



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

0000

Schröder, Heinz

00: Bergkamen

00: 134

00: 160.90 km

100MeilenBerlin

0000:

Senioren M55 (55-59 Jahre)

000: 19:45:02

00: 8.10 km/h

0000: 7:22 min/km

00000/000: 20 (of 221)

00000/0: 17 (of 193)

000000: 15:53:45

00000: 3(of 28)

0000000: 17:43:34

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
km 6,28 Gedenk:	6.28	41:26	6:35	7	5:27	62	8:06	6.28	41:26	6:35	7	5:27	62	8:06
km 11,32 Behms	5.04	29:38	5:52	4	1:51	40	4:56	11.32	1:11:04	6:16	7	3:10	62	13:02
km 22,10 Lübars	10.78	1:06:23	6:09	6	15:27	64	15:27	22.10	2:17:27	6:13	6	18:13	63	24:16
km 32,52 Naturs	10.42	1:08:00	6:31	4	15:51	62	16:14	32.52	3:25:27	6:19	6	34:04	62	35:57
km 43,36 Ruderc	10.84	1:12:46	6:42	4	19:58	51	19:58	43.36	4:38:13	6:24	5	54:02	58	54:02
km 55,35 Schönv	11.99	1:16:20	6:21	3	15:19	38	16:03	55.35	5:54:33	6:24	4	1:09:21	52	1:10:05
km 68,07 Garten	12.72	1:29:35	7:02	3	15:42	34	16:38	68.07	7:24:08	6:31	4	1:25:03	46	1:25:59
km 80,53 Schloß	12.46	1:34:19	7:34	5	16:16	36	23:16	80.53	8:58:27	6:41	4	1:41:19	42	1:41:19
km 99,65 Geden	19.12	2:17:44	7:12	3	33:01	24	33:01	99.65	11:16:11	6:47	3	2:01:09	32	2:01:09
km 112,75 Sport	13.10	1:38:36	7:31	3	8:02	15	1:31:44	112.75	12:54:47	6:52	3	2:09:11	27	2:18:18
km 124,92 Lichte	12.17	1:32:57	7:38	2	5:53	5	14:11	124.92	14:27:44	6:56	3	2:15:04	22	2:30:54
km 134,98 Buck	10.06	1:17:56	7:44	2	1:07	12	20:27	134.98	15:45:40	7:00	3	2:16:11	21	2:44:57
Test	9.89	1:40:29	10:09	4	22:46	39	37:42	144.87	17:26:09	7:13	3	2:38:57	17	3:22:16
Stadion Lobeckst	16.01	2:18:53	8:40	3	11:51	27	29:01	160.90	19:45:02	7:21	3	2:01:28	17	3:51:17