



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Richter, Dirk

00: LG Mauerweg Berlin e.V.

00: 143

00: 160.90 km

100MeilenBerlin

0000:

Senioren M50 (50-54 Jahre)

000: 21:38:37

00: 7.39 km/h

0000: 8:04 min/km

00000/0000: 50 (of 221)

00000/0: 45 (of 193)

000000: 15:53:45

00000: 13(of 52)

0000000: 18:08:24

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
km 6,28 Gedenk:	6.28	41:31	6:36	15	5:19	64	8:11	6.28	41:31	6:36	15	5:19	64	8:11	
km 11,32 Behms	5.04	29:23	5:49	7	1:34	34	4:41	11.32	1:10:54	6:15	15	4:11	60	12:52	
km 22,10 Lübars	10.78	1:05:59	6:07	16	10:12	61	15:03	22.10	2:16:53	6:11	15	12:34	59	23:42	
km 32,52 Naturs	10.42	1:09:37	6:40	17	11:59	71	17:51	32.52	3:26:30	6:20	16	24:03	67	37:00	
km 43,36 Ruderc	10.84	1:15:39	6:58	15	15:36	62	22:51	43.36	4:42:09	6:30	15	39:13	63	57:58	
km 55,35 Schönv	11.99	1:25:14	7:06	16	18:04	75	24:57	55.35	6:07:23	6:38	15	57:17	62	1:22:55	
km 68,07 Garten	12.72	1:37:13	7:38	13	16:24	58	24:16	68.07	7:44:36	6:49	13	1:13:41	61	1:46:27	
km 80,53 Schloß	12.46	1:48:23	8:41	17	27:28	74	37:20	80.53	9:32:59	7:06	12	1:41:09	57	2:15:51	
km 99,65 Geden	19.12	2:27:35	7:43	11	23:57	45	42:52	99.65	12:00:34	7:13	13	2:05:06	52	2:45:32	
km 112,75 Sport	13.10	1:52:50	8:36	10	19:23	40	1:45:58	112.75	13:53:24	7:23	11	2:24:29	46	3:16:55	
km 124,92 Lichte	12.17	2:08:47	10:34	20	43:18	70	50:01	124.92	16:02:11	7:42	12	2:59:12	49	4:05:21	
km 134,98 Buck	10.06	1:31:48	9:07	16	14:47	53	34:19	134.98	17:33:59	7:48	13	2:59:56	49	4:33:16	
Test	9.89	1:42:25	10:21	12	21:44	46	39:38	144.87	19:16:24	7:58	13	3:16:52	51	5:12:31	
Stadion Lobeckst	16.01	2:22:13	8:52	13	20:38	33	32:21	160.90	21:38:37	8:04	13	3:30:13	45	5:44:52	