



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Highest Delight

□□: Highest Delight

□□: 4009

□□: 160.90 km

100MeilenBerlin

□□□□:

Staffel 4x 40km

□□□: 19:22:42

□□: 8.26 km/h

□□□□: 7:14 min/km

□□□□□/□□□: 8 (of 12)

□□□□□/□□□: 8 (of 12)

□□□□□□: 13:23:57

□□□□□: 7(of 10)

□□□□□□□: 14:43:38

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
km 6,28 Gedenk:	6.28	46:24	7:23	10	14:31	11	14:40	6.28	46:24	7:23	10	14:31	11	14:40
km 11,32 Behms	5.04	32:19	6:24	8	6:43	9	6:43	11.32	1:18:43	6:57	10	21:13	11	21:13
km 22,10 Lübars	10.78	1:10:29	6:32	5	18:56	6	19:49	22.10	2:29:12	6:45	8	40:09	9	40:41
km 32,52 Naturs	10.42	1:16:45	7:21	8	29:09	10	30:16	32.52	3:45:57	6:56	8	1:08:59	9	1:10:57
km 43,36 Ruderc	10.84	1:31:15	8:25	10	38:58	11	43:15	43.36	5:17:12	7:18	8	1:47:57	9	1:54:12
km 55,35 Schönv	11.99	1:12:47	6:04	3	7:07	4	20:48	55.35	6:29:59	7:02	8	1:45:27	9	2:15:00
km 68,07 Garten	12.72	1:23:38	6:34	4	8:17	5	25:53	68.07	7:53:37	6:57	6	1:51:03	7	2:40:53
km 80,53 Schloß	12.46	1:28:57	7:08	5	8:43	6	29:25	80.53	9:22:34	6:59	6	1:59:46	7	3:10:18
km 99,65 Geden	19.12	2:09:55	6:47	6	37:51	7	45:12	99.65	11:32:29	6:56	5	2:37:37	6	3:55:30
km 112,75 Sport	13.10	1:35:37	7:17	4	17:38	5	17:38	112.75	13:08:06	6:59	5	2:55:15	6	4:12:00
km 124,92 Lichte	12.17	1:19:59	6:34	6	25:28	7	25:28	124.92	14:28:05	6:56	5	3:20:43	6	4:26:43
km 134,98 Buck	10.06	1:09:06	6:52	8	24:32	9	24:32	134.98	15:37:11	6:56	6	3:39:08	7	4:41:10
Test	9.89	1:28:12	8:55	5	27:47	6	28:10	144.87	17:05:23	7:04	5	4:06:15	6	5:09:20
Stadion Lobeckst	16.03	2:17:19	8:33	8	45:36	9	49:25	160.90	19:22:42	7:13	7	4:39:04	8	5:58:45