



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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**Bernardo, Claudio**

□□□: 28:57:45

□□: Azzano Runners

□□: 5.52 km/h

□□: 245

□□□□: 10:48 min/km

□□: 160.90 km

□□□□□/□□□: 167 (of 221)

100MeilenBerlin

□□□□□/□: 148 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 42(of 52)

Senioren M50 (50-54 Jahre)

□□□□□□□: 18:08:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	47:20	7:32	42	11:08	172	14:00	6.28	47:20	7:32	42	11:08	172	14:00	
km 11,32 Behms	5.04	36:38	7:16	45	8:49	167	11:56	11.32	1:23:58	7:25	43	17:15	170	25:56	
km 22,10 Lübars	10.78	1:29:25	8:17	51	33:38	191	38:29	22.10	2:53:23	7:50	49	49:04	186	1:00:12	
km 32,52 Naturs	10.42	1:18:11	7:30	34	20:33	127	26:25	32.52	4:11:34	7:44	44	1:09:07	176	1:22:04	
km 43,36 Ruderc	10.84	1:45:40	9:44	52	45:37	187	52:52	43.36	5:57:14	8:14	48	1:54:18	183	2:13:03	
km 55,35 Schönv	11.99	1:38:12	8:11	37	31:02	139	37:55	55.35	7:35:26	8:13	46	2:25:20	175	2:50:58	
km 68,07 Garten	12.72	1:50:32	8:41	28	29:43	111	37:35	68.07	9:25:58	8:18	41	2:55:03	156	3:27:49	
km 80,53 Schloß	12.46	2:18:19	11:06	46	57:24	159	1:07:16	80.53	11:44:17	8:44	42	3:52:27	155	4:27:09	
km 99,65 Geden	19.12	3:37:40	11:23	44	1:34:02	161	1:52:57	99.65	15:21:57	9:15	42	5:26:29	154	6:06:55	
km 112,75 Sport	13.10	3:11:07	14:35	44	1:37:40	159	3:04:15	112.75	18:33:04	9:52	42	7:04:09	153	7:56:35	
km 124,92 Lichte	12.17	2:55:59	14:27	43	1:30:30	157	1:37:13	124.92	21:29:03	10:19	44	8:26:04	159	9:32:13	
km 134,98 Buck	10.06	2:21:51	14:06	43	1:04:50	156	1:24:22	134.98	23:50:54	10:36	44	9:16:51	160	10:50:11	
Test	9.89	2:12:57	13:26	37	52:16	124	1:10:10	144.87	26:03:51	10:47	44	10:04:19	153	11:59:58	
Stadion Lobeckst	16.01	2:53:54	10:51	29	52:19	86	1:04:02	160.90	28:57:45	10:48	42	10:49:21	148	13:04:00	