



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Liebert, Oliver

□□: LG Mauerweg Berlin e.V.

□□: 17

□□: 160.90 km

100MeilenBerlin

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Senioren M40 (40-44 Jahre)

□□□: 21:59:01

□□: 7.28 km/h

□□□□: 8:12 min/km

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□□□□□/□: 48 (of 193)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	41:05	6:32	13	7:45	54	7:45	6.28	41:05	6:32	13	7:45	54	7:45
km 11,32 Behms	5.04	29:27	5:50	11	4:45	37	4:45	11.32	1:10:32	6:13	14	12:30	52	12:30
km 22,10 Lübars	10.78	1:07:34	6:16	19	13:01	75	16:38	22.10	2:18:06	6:14	15	24:55	65	24:55
km 32,52 Naturs	10.42	1:07:41	6:29	15	12:59	61	15:55	32.52	3:25:47	6:19	15	36:17	63	36:17
km 43,36 Ruderc	10.84	1:15:13	6:56	11	16:44	59	22:25	43.36	4:41:00	6:28	15	51:13	60	56:49
km 55,35 Schönv	11.99	1:24:00	7:00	17	20:47	69	23:43	55.35	6:05:00	6:35	13	1:06:25	59	1:20:32
km 68,07 Garten	12.72	1:40:52	7:55	19	27:55	72	27:55	68.07	7:45:52	6:50	15	1:24:23	62	1:47:43
km 80,53 Schloß	12.46	1:50:06	8:50	18	38:45	83	39:03	80.53	9:35:58	7:09	13	2:03:08	61	2:18:50
km 99,65 Geden	19.12	2:43:47	8:33	21	53:21	84	59:04	99.65	12:19:45	7:25	15	2:56:29	70	3:04:43
km 112,75 Sport	13.10	1:57:36	8:58	15	39:28	59	1:50:44	112.75	14:17:21	7:36	14	3:32:30	63	3:40:52
km 124,92 Lichte	12.17	2:09:25	10:38	20	50:39	79	50:39	124.92	16:26:46	7:53	14	4:23:09	64	4:29:56
km 134,98 Buck	10.06	1:18:35	7:48	2	21:06	17	21:06	134.98	17:45:21	7:53	13	4:44:15	58	4:44:38
Test	9.89	1:34:49	9:35	4	32:02	24	32:02	144.87	19:20:10	8:00	12	5:16:17	52	5:16:17
Stadion Lobeckst	16.01	2:38:51	9:55	9	48:59	47	48:59	160.90	21:59:01	8:11	11	6:05:16	48	6:05:16