



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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kidSTAF-Team

□□: kidSTAF-Team

□□: 4010

□□: 160.90 km

100MeilenBerlin

□□□□:

Staffel 4x 40km

□□□: 19:04:25

□□: 8.44 km/h

□□□□: 7:07 min/km

□□□□□/□□□: 5 (of 12)

□□□□□/□□□: 5 (of 12)

□□□□□□: 13:23:57

□□□□□: 4(of 10)

□□□□□□□: 14:43:38

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
km 6,28 Gedenk:	6.28	32:58	5:14	4	1:05	5	1:14	6.28	32:58	5:14	4	1:05	5	1:14
km 11,32 Behms	5.04	27:24	5:26	3	1:48	4	1:48	11.32	1:00:22	5:19	3	2:52	4	2:52
km 22,10 Lübars	10.78	1:02:03	5:45	4	10:30	5	11:23	22.10	2:02:25	5:32	4	13:22	5	13:54
km 32,52 Naturs	10.42	58:45	5:38	3	11:09	4	12:16	32.52	3:01:10	5:34	3	24:12	4	26:10
km 43,36 Ruderc	10.84	1:03:17	5:50	4	11:00	5	15:17	43.36	4:04:27	5:38	3	35:12	4	41:27
km 55,35 Schönv	11.99	1:18:18	6:31	7	12:38	8	26:19	55.35	5:22:45	5:49	3	38:13	4	1:07:46
km 68,07 Garten	12.72	1:33:38	7:21	6	18:17	7	35:53	68.07	6:56:23	6:07	3	53:49	4	1:43:39
km 80,53 Schloß	12.46	1:31:30	7:20	6	11:16	7	31:58	80.53	8:27:53	6:18	3	1:05:05	4	2:15:37
km 99,65 Geden	19.12	2:24:17	7:32	8	52:13	9	59:34	99.65	10:52:10	6:32	4	1:57:18	5	3:15:11
km 112,75 Sport	13.10	1:42:37	7:49	7	24:38	8	24:38	112.75	12:34:47	6:41	4	2:21:56	5	3:38:41
km 124,92 Lichte	12.17	1:25:00	6:59	8	30:29	9	30:29	124.92	13:59:47	6:43	4	2:52:25	5	3:58:25
km 134,98 Buck	10.06	1:10:06	6:58	9	25:32	10	25:32	134.98	15:09:53	6:44	4	3:11:50	5	4:13:52
Test	9.89	1:36:01	9:42	9	35:36	10	35:59	144.87	16:45:54	6:56	4	3:46:46	5	4:49:51
Stadion Lobeckst	16.03	2:18:31	8:38	9	46:48	10	50:37	160.90	19:04:25	7:06	4	4:20:47	5	5:40:28