



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

0000

Dirnfeldner, Martin

00: TSV Bonn rrhn

00: 25

00: 160.90 km

100MeilenBerlin

0000:

Senioren M65 (65-69 Jahre)

000: 29:32:56

00: 5.45 km/h

0000: 11:01 min/km

00000/0000: 177 (of 221)

00000/0: 154 (of 193)

000000: 15:53:45

00000: 2(of 3)

0000000: 23:41:31

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
km 6,28 Gedenk:	6.28	47:33	7:34	3	3:26	177	14:13	6.28	47:33	7:34	3	3:26	177	14:13
km 11,32 Behms	5.04	36:41	7:16	2	2:20	168	11:59	11.32	1:24:14	7:26	2	5:46	173	26:12
km 22,10 Lübars	10.78	1:23:47	7:46	3	9:42	179	32:51	22.10	2:48:01	7:36	3	15:28	179	54:50
km 32,52 Naturs	10.42	1:23:40	8:01	3	5:15	163	31:54	32.52	4:11:41	7:44	3	20:43	177	1:22:11
km 43,36 Ruderc	10.84	1:32:01	8:29	2	6:03	155	39:13	43.36	5:43:42	7:55	3	26:46	168	1:59:31
km 55,35 Schönv	11.99	1:54:31	9:33	3	19:18	182	54:14	55.35	7:38:13	8:16	3	46:04	177	2:53:45
km 68,07 Garten	12.72	2:11:51	10:21	3	21:44	174	58:54	68.07	9:50:04	8:40	3	1:06:47	171	3:51:55
km 80,53 Schloß	12.46	2:22:07	11:24	3	23:02	164	1:11:04	80.53	12:12:11	9:05	3	1:29:49	169	4:55:03
km 99,65 Geden	19.12	3:36:18	11:18	2	45:20	160	1:51:35	99.65	15:48:29	9:31	2	2:15:09	163	6:33:27
km 112,75 Sport	13.10	3:19:29	15:13	3	1:09:26	167	3:12:37	112.75	19:07:58	10:10	2	3:24:35	164	8:31:29
km 124,92 Lichte	12.17	2:19:38	11:28	3	19:00	109	1:00:52	124.92	21:27:36	10:18	3	3:43:35	158	9:30:46
km 134,98 Buck	10.06	2:17:48	13:41	3	41:15	152	1:20:19	134.98	23:45:24	10:33	3	4:24:50	158	10:44:41
Test	9.89	2:18:27	13:59	2	38:34	134	1:15:40	144.87	26:03:51	10:47	3	5:03:24	153	11:59:58
Stadion Lobeckst	16.01	3:29:05	13:03	2	48:01	144	1:39:13	160.90	29:32:56	11:01	2	5:51:25	154	13:39:11