50	6:56	10	21:10	128	23:54	22.10	2:36:59	7:06	9	37:22	151	43:48
km 32,52 Naturs	10.42	1:22:16	7:53	9	30:30	154	30:30	32.52	3:59:15	7:21	9	1:07:52	148	1:09:45
km 43,36 Ruderc	10.84	1:43:13	9:31	9	50:25	184	50:25	43.36	5:42:28	7:53	9	1:58:17	167	1:58:17
km 55,35 Schönv	11.99	1:45:55	8:50	9	45:38	164	45:38	55.35	7:28:23	8:06	9	2:43:55	166	2:43:55
km 68,07 Garten	12.72	2:03:21	9:41	8	49:40	152	50:24	68.07	9:31:44	8:23	9	3:33:35	160	3:33:35
km 80,53 Schloß	12.46	2:34:57	12:26	9	1:11:28	175	1:23:54	80.53	12:06:41	9:01	9	4:45:03	166	4:49:33
km 99,65 Geden	19.12	3:16:35	10:16	9	1:07:17	135	1:31:52	99.65	15:23:16	9:15	9	5:52:20	156	6:08:14
km 112,75 Sport	13.10	3:01:32	13:51	8	1:26:02	154	2:54:40	112.75	18:24:48	9:47	9	6:59:08	152	7:48:19
km 124,92 Lichte	12.17	2:23:27	11:47	6	36:28	125	1:04:41	124.92	20:48:15	9:59	7	7:35:36	146	8:51:25
km 134,98 Buck	10.06	1:57:04	11:38	7	35:19	128	59:35	134.98	22:45:19	10:06	7	8:10:55	143	9:44:36
Test	9.89	2:31:26	15:18	8	53:03	148	1:28:39	144.87	25:16:45	10:28	7	8:50:16	144	11:12:52
Stadion Lobeckst	16.01	3:07:38	11:43	7	52:33	110	1:17:46	160.90	28:24:23	10:35	7	9:25:48	139	12:30:38