



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Junker, Gerd

□□: 100 Marathon Club

□□: 69

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 29:42:39

□□: 5.39 km/h

□□□□: 11:05 min/km

□□□□□/□□□□: 180 (of 221)

□□□□□/□: 156 (of 193)

□□□□□□: 15:53:45

□□□□□: 20(of 28)

□□□□□□□: 17:43:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	41:49	6:39	9	5:50	79	8:29	6.28	41:49	6:39	9	5:50	79	8:29	
km 11,32 Behms	5.04	31:05	6:10	8	3:18	72	6:23	11.32	1:12:54	6:26	9	5:00	82	14:52	
km 22,10 Lübars	10.78	1:14:10	6:52	17	23:14	124	23:14	22.10	2:27:04	6:39	13	27:50	109	33:53	
km 32,52 Naturs	10.42	1:38:30	9:27	25	46:21	190	46:44	32.52	4:05:34	7:33	24	1:14:11	162	1:16:04	
km 43,36 Ruderc	10.84	1:31:55	8:28	20	39:07	153	39:07	43.36	5:37:29	7:46	23	1:53:18	157	1:53:18	
km 55,35 Schönv	11.99	1:56:13	9:41	25	55:12	185	55:56	55.35	7:33:42	8:11	25	2:48:30	173	2:49:14	
km 68,07 Garten	12.72	3:25:10	16:07	26	2:11:17	185	2:12:13	68.07	10:58:52	9:40	26	4:59:47	185	5:00:43	
km 80,53 Schloß	12.46	1:33:53	7:32	4	15:50	34	22:50	80.53	12:32:45	9:20	24	5:15:37	176	5:15:37	
km 99,65 Geden	19.12	3:40:24	11:31	22	1:55:41	166	1:55:41	99.65	16:13:09	9:45	23	6:58:07	171	6:58:07	
km 112,75 Sport	13.10	2:53:02	13:12	16	1:22:28	144	2:46:10	112.75	19:06:11	10:09	22	8:20:35	162	8:29:42	
km 124,92 Lichte	12.17	2:21:04	11:35	14	54:00	117	1:02:18	124.92	21:27:15	10:18	20	9:14:35	157	9:30:25	
km 134,98 Buck	10.06	2:18:07	13:43	20	1:01:18	153	1:20:38	134.98	23:45:22	10:33	20	10:15:53	157	10:44:39	
Test	9.89	2:18:27	13:59	19	1:00:44	134	1:15:40	144.87	26:03:49	10:47	20	11:16:37	152	11:59:56	
Stadion Lobeckst	16.01	3:38:50	13:40	19	1:31:48	152	1:48:58	160.90	29:42:39	11:04	20	11:59:05	156	13:48:54	