



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Tarascio, Vincenzo

□□: Sanremo Runners

□□: 239

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 18:08:24

□□: 8.82 km/h

□□□□: 6:46 min/km

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□□□□□/□: 5 (of 193)

□□□□□□: 15:53:45

□□□□□: 1(of 52)

□□□□□□□: 18:08:24

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□□ -	□□□ -	□□□ □	□□□ □		
km 6,28 Gedenk:	6.28	36:32	5:49	9	0:20	26	3:12	6.28	36:32	5:49	9	0:20	26	3:12
km 11,32 Behms	5.04	30:11	5:59	10	2:22	49	5:29	11.32	1:06:43	5:53	1	-	8	8:41
km 22,10 Lübars	10.78	57:36	5:20	2	1:49	11	6:40	22.10	2:04:19	5:37	1	-	10	11:08
km 32,52 Naturs	10.42	58:08	5:34	3	0:30	16	6:22	32.52	3:02:27	5:36	1	-	10	12:57
km 43,36 Ruderc	10.84	1:00:29	5:34	2	0:26	12	7:41	43.36	4:02:56	5:36	1	-	8	18:45
km 55,35 Schönv	11.99	1:07:10	5:36	1	-	10	6:53	55.35	5:10:06	5:36	1	-	10	25:38
km 68,07 Garten	12.72	1:20:49	6:21	1	-	8	7:52	68.07	6:30:55	5:44	1	-	10	32:46
km 80,53 Schloß	12.46	1:20:55	6:29	1	-	8	9:52	80.53	7:51:50	5:51	1	-	10	34:42
km 99,65 Geden	19.12	2:03:38	6:27	1	-	9	18:55	99.65	9:55:28	5:58	1	-	7	40:26
km 112,75 Sport	13.10	1:33:27	7:08	1	-	9	1:26:35	112.75	11:28:55	6:06	1	-	5	52:26
km 124,92 Lichte	12.17	1:34:04	7:43	2	8:35	6	15:18	124.92	13:02:59	6:16	1	-	4	1:06:09
km 134,98 Buck	10.06	1:31:04	9:03	15	14:03	51	33:35	134.98	14:34:03	6:28	1	-	4	1:33:20
Test	9.89	1:25:29	8:38	2	4:48	14	22:42	144.87	15:59:32	6:37	1	-	4	1:55:39
Stadion Lobeckst	16.01	2:08:52	8:02	5	7:17	16	19:00	160.90	18:08:24	6:45	1	-	5	2:14:39