



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Zimmermann, Jörg

□□□: 28:24:39

□□: Halberstadt

□□: 5.63 km/h

□□: 97

□□□□: 10:35 min/km

□□: 160.90 km

□□□□□/□□□□: 158 (of 221)

100MeilenBerlin

□□□□□/□: 141 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 24(of 35)

Senioren M45 (45-49 Jahre)

□□□□□□□: 17:53:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	46:37	7:25	31	10:24	158	13:17	6.28	46:37	7:25	31	10:24	158	13:17
km 11,32 Behms	5.04	38:39	7:40	34	11:33	186	13:57	11.32	1:25:16	7:31	35	19:13	181	27:14
km 22,10 Lübars	10.78	1:25:11	7:54	34	28:28	181	34:15	22.10	2:50:27	7:42	34	44:34	183	57:16
km 32,52 Naturs	10.42	1:24:54	8:08	32	28:37	170	33:08	32.52	4:15:21	7:51	34	1:13:11	180	1:25:51
km 43,36 Ruderc	10.84	1:36:13	8:52	29	36:27	168	43:25	43.36	5:51:34	8:06	34	1:48:00	180	2:07:23
km 55,35 Schönv	11.99	1:47:35	8:58	30	41:56	169	47:18	55.35	7:39:09	8:17	34	2:28:36	180	2:54:41
km 68,07 Garten	12.72	2:11:19	10:19	30	55:53	173	58:22	68.07	9:50:28	8:40	32	3:23:55	172	3:52:19
km 80,53 Schloß	12.46	2:15:13	10:51	28	58:11	149	1:04:10	80.53	12:05:41	9:00	30	4:22:06	165	4:48:33
km 99,65 Geden	19.12	3:24:07	10:40	26	1:31:04	145	1:39:24	99.65	15:29:48	9:19	28	5:33:59	157	6:14:46
km 112,75 Sport	13.10	2:44:05	12:31	23	1:16:26	134	2:37:13	112.75	18:13:53	9:42	26	6:23:28	149	7:37:24
km 124,92 Lichte	12.17	2:33:03	12:34	24	57:35	140	1:14:17	124.92	20:46:56	9:58	26	7:07:31	145	8:50:06
km 134,98 Buck	10.06	2:05:37	12:29	23	54:06	142	1:08:08	134.98	22:52:33	10:10	26	8:01:37	145	9:51:50
Test	9.89	2:23:15	14:29	22	1:14:21	139	1:20:28	144.87	25:15:48	10:27	24	9:15:58	141	11:11:55
Stadion Lobeckst	16.01	3:08:51	11:47	17	1:15:29	116	1:18:59	160.90	28:24:39	10:35	24	10:31:27	141	12:30:54