



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

□□: 6.25 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