



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Die eleganten Vier

□□: Die eleganten Vier

□□: 4002

□□: 160.90 km

100MeilenBerlin

□□□□:

Staffel 4x 40km

□□□: 17:11:13

□□: 9.31 km/h

□□□□: 6:25 min/km

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□□□□□/□□□: 4 (of 12)

□□□□□□: 13:23:57

□□□□□: 3(of 10)

□□□□□□□: 14:43:38

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
km 6,28 Gedenk:	6.28	32:56	5:14	3	1:03	4	1:12	6.28	32:56	5:14	3	1:03	4	1:12
km 11,32 Behms	5.04	27:26	5:26	4	1:50	5	1:50	11.32	1:00:22	5:19	3	2:52	4	2:52
km 22,10 Lübars	10.78	1:02:02	5:45	3	10:29	4	11:22	22.10	2:02:24	5:32	3	13:21	4	13:53
km 32,52 Naturs	10.42	1:04:29	6:11	5	16:53	6	18:00	32.52	3:06:53	5:44	4	29:55	5	31:53
km 43,36 Ruderc	10.84	1:29:48	8:17	9	37:31	10	41:48	43.36	4:36:41	6:22	5	1:07:26	6	1:13:41
km 55,35 Schönv	11.99	1:11:08	5:55	2	5:28	3	19:09	55.35	5:47:49	6:17	5	1:03:17	6	1:32:50
km 68,07 Garten	12.72	1:20:07	6:17	2	4:46	3	22:22	68.07	7:07:56	6:17	4	1:05:22	5	1:55:12
km 80,53 Schloß	12.46	1:27:38	7:01	4	7:24	5	28:06	80.53	8:35:34	6:24	4	1:12:46	5	2:23:18
km 99,65 Geden	19.12	2:16:18	7:07	7	44:14	8	51:35	99.65	10:51:52	6:32	3	1:57:00	4	3:14:53
km 112,75 Sport	13.10	1:39:29	7:35	6	21:30	7	21:30	112.75	12:31:21	6:39	3	2:18:30	4	3:35:15
km 124,92 Lichte	12.17	59:38	4:54	2	5:07	2	5:07	124.92	13:30:59	6:29	3	2:23:37	4	3:29:37
km 134,98 Buck	10.06	44:34	4:25	1	-	1	-	134.98	14:15:33	6:20	3	2:17:30	4	3:19:32
Test	9.89	1:11:41	7:14	4	11:16	5	11:39	144.87	15:27:14	6:24	3	2:28:06	4	3:31:11
Stadion Lobeckst	16.03	1:43:59	6:29	2	12:16	3	16:05	160.90	17:11:13	6:24	3	2:27:35	4	3:47:16