



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Intini, Vito

□□: ASD Amatori Putignano

□□: 247

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 17:53:12

□□: 8.95 km/h

□□□□: 6:40 min/km

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□□□□□/□: 4 (of 193)

□□□□□□: 15:53:45

□□□□□: 1(of 35)

□□□□□□□: 17:53:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	36:13	5:46	1	-	11	2:53	6.28	36:13	5:46	1	-	11	2:53
km 11,32 Behms	5.04	39:08	7:45	35	12:02	187	14:26	11.32	1:15:21	6:39	23	9:18	109	17:19
km 22,10 Lübars	10.78	1:08:03	6:18	18	11:20	77	17:07	22.10	2:23:24	6:29	20	17:31	84	30:13
km 32,52 Naturs	10.42	1:01:29	5:54	5	5:12	27	9:43	32.52	3:24:53	6:18	13	22:43	61	35:23
km 43,36 Ruderc	10.84	1:17:58	7:11	16	18:12	79	25:10	43.36	4:42:51	6:31	15	39:17	66	58:40
km 55,35 Schönv	11.99	1:07:23	5:37	3	1:44	11	7:06	55.35	5:50:14	6:19	11	39:41	47	1:05:46
km 68,07 Garten	12.72	1:28:43	6:58	5	13:17	30	15:46	68.07	7:18:57	6:26	9	52:24	38	1:20:48
km 80,53 Schloß	12.46	1:22:53	6:39	3	5:51	11	11:50	80.53	8:41:50	6:28	6	58:15	31	1:24:42
km 99,65 Geden	19.12	1:53:03	5:54	1	-	5	8:20	99.65	10:34:53	6:22	3	39:04	16	1:19:51
km 112,75 Sport	13.10	1:27:39	6:41	1	-	5	1:20:47	112.75	12:02:32	6:24	3	12:07	11	1:26:03
km 124,92 Lichte	12.17	1:36:53	7:57	2	1:25	10	18:07	124.92	13:39:25	6:33	1	-	8	1:42:35
km 134,98 Buck	10.06	1:11:31	7:06	1	-	3	14:02	134.98	14:50:56	6:36	1	-	7	1:50:13
Test	9.89	1:08:54	6:57	1	-	2	6:07	144.87	15:59:50	6:37	1	-	5	1:55:57
Stadion Lobeckst	16.01	1:53:22	7:04	1	-	2	3:30	160.90	17:53:12	6:40	1	-	4	1:59:27