



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Bitzer, Thomas

□□: LT Ansbach Nord

□□: 26

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 29:42:39

□□: 5.39 km/h

□□□□: 11:05 min/km

□□□□□/□□□: 179 (of 221)

□□□□□/□: 156 (of 193)

□□□□□□: 15:53:45

□□□□□: 45(of 52)

□□□□□□□: 18:08:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	55:30	8:50	52	19:18	192	22:10	6.28	55:30	8:50	52	19:18	192	22:10
km 11,32 Behms	5.04	42:41	8:28	52	14:52	191	17:59	11.32	1:38:11	8:40	52	31:28	191	40:09
km 22,10 Lübars	10.78	1:28:50	8:14	50	33:03	188	37:54	22.10	3:07:01	8:27	51	1:02:42	190	1:13:50
km 32,52 Naturs	10.42	1:36:02	9:12	51	38:24	186	44:16	32.52	4:43:03	8:42	52	1:40:36	190	1:53:33
km 43,36 Ruderc	10.84	1:41:01	9:19	49	40:58	178	48:13	43.36	6:24:04	8:51	52	2:21:08	190	2:39:53
km 55,35 Schönv	11.99	1:44:40	8:43	45	37:30	160	44:23	55.35	8:08:44	8:49	51	2:58:38	187	3:24:16
km 68,07 Garten	12.72	2:04:29	9:47	45	43:40	158	51:32	68.07	10:13:13	9:00	48	3:42:18	180	4:15:04
km 80,53 Schloß	12.46	2:33:36	12:19	50	1:12:41	173	1:22:33	80.53	12:46:49	9:31	50	4:54:59	184	5:29:41
km 99,65 Geden	19.12	3:45:53	11:48	47	1:42:15	169	2:01:10	99.65	16:32:42	9:57	47	6:37:14	173	7:17:40
km 112,75 Sport	13.10	3:12:51	14:43	45	1:39:24	162	3:05:59	112.75	19:45:33	10:30	47	8:16:38	172	9:09:04
km 124,92 Lichte	12.17	2:12:00	10:50	24	46:31	86	53:14	124.92	21:57:33	10:32	45	8:54:34	161	10:00:43
km 134,98 Buck	10.06	2:01:14	12:03	39	44:13	133	1:03:45	134.98	23:58:47	10:39	45	9:24:44	161	10:58:04
Test	9.89	2:11:07	13:15	36	50:26	119	1:08:20	144.87	26:09:54	10:50	45	10:10:22	155	12:06:01
Stadion Lobeckst	16.01	3:32:45	13:17	43	1:31:10	147	1:42:53	160.90	29:42:39	11:04	45	11:34:15	156	13:48:54