



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Gerlach, Jörg

□□: 100 Marathon Club

□□: 150

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 23:27:36

□□: 6.82 km/h

□□□□: 8:45 min/km

□□□□□/□□□□: 88 (of 221)

□□□□□/□: 80 (of 193)

□□□□□□: 15:53:45

□□□□□: 22(of 52)

□□□□□□□: 18:08:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	41:40	6:38	18	5:28	72	8:20	6.28	41:40	6:38	18	5:28	72	8:20
km 11,32 Behms	5.04	29:02	5:45	4	1:13	25	4:20	11.32	1:10:42	6:14	13	3:59	57	12:40
km 22,10 Lübars	10.78	1:06:45	6:11	17	10:58	67	15:49	22.10	2:17:27	6:13	16	13:08	63	24:16
km 32,52 Naturs	10.42	1:12:17	6:56	21	14:39	89	20:31	32.52	3:29:44	6:26	18	27:17	77	40:14
km 43,36 Ruderc	10.84	1:22:05	7:34	23	22:02	105	29:17	43.36	4:51:49	6:43	19	48:53	80	1:07:38
km 55,35 Schönv	11.99	1:32:22	7:42	31	25:12	114	32:05	55.35	6:24:11	6:56	20	1:14:05	87	1:39:43
km 68,07 Garten	12.72	1:49:47	8:37	26	28:58	107	36:50	68.07	8:13:58	7:15	20	1:43:03	88	2:15:49
km 80,53 Schloß	12.46	1:59:07	9:33	26	38:12	113	48:04	80.53	10:13:05	7:36	20	2:21:15	91	2:55:57
km 99,65 Geden	19.12	2:50:40	8:55	26	47:02	98	1:05:57	99.65	13:03:45	7:51	22	3:08:17	96	3:48:43
km 112,75 Sport	13.10	2:16:44	10:26	33	43:17	106	2:09:52	112.75	15:20:29	8:09	25	3:51:34	99	4:44:00
km 124,92 Lichte	12.17	1:59:11	9:47	10	33:42	40	40:25	124.92	17:19:40	8:19	22	4:16:41	92	5:22:50
km 134,98 Buck	10.06	1:40:44	10:00	30	23:43	86	43:15	134.98	19:00:24	8:26	22	4:26:21	89	5:59:41
Test	9.89	1:43:07	10:25	15	22:26	50	40:20	144.87	20:43:31	8:35	23	4:43:59	85	6:39:38
Stadion Lobeckst	16.01	2:44:05	10:14	21	42:30	64	54:13	160.90	23:27:36	8:44	22	5:19:12	80	7:33:51