



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

0000

de Vries, Bennie

00: Stadskanaal

00: 104

00: 160.90 km

100MeilenBerlin

0000:

Senioren M45 (45-49 Jahre)

000: 18:30:20

00: 8.65 km/h

0000: 6:54 min/km

00000/000: 9 (of 221)

00000/0: 8 (of 193)

000000: 15:53:45

00000: 2(of 35)

0000000: 17:53:12

0000

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
km 6,28 Gedenk:	6.28	41:32	6:36	15	5:19	65	8:12	6.28	41:32	6:36	15	5:19	65	8:12
km 11,32 Behms	5.04	30:50	6:07	18	3:44	59	6:08	11.32	1:12:22	6:23	18	6:19	76	14:20
km 22,10 Lübars	10.78	1:07:38	6:16	17	10:55	76	16:42	22.10	2:20:00	6:20	17	14:07	76	26:49
km 32,52 Naturs	10.42	1:07:27	6:28	14	11:10	59	15:41	32.52	3:27:27	6:22	16	25:17	68	37:57
km 43,36 Ruderc	10.84	1:10:37	6:30	10	10:51	41	17:49	43.36	4:38:04	6:24	13	34:30	57	53:53
km 55,35 Schönv	11.99	1:19:43	6:38	12	14:04	48	19:26	55.35	5:57:47	6:27	14	47:14	57	1:13:19
km 68,07 Garten	12.72	1:23:36	6:34	4	8:10	20	10:39	68.07	7:21:23	6:29	10	54:50	40	1:23:14
km 80,53 Schloß	12.46	1:26:29	6:56	5	9:27	17	15:26	80.53	8:47:52	6:33	9	1:04:17	36	1:30:44
km 99,65 Geden	19.12	2:02:36	6:24	2	9:33	8	17:53	99.65	10:50:28	6:31	5	54:39	24	1:35:26
km 112,75 Sport	13.10	1:32:02	7:01	3	4:23	8	1:25:10	112.75	12:22:30	6:35	4	32:05	17	1:46:01
km 124,92 Lichte	12.17	1:37:08	7:58	3	1:40	11	18:22	124.92	13:59:38	6:43	3	20:13	15	2:02:48
km 134,98 Buck	10.06	1:18:15	7:46	6	6:44	16	20:46	134.98	15:17:53	6:48	2	26:57	11	2:17:10
Test	9.89	1:11:37	7:14	2	2:43	3	8:50	144.87	16:29:30	6:49	2	29:40	10	2:25:37
Stadion Lobeckst	16.01	2:00:50	7:32	2	7:28	6	10:58	160.90	18:30:20	6:54	2	37:08	8	2:36:35