



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Schwitter, Daniel

□□: LSV Basel

□□: 167

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 20:21:01

□□: 7.86 km/h

□□□□: 7:35 min/km

□□□□□/□□□□: 25 (of 221)

□□□□□/□: 22 (of 193)

□□□□□□: 15:53:45

□□□□□: 5(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     | 36:13    | 5:46         | 3       | 2:53    | 11      | 2:53    | 6.28   | 36:13     | 5:46      | 3             | 2:53    | 11      | 2:53    |         |
| km 11,32 Behms   | 5.04     | 30:29    | 6:02         | 15      | 5:47    | 55      | 5:47    | 11.32  | 1:06:42   | 5:53      | 2             | 8:40    | 7       | 8:40    |         |
| km 22,10 Lübars  | 10.78    | 54:33    | 5:03         | 1       | -       | 4       | 3:37    | 22.10  | 2:01:15   | 5:29      | 2             | 8:04    | 6       | 8:04    |         |
| km 32,52 Naturs  | 10.42    | 54:42    | 5:14         | 1       | -       | 4       | 2:56    | 32.52  | 2:55:57   | 5:24      | 2             | 6:27    | 5       | 6:27    |         |
| km 43,36 Ruderc  | 10.84    | 59:11    | 5:27         | 3       | 0:42    | 6       | 6:23    | 43.36  | 3:55:08   | 5:25      | 2             | 5:21    | 5       | 10:57   |         |
| km 55,35 Schönv  | 11.99    | 1:06:58  | 5:35         | 4       | 3:45    | 8       | 6:41    | 55.35  | 5:02:06   | 5:27      | 2             | 3:31    | 5       | 17:38   |         |
| km 68,07 Garten  | 12.72    | 1:22:33  | 6:29         | 3       | 9:36    | 14      | 9:36    | 68.07  | 6:24:39   | 5:39      | 3             | 3:10    | 6       | 26:30   |         |
| km 80,53 Schloß  | 12.46    | 1:18:31  | 6:18         | 4       | 7:10    | 7       | 7:28    | 80.53  | 7:43:10   | 5:45      | 3             | 10:20   | 6       | 26:02   |         |
| km 99,65 Geden   | 19.12    | 1:53:45  | 5:56         | 3       | 3:19    | 6       | 9:02    | 99.65  | 9:36:55   | 5:47      | 3             | 13:39   | 6       | 21:53   |         |
| km 112,75 Sport  | 13.10    | 2:38:07  | 12:04        | 28      | 1:19:59 | 129     | 2:31:15 | 112.75 | 12:15:02  | 6:31      | 4             | 1:30:11 | 15      | 1:38:33 |         |
| km 124,92 Lichte | 12.17    | 1:35:22  | 7:50         | 2       | 16:36   | 7       | 16:36   | 124.92 | 13:50:24  | 6:38      | 3             | 1:46:47 | 12      | 1:53:34 |         |
| km 134,98 Buck   | 10.06    | 1:48:52  | 10:49        | 23      | 51:23   | 111     | 51:23   | 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    | 2:53:42  | 10:50        | 17      | 1:03:50 | 84      | 1:03:50 | 160.90 | 20:21:01  | 7:35      | 5             | 4:27:16 | 22      | 4:27:16 |         |