



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Blumenroth, Michael

□□□: 29:05:37

□□: Spiridon Frankfurt

□□: 5.50 km/h

□□: 14

□□□□: 10:51 min/km

□□: 160.90 km

□□□□□/□□□□: 169 (of 221)

100MeilenBerlin

□□□□□/□: 149 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 27(of 35)

Senioren M45 (45-49 Jahre)

□□□□□□□: 17:53:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	42:16	6:43	22	6:03	96	8:56	6.28	42:16	6:43	22	6:03	96	8:56
km 11,32 Behms	5.04	30:41	6:05	16	3:35	56	5:59	11.32	1:12:57	6:26	20	6:54	84	14:55
km 22,10 Lübars	10.78	1:16:10	7:03	26	19:27	148	25:14	22.10	2:29:07	6:44	24	23:14	120	35:56
km 32,52 Naturs	10.42	1:22:11	7:53	26	25:54	152	30:25	32.52	3:51:18	7:06	25	49:08	127	1:01:48
km 43,36 Ruderc	10.84	1:40:19	9:15	32	40:33	174	47:31	43.36	5:31:37	7:38	28	1:28:03	152	1:47:26
km 55,35 Schönv	11.99	1:50:49	9:14	32	45:10	176	50:32	55.35	7:22:26	7:59	30	2:11:53	161	2:37:58
km 68,07 Garten	12.72	2:12:15	10:23	31	56:49	175	59:18	68.07	9:34:41	8:26	31	3:08:08	164	3:36:32
km 80,53 Schloß	12.46	2:37:19	12:37	30	1:20:17	179	1:26:16	80.53	12:12:00	9:05	31	4:28:25	168	4:54:52
km 99,65 Geden	19.12	3:44:01	11:42	31	1:50:58	168	1:59:18	99.65	15:56:01	9:35	31	6:00:12	168	6:40:59
km 112,75 Sport	13.10	3:16:34	15:00	29	1:48:55	165	3:09:42	112.75	19:12:35	10:13	30	7:22:10	167	8:36:06
km 124,92 Lichte	12.17	2:20:52	11:34	20	45:24	113	1:02:06	124.92	21:33:27	10:21	28	7:54:02	160	9:36:37
km 134,98 Buck	10.06	1:53:19	11:15	19	41:48	123	55:50	134.98	23:26:46	10:25	28	8:35:50	153	10:26:03
Test	9.89	2:11:56	13:20	18	1:03:02	121	1:09:09	144.87	25:38:42	10:37	26	9:38:52	149	11:34:49
Stadion Lobeckst	16.01	3:26:55	12:55	24	1:33:33	143	1:37:03	160.90	29:05:37	10:50	27	11:12:25	149	13:11:52