



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

0000

Just, Jörg

00: Vegan Power

00: 206

00: 160.90 km

100MeilenBerlin

0000:

Senioren M40 (40-44 Jahre)

000: 20:43:44

00: 7.72 km/h

0000: 7:44 min/km

00000/0000: 29 (of 221)

00000/0: 26 (of 193)

000000: 15:53:45

00000: 6(of 33)

0000000: 15:53:45

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
km 6,28 Gedenk:	6.28	39:44	6:19	10	6:24	46	6:24	6.28	39:44	6:19	10	6:24	46	6:24
km 11,32 Behms	5.04	28:09	5:35	7	3:27	18	3:27	11.32	1:07:53	5:59	9	9:51	27	9:51
km 22,10 Lübars	10.78	1:03:36	5:53	11	9:03	45	12:40	22.10	2:11:29	5:56	11	18:18	43	18:18
km 32,52 Naturs	10.42	1:03:58	6:08	10	9:16	44	12:12	32.52	3:15:27	6:00	10	25:57	40	25:57
km 43,36 Ruderc	10.84	1:17:51	7:10	19	19:22	77	25:03	43.36	4:33:18	6:18	11	43:31	48	49:07
km 55,35 Schönv	11.99	1:15:31	6:17	10	12:18	34	15:14	55.35	5:48:49	6:18	10	50:14	44	1:04:21
km 68,07 Garten	12.72	1:33:13	7:19	11	20:16	42	20:16	68.07	7:22:02	6:29	11	1:00:33	41	1:23:53
km 80,53 Schloß	12.46	1:38:15	7:53	11	26:54	45	27:12	80.53	9:00:17	6:42	11	1:27:27	43	1:43:09
km 99,65 Geden	19.12	2:16:40	7:08	5	26:14	23	31:57	99.65	11:16:57	6:47	9	1:53:41	34	2:01:55
km 112,75 Sport	13.10	1:51:50	8:32	9	33:42	34	1:44:58	112.75	13:08:47	6:59	9	2:23:56	33	2:32:18
km 124,92 Lichte	12.17	1:46:32	8:45	5	27:46	19	27:46	124.92	14:55:19	7:10	7	2:51:42	29	2:58:29
km 134,98 Buck	10.06	1:24:07	8:21	4	26:38	31	26:38	134.98	16:19:26	7:15	6	3:18:20	26	3:18:43
Test	9.89	1:45:15	10:38	12	42:28	61	42:28	144.87	18:04:41	7:29	6	4:00:48	25	4:00:48
Stadion Lobeckst	16.01	2:39:03	9:56	10	49:11	48	49:11	160.90	20:43:44	7:43	6	4:49:59	26	4:49:59