



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Frenz, Michael

00: LG Mauerweg Berlin e.V.

00: 130

00: 160.90 km

100MeilenBerlin

0000:

Senioren M40 (40-44 Jahre)

000: 21:34:12

00: 7.42 km/h

0000: 8:02 min/km

00000/000: 46 (of 221)

00000/0: 41 (of 193)

000000: 15:53:45

00000: 9(of 33)

0000000: 15:53:45

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
km 6,28 Gedenk:	6.28	41:14	6:33	14	7:54	57	7:54	6.28	41:14	6:33	14	7:54	57	7:54
km 11,32 Behms	5.04	29:01	5:45	8	4:19	24	4:19	11.32	1:10:15	6:12	12	12:13	50	12:13
km 22,10 Lübars	10.78	1:06:54	6:12	17	12:21	68	15:58	22.10	2:17:09	6:12	14	23:58	61	23:58
km 32,52 Naturs	10.42	1:08:48	6:36	16	14:06	65	17:02	32.52	3:25:57	6:19	16	36:27	64	36:27
km 43,36 Ruderc	10.84	1:21:14	7:29	23	22:45	97	28:26	43.36	4:47:11	6:37	17	57:24	72	1:03:00
km 55,35 Schönv	11.99	1:20:21	6:42	14	17:08	53	20:04	55.35	6:07:32	6:38	15	1:08:57	64	1:23:04
km 68,07 Garten	12.72	1:35:31	7:30	14	22:34	50	22:34	68.07	7:43:03	6:48	14	1:21:34	60	1:44:54
km 80,53 Schloß	12.46	2:05:42	10:05	29	54:21	130	54:39	80.53	9:48:45	7:18	18	2:15:55	77	2:31:37
km 99,65 Geden	19.12	2:22:26	7:26	8	32:00	29	37:43	99.65	12:11:11	7:20	13	2:47:55	63	2:56:09
km 112,75 Sport	13.10	1:54:40	8:45	12	36:32	51	1:47:48	112.75	14:05:51	7:30	13	3:21:00	57	3:29:22
km 124,92 Lichte	12.17	2:06:24	10:23	15	47:38	65	47:38	124.92	16:12:15	7:46	12	4:08:38	56	4:15:25
km 134,98 Buck	10.06	1:27:37	8:42	6	30:08	37	30:08	134.98	17:39:52	7:51	12	4:38:46	54	4:39:09
Test	9.89	1:35:38	9:40	5	32:51	28	32:51	144.87	19:15:30	7:58	11	5:11:37	48	5:11:37
Stadion Lobeckst	16.01	2:18:42	8:39	4	28:50	24	28:50	160.90	21:34:12	8:02	9	5:40:27	41	5:40:27