



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Falkensteiner, Hermann

□□: Südtiroler Laufverein

□□: 230

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 20:27:55

□□: 7.82 km/h

□□□□: 7:38 min/km

□□□□□/□□□□: 26 (of 221)

□□□□□/□: 23 (of 193)

□□□□□□: 15:53:45

□□□□□: 7(of 52)

□□□□□□□: 18:08:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	39:36	6:18	12	3:24	41	6:16	6.28	39:36	6:18	12	3:24	41	6:16	
km 11,32 Behms	5.04	27:49	5:31	1	-	13	3:07	11.32	1:07:25	5:57	2	0:42	16	9:23	
km 22,10 Lübars	10.78	59:08	5:29	6	3:21	20	8:12	22.10	2:06:33	5:43	2	2:14	17	13:22	
km 32,52 Naturs	10.42	58:07	5:34	2	0:29	15	6:21	32.52	3:04:40	5:40	2	2:13	15	15:10	
km 43,36 Ruderc	10.84	1:00:41	5:35	4	0:38	14	7:53	43.36	4:05:21	5:39	2	2:25	13	21:10	
km 55,35 Schönv	11.99	1:10:43	5:53	5	3:33	20	10:26	55.35	5:16:04	5:42	3	5:58	15	31:36	
km 68,07 Garten	12.72	1:25:54	6:45	7	5:05	27	12:57	68.07	6:41:58	5:54	4	11:03	16	43:49	
km 80,53 Schloß	12.46	1:28:14	7:04	5	7:19	21	17:11	80.53	8:10:12	6:05	4	18:22	14	53:04	
km 99,65 Geden	19.12	2:25:01	7:35	8	21:23	35	40:18	99.65	10:35:13	6:22	6	39:45	17	1:20:11	
km 112,75 Sport	13.10	1:49:57	8:23	6	16:30	26	1:43:05	112.75	12:25:10	6:36	6	56:15	19	1:48:41	
km 124,92 Lichte	12.17	2:02:17	10:02	14	36:48	55	43:31	124.92	14:27:27	6:56	6	1:24:28	19	2:30:37	
km 134,98 Buck	10.06	1:27:04	8:39	10	10:03	36	29:35	134.98	15:54:31	7:04	7	1:20:28	23	2:53:48	
Test	9.89	1:44:36	10:34	21	23:55	58	41:49	144.87	17:39:07	7:18	7	1:39:35	21	3:35:14	
Stadion Lobeckst	16.01	2:48:48	10:32	25	47:13	74	58:56	160.90	20:27:55	7:37	7	2:19:31	23	4:34:10	