



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

□□□□

Lange, André

□□: www.chiemsee-ultramarathon.de

□□: 27

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 21:28:28

□□: 7.45 km/h

□□□□: 8:01 min/km

□□□□□/□□□: 45 (of 221)

□□□□□/□: 39 (of 193)

□□□□□□: 15:53:45

□□□□□: 8(of 33)

□□□□□□□: 15:53:45

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	43:00	6:50	22	9:40	99	9:40	6.28	43:00	6:50	22	9:40	99	9:40	
km 11,32 Behms	5.04	29:17	5:48	10	4:35	31	4:35	11.32	1:12:17	6:23	17	14:15	73	14:15	
km 22,10 Lübars	10.78	1:06:07	6:07	15	11:34	63	15:11	22.10	2:18:24	6:15	16	25:13	67	25:13	
km 32,52 Naturs	10.42	1:06:15	6:21	12	11:33	51	14:29	32.52	3:24:39	6:17	14	35:09	58	35:09	
km 43,36 Ruderc	10.84	1:09:55	6:26	8	11:26	39	17:07	43.36	4:34:34	6:19	12	44:47	51	50:23	
km 55,35 Schönv	11.99	1:19:51	6:39	13	16:38	50	19:34	55.35	5:54:25	6:24	12	55:50	50	1:09:57	
km 68,07 Garten	12.72	1:29:18	7:01	9	16:21	31	16:21	68.07	7:23:43	6:31	12	1:02:14	43	1:25:34	
km 80,53 Schloß	12.46	1:40:19	8:03	13	28:58	52	29:16	80.53	9:04:02	6:45	12	1:31:12	45	1:46:54	
km 99,65 Geden	19.12	2:25:39	7:37	11	35:13	39	40:56	99.65	11:29:41	6:55	11	2:06:25	38	2:14:39	
km 112,75 Sport	13.10	1:55:58	8:51	13	37:50	57	1:49:06	112.75	13:25:39	7:08	11	2:40:48	38	2:49:10	
km 124,92 Lichte	12.17	2:01:58	10:01	11	43:12	52	43:12	124.92	15:27:37	7:25	10	3:24:00	37	3:30:47	
km 134,98 Buck	10.06	1:35:05	9:27	14	37:36	71	37:36	134.98	17:02:42	7:34	10	4:01:36	38	4:01:59	
Test	9.89	1:42:46	10:23	10	39:59	48	39:59	144.87	18:45:28	7:46	9	4:41:35	36	4:41:35	
Stadion Lobeckst	16.01	2:43:00	10:10	13	53:08	61	53:08	160.90	21:28:28	8:00	8	5:34:43	39	5:34:43	