



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Horschig, Kai

□□: TSG Schopfheim

□□: 138

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 20:54:34

□□: 7.65 km/h

□□□□: 7:48 min/km

□□□□□/□□□□: 32 (of 221)

□□□□□/□: 28 (of 193)

□□□□□□: 15:53:45

□□□□□: 4(of 35)

□□□□□□□: 17:53:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	36:38	5:49	4	0:25	27	3:18	6.28	36:38	5:49	4	0:25	27	3:18	
km 11,32 Behms	5.04	32:32	6:27	21	5:26	105	7:50	11.32	1:09:10	6:06	10	3:07	41	11:08	
km 22,10 Lübars	10.78	56:43	5:15	1	-	10	5:47	22.10	2:05:53	5:41	1	-	12	12:42	
km 32,52 Naturs	10.42	56:17	5:24	1	-	7	4:31	32.52	3:02:10	5:36	1	-	9	12:40	
km 43,36 Ruderc	10.84	1:03:18	5:50	3	3:32	19	10:30	43.36	4:05:28	5:39	2	1:54	14	21:17	
km 55,35 Schönv	11.99	1:05:39	5:28	1	-	5	5:22	55.35	5:11:07	5:37	2	0:34	12	26:39	
km 68,07 Garten	12.72	1:15:26	5:55	1	-	4	2:29	68.07	6:26:33	5:40	1	-	7	28:24	
km 80,53 Schloß	12.46	1:17:02	6:10	1	-	5	5:59	80.53	7:43:35	5:45	1	-	8	26:27	
km 99,65 Geden	19.12	2:12:14	6:54	5	19:11	19	27:31	99.65	9:55:49	5:58	1	-	8	40:47	
km 112,75 Sport	13.10	1:54:36	8:44	11	26:57	49	1:47:44	112.75	11:50:25	6:18	1	-	6	1:13:56	
km 124,92 Lichte	12.17	1:59:59	9:51	9	24:31	42	41:13	124.92	13:50:24	6:38	2	10:59	12	1:53:34	
km 134,98 Buck	10.06	1:48:56	10:49	18	37:25	112	51:27	134.98	15:39:20	6:57	3	48:24	17	2:38:37	
Test	9.89	2:01:07	12:14	15	52:13	103	58:20	144.87	17:40:27	7:19	3	1:40:37	22	3:36:34	
Stadion Lobeckst	16.01	3:14:07	12:07	20	1:20:45	129	1:24:15	160.90	20:54:34	7:47	4	3:01:22	28	5:00:49	