



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Makuszies, Bodo

□□□: 29:18:28

□□: 100MC

□□: 5.46 km/h

□□: 195

□□□□: 10:56 min/km

□□: 160.90 km

□□□□□/□□□□: 173 (of 221)

100MeilenBerlin

□□□□□/□: 152 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 19(of 28)

Senioren M55 (55-59 Jahre)

□□□□□□□: 17:43:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	50:16	8:00	27	14:17	185	16:56	6.28	50:16	8:00	27	14:17	185	16:56	
km 11,32 Behms	5.04	35:55	7:07	24	8:08	160	11:13	11.32	1:26:11	7:36	27	18:17	186	28:09	
km 22,10 Lübars	10.78	1:17:38	7:12	22	26:42	155	26:42	22.10	2:43:49	7:24	24	44:35	167	50:38	
km 32,52 Naturs	10.42	1:19:50	7:39	17	27:41	137	28:04	32.52	4:03:39	7:29	22	1:12:16	156	1:14:09	
km 43,36 Ruderc	10.84	1:20:45	7:26	10	27:57	91	27:57	43.36	5:24:24	7:28	18	1:40:13	139	1:40:13	
km 55,35 Schönv	11.99	1:35:54	7:59	15	34:53	127	35:37	55.35	7:00:18	7:35	16	2:15:06	140	2:15:50	
km 68,07 Garten	12.72	1:59:55	9:25	18	46:02	143	46:58	68.07	9:00:13	7:56	15	3:01:08	140	3:02:04	
km 80,53 Schloß	12.46	2:04:46	10:00	19	46:43	128	53:43	80.53	11:04:59	8:15	17	3:47:51	137	3:47:51	
km 99,65 Geden	19.12	3:26:36	10:48	17	1:41:53	150	1:41:53	99.65	14:31:35	8:44	17	5:16:33	142	5:16:33	
km 112,75 Sport	13.10	4:02:15	18:29	22	2:31:41	173	3:55:23	112.75	18:33:50	9:52	20	7:48:14	155	7:57:21	
km 124,92 Lichte	12.17	2:16:29	11:12	10	49:25	103	57:43	124.92	20:50:19	10:00	18	8:37:39	147	8:53:29	
km 134,98 Buck	10.06	2:11:55	13:06	19	55:06	147	1:14:26	134.98	23:02:14	10:14	18	9:32:45	147	10:01:31	
Test	9.89	2:14:06	13:33	17	56:23	129	1:11:19	144.87	25:16:20	10:28	18	10:29:08	143	11:12:27	
Stadion Lobeckst	16.01	4:02:08	15:07	20	1:55:06	155	2:12:16	160.90	29:18:28	10:55	19	11:34:54	152	13:24:43	