



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Vollmer, Ralf

□□: 100 Marathon Club

□□: 93

Enduro E Bike

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 19:20:44

□□: - km/h

□□□□: 7:13 min/km

□□□□□/□□□: 17 (of 221)

□□□□□/□: 14 (of 193)

□□□□□□: 15:53:45

□□□□□: 4(of 52)

□□□□□□□: 18:08:24

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
km 6,28 Gedenk:	6.28	39:36	6:18	12	3:24	41	6:16	6.28	39:36	6:18	12	3:24	41	6:16
km 11,32 Behms	5.04	28:47	5:42	3	0:58	21	4:05	11.32	1:08:23	6:02	5	1:40	33	10:21
km 22,10 Lübars	10.78	1:05:57	6:07	15	10:10	59	15:01	22.10	2:14:20	6:04	13	10:01	51	21:09
km 32,52 Naturs	10.42	1:03:43	6:06	11	6:05	43	11:57	32.52	3:18:03	6:05	12	15:36	45	28:33
km 43,36 Ruderc	10.84	1:10:58	6:32	12	10:55	43	18:10	43.36	4:29:01	6:12	11	26:05	44	44:50
km 55,35 Schönv	11.99	1:19:24	6:37	11	12:14	47	19:07	55.35	5:48:25	6:17	10	38:19	42	1:03:57
km 68,07 Garten	12.72	1:23:55	6:35	5	3:06	22	10:58	68.07	7:12:20	6:21	9	41:25	34	1:14:11
km 80,53 Schloß	12.46	1:29:06	7:09	6	8:11	25	18:03	80.53	8:41:26	6:28	7	49:36	30	1:24:18
km 99,65 Geden	19.12	2:15:55	7:06	5	12:17	21	31:12	99.65	10:57:21	6:35	7	1:01:53	26	1:42:19
km 112,75 Sport	13.10	1:37:57	7:28	3	4:30	14	1:31:05	112.75	12:35:18	6:41	7	1:06:23	21	1:58:49
km 124,92 Lichte	12.17	1:46:15	8:43	5	20:46	18	27:29	124.92	14:21:33	6:53	5	1:18:34	18	2:24:43
km 134,98 Buck	10.06	1:18:09	7:46	3	1:08	15	20:40	134.98	15:39:42	6:57	5	1:05:39	18	2:38:59
Test	9.89	1:31:23	9:14	6	10:42	19	28:36	144.87	17:11:05	7:07	5	1:11:33	15	3:07:12
Stadion Lobeckst	16.01	2:09:39	8:05	6	8:04	18	19:47	-	19:20:44	-	4	1:12:20	14	3:26:59