



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Tehrani, Ash

□□: London

□□: 251

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 18:58:35

□□: 8.43 km/h

□□□□: 7:05 min/km

□□□□□/□□□□: 13 (of 221)

□□□□□/□: 11 (of 193)

□□□□□□: 15:53:45

□□□□□: 1(of 10)

□□□□□□□: 18:58:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	35:57	5:43	1	-	4	2:37	6.28	35:57	5:43	1	-	4	2:37	
km 11,32 Behms	5.04	30:00	5:57	2	2:32	47	5:18	11.32	1:05:57	5:49	1	-	3	7:55	
km 22,10 Lübars	10.78	53:40	4:58	1	-	3	2:44	22.10	1:59:37	5:24	1	-	4	6:26	
km 32,52 Naturs	10.42	51:46	4:58	1	-	1	-	32.52	2:51:23	5:16	1	-	2	1:53	
km 43,36 Ruderc	10.84	52:48	4:52	1	-	1	-	43.36	3:44:11	5:10	1	-	1	-	
km 55,35 Schönv	11.99	1:00:17	5:01	1	-	1	-	55.35	4:44:28	5:08	1	-	1	-	
km 68,07 Garten	12.72	1:13:41	5:47	1	-	2	0:44	68.07	5:58:09	5:15	1	-	1	-	
km 80,53 Schloß	12.46	1:23:29	6:42	1	-	13	12:26	80.53	7:21:38	5:29	1	-	2	4:30	
km 99,65 Geden	19.12	2:09:18	6:45	1	-	13	24:35	99.65	9:30:56	5:43	1	-	4	15:54	
km 112,75 Sport	13.10	1:54:44	8:45	3	19:14	52	1:47:52	112.75	11:25:40	6:04	1	-	4	49:11	
km 124,92 Lichte	12.17	1:46:59	8:47	1	-	21	28:13	124.92	13:12:39	6:20	1	-	5	1:15:49	
km 134,98 Buck	10.06	1:21:45	8:07	1	-	27	24:16	134.98	14:34:24	6:28	1	-	5	1:33:41	
Test	9.89	1:52:05	11:19	3	13:42	80	49:18	144.87	16:26:29	6:48	1	-	9	2:22:36	
Stadion Lobeckst	16.01	2:32:06	9:30	2	17:01	41	42:14	160.90	18:58:35	7:04	1	-	11	3:04:50	