



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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RundumBerlin-Runners

□□: RundumBerlin-Runners

□□: 4012

□□: 160.90 km

100MeilenBerlin

□□□□:

Staffel 4x 40km

□□□: 15:24:41

□□: 10.38 km/h

□□□□: 5:45 min/km

□□□□□/□□□: 3 (of 12)

□□□□□/□□□: 3 (of 12)

□□□□□□: 13:23:57

□□□□□: 2(of 10)

□□□□□□□: 14:43:38

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
km 6,28 Gedenk:	6.28	31:53	5:04	1	-	2	0:09	6.28	31:53	5:04	1	-	2	0:09
km 11,32 Behms	5.04	25:40	5:05	2	0:04	2	0:04	11.32	57:33	5:05	2	0:03	2	0:03
km 22,10 Lübars	10.78	51:49	4:48	2	0:16	3	1:09	22.10	1:49:22	4:56	2	0:19	3	0:51
km 32,52 Naturs	10.42	47:36	4:34	1	-	2	1:07	32.52	2:36:58	4:49	1	-	2	1:58
km 43,36 Ruderc	10.84	52:17	4:49	1	-	2	4:17	43.36	3:29:15	4:49	1	-	2	6:15
km 55,35 Schönv	11.99	1:15:17	6:16	5	9:37	6	23:18	55.35	4:44:32	5:08	1	-	2	29:33
km 68,07 Garten	12.72	1:22:24	6:28	3	7:03	4	24:39	68.07	6:06:56	5:23	2	4:22	3	54:12
km 80,53 Schloß	12.46	1:25:57	6:53	3	5:43	4	26:25	80.53	7:32:53	5:37	2	10:05	3	1:20:37
km 99,65 Geden	19.12	1:46:04	5:32	2	14:00	3	21:21	99.65	9:18:57	5:36	2	24:05	3	1:41:58
km 112,75 Sport	13.10	1:24:06	6:25	3	6:07	4	6:07	112.75	10:43:03	5:42	2	30:12	3	1:46:57
km 124,92 Lichte	12.17	1:13:40	6:03	4	19:09	5	19:09	124.92	11:56:43	5:44	2	49:21	3	1:55:21
km 134,98 Buck	10.06	55:50	5:33	3	11:16	4	11:16	134.98	12:52:33	5:43	2	54:30	3	1:56:32
Test	9.89	1:00:25	6:06	1	-	2	0:23	144.87	13:52:58	5:44	2	53:50	3	1:56:55
Stadion Lobeckst	16.03	1:31:43	5:43	1	-	2	3:49	160.90	15:24:41	5:44	2	41:03	3	2:00:44