



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

□□□□

Beckmann, Stefan

□□□: 18:40:58

□□: TV Borken

□□: 8.56 km/h

□□: 94

□□□□: 6:58 min/km

□□: 160.90 km

□□□□□/□□□: 10 (of 221)

100MeilenBerlin

□□□□□/□: 9 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 3(of 52)

Senioren M50 (50-54 Jahre)

□□□□□□□: 18:08:24

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	36:31	5:48	8	0:19	25	3:11	6.28	36:31	5:48	8	0:19	25	3:11	
km 11,32 Behms	5.04	33:21	6:37	24	5:32	115	8:39	11.32	1:09:52	6:10	10	3:09	47	11:50	
km 22,10 Lübars	10.78	58:19	5:24	4	2:32	16	7:23	22.10	2:08:11	5:48	6	3:52	30	15:00	
km 32,52 Naturs	10.42	57:38	5:31	1	-	13	5:52	32.52	3:05:49	5:42	3	3:22	19	16:19	
km 43,36 Ruderc	10.84	1:00:34	5:35	3	0:31	13	7:46	43.36	4:06:23	5:40	4	3:27	16	22:12	
km 55,35 Schönv	11.99	1:10:05	5:50	4	2:55	18	9:48	55.35	5:16:28	5:43	4	6:22	16	32:00	
km 68,07 Garten	12.72	1:22:03	6:27	2	1:14	10	9:06	68.07	6:38:31	5:51	2	7:36	13	40:22	
km 80,53 Schloß	12.46	1:23:41	6:42	3	2:46	14	12:38	80.53	8:02:12	5:59	2	10:22	11	45:04	
km 99,65 Geden	19.12	2:11:21	6:52	4	7:43	17	26:38	99.65	10:13:33	6:09	3	18:05	11	58:31	
km 112,75 Sport	13.10	1:37:03	7:24	2	3:36	13	1:30:11	112.75	11:50:36	6:18	2	21:41	7	1:14:07	
km 124,92 Lichte	12.17	1:36:32	7:55	3	11:03	9	17:46	124.92	13:27:08	6:27	2	24:09	6	1:30:18	
km 134,98 Buck	10.06	1:24:12	8:22	9	7:11	32	26:43	134.98	14:51:20	6:36	3	17:17	8	1:50:37	
Test	9.89	1:35:03	9:36	9	14:22	25	32:16	144.87	16:26:23	6:48	3	26:51	8	2:22:30	
Stadion Lobeckst	16.01	2:14:35	8:24	9	13:00	22	24:43	160.90	18:40:58	6:58	3	32:34	9	2:47:13	