



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Lang, Stefan

□□: LG MuLi

□□: 213

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 19:55:39

□□: 8.03 km/h

□□□□: 7:26 min/km

□□□□□/□□□□: 22 (of 221)

□□□□□/□: 19 (of 193)

□□□□□□: 15:53:45

□□□□□: 3(of 35)

□□□□□□□: 17:53:12

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
km 6,28 Gedenk:	6.28	41:24	6:35	14	5:11	59	8:04	6.28	41:24	6:35	14	5:11	59	8:04
km 11,32 Behms	5.04	29:12	5:47	9	2:06	30	4:30	11.32	1:10:36	6:14	13	4:33	55	12:34
km 22,10 Lübars	10.78	1:05:15	6:03	12	8:32	54	14:19	22.10	2:15:51	6:08	12	9:58	57	22:40
km 32,52 Naturs	10.42	1:02:21	5:59	9	6:04	36	10:35	32.52	3:18:12	6:05	10	16:02	46	28:42
km 43,36 Ruderc	10.84	1:08:21	6:18	8	8:35	34	15:33	43.36	4:26:33	6:08	9	22:59	40	42:22
km 55,35 Schönv	11.99	1:15:46	6:19	8	10:07	35	15:29	55.35	5:42:19	6:11	9	31:46	40	57:51
km 68,07 Garten	12.72	1:34:48	7:27	10	19:22	47	21:51	68.07	7:17:07	6:25	8	50:34	37	1:18:58
km 80,53 Schloß	12.46	1:28:49	7:07	6	11:47	24	17:46	80.53	8:45:56	6:31	7	1:02:21	33	1:28:48
km 99,65 Geden	19.12	2:32:09	7:57	8	39:06	55	47:26	99.65	11:18:05	6:48	8	1:22:16	36	2:03:03
km 112,75 Sport	13.10	1:48:52	8:18	4	21:13	25	1:42:00	112.75	13:06:57	6:58	7	1:16:32	32	2:30:28
km 124,92 Lichte	12.17	1:52:38	9:15	8	17:10	29	33:52	124.92	14:59:35	7:12	7	1:20:10	31	3:02:45
km 134,98 Buck	10.06	1:20:14	7:58	7	8:43	21	22:45	134.98	16:19:49	7:15	6	1:28:53	27	3:19:06
Test	9.89	1:26:53	8:47	4	17:59	15	24:06	144.87	17:46:42	7:21	4	1:46:52	24	3:42:49
Stadion Lobeckst	16.01	2:08:57	8:03	3	15:35	17	19:05	160.90	19:55:39	7:25	3	2:02:27	19	4:01:54