



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Jöns, Frank

□□: gartenrenner

□□: 142

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 25:38:05

□□: 6.24 km/h

□□□□: 9:34 min/km

□□□□□/□□□□: 125 (of 221)

□□□□□/□: 111 (of 193)

□□□□□□: 15:53:45

□□□□□: 34(of 52)

□□□□□□□: 18:08:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	46:49	7:27	39	10:37	162	13:29	6.28	46:49	7:27	39	10:37	162	13:29
km 11,32 Behms	5.04	35:16	6:59	39	7:27	147	10:34	11.32	1:22:05	7:15	41	15:22	158	24:03
km 22,10 Lübars	10.78	1:14:53	6:56	31	19:06	129	23:57	22.10	2:36:58	7:06	39	32:39	149	43:47
km 32,52 Naturs	10.42	1:22:46	7:56	42	25:08	156	31:00	32.52	3:59:44	7:22	39	57:17	150	1:10:14
km 43,36 Ruderc	10.84	1:42:43	9:28	51	42:40	181	49:55	43.36	5:42:27	7:53	43	1:39:31	165	1:58:16
km 55,35 Schönv	11.99	1:46:00	8:50	48	38:50	165	45:43	55.35	7:28:27	8:06	43	2:18:21	167	2:43:59
km 68,07 Garten	12.72	2:03:19	9:41	43	42:30	149	50:22	68.07	9:31:46	8:23	43	3:00:51	161	3:33:37
km 80,53 Schloß	12.46	2:28:39	11:55	48	1:07:44	167	1:17:36	80.53	12:00:25	8:56	45	4:08:35	163	4:43:17
km 99,65 Geden	19.12	2:34:57	8:06	17	31:19	64	50:14	99.65	14:35:22	8:47	39	4:39:54	143	5:20:20
km 112,75 Sport	13.10	2:01:37	9:17	18	28:10	71	1:54:45	112.75	16:36:59	8:50	36	5:08:04	128	6:00:30
km 124,92 Lichte	12.17	2:17:27	11:17	28	51:58	104	58:41	124.92	18:54:26	9:04	35	5:51:27	119	6:57:36
km 134,98 Buck	10.06	1:30:18	8:58	11	13:17	43	32:49	134.98	20:24:44	9:04	33	5:50:41	115	7:24:01
Test	9.89	2:01:22	12:16	34	40:41	104	58:35	144.87	22:26:06	9:17	34	6:26:34	109	8:22:13
Stadion Lobeckst	16.01	3:11:59	11:59	38	1:10:24	124	1:22:07	160.90	25:38:05	9:33	34	7:29:41	111	9:44:20