



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Herrmann, Ingmar

00: Team Strassacker

00: 164

00: 160.90 km

100MeilenBerlin

0000:

Senioren M35 (35-39 Jahre)

000: 18:24:29

00: 8.69 km/h

0000: 6:52 min/km

00000/000: 7 (of 221)

00000/0: 6 (of 193)

000000: 15:53:45

00000: 2(of 15)

0000000: 16:13:41

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000	000	00 -	00 -	00 0	00 0
km 6,28 Gedenk:	6.28	36:22	5:47	4	1:46	20	3:02	6.28	36:22	5:47	4	1:46	20	3:02
km 11,32 Behms	5.04	32:15	6:23	14	6:09	100	7:33	11.32	1:08:37	6:03	5	7:55	35	10:35
km 22,10 Lübars	10.78	59:03	5:28	4	6:51	19	8:07	22.10	2:07:40	5:46	4	8:36	24	14:29
km 32,52 Naturs	10.42	1:01:54	5:56	5	9:26	31	10:08	32.52	3:09:34	5:49	5	16:44	29	20:04
km 43,36 Ruderc	10.84	1:06:05	6:05	3	9:51	27	13:17	43.36	4:15:39	5:53	3	26:35	26	31:28
km 55,35 Schönv	11.99	1:08:38	5:43	2	2:31	12	8:21	55.35	5:24:17	5:51	3	25:47	21	39:49
km 68,07 Garten	12.72	1:22:14	6:27	1	-	12	9:17	68.07	6:46:31	5:58	2	24:49	18	48:22
km 80,53 Schloß	12.46	1:27:44	7:02	2	16:41	19	16:41	80.53	8:14:15	6:08	2	41:30	15	57:07
km 99,65 Geden	19.12	2:10:10	6:48	2	22:25	14	25:27	99.65	10:24:25	6:15	2	1:03:55	13	1:09:23
km 112,75 Sport	13.10	1:39:52	7:37	2	23:53	16	1:33:00	112.75	12:04:17	6:25	2	1:27:48	12	1:27:48
km 124,92 Lichte	12.17	1:41:18	8:19	2	20:57	16	22:32	124.92	13:45:35	6:36	2	1:48:45	10	1:48:45
km 134,98 Buck	10.06	1:17:02	7:39	2	13:09	10	19:33	134.98	15:02:37	6:41	2	2:01:54	9	2:01:54
Test	9.89	1:23:24	8:25	3	9:24	11	20:37	144.87	16:26:01	6:48	2	2:11:18	7	2:22:08
Stadion Lobeckst	16.01	1:58:28	7:23	1	-	4	8:36	160.90	18:24:29	6:51	2	2:10:48	6	2:30:44