



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Hardy, Helmut

□□: LTB Aachen

□□: 165

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 20:53:09

□□: 7.66 km/h

□□□□: 7:47 min/km

□□□□□/□□□□: 31 (of 221)

□□□□□/□: 27 (of 193)

□□□□□□: 15:53:45

□□□□□: 8(of 52)

□□□□□□□: 18:08:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	41:54	6:40	21	5:42	82	8:34	6.28	41:54	6:40	21	5:42	82	8:34
km 11,32 Behms	5.04	31:02	6:09	14	3:13	68	6:20	11.32	1:12:56	6:26	21	6:13	83	14:54
km 22,10 Lübars	10.78	1:09:31	6:26	22	13:44	83	18:35	22.10	2:22:27	6:26	21	18:08	82	29:16
km 32,52 Naturs	10.42	1:10:55	6:48	19	13:17	81	19:09	32.52	3:33:22	6:33	21	30:55	83	43:52
km 43,36 Ruderc	10.84	1:16:53	7:05	16	16:50	72	24:05	43.36	4:50:15	6:41	18	47:19	78	1:06:04
km 55,35 Schönv	11.99	1:17:25	6:27	10	10:15	40	17:08	55.35	6:07:40	6:38	16	57:34	65	1:23:12
km 68,07 Garten	12.72	1:32:31	7:16	11	11:42	39	19:34	68.07	7:40:11	6:45	12	1:09:16	57	1:42:02
km 80,53 Schloß	12.46	1:53:06	9:04	22	32:11	93	42:03	80.53	9:33:17	7:07	13	1:41:27	58	2:16:09
km 99,65 Geden	19.12	2:18:42	7:15	7	15:04	25	33:59	99.65	11:51:59	7:08	12	1:56:31	48	2:36:57
km 112,75 Sport	13.10	2:10:24	9:57	30	36:57	99	2:03:32	112.75	14:02:23	7:28	12	2:33:28	50	3:25:54
km 124,92 Lichte	12.17	1:54:09	9:22	9	28:40	34	35:23	124.92	15:56:32	7:39	11	2:53:33	48	3:59:42
km 134,98 Buck	10.06	1:20:01	7:57	6	3:00	20	22:32	134.98	17:16:33	7:40	10	2:42:30	43	4:15:50
Test	9.89	1:29:21	9:02	3	8:40	16	26:34	144.87	18:45:54	7:46	9	2:46:22	37	4:42:01
Stadion Lobeckst	16.01	2:07:15	7:56	2	5:40	11	17:23	160.90	20:53:09	7:47	8	2:44:45	27	4:59:24