



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Spontaneous Roadrunners

□□: Spontaneous Roadrunners

□□: 4011

□□: 160.90 km

100MeilenBerlin

□□□□:

Staffel 4x 40km

□□□: 19:19:38

□□: 8.28 km/h

□□□□: 7:13 min/km

□□□□□/□□□: 7 (of 12)

□□□□□/□□□: 7 (of 12)

□□□□□□: 13:23:57

□□□□□: 6(of 10)

□□□□□□□: 14:43:38

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□□□	□□ 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	33:10	6:34	9	7:34	10	7:34	11.32	1:17:19	6:49	8	19:49	9	19:49
km 22,10 Lübars	10.78	1:17:23	7:10	10	25:50	12	26:43	22.10	2:34:42	6:59	10	45:39	12	46:11
km 32,52 Naturs	10.42	1:20:41	7:44	9	33:05	11	34:12	32.52	3:55:23	7:14	9	1:18:25	11	1:20:23
km 43,36 Ruderc	10.84	1:21:53	7:33	6	29:36	7	33:53	43.36	5:17:16	7:19	9	1:48:01	10	1:54:16
km 55,35 Schönv	11.99	1:15:24	6:17	6	9:44	7	23:25	55.35	6:32:40	7:05	9	1:48:08	10	2:17:41
km 68,07 Garten	12.72	1:31:15	7:10	5	15:54	6	33:30	68.07	8:03:55	7:06	7	2:01:21	8	2:51:11
km 80,53 Schloß	12.46	1:24:40	6:47	2	4:26	3	25:08	80.53	9:28:35	7:03	7	2:05:47	8	3:16:19
km 99,65 Geden	19.12	2:03:54	6:28	5	31:50	6	39:11	99.65	11:32:29	6:56	5	2:37:37	6	3:55:30
km 112,75 Sport	13.10	1:35:39	7:18	5	17:40	6	17:40	112.75	13:08:08	6:59	6	2:55:17	7	4:12:02
km 124,92 Lichte	12.17	1:19:57	6:34	5	25:26	6	25:26	124.92	14:28:05	6:56	5	3:20:43	6	4:26:43
km 134,98 Buck	10.06	1:09:05	6:52	7	24:31	8	24:31	134.98	15:37:10	6:56	5	3:39:07	6	4:41:09
Test	9.89	1:28:13	8:55	6	27:48	7	28:11	144.87	17:05:23	7:04	5	4:06:15	6	5:09:20
Stadion Lobeckst	16.03	2:14:15	8:22	7	42:32	8	46:21	160.90	19:19:38	7:12	6	4:36:00	7	5:55:41