



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

□□□□

Cortina, Luciano

□□: Podistica Oro Fantasy Frosinone

□□: 127

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 28:57:44

□□: 5.52 km/h

□□□□: 10:48 min/km

□□□□□/□□□□: 166 (of 221)

□□□□□/□: 147 (of 193)

□□□□□□: 15:53:45

□□□□□: 26(of 35)

□□□□□□□: 17:53:12

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
km 6,28 Gedenk:	6.28	41:58	6:40	19	5:45	85	8:38	6.28	41:58	6:40	19	5:45	85	8:38
km 11,32 Behms	5.04	30:41	6:05	16	3:35	56	5:59	11.32	1:12:39	6:25	19	6:36	78	14:37
km 22,10 Lübars	10.78	1:09:34	6:27	19	12:51	84	18:38	22.10	2:22:13	6:26	19	16:20	81	29:02
km 32,52 Naturs	10.42	1:11:16	6:50	20	14:59	84	19:30	32.52	3:33:29	6:33	20	31:19	84	43:59
km 43,36 Ruderc	10.84	1:32:00	8:29	27	32:14	154	39:12	43.36	5:05:29	7:02	21	1:01:55	108	1:21:18
km 55,35 Schönv	11.99	1:41:51	8:29	27	36:12	151	41:34	55.35	6:47:20	7:21	23	1:36:47	120	2:02:52
km 68,07 Garten	12.72	2:03:29	9:42	28	48:03	153	50:32	68.07	8:50:49	7:47	22	2:24:16	130	2:52:40
km 80,53 Schloß	12.46	2:51:57	13:48	33	1:34:55	184	1:40:54	80.53	11:42:46	8:43	28	3:59:11	154	4:25:38
km 99,65 Geden	19.12	3:39:12	11:27	29	1:46:09	163	1:54:29	99.65	15:21:58	9:15	27	5:26:09	155	6:06:56
km 112,75 Sport	13.10	3:40:55	16:51	30	2:13:16	171	3:34:03	112.75	19:02:53	10:08	28	7:12:28	161	8:26:24
km 124,92 Lichte	12.17	3:07:12	15:22	29	1:31:44	161	1:48:26	124.92	22:10:05	10:38	29	8:30:40	164	10:13:15
km 134,98 Buck	10.06	2:39:31	15:51	29	1:28:00	161	1:42:02	134.98	24:49:36	11:02	29	9:58:40	164	11:48:53
Test	9.89	1:24:33	8:32	3	15:39	13	21:46	144.87	26:14:09	10:51	27	10:14:19	157	12:10:16
Stadion Lobeckst	16.01	2:43:35	10:13	10	50:13	63	53:43	160.90	28:57:44	10:48	26	11:04:32	147	13:03:59