



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Reintjes, Frank

□□: Friends for Life

□□: 200

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 20:16:08

□□: 7.94 km/h

□□□□: 7:34 min/km

□□□□□/□□□: 23 (of 221)

□□□□□/□: 20 (of 193)

□□□□□□: 15:53:45

□□□□□: 3(of 33)

□□□□□□□: 15:53:45

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| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| km 6,28 Gedenk:  | 6.28     | 39:42    | 6:19         | 9       | 6:22    | 45      | 6:22    | 6.28      | 39:42     | 6:19          | 9       | 6:22    | 45      | 6:22    |
| km 11,32 Behms   | 5.04     | 27:22    | 5:25         | 2       | 2:40    | 5       | 2:40    | 11.32     | 1:07:04   | 5:55          | 4       | 9:02    | 13      | 9:02    |
| km 22,10 Lübars  | 10.78    | 1:02:22  | 5:47         | 9       | 7:49    | 40      | 11:26   | 22.10     | 2:09:26   | 5:51          | 7       | 16:15   | 33      | 16:15   |
| km 32,52 Naturs  | 10.42    | 1:00:01  | 5:45         | 6       | 5:19    | 20      | 8:15    | 32.52     | 3:09:27   | 5:49          | 7       | 19:57   | 28      | 19:57   |
| km 43,36 Ruderc  | 10.84    | 1:04:20  | 5:56         | 6       | 5:51    | 21      | 11:32   | 43.36     | 4:13:47   | 5:51          | 6       | 24:00   | 21      | 29:36   |
| km 55,35 Schönv  | 11.99    | 1:10:57  | 5:55         | 6       | 7:44    | 21      | 10:40   | 55.35     | 5:24:44   | 5:52          | 6       | 26:09   | 23      | 40:16   |
| km 68,07 Garten  | 12.72    | 1:28:09  | 6:55         | 8       | 15:12   | 29      | 15:12   | 68.07     | 6:52:53   | 6:03          | 6       | 31:24   | 20      | 54:44   |
| km 80,53 Schloß  | 12.46    | 1:29:19  | 7:10         | 6       | 17:58   | 26      | 18:16   | 80.53     | 8:22:12   | 6:14          | 6       | 49:22   | 19      | 1:05:04 |
| km 99,65 Geden   | 19.12    | 2:26:24  | 7:39         | 13      | 35:58   | 42      | 41:41   | 99.65     | 10:48:36  | 6:30          | 6       | 1:25:20 | 21      | 1:33:34 |
| km 112,75 Sport  | 13.10    | 1:47:33  | 8:12         | 6       | 29:25   | 22      | 1:40:41 | 112.75    | 12:36:09  | 6:42          | 5       | 1:51:18 | 22      | 1:59:40 |
| km 124,92 Lichte | 12.17    | 1:53:26  | 9:19         | 6       | 34:40   | 32      | 34:40   | 124.92    | 14:29:35  | 6:57          | 5       | 2:25:58 | 23      | 2:32:45 |
| km 134,98 Buck   | 10.06    | 1:36:57  | 9:38         | 15      | 39:28   | 78      | 39:28   | 134.98    | 16:06:32  | 7:09          | 5       | 3:05:26 | 24      | 3:05:49 |
| Test             | 9.89     | 1:37:58  | 9:54         | 6       | 35:11   | 31      | 35:11   | 144.87    | 17:44:30  | 7:20          | 5       | 3:40:37 | 23      | 3:40:37 |
| Stadion Lobeckst | 16.01    | 2:31:38  | 9:28         | 6       | 41:46   | 40      | 41:46   | 160.90    | 20:16:08  | 7:33          | 3       | 4:22:23 | 20      | 4:22:23 |