



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Dr. Rehers, HaWe

□□: OSC / 100 MC / DUV / TEA

□□: 58

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M65 (65-69 Jahre)

□□□: 29:51:30

□□: 5.36 km/h

□□□□: 11:08 min/km

□□□□□/□□□: 181 (of 221)

□□□□□/□: 158 (of 193)

□□□□□□: 15:53:45

□□□□□: 3(of 3)

□□□□□□□: 23:41:31

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	47:24	7:32	2	3:17	175	14:04	6.28	47:24	7:32	2	3:17	175	14:04	
km 11,32 Behms	5.04	37:39	7:28	3	3:18	180	12:57	11.32	1:25:03	7:30	3	6:35	179	27:01	
km 22,10 Lübars	10.78	1:18:06	7:14	2	4:01	158	27:10	22.10	2:43:09	7:22	2	10:36	166	49:58	
km 32,52 Naturs	10.42	1:22:20	7:54	2	3:55	155	30:34	32.52	4:05:29	7:32	2	14:31	160	1:15:59	
km 43,36 Ruderc	10.84	1:32:26	8:31	3	6:28	156	39:38	43.36	5:37:55	7:47	2	20:59	159	1:53:44	
km 55,35 Schönv	11.99	1:37:39	8:08	2	2:26	134	37:22	55.35	7:15:34	7:52	2	23:25	156	2:31:06	
km 68,07 Garten	12.72	1:50:07	8:39	1	-	109	37:10	68.07	9:05:41	8:00	2	22:24	143	3:07:32	
km 80,53 Schloß	12.46	2:06:42	10:10	2	7:37	134	55:39	80.53	11:12:23	8:20	2	30:01	143	3:55:15	
km 99,65 Geden	19.12	5:28:17	17:10	3	2:37:19	176	3:43:34	99.65	16:40:40	10:02	3	3:07:20	176	7:25:38	
km 112,75 Sport	13.10	2:36:29	11:56	2	26:26	126	2:29:37	112.75	19:17:09	10:15	3	3:33:46	169	8:40:40	
km 124,92 Lichte	12.17	2:09:21	10:37	2	8:43	78	50:35	124.92	21:26:30	10:17	2	3:42:29	156	9:29:40	
km 134,98 Buck	10.06	1:51:56	11:07	2	15:23	118	54:27	134.98	23:18:26	10:21	2	3:57:52	150	10:17:43	
Test	9.89	2:19:15	14:04	3	39:22	136	1:16:28	144.87	25:37:41	10:36	2	4:37:14	148	11:33:48	
Stadion Lobeckst	16.01	4:13:49	15:51	3	1:32:45	158	2:23:57	160.90	29:51:30	11:08	3	6:09:59	158	13:57:45	