



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Raulf, Martin

□□: LG Nordheide

□□: 101

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 29:18:26

□□: 5.46 km/h

□□□□: 10:56 min/km

□□□□□/□□□: 171 (of 221)

□□□□□/□: 151 (of 193)

□□□□□□: 15:53:45

□□□□□: 44(of 52)

□□□□□□□: 18:08:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	46:50	7:27	40	10:38	165	13:30	6.28	46:50	7:27	40	10:38	165	13:30	
km 11,32 Behms	5.04	33:35	6:39	27	5:46	119	8:53	11.32	1:20:25	7:06	38	13:42	145	22:23	
km 22,10 Lübars	10.78	1:15:15	6:58	33	19:28	137	24:19	22.10	2:35:40	7:02	33	31:21	136	42:29	
km 32,52 Naturs	10.42	1:20:05	7:41	37	22:27	139	28:19	32.52	3:55:45	7:14	34	53:18	140	1:06:15	
km 43,36 Ruderc	10.84	1:24:43	7:48	30	24:40	124	31:55	43.36	5:20:28	7:23	35	1:17:32	133	1:36:17	
km 55,35 Schönv	11.99	1:39:59	8:20	40	32:49	146	39:42	55.35	7:00:27	7:35	39	1:50:21	141	2:15:59	
km 68,07 Garten	12.72	1:58:14	9:17	39	37:25	133	45:17	68.07	8:58:41	7:54	39	2:27:46	138	3:00:32	
km 80,53 Schloß	12.46	2:19:40	11:12	47	58:45	161	1:08:37	80.53	11:18:21	8:25	40	3:26:31	145	4:01:13	
km 99,65 Geden	19.12	3:21:37	10:32	36	1:17:59	139	1:36:54	99.65	14:39:58	8:49	40	4:44:30	145	5:24:56	
km 112,75 Sport	13.10	2:49:43	12:57	38	1:16:16	139	2:42:51	112.75	17:29:41	9:18	40	6:00:46	141	6:53:12	
km 124,92 Lichte	12.17	2:37:19	12:55	38	1:11:50	143	1:18:33	124.92	20:07:00	9:39	39	7:04:01	138	8:10:10	
km 134,98 Buck	10.06	2:17:44	13:41	42	1:00:43	151	1:20:15	134.98	22:24:44	9:57	39	7:50:41	140	9:24:01	
Test	9.89	2:50:42	17:15	43	1:30:01	156	1:47:55	144.87	25:15:26	10:27	40	9:15:54	139	11:11:33	
Stadion Lobeckst	16.01	4:03:00	15:10	45	2:01:25	156	2:13:08	160.90	29:18:26	10:55	44	11:10:02	151	13:24:41	