



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Gokeler, Achim

□□: Tri-Team Staufen

□□: 19

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 20:21:00

□□: 7.86 km/h

□□□□: 7:35 min/km

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□□□□□/□: 21 (of 193)

□□□□□□: 15:53:45

□□□□□: 4(of 33)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	35:54	5:42	2	2:34	3	2:34	6.28	35:54	5:42	2	2:34	3	2:34	
km 11,32 Behms	5.04	33:09	6:34	25	8:27	114	8:27	11.32	1:09:03	6:05	11	11:01	40	11:01	
km 22,10 Lübars	10.78	55:05	5:06	2	0:32	5	4:09	22.10	2:04:08	5:37	3	10:57	9	10:57	
km 32,52 Naturs	10.42	54:59	5:16	2	0:17	5	3:13	32.52	2:59:07	5:30	3	9:37	6	9:37	
km 43,36 Ruderc	10.84	58:57	5:26	2	0:28	5	6:09	43.36	3:58:04	5:29	3	8:17	6	13:53	
km 55,35 Schönv	11.99	1:05:41	5:28	3	2:28	6	5:24	55.35	5:03:45	5:29	3	5:10	6	19:17	
km 68,07 Garten	12.72	1:22:50	6:30	4	9:53	16	9:53	68.07	6:26:35	5:40	4	5:06	8	28:26	
km 80,53 Schloß	12.46	1:16:50	6:09	3	5:29	4	5:47	80.53	7:43:25	5:45	4	10:35	7	26:17	
km 99,65 Geden	19.12	1:52:55	5:54	2	2:29	4	8:12	99.65	9:36:20	5:47	2	13:04	5	21:18	
km 112,75 Sport	13.10	2:34:26	11:47	27	1:16:18	123	2:27:34	112.75	12:10:46	6:28	2	1:25:55	13	1:34:17	
km 124,92 Lichte	12.17	1:38:26	8:05	3	19:40	13	19:40	124.92	13:49:12	6:38	2	1:45:35	11	1:52:22	
km 134,98 Buck	10.06	1:50:04	10:56	24	52:35	115	52:35	134.98	15:39:16	6:57	3	2:38:10	15	2:38:33	
Test	9.89	1:48:03	10:55	13	45:16	67	45:16	144.87	17:27:19	7:13	3	3:23:26	19	3:23:26	
Stadion Lobeckst	16.01	2:53:41	10:50	16	1:03:49	83	1:03:49	160.90	20:21:00	7:35	4	4:27:15	21	4:27:15	