



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Ludwig, Manfred

□□: DJK Kleinenbroich

□□: 215

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M70 (70-74 Jahre)

□□□: 29:42:38

□□: 5.39 km/h

□□□□: 11:05 min/km

□□□□□/□□□: 178 (of 221)

□□□□□/□: 155 (of 193)

□□□□□□: 15:53:45

□□□□□: 1(of 2)

□□□□□□□: 29:42:38

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	55:29	8:50	2	9:35	191	22:09	6.28	55:29	8:50	2	9:35	191	22:09
km 11,32 Behms	5.04	42:48	8:29	2	9:23	192	18:06	11.32	1:38:17	8:40	2	18:58	192	40:15
km 22,10 Lübars	10.78	1:28:54	8:14	2	12:51	189	37:58	22.10	3:07:11	8:28	2	31:49	191	1:14:00
km 32,52 Naturs	10.42	1:36:15	9:14	2	17:58	187	44:29	32.52	4:43:26	8:42	2	49:47	191	1:53:56
km 43,36 Ruderc	10.84	1:38:44	9:06	2	16:48	171	45:56	43.36	6:22:10	8:48	2	1:06:35	189	2:37:59
km 55,35 Schönv	11.99	1:46:48	8:54	2	4:43	167	46:31	55.35	8:08:58	8:50	2	1:11:18	188	3:24:30
km 68,07 Garten	12.72	2:04:12	9:45	1	-	156	51:15	68.07	10:13:10	9:00	1	-	179	4:15:01
km 80,53 Schloß	12.46	2:30:11	12:03	1	-	170	1:19:08	80.53	12:43:21	9:28	1	-	182	5:26:13
km 99,65 Geden	19.12	3:49:24	11:59	1	-	172	2:04:41	99.65	16:32:45	9:57	1	-	174	7:17:43
km 112,75 Sport	13.10	2:58:14	13:36	1	-	149	2:51:22	112.75	19:30:59	10:23	1	-	170	8:54:30
km 124,92 Lichte	12.17	2:27:45	12:08	1	-	132	1:08:59	124.92	21:58:44	10:33	1	-	162	10:01:54
km 134,98 Buck	10.06	2:05:09	12:26	1	-	140	1:07:40	134.98	24:03:53	10:41	1	-	162	11:03:10
Test	9.89	2:06:50	12:49	1	-	111	1:04:03	144.87	26:10:43	10:50	1	-	156	12:06:50
Stadion Lobeckst	16.01	3:31:55	13:14	1	-	146	1:42:03	160.90	29:42:38	11:04	1	-	155	13:48:53