



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

□□□□

Adam, Silvio

□□: Berlin

□□: 32

□□: 160.90 km
100MeilenBerlin

□□□□:

Senioren M40 (40-44 Jahre)

□□□□□/□□□: DNF (of 221)

□□□□□/□: DNF (of 193)

□□□□□□: 15:53:45

□□□□□: DNF(of 33)

□□□□□□□: 15:53:45

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	39:45	6:19	11	6:25	47	6:25	6.28	39:45	6:19	11	6:25	47	6:25
km 11,32 Behms	5.04	28:07	5:34	6	3:25	17	3:25	11.32	1:07:52	5:59	8	9:50	26	9:50
km 22,10 Lübars	10.78	1:06:06	6:07	14	11:33	62	15:10	22.10	2:13:58	6:03	12	20:47	48	20:47
km 32,52 Naturs	10.42	1:07:33	6:28	14	12:51	60	15:47	32.52	3:21:31	6:11	12	32:01	52	32:01
km 43,36 Ruderc	10.84	1:15:36	6:58	12	17:07	61	22:48	43.36	4:37:07	6:23	14	47:20	56	52:56
km 55,35 Schönv	11.99	1:29:01	7:25	22	25:48	90	28:44	55.35	6:06:08	6:36	14	1:07:33	61	1:21:40
km 68,07 Garten	12.72	1:49:28	8:36	25	36:31	106	36:31	68.07	7:55:36	6:59	17	1:34:07	68	1:57:27
km 80,53 Schloß	12.46	1:44:11	8:21	14	32:50	63	33:08	80.53	9:39:47	7:11	15	2:06:57	68	2:22:39
km 99,65 Geden	19.12	2:45:40	8:39	23	55:14	90	1:00:57	99.65	12:25:27	7:28	16	3:02:11	72	3:10:25
km 112,75 Sport	13.10	2:07:44	9:45	21	49:36	93	2:00:52	112.75	14:33:11	7:44	19	3:48:20	75	3:56:42
km 124,92 Lichte	12.17	2:38:19	13:00	28	1:19:33	145	1:19:33	124.92	17:11:30	8:15	23	5:07:53	87	5:14:40
km 134,98 Buck	10.06	2:39:36	15:51	30	1:42:07	162	1:42:07	134.98	19:51:06	8:49	26	6:50:00	105	6:50:23
Test	9.89	fehlt!	-	-	-	-	-	144.87	-	-	-	-	-	-
Stadion Lobeckst	16.01	fehlt!	-	-	-	-	-	160.90	-	-	-	-	-	-