



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Franz, Oliver

□□: LG Mauerweg Berlin e.V

□□: 51

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 21:34:12

□□: 7.42 km/h

□□□□: 8:02 min/km

□□□□□/□□□□: 47 (of 221)

□□□□□/□: 41 (of 193)

□□□□□□: 15:53:45

□□□□□: 8(of 35)

□□□□□□□: 17:53:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	41:13	6:33	13	5:00	56	7:53	6.28	41:13	6:33	13	5:00	56	7:53	
km 11,32 Behms	5.04	28:55	5:44	8	1:49	23	4:13	11.32	1:10:08	6:11	12	4:05	49	12:06	
km 22,10 Lübars	10.78	1:07:00	6:12	15	10:17	70	16:04	22.10	2:17:08	6:12	14	11:15	60	23:57	
km 32,52 Naturs	10.42	1:08:50	6:36	16	12:33	66	17:04	32.52	3:25:58	6:20	14	23:48	65	36:28	
km 43,36 Ruderc	10.84	1:21:13	7:29	20	21:27	95	28:25	43.36	4:47:11	6:37	17	43:37	72	1:03:00	
km 55,35 Schönv	11.99	1:20:19	6:41	13	14:40	52	20:02	55.35	6:07:30	6:38	16	56:57	63	1:23:02	
km 68,07 Garten	12.72	1:35:11	7:28	11	19:45	48	22:14	68.07	7:42:41	6:47	16	1:16:08	59	1:44:32	
km 80,53 Schloß	12.46	2:06:01	10:06	22	48:59	132	54:58	80.53	9:48:42	7:18	18	2:05:07	76	2:31:34	
km 99,65 Geden	19.12	2:22:32	7:27	6	29:29	30	37:49	99.65	12:11:14	7:20	16	2:15:25	64	2:56:12	
km 112,75 Sport	13.10	1:54:38	8:45	12	26:59	50	1:47:46	112.75	14:05:52	7:30	12	2:15:27	58	3:29:23	
km 124,92 Lichte	12.17	2:06:22	10:23	12	30:54	63	47:36	124.92	16:12:14	7:46	12	2:32:49	55	4:15:24	
km 134,98 Buck	10.06	1:27:43	8:43	9	16:12	38	30:14	134.98	17:39:57	7:51	12	2:49:01	56	4:39:14	
Test	9.89	1:35:33	9:39	6	26:39	26	32:46	144.87	19:15:30	7:58	10	3:15:40	48	5:11:37	
Stadion Lobeckst	16.01	2:18:42	8:39	4	25:20	24	28:50	160.90	21:34:12	8:02	8	3:41:00	41	5:40:27	