



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

□□□□

locos corredores

□□: locos corredores

□□: 4006

□□: 160.90 km

100MeilenBerlin

□□□□:

Staffel 4x 40km

□□□: 20:48:03

□□: 7.69 km/h

□□□□: 7:46 min/km

□□□□□/□□□: 10 (of 12)

□□□□□/□□□: 10 (of 12)

□□□□□□: 13:23:57

□□□□□: 9(of 10)

□□□□□□□: 14:43:38

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
km 6,28 Gedenk:	6.28	41:06	6:32	5	9:13	6	9:22	6.28	41:06	6:32	5	9:13	6	9:22
km 11,32 Behms	5.04	29:17	5:48	5	3:41	6	3:41	11.32	1:10:23	6:13	5	12:53	6	12:53
km 22,10 Lübars	10.78	1:11:11	6:36	6	19:38	7	20:31	22.10	2:21:34	6:24	5	32:31	6	33:03
km 32,52 Naturs	10.42	59:15	5:41	4	11:39	5	12:46	32.52	3:20:49	6:10	5	43:51	6	45:49
km 43,36 Ruderc	10.84	57:47	5:19	2	5:30	3	9:47	43.36	4:18:36	5:57	4	49:21	5	55:36
km 55,35 Schönv	11.99	1:27:49	7:19	10	22:09	11	35:50	55.35	5:46:25	6:15	4	1:01:53	5	1:31:26
km 68,07 Garten	12.72	2:55:07	13:46	10	1:39:46	12	1:57:22	68.07	8:41:32	7:39	10	2:38:58	11	3:28:48
km 80,53 Schloß	12.46	2:37:11	12:36	10	1:16:57	12	1:37:39	80.53	11:18:43	8:25	10	3:55:55	11	5:06:27
km 99,65 Geden	19.12	1:55:55	6:03	4	23:51	5	31:12	99.65	13:14:38	7:58	10	4:19:46	11	5:37:39
km 112,75 Sport	13.10	1:48:59	8:19	8	31:00	9	31:00	112.75	15:03:37	8:00	9	4:50:46	10	6:07:31
km 124,92 Lichte	12.17	1:11:27	5:52	3	16:56	4	16:56	124.92	16:15:04	7:48	9	5:07:42	10	6:13:42
km 134,98 Buck	10.06	1:00:32	6:01	4	15:58	5	15:58	134.98	17:15:36	7:40	9	5:17:33	10	6:19:35
Test	9.89	1:35:25	9:38	8	35:00	9	35:23	144.87	18:51:01	7:48	9	5:51:53	10	6:54:58
Stadion Lobeckst	16.03	1:57:02	7:18	5	25:19	6	29:08	160.90	20:48:03	7:45	9	6:04:25	10	7:24:06