



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Die-Lauf-ABC-ler

□□: Die-Lauf-ABC-ler

□□: 4007

□□: 160.90 km

100MeilenBerlin

□□□□:

Staffel 4x 40km

□□□: 14:43:38

□□: 10.86 km/h

□□□□: 5:29 min/km

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□□□□□/□□□: 2 (of 12)

□□□□□□: 13:23:57

□□□□□: 1(of 10)

□□□□□□□: 14:43:38

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□	□□ □□□	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□	□□ □□□
km 6,28 Gedenk:	6.28	31:54	5:04	2	0:01	3	0:10	6.28	31:54	5:04	2	0:01	3	0:10	
km 11,32 Behms	5.04	25:36	5:04	1	-	1	-	11.32	57:30	5:04	1	-	1	-	
km 22,10 Lübars	10.78	51:33	4:46	1	-	2	0:53	22.10	1:49:03	4:56	1	-	2	0:32	
km 32,52 Naturs	10.42	51:01	4:53	2	3:25	3	4:32	32.52	2:40:04	4:55	2	3:06	3	5:04	
km 43,36 Ruderc	10.84	1:01:29	5:40	3	9:12	4	13:29	43.36	3:41:33	5:06	2	12:18	3	18:33	
km 55,35 Schönv	11.99	1:05:40	5:28	1	-	2	13:41	55.35	4:47:13	5:11	2	2:41	3	32:14	
km 68,07 Garten	12.72	1:15:21	5:55	1	-	2	17:36	68.07	6:02:34	5:19	1	-	2	49:50	
km 80,53 Schloß	12.46	1:20:14	6:26	1	-	2	20:42	80.53	7:22:48	5:29	1	-	2	1:10:32	
km 99,65 Geden	19.12	1:32:04	4:48	1	-	2	7:21	99.65	8:54:52	5:22	1	-	2	1:17:53	
km 112,75 Sport	13.10	1:17:59	5:57	1	-	1	-	112.75	10:12:51	5:26	1	-	2	1:16:45	
km 124,92 Lichte	12.17	54:31	4:28	1	-	1	-	124.92	11:07:22	5:20	1	-	2	1:06:00	
km 134,98 Buck	10.06	50:41	5:02	2	6:07	2	6:07	134.98	11:58:03	5:19	1	-	2	1:02:02	
Test	9.89	1:01:05	6:10	2	0:40	3	1:03	144.87	12:59:08	5:22	1	-	2	1:03:05	
Stadion Lobeckst	16.03	1:44:30	6:31	3	12:47	4	16:36	160.90	14:43:38	5:29	1	-	2	1:19:41	