



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Milke, Ralf

□□: Pro Sport Berlin 24

□□: 34

□□: 160.90 km
100MeilenBerlin

□□□□:
Senioren M45 (45-49 Jahre)

□□□□□/□□□□: DNF (of 221)

□□□□□/□: DNF (of 193)

□□□□□□: 15:53:45

□□□□□: DNF(of 35)

□□□□□□□: 17:53:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	37:35	5:59	6	1:22	32	4:15	6.28	37:35	5:59	6	1:22	32	4:15	
km 11,32 Behms	5.04	28:32	5:39	6	1:26	20	3:50	11.32	1:06:07	5:50	2	0:04	5	8:05	
km 22,10 Lübars	10.78	1:01:39	5:43	9	4:56	36	10:43	22.10	2:07:46	5:46	7	1:53	25	14:35	
km 32,52 Naturs	10.42	1:03:12	6:03	10	6:55	42	11:26	32.52	3:10:58	5:52	8	8:48	33	21:28	
km 43,36 Ruderc	10.84	1:12:56	6:43	13	13:10	52	20:08	43.36	4:23:54	6:05	8	20:20	36	39:43	
km 55,35 Schönv	11.99	1:16:50	6:24	10	11:11	39	16:33	55.35	5:40:44	6:09	8	30:11	38	56:16	
km 68,07 Garten	12.72	1:22:41	6:30	3	7:15	15	9:44	68.07	7:03:25	6:13	5	36:52	29	1:05:16	
km 80,53 Schloß	12.46	1:24:23	6:46	4	7:21	16	13:20	80.53	8:27:48	6:18	4	44:13	23	1:10:40	
km 99,65 Geden	19.12	2:08:33	6:43	3	15:30	11	23:50	99.65	10:36:21	6:23	4	40:32	18	1:21:19	
km 112,75 Sport	13.10	fehlt!	-	-	-	-	-	112.75	-	-	-	-	-	-	
km 124,92 Lichte	12.17	fehlt!	-	-	-	-	-	124.92	-	-	-	-	-	-	
km 134,98 Buck	10.06	fehlt!	-	-	-	-	-	134.98	-	-	-	-	-	-	
Test	9.89	fehlt!	-	-	-	-	-	144.87	-	-	-	-	-	-	
Stadion Lobeckst	16.01	fehlt!	-	-	-	-	-	160.90	-	-	-	-	-	-	