



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Ziefle, Herbert

□□: LSG Karlsruhe

□□: 198

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 21:04:04

□□: 7.59 km/h

□□□□: 7:52 min/km

□□□□□/□□□□: 35 (of 221)

□□□□□/□: 31 (of 193)

□□□□□□: 15:53:45

□□□□□: 5(of 35)

□□□□□□□: 17:53:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	39:22	6:16	9	3:09	37	6:02	6.28	39:22	6:16	9	3:09	37	6:02	
km 11,32 Behms	5.04	27:06	5:22	1	-	4	2:24	11.32	1:06:28	5:52	3	0:25	6	8:26	
km 22,10 Lübars	10.78	1:00:13	5:35	7	3:30	31	9:17	22.10	2:06:41	5:43	5	0:48	18	13:30	
km 32,52 Naturs	10.42	1:01:57	5:56	6	5:40	32	10:11	32.52	3:08:38	5:48	7	6:28	26	19:08	
km 43,36 Ruderc	10.84	1:06:00	6:05	6	6:14	25	13:12	43.36	4:14:38	5:52	6	11:04	25	30:27	
km 55,35 Schönv	11.99	1:17:31	6:27	11	11:52	41	17:14	55.35	5:32:09	6:00	7	21:36	29	47:41	
km 68,07 Garten	12.72	1:49:55	8:38	21	34:29	108	36:58	68.07	7:22:04	6:29	11	55:31	42	1:23:55	
km 80,53 Schloß	12.46	1:30:39	7:16	8	13:37	29	19:36	80.53	8:52:43	6:36	10	1:09:08	40	1:35:35	
km 99,65 Geden	19.12	2:50:11	8:54	18	57:08	97	1:05:28	99.65	11:42:54	7:03	9	1:47:05	42	2:27:52	
km 112,75 Sport	13.10	1:52:04	8:33	6	24:25	36	1:45:12	112.75	13:34:58	7:13	9	1:44:33	40	2:58:29	
km 124,92 Lichte	12.17	1:47:51	8:51	6	12:23	23	29:05	124.92	15:22:49	7:23	10	1:43:24	36	3:25:59	
km 134,98 Buck	10.06	1:14:56	7:26	2	3:25	4	17:27	134.98	16:37:45	7:23	8	1:46:49	32	3:37:02	
Test	9.89	1:46:01	10:43	10	37:07	63	43:14	144.87	18:23:46	7:37	6	2:23:56	30	4:19:53	
Stadion Lobeckst	16.01	2:40:18	10:00	7	46:56	54	50:26	160.90	21:04:04	7:51	5	3:10:52	31	5:10:19	