



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Raab, Michael

00: TRAIL-MANIAKs

00: 243

00: 160.90 km

100MeilenBerlin

0000:

Senioren M40 (40-44 Jahre)

000: 18:47:19

00: 8.52 km/h

0000: 7:01 min/km

00000/0000: 12 (of 221)

00000/0: 10 (of 193)

000000: 15:53:45

00000: 2(of 33)

0000000: 15:53:45

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| 000 | 00 km | 00 00 | 00 min/km | 00 - | 00 - | 00 0 | 00 0 | 000 | 000 km | 000 00 | 000 min/km | 00 - | 00 - | 00 0 | 00 0 |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| km 6,28 Gedenk: | 6.28 | 36:30 | 5:48 | 5 | 3:10 | 24 | 3:10 | 6.28 | 36:30 | 5:48 | 5 | 3:10 | 24 | 3:10 | |
| km 11,32 Behms | 5.04 | 33:47 | 6:42 | 26 | 9:05 | 122 | 9:05 | 11.32 | 1:10:17 | 6:12 | 13 | 12:15 | 51 | 12:15 | |
| km 22,10 Lübars | 10.78 | 1:00:44 | 5:38 | 7 | 6:11 | 34 | 9:48 | 22.10 | 2:11:01 | 5:55 | 10 | 17:50 | 41 | 17:50 | |
| km 32,52 Naturs | 10.42 | 1:02:46 | 6:01 | 9 | 8:04 | 39 | 11:00 | 32.52 | 3:13:47 | 5:57 | 9 | 24:17 | 37 | 24:17 | |
| km 43,36 Ruderc | 10.84 | 1:12:40 | 6:42 | 9 | 14:11 | 50 | 19:52 | 43.36 | 4:26:27 | 6:08 | 8 | 36:40 | 39 | 42:16 | |
| km 55,35 Schönv | 11.99 | 1:14:11 | 6:11 | 8 | 10:58 | 30 | 13:54 | 55.35 | 5:40:38 | 6:09 | 9 | 42:03 | 37 | 56:10 | |
| km 68,07 Garten | 12.72 | 1:23:49 | 6:35 | 5 | 10:52 | 21 | 10:52 | 68.07 | 7:04:27 | 6:14 | 8 | 42:58 | 30 | 1:06:18 | |
| km 80,53 Schloß | 12.46 | 1:27:27 | 7:01 | 5 | 16:06 | 18 | 16:24 | 80.53 | 8:31:54 | 6:21 | 8 | 59:04 | 27 | 1:14:46 | |
| km 99,65 Geden | 19.12 | 2:07:25 | 6:39 | 4 | 16:59 | 10 | 22:42 | 99.65 | 10:39:19 | 6:24 | 4 | 1:16:03 | 19 | 1:24:17 | |
| km 112,75 Sport | 13.10 | 1:34:12 | 7:11 | 3 | 16:04 | 10 | 1:27:20 | 112.75 | 12:13:31 | 6:30 | 3 | 1:28:40 | 14 | 1:37:02 | |
| km 124,92 Lichte | 12.17 | 1:41:09 | 8:18 | 4 | 22:23 | 15 | 22:23 | 124.92 | 13:54:40 | 6:40 | 4 | 1:51:03 | 14 | 1:57:50 | |
| km 134,98 Buck | 10.06 | 1:30:53 | 9:02 | 8 | 33:24 | 50 | 33:24 | 134.98 | 15:25:33 | 6:51 | 2 | 2:24:27 | 12 | 2:24:50 | |
| Test | 9.89 | 1:19:13 | 8:00 | 2 | 16:26 | 7 | 16:26 | 144.87 | 16:44:46 | 6:56 | 2 | 2:40:53 | 11 | 2:40:53 | |
| Stadion Lobeckst | 16.01 | 2:02:33 | 7:39 | 3 | 12:41 | 8 | 12:41 | 160.90 | 18:47:19 | 7:00 | 2 | 2:53:34 | 10 | 2:53:34 | |