



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Kohlsdorf, Detlef

□□: LG Neuruppin

□□: 149

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 20:58:51

□□: 7.63 km/h

□□□□: 7:49 min/km

□□□□□/□□□□: 34 (of 221)

□□□□□/□: 30 (of 193)

□□□□□□: 15:53:45

□□□□□: 10(of 52)

□□□□□□□: 18:08:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	36:21	5:47	6	0:09	19	3:01	6.28	36:21	5:47	6	0:09	19	3:01
km 11,32 Behms	5.04	33:34	6:39	26	5:45	118	8:52	11.32	1:09:55	6:10	11	3:12	48	11:53
km 22,10 Lübars	10.78	1:00:43	5:37	9	4:56	33	9:47	22.10	2:10:38	5:54	10	6:19	37	17:27
km 32,52 Naturs	10.42	1:01:20	5:53	7	3:42	25	9:34	32.52	3:11:58	5:54	9	9:31	35	22:28
km 43,36 Ruderc	10.84	1:04:46	5:58	7	4:43	23	11:58	43.36	4:16:44	5:55	9	13:48	31	32:33
km 55,35 Schönv	11.99	1:11:59	6:00	6	4:49	23	11:42	55.35	5:28:43	5:56	7	18:37	25	44:15
km 68,07 Garten	12.72	1:32:17	7:15	10	11:28	38	19:20	68.07	7:01:00	6:11	8	30:05	27	1:02:51
km 80,53 Schloß	12.46	1:40:53	8:05	13	19:58	55	29:50	80.53	8:41:53	6:28	8	50:03	32	1:24:45
km 99,65 Geden	19.12	2:34:35	8:05	16	30:57	63	49:52	99.65	11:16:28	6:47	9	1:21:00	33	2:01:26
km 112,75 Sport	13.10	2:03:03	9:23	20	29:36	75	1:56:11	112.75	13:19:31	7:05	9	1:50:36	37	2:43:02
km 124,92 Lichte	12.17	2:36:38	12:52	37	1:11:09	142	1:17:52	124.92	15:56:09	7:39	10	2:53:10	47	3:59:19
km 134,98 Buck	10.06	1:30:42	9:00	14	13:41	49	33:13	134.98	17:26:51	7:45	11	2:52:48	46	4:26:08
Test	9.89	1:30:25	9:08	5	9:44	18	27:38	144.87	18:57:16	7:51	11	2:57:44	41	4:53:23
Stadion Lobeckst	16.01	2:01:35	7:35	1	-	7	11:43	160.90	20:58:51	7:49	10	2:50:27	30	5:05:06