



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Bothe, Sebastian

□□□: 28:54:16

□□: Kulturhaus e.V.

□□: 5.54 km/h

□□: 176

□□□□: 10:47 min/km

□□: 160.90 km

□□□□□/□□□□: 165 (of 221)

100MeilenBerlin

□□□□□/□: 146 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 2(of 4)

Männer (20-29 Jahre)

□□□□□□□: 28:00:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	41:24	6:35	2	1:55	59	8:04	6.28	41:24	6:35	2	1:55	59	8:04	
km 11,32 Behms	5.04	29:10	5:47	2	1:22	28	4:28	11.32	1:10:34	6:14	2	3:17	54	12:32	
km 22,10 Lübars	10.78	1:03:38	5:54	1	-	46	12:42	22.10	2:14:12	6:04	2	3:16	50	21:01	
km 32,52 Naturs	10.42	1:05:57	6:19	2	5:12	50	14:11	32.52	3:20:09	6:09	2	8:28	51	30:39	
km 43,36 Ruderc	10.84	1:11:33	6:36	2	3:10	45	18:45	43.36	4:31:42	6:15	2	11:38	45	47:31	
km 55,35 Schönv	11.99	1:23:31	6:57	2	5:58	67	23:14	55.35	5:55:13	6:25	2	17:36	53	1:10:45	
km 68,07 Garten	12.72	1:43:48	8:09	1	-	85	30:51	68.07	7:39:01	6:44	2	14:02	56	1:40:52	
km 80,53 Schloß	12.46	2:00:20	9:39	2	6:20	115	49:17	80.53	9:39:21	7:11	2	20:22	65	2:22:13	
km 99,65 Geden	19.12	3:30:33	11:00	3	39:21	155	1:45:50	99.65	13:09:54	7:55	2	31:38	97	3:54:52	
km 112,75 Sport	13.10	3:02:22	13:55	2	21:48	155	2:55:30	112.75	16:12:16	8:37	2	53:26	116	5:35:47	
km 124,92 Lichte	12.17	2:50:09	13:58	2	26:58	156	1:31:23	124.92	19:02:25	9:08	2	1:20:24	122	7:05:35	
km 134,98 Buck	10.06	2:35:47	15:29	3	16:20	160	1:38:18	134.98	21:38:12	9:37	2	1:32:00	132	8:37:29	
Test	9.89	3:12:02	19:25	2	24:12	160	2:09:15	144.87	24:50:14	10:17	2	1:18:05	137	10:46:21	
Stadion Lobeckst	16.01	4:04:02	15:14	1	-	157	2:14:10	160.90	28:54:16	10:46	2	53:53	146	13:00:31	