



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Richter, Michael

□□□: 28:37:05

□□: LC BlueLiner / 100 MC

□□: 5.59 km/h

□□: 124

□□□□: 10:40 min/km

□□: 160.90 km

□□□□□/□□□: 160 (of 221)

100MeilenBerlin

□□□□□/□: 142 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 18(of 28)

Senioren M55 (55-59 Jahre)

□□□□□□□: 17:43:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	45:50	7:17	21	9:51	152	12:30	6.28	45:50	7:17	21	9:51	152	12:30	
km 11,32 Behms	5.04	37:16	7:23	25	9:29	177	12:34	11.32	1:23:06	7:20	24	15:12	166	25:04	
km 22,10 Lübars	10.78	1:18:34	7:17	23	27:38	160	27:38	22.10	2:41:40	7:18	23	42:26	160	48:29	
km 32,52 Naturs	10.42	1:23:27	8:00	23	31:18	161	31:41	32.52	4:05:07	7:32	23	1:13:44	158	1:15:37	
km 43,36 Ruderc	10.84	1:31:08	8:24	18	38:20	150	38:20	43.36	5:36:15	7:45	22	1:52:04	156	1:52:04	
km 55,35 Schönv	11.99	1:55:48	9:39	24	54:47	184	55:31	55.35	7:32:03	8:10	24	2:46:51	170	2:47:35	
km 68,07 Garten	12.72	2:19:18	10:57	24	1:05:25	180	1:06:21	68.07	9:51:21	8:41	23	3:52:16	173	3:53:12	
km 80,53 Schloß	12.46	2:32:03	12:12	23	1:14:00	171	1:21:00	80.53	12:23:24	9:13	23	5:06:16	174	5:06:16	
km 99,65 Geden	19.12	3:26:43	10:48	18	1:42:00	151	1:42:00	99.65	15:50:07	9:32	22	6:35:05	164	6:35:05	
km 112,75 Sport	13.10	3:11:28	14:36	20	1:40:54	160	3:04:36	112.75	19:01:35	10:07	21	8:15:59	160	8:25:06	
km 124,92 Lichte	12.17	2:15:04	11:05	9	48:00	97	56:18	124.92	21:16:39	10:13	19	9:03:59	153	9:19:49	
km 134,98 Buck	10.06	1:50:52	11:01	15	34:03	116	53:23	134.98	23:07:31	10:16	19	9:38:02	149	10:06:48	
Test	9.89	2:16:31	13:48	18	58:48	132	1:13:44	144.87	25:24:02	10:31	19	10:36:50	145	11:20:09	
Stadion Lobeckst	16.01	3:13:03	12:03	15	1:06:01	126	1:23:11	160.90	28:37:05	10:40	18	10:53:31	142	12:43:20	