



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Firmani, Mauro

00: Gruppo Atletico Poligrafica Stato

00: 241

00: 160.90 km

100MeilenBerlin

0000:

Senioren M55 (55-59 Jahre)

000: 21:51:54

00: 7.32 km/h

0000: 8:09 min/km

00000/000: 53 (of 221)

00000/0: 47 (of 193)

000000: 15:53:45

00000: 5(of 28)

0000000: 17:43:34

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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	39:33	6:17	4	3:34	40	6:13	6.28	39:33	6:17	4	3:34	40	6:13
km 11,32 Behms	5.04	29:51	5:55	5	2:04	45	5:09	11.32	1:09:24	6:07	5	1:30	44	11:22
km 22,10 Lübars	10.78	1:03:57	5:55	4	13:01	48	13:01	22.10	2:13:21	6:02	4	14:07	47	20:10
km 32,52 Naturs	10.42	1:09:41	6:41	5	17:32	73	17:55	32.52	3:23:02	6:14	4	31:39	55	33:32
km 43,36 Ruderc	10.84	1:13:40	6:47	5	20:52	54	20:52	43.36	4:36:42	6:22	4	52:31	54	52:31
km 55,35 Schönv	11.99	1:19:11	6:36	4	18:10	46	18:54	55.35	5:55:53	6:25	5	1:10:41	54	1:11:25
km 68,07 Garten	12.72	1:40:17	7:53	8	26:24	67	27:20	68.07	7:36:10	6:42	5	1:37:05	53	1:38:01
km 80,53 Schloß	12.46	1:39:35	7:59	7	21:32	49	28:32	80.53	9:15:45	6:54	5	1:58:37	49	1:58:37
km 99,65 Geden	19.12	2:29:34	7:49	9	44:51	52	44:51	99.65	11:45:19	7:04	5	2:30:17	46	2:30:17
km 112,75 Sport	13.10	1:59:18	9:06	6	28:44	67	1:52:26	112.75	13:44:37	7:18	4	2:59:01	42	3:08:08
km 124,92 Lichte	12.17	1:58:28	9:44	5	31:24	38	39:42	124.92	15:43:05	7:32	4	3:30:25	42	3:46:15
km 134,98 Buck	10.06	1:43:07	10:15	10	26:18	95	45:38	134.98	17:26:12	7:45	5	3:56:43	45	4:25:29
Test	9.89	1:43:33	10:28	6	25:50	51	40:46	144.87	19:09:45	7:56	5	4:22:33	43	5:05:52
Stadion Lobeckst	16.01	2:42:09	10:07	6	35:07	60	52:17	160.90	21:51:54	8:09	5	4:08:20	47	5:58:09