



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Senyk, Asher

□□: Irish Runners

□□: 194

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 19:00:12

□□: 8.42 km/h

□□□□: 7:05 min/km

□□□□□/□□□□: 14 (of 221)

□□□□□/□: 12 (of 193)

□□□□□□: 15:53:45

□□□□□: 3(of 15)

□□□□□□□: 16:13:41

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
km 6,28 Gedenk:	6.28	43:08	6:52	12	8:32	104	9:48	6.28	43:08	6:52	12	8:32	104	9:48
km 11,32 Behms	5.04	29:07	5:46	3	3:01	26	4:25	11.32	1:12:15	6:22	8	11:33	72	14:13
km 22,10 Lübars	10.78	1:02:38	5:48	6	10:26	42	11:42	22.10	2:14:53	6:06	6	15:49	53	21:42
km 32,52 Naturs	10.42	1:01:36	5:54	4	9:08	29	9:50	32.52	3:16:29	6:02	6	23:39	43	26:59
km 43,36 Ruderc	10.84	1:07:37	6:14	4	11:23	32	14:49	43.36	4:24:06	6:05	6	35:02	37	39:55
km 55,35 Schönv	11.99	1:11:07	5:55	4	5:00	22	10:50	55.35	5:35:13	6:03	4	36:43	31	50:45
km 68,07 Garten	12.72	1:22:27	6:28	2	0:13	13	9:30	68.07	6:57:40	6:08	3	35:58	23	59:31
km 80,53 Schloß	12.46	1:28:19	7:05	4	17:16	23	17:16	80.53	8:25:59	6:16	3	53:14	22	1:08:51
km 99,65 Geden	19.12	2:24:12	7:32	3	36:27	32	39:29	99.65	10:50:11	6:31	3	1:29:41	22	1:35:09
km 112,75 Sport	13.10	1:48:03	8:14	4	32:04	23	1:41:11	112.75	12:38:14	6:43	3	2:01:45	23	2:01:45
km 124,92 Lichte	12.17	1:42:49	8:26	3	22:28	17	24:03	124.92	14:21:03	6:53	3	2:24:13	17	2:24:13
km 134,98 Buck	10.06	1:17:18	7:41	3	13:25	11	19:49	134.98	15:38:21	6:57	3	2:37:38	14	2:37:38
Test	9.89	1:18:05	7:53	2	4:05	6	15:18	144.87	16:56:26	7:00	3	2:41:43	13	2:52:33
Stadion Lobeckst	16.01	2:03:46	7:43	3	5:18	9	13:54	160.90	19:00:12	7:05	3	2:46:31	12	3:06:27