



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Lauftreff Bärenbrücke Berlin e.V.

□□□: 19:43:01

□□: Lauftreff Bärenbrücke Berlin e.V.

□□: 8.11 km/h

□□: 4004

□□□□: 7:21 min/km

□□: 160.90 km

□□□□□/□□□: 9 (of 12)

100MeilenBerlin

□□□□□/□□□: 9 (of 12)

□□□□□□: 13:23:57

□□□□:

□□□□□: 8(of 10)

Staffel 4x 40km

□□□□□□□: 14:43:38

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
km 6,28 Gedenk:	6.28	41:49	6:39	7	9:56	8	10:05	6.28	41:49	6:39	7	9:56	8	10:05
km 11,32 Behms	5.04	29:30	5:51	6	3:54	7	3:54	11.32	1:11:19	6:18	6	13:49	7	13:49
km 22,10 Lübars	10.78	1:14:09	6:52	8	22:36	10	23:29	22.10	2:25:28	6:34	6	36:25	7	36:57
km 32,52 Naturs	10.42	1:08:29	6:34	6	20:53	7	22:00	32.52	3:33:57	6:34	6	56:59	7	58:57
km 43,36 Ruderc	10.84	1:10:45	6:31	5	18:28	6	22:45	43.36	4:44:42	6:33	6	1:15:27	7	1:21:42
km 55,35 Schönv	11.99	1:21:28	6:47	8	15:48	9	29:29	55.35	6:06:10	6:36	6	1:21:38	7	1:51:11
km 68,07 Garten	12.72	1:35:19	7:29	7	19:58	8	37:34	68.07	7:41:29	6:46	5	1:38:55	6	2:28:45
km 80,53 Schloß	12.46	1:36:51	7:46	7	16:37	8	37:19	80.53	9:18:20	6:55	5	1:55:32	6	3:06:04
km 99,65 Geden	19.12	2:29:32	7:49	9	57:28	10	1:04:49	99.65	11:47:52	7:06	7	2:53:00	8	4:10:53
km 112,75 Sport	13.10	2:20:21	10:42	9	1:02:22	10	1:02:22	112.75	14:08:13	7:31	8	3:55:22	9	5:12:07
km 124,92 Lichte	12.17	1:20:08	6:35	7	25:37	8	25:37	124.92	15:28:21	7:25	8	4:20:59	9	5:26:59
km 134,98 Buck	10.06	1:07:38	6:43	6	23:04	7	23:04	134.98	16:35:59	7:22	8	4:37:56	9	5:39:58
Test	9.89	1:09:38	7:02	3	9:13	4	9:36	144.87	17:45:37	7:21	8	4:46:29	9	5:49:34
Stadion Lobeckst	16.03	1:57:24	7:19	6	25:41	7	29:30	160.90	19:43:01	7:21	8	4:59:23	9	6:19:04