



# 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	