



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Pantel, Sascha

00: LG Nord Berlin Ultrateam

00: 203

00: 160.90 km

100MeilenBerlin

0000:

Senioren M40 (40-44 Jahre)

000: 21:24:44

00: 7.47 km/h

0000: 7:59 min/km

00000/0000: 42 (of 221)

00000/0: 37 (of 193)

000000: 15:53:45

00000: 7(of 33)

0000000: 15:53:45

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
km 6,28 Gedenk:	6.28	37:28	5:57	6	4:08	31	4:08	6.28	37:28	5:57	6	4:08	31	4:08
km 11,32 Behms	5.04	30:12	5:59	13	5:30	50	5:30	11.32	1:07:40	5:58	6	9:38	24	9:38
km 22,10 Lübars	10.78	1:01:52	5:44	8	7:19	38	10:56	22.10	2:09:32	5:51	8	16:21	35	16:21
km 32,52 Naturs	10.42	1:02:40	6:00	8	7:58	37	10:54	32.52	3:12:12	5:54	8	22:42	36	22:42
km 43,36 Ruderc	10.84	1:15:55	7:00	14	17:26	64	23:07	43.36	4:28:07	6:11	9	38:20	43	43:56
km 55,35 Schönv	11.99	1:12:25	6:02	7	9:12	26	12:08	55.35	5:40:32	6:09	8	41:57	36	56:04
km 68,07 Garten	12.72	1:25:18	6:42	6	12:21	25	12:21	68.07	7:05:50	6:15	9	44:21	32	1:07:41
km 80,53 Schloß	12.46	1:34:20	7:34	9	22:59	37	23:17	80.53	8:40:10	6:27	9	1:07:20	29	1:23:02
km 99,65 Geden	19.12	2:19:23	7:17	6	28:57	26	34:40	99.65	10:59:33	6:37	7	1:36:17	27	1:44:31
km 112,75 Sport	13.10	1:41:54	7:46	4	23:46	17	1:35:02	112.75	12:41:27	6:45	6	1:56:36	24	2:04:58
km 124,92 Lichte	12.17	1:58:04	9:42	7	39:18	36	39:18	124.92	14:39:31	7:02	6	2:35:54	27	2:42:41
km 134,98 Buck	10.06	1:44:25	10:22	21	46:56	99	46:56	134.98	16:23:56	7:17	7	3:22:50	28	3:23:13
Test	9.89	1:54:22	11:33	19	51:35	88	51:35	144.87	18:18:18	7:34	7	4:14:25	28	4:14:25
Stadion Lobeckst	16.01	3:06:26	11:38	23	1:16:34	106	1:16:34	160.90	21:24:44	7:59	7	5:30:59	37	5:30:59