



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

□□□□

Harianto, Irwan

□□: Nolte Möbel Germersheim

□□: 84

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 20:42:27

□□: 7.73 km/h

□□□□: 7:43 min/km

□□□□□/□□□□: 27 (of 221)

□□□□□/□: 24 (of 193)

□□□□□□: 15:53:45

□□□□□: 1(of 11)

□□□□□□□: 20:42:27

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	43:47	6:58	4	2:06	117	10:27	6.28	43:47	6:58	4	2:06	117	10:27	
km 11,32 Behms	5.04	31:56	6:20	3	0:52	90	7:14	11.32	1:15:43	6:41	3	2:50	119	17:41	
km 22,10 Lübars	10.78	1:10:58	6:34	2	0:23	95	20:02	22.10	2:26:41	6:38	3	1:54	104	33:30	
km 32,52 Naturs	10.42	1:13:38	7:03	4	1:01	107	21:52	32.52	3:40:19	6:46	3	2:55	108	50:49	
km 43,36 Ruderc	10.84	1:12:11	6:39	1	-	49	19:23	43.36	4:52:30	6:44	1	-	82	1:08:19	
km 55,35 Schönv	11.99	1:25:50	7:09	2	4:20	82	25:33	55.35	6:18:20	6:50	1	-	75	1:33:52	
km 68,07 Garten	12.72	1:41:02	7:56	2	9:19	74	28:05	68.07	7:59:22	7:02	1	-	72	2:01:13	
km 80,53 Schloß	12.46	1:33:56	7:32	1	-	35	22:53	80.53	9:33:18	7:07	1	-	59	2:16:10	
km 99,65 Geden	19.12	2:32:57	7:59	2	19:36	60	48:14	99.65	12:06:15	7:17	2	3:50	57	2:51:13	
km 112,75 Sport	13.10	1:50:50	8:27	3	1:43:58	28	1:43:58	112.75	13:57:05	7:25	2	11:02	48	3:20:36	
km 124,92 Lichte	12.17	1:47:44	8:51	1	-	22	28:58	124.92	15:44:49	7:33	2	0:02	44	3:47:59	
km 134,98 Buck	10.06	1:26:46	8:37	1	-	35	29:17	134.98	17:11:35	7:38	1	-	40	4:10:52	
Test	9.89	1:23:12	8:24	1	-	10	20:25	144.87	18:34:47	7:41	1	-	32	4:30:54	
Stadion Lobeckst	16.01	2:07:40	7:58	1	-	12	17:48	160.90	20:42:27	7:43	1	-	24	4:48:42	