



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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## Palm, Hajo

□□: LG Nord Berlin Ultrateam

□□: 90

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 21:13:29

□□: 7.54 km/h

□□□□: 7:55 min/km

□□□□□/□□□□: 39 (of 221)

□□□□□/□: 35 (of 193)

□□□□□□: 15:53:45

□□□□□: 2(of 11)

□□□□□□□: 20:42:27

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	43:53	6:59	5	2:12	121	10:33	6.28	43:53	6:59	5	2:12	121	10:33	
km 11,32 Behms	5.04	36:41	7:16	7	5:37	168	11:59	11.32	1:20:34	7:07	7	7:41	147	22:32	
km 22,10 Lübars	10.78	1:15:15	6:58	6	4:40	137	24:19	22.10	2:35:49	7:03	6	11:02	141	42:38	
km 32,52 Naturs	10.42	1:13:01	7:00	2	0:24	99	21:15	32.52	3:48:50	7:02	5	11:26	118	59:20	
km 43,36 Ruderc	10.84	1:24:07	7:45	3	11:56	119	31:19	43.36	5:12:57	7:13	5	20:27	121	1:28:46	
km 55,35 Schönv	11.99	1:21:30	6:47	1	-	55	21:13	55.35	6:34:27	7:07	3	16:07	101	1:49:59	
km 68,07 Garten	12.72	1:31:43	7:12	1	-	37	18:46	68.07	8:06:10	7:08	2	6:48	82	2:08:01	
km 80,53 Schloß	12.46	1:42:54	8:15	2	8:58	60	31:51	80.53	9:49:04	7:18	2	15:46	78	2:31:56	
km 99,65 Geden	19.12	2:13:21	6:58	1	-	20	28:38	99.65	12:02:25	7:14	1	-	55	2:47:23	
km 112,75 Sport	13.10	1:43:38	7:54	2	1:36:46	18	1:36:46	112.75	13:46:03	7:19	1	-	44	3:09:34	
km 124,92 Lichte	12.17	1:58:44	9:45	2	11:00	39	39:58	124.92	15:44:47	7:33	1	-	43	3:47:57	
km 134,98 Buck	10.06	1:28:16	8:46	2	1:30	39	30:47	134.98	17:13:03	7:39	2	1:28	42	4:12:20	
Test	9.89	1:33:20	9:26	2	10:08	20	30:33	144.87	18:46:23	7:46	2	11:36	38	4:42:30	
Stadion Lobeckst	16.01	2:27:06	9:11	3	19:26	37	37:14	160.90	21:13:29	7:54	2	31:02	35	5:19:44	