



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Bracht, Gerhard

□□□: 28:24:37

□□: EK Schwaikheim

□□: 5.63 km/h

□□: 110

□□□□: 10:35 min/km

□□: 160.90 km

□□□□□/□□□□: 157 (of 221)

100MeilenBerlin

□□□□□/□: 140 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 10(of 11)

Senioren M60 (60-64 Jahre)

□□□□□□□: 20:42:27

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	45:43	7:16	9	4:02	150	12:23	6.28	45:43	7:16	9	4:02	150	12:23
km 11,32 Behms	5.04	37:49	7:30	11	6:45	183	13:07	11.32	1:23:32	7:22	10	10:39	167	25:30
km 22,10 Lübars	10.78	1:22:45	7:40	11	12:10	175	31:49	22.10	2:46:17	7:31	11	21:30	176	53:06
km 32,52 Naturs	10.42	1:26:02	8:15	10	13:25	177	34:16	32.52	4:12:19	7:45	11	34:55	178	1:22:49
km 43,36 Ruderc	10.84	1:34:54	8:45	9	22:43	164	42:06	43.36	5:47:13	8:00	10	54:43	172	2:03:02
km 55,35 Schönv	11.99	1:51:41	9:18	10	30:11	177	51:24	55.35	7:38:54	8:17	10	1:20:34	179	2:54:26
km 68,07 Garten	12.72	2:05:38	9:52	9	33:55	164	52:41	68.07	9:44:32	8:35	10	1:45:10	170	3:46:23
km 80,53 Schloß	12.46	2:06:11	10:07	8	32:15	133	55:08	80.53	11:50:43	8:49	10	2:17:25	159	4:33:35
km 99,65 Geden	19.12	3:26:11	10:47	9	1:12:50	149	1:41:28	99.65	15:16:54	9:12	10	3:14:29	152	6:01:52
km 112,75 Sport	13.10	2:57:46	13:34	10	2:50:54	148	2:50:54	112.75	18:14:40	9:42	10	4:28:37	150	7:38:11
km 124,92 Lichte	12.17	2:32:07	12:29	8	44:23	138	1:13:21	124.92	20:46:47	9:58	9	5:02:00	144	8:49:57
km 134,98 Buck	10.06	2:04:30	12:22	8	37:44	139	1:07:01	134.98	22:51:17	10:09	9	5:39:42	144	9:50:34
Test	9.89	2:24:25	14:36	11	1:01:13	142	1:21:38	144.87	25:15:42	10:27	9	6:40:55	140	11:11:49
Stadion Lobeckst	16.01	3:08:55	11:47	9	1:01:15	118	1:19:03	160.90	28:24:37	10:35	10	7:42:10	140	12:30:52