



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

□□□□

DoRoRajo

□□: DoRoRajo

□□: 4001

□□: 160.90 km

100MeilenBerlin

□□□□:

Staffel 4x 40km

□□□: 19:16:57

□□: 8.30 km/h

□□□□: 7:11 min/km

□□□□□/□□□: 6 (of 12)

□□□□□/□□□: 6 (of 12)

□□□□□□: 13:23:57

□□□□□: 5(of 10)

□□□□□□□: 14:43:38

□□□□

□□□□

□□□

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