



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Landwehr, Matthias

□□□: 21:59:14

□□: LC Solbad Ravensberg / LG DUV

□□: 7.28 km/h

□□: 49

□□□□: 8:12 min/km

□□: 160.90 km

□□□□□/□□□: 56 (of 221)

100MeilenBerlin

□□□□□/□: 50 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 12(of 33)

Senioren M40 (40-44 Jahre)

□□□□□□□: 15:53:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	44:20	7:03	27	11:00	132	11:00	6.28	44:20	7:03	27	11:00	132	11:00	
km 11,32 Behms	5.04	35:20	7:00	31	10:38	149	10:38	11.32	1:19:40	7:02	28	21:38	140	21:38	
km 22,10 Lübars	10.78	1:15:37	7:00	30	21:04	141	24:41	22.10	2:35:17	7:01	29	42:06	132	42:06	
km 32,52 Naturs	10.42	1:25:09	8:10	31	30:27	174	33:23	32.52	4:00:26	7:23	30	1:10:56	153	1:10:56	
km 43,36 Ruderc	10.84	1:26:28	7:58	30	27:59	134	33:40	43.36	5:26:54	7:32	30	1:37:07	146	1:42:43	
km 55,35 Schönv	11.99	1:24:29	7:02	19	21:16	73	24:12	55.35	6:51:23	7:25	29	1:52:48	124	2:06:55	
km 68,07 Garten	12.72	1:43:18	8:07	20	30:21	83	30:21	68.07	8:34:41	7:33	27	2:13:12	111	2:36:32	
km 80,53 Schloß	12.46	1:50:18	8:51	19	38:57	84	39:15	80.53	10:24:59	7:45	24	2:52:09	103	3:07:51	
km 99,65 Geden	19.12	2:46:53	8:43	24	56:27	92	1:02:10	99.65	13:11:52	7:56	23	3:48:36	99	3:56:50	
km 112,75 Sport	13.10	1:18:08	5:57	1	-	3	1:11:16	112.75	14:30:00	7:42	18	3:45:09	74	3:53:31	
km 124,92 Lichte	12.17	2:47:28	13:45	30	1:28:42	155	1:28:42	124.92	17:17:28	8:18	24	5:13:51	89	5:20:38	
km 134,98 Buck	10.06	1:23:46	8:19	3	26:17	30	26:17	134.98	18:41:14	8:18	21	5:40:08	80	5:40:31	
Test	9.89	1:20:10	8:06	3	17:23	8	17:23	144.87	20:01:24	8:17	16	5:57:31	66	5:57:31	
Stadion Lobeckst	16.01	1:57:50	7:21	2	7:58	3	7:58	160.90	21:59:14	8:11	12	6:05:29	50	6:05:29	