



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Haverkamp, Andreas

□□□: 29:26:52

□□: LG DUV

□□: 5.43 km/h

□□: 218

□□□□: 10:59 min/km

□□: 160.90 km

□□□□□/□□□: 176 (of 221)

100MeilenBerlin

□□□□□/□: 153 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 8(of 10)

Senioren M30 (30-34 Jahre)

□□□□□□□: 18:58:35

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|----------|---------|----------|---------|
| km 6,28 Gedenk: | 6.28 | 50:17 | 8:00 | 10 | 14:20 | 186 | 16:57 | 6.28 | 50:17 | 8:00 | 10 | 14:20 | 186 | 16:57 | |
| km 11,32 Behms | 5.04 | 35:37 | 7:04 | 10 | 8:09 | 156 | 10:55 | 11.32 | 1:25:54 | 7:35 | 10 | 19:57 | 183 | 27:52 | |
| km 22,10 Lübars | 10.78 | 1:11:41 | 6:38 | 9 | 18:01 | 105 | 20:45 | 22.10 | 2:37:35 | 7:07 | 10 | 37:58 | 155 | 44:24 | |
| km 32,52 Naturs | 10.42 | 1:25:04 | 8:09 | 10 | 33:18 | 173 | 33:18 | 32.52 | 4:02:39 | 7:27 | 10 | 1:11:16 | 155 | 1:13:09 | |
| km 43,36 Ruderc | 10.84 | 1:45:16 | 9:42 | 10 | 52:28 | 186 | 52:28 | 43.36 | 5:47:55 | 8:01 | 10 | 2:03:44 | 175 | 2:03:44 | |
| km 55,35 Schönv | 11.99 | 1:50:26 | 9:12 | 10 | 50:09 | 175 | 50:09 | 55.35 | 7:38:21 | 8:16 | 10 | 2:53:53 | 178 | 2:53:53 | |
| km 68,07 Garten | 12.72 | 2:05:30 | 9:51 | 9 | 51:49 | 163 | 52:33 | 68.07 | 9:43:51 | 8:34 | 10 | 3:45:42 | 169 | 3:45:42 | |
| km 80,53 Schloß | 12.46 | 2:49:34 | 13:36 | 10 | 1:26:05 | 183 | 1:38:31 | 80.53 | 12:33:25 | 9:21 | 10 | 5:11:47 | 178 | 5:16:17 | |
| km 99,65 Geden | 19.12 | 3:46:10 | 11:49 | 10 | 1:36:52 | 170 | 2:01:27 | 99.65 | 16:19:35 | 9:49 | 10 | 6:48:39 | 172 | 7:04:33 | |
| km 112,75 Sport | 13.10 | 3:14:04 | 14:48 | 10 | 1:38:34 | 164 | 3:07:12 | 112.75 | 19:33:39 | 10:24 | 10 | 8:07:59 | 171 | 8:57:10 | |
| km 124,92 Lichte | 12.17 | 2:35:14 | 12:45 | 8 | 48:15 | 141 | 1:16:28 | 124.92 | 22:08:53 | 10:38 | 9 | 8:56:14 | 163 | 10:12:03 | |
| km 134,98 Buck | 10.06 | 2:00:35 | 11:59 | 8 | 38:50 | 132 | 1:03:06 | 134.98 | 24:09:28 | 10:44 | 9 | 9:35:04 | 163 | 11:08:45 | |
| Test | 9.89 | 2:11:22 | 13:16 | 7 | 32:59 | 120 | 1:08:35 | 144.87 | 26:20:50 | 10:54 | 8 | 9:54:21 | 158 | 12:16:57 | |
| Stadion Lobeckst | 16.01 | 3:06:02 | 11:37 | 6 | 50:57 | 104 | 1:16:10 | 160.90 | 29:26:52 | 10:58 | 8 | 10:28:17 | 153 | 13:33:07 | |