



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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RUM-Renner

□□: RUM-Renner

□□: 4005

□□: 160.90 km

100MeilenBerlin

□□□□:

Staffel 4x 40km

□□□: 25:43:34

□□: 6.22 km/h

□□□□: 9:35 min/km

□□□□□/□□□: 11 (of 12)

□□□□□/□□□: 11 (of 12)

□□□□□□: 13:23:57

□□□□□: 10(of 10)

□□□□□□□: 14:43:38

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|----------|-----------|-----------|
| km 6,28 Gedenk: | 6.28 | 41:48 | 6:39 | 6 | 9:55 | 7 | 10:04 | 6.28 | 41:48 | 6:39 | 6 | 9:55 | 7 | 10:04 |
| km 11,32 Behms | 5.04 | 29:33 | 5:51 | 7 | 3:57 | 8 | 3:57 | 11.32 | 1:11:21 | 6:18 | 7 | 13:51 | 8 | 13:51 |
| km 22,10 Lübars | 10.78 | 1:14:07 | 6:52 | 7 | 22:34 | 9 | 23:27 | 22.10 | 2:25:28 | 6:34 | 6 | 36:25 | 7 | 36:57 |
| km 32,52 Naturs | 10.42 | 1:08:30 | 6:34 | 7 | 20:54 | 8 | 22:01 | 32.52 | 3:33:58 | 6:34 | 7 | 57:00 | 8 | 58:58 |
| km 43,36 Ruderc | 10.84 | 1:23:36 | 7:42 | 8 | 31:19 | 9 | 35:36 | 43.36 | 4:57:34 | 6:51 | 7 | 1:28:19 | 8 | 1:34:34 |
| km 55,35 Schönv | 11.99 | 1:26:32 | 7:13 | 9 | 20:52 | 10 | 34:33 | 55.35 | 6:24:06 | 6:56 | 7 | 1:39:34 | 8 | 2:09:07 |
| km 68,07 Garten | 12.72 | 1:45:03 | 8:15 | 9 | 29:42 | 10 | 47:18 | 68.07 | 8:09:09 | 7:11 | 8 | 2:06:35 | 9 | 2:56:25 |
| km 80,53 Schloß | 12.46 | 1:59:54 | 9:37 | 9 | 39:40 | 10 | 1:00:22 | 80.53 | 10:09:03 | 7:33 | 9 | 2:46:15 | 10 | 3:56:47 |
| km 99,65 Geden | 19.12 | 3:01:22 | 9:29 | 10 | 1:29:18 | 12 | 1:36:39 | 99.65 | 13:10:25 | 7:55 | 9 | 4:15:33 | 10 | 5:33:26 |
| km 112,75 Sport | 13.10 | 2:34:22 | 11:47 | 10 | 1:16:23 | 11 | 1:16:23 | 112.75 | 15:44:47 | 8:22 | 10 | 5:31:56 | 11 | 6:48:41 |
| km 124,92 Lichte | 12.17 | 2:16:28 | 11:12 | 10 | 1:21:57 | 12 | 1:21:57 | 124.92 | 18:01:15 | 8:39 | 10 | 6:53:53 | 11 | 7:59:53 |
| km 134,98 Buck | 10.06 | 1:48:20 | 10:46 | 10 | 1:03:46 | 11 | 1:03:46 | 134.98 | 19:49:35 | 8:48 | 10 | 7:51:32 | 11 | 8:53:34 |
| Test | 9.89 | 2:22:23 | 14:23 | 10 | 1:21:58 | 11 | 1:22:21 | 144.87 | 22:11:58 | 9:11 | 10 | 9:12:50 | 11 | 10:15:55 |
| Stadion Lobeckst | 16.03 | 3:31:36 | 13:12 | 10 | 1:59:53 | 12 | 2:03:42 | 160.90 | 25:43:34 | 9:35 | 10 | 10:59:56 | 11 | 12:19:37 |