



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Ickert, Peter

□□: Röntgen Sport Club Remscheid

□□: 15

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 28:50:03

□□: 5.55 km/h

□□□□: 10:45 min/km

□□□□□/□□□□: 162 (of 221)

□□□□□/□: 144 (of 193)

□□□□□□: 15:53:45

□□□□□: 41(of 52)

□□□□□□□: 18:08:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	45:22	7:13	36	9:10	145	12:02	6.28	45:22	7:13	36	9:10	145	12:02
km 11,32 Behms	5.04	34:02	6:45	29	6:13	127	9:20	11.32	1:19:24	7:00	33	12:41	137	21:22
km 22,10 Lübars	10.78	1:21:25	7:33	43	25:38	171	30:29	22.10	2:40:49	7:16	41	36:30	159	47:38
km 32,52 Naturs	10.42	1:37:28	9:21	52	39:50	188	45:42	32.52	4:18:17	7:56	48	1:15:50	183	1:28:47
km 43,36 Ruderc	10.84	1:42:03	9:24	50	42:00	179	49:15	43.36	6:00:20	8:18	49	1:57:24	184	2:16:09
km 55,35 Schönv	11.99	1:52:42	9:23	50	45:32	178	52:25	55.35	7:53:02	8:32	49	2:42:56	184	3:08:34
km 68,07 Garten	12.72	2:09:02	10:08	47	48:13	170	56:05	68.07	10:02:04	8:50	47	3:31:09	178	4:03:55
km 80,53 Schloß	12.46	2:17:48	11:03	44	56:53	156	1:06:45	80.53	12:19:52	9:11	47	4:28:02	172	5:02:44
km 99,65 Geden	19.12	3:23:44	10:39	39	1:20:06	144	1:39:01	99.65	15:43:36	9:28	44	5:48:08	160	6:28:34
km 112,75 Sport	13.10	2:57:22	13:32	41	1:23:55	147	2:50:30	112.75	18:40:58	9:56	43	7:12:03	157	8:04:29
km 124,92 Lichte	12.17	2:21:03	11:35	31	55:34	116	1:02:17	124.92	21:02:01	10:06	42	7:59:02	150	9:05:11
km 134,98 Buck	10.06	2:31:22	15:02	44	1:14:21	159	1:33:53	134.98	23:33:23	10:28	43	8:59:20	155	10:32:40
Test	9.89	2:09:21	13:04	35	48:40	115	1:06:34	144.87	25:42:44	10:38	43	9:43:12	151	11:38:51
Stadion Lobeckst	16.01	3:07:19	11:41	33	1:05:44	109	1:17:27	160.90	28:50:03	10:45	41	10:41:39	144	12:56:18