



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Berlanda, Giorgio

□□: Gardasportevents

□□: 191

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 22:00:19

□□: 7.27 km/h

□□□□: 8:13 min/km

□□□□□/□□□□: 57 (of 221)

□□□□□/□: 51 (of 193)

□□□□□□: 15:53:45

□□□□□: 7(of 15)

□□□□□□□: 16:13:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	42:11	6:43	10	7:35	94	8:51	6.28	42:11	6:43	10	7:35	94	8:51	
km 11,32 Behms	5.04	32:05	6:21	12	5:59	94	7:23	11.32	1:14:16	6:33	12	13:34	100	16:14	
km 22,10 Lübars	10.78	1:10:50	6:34	11	18:38	93	19:54	22.10	2:25:06	6:33	11	26:02	96	31:55	
km 32,52 Naturs	10.42	1:14:05	7:06	14	21:37	109	22:19	32.52	3:39:11	6:44	13	46:21	99	49:41	
km 43,36 Ruderc	10.84	1:16:34	7:03	10	20:20	71	23:46	43.36	4:55:45	6:49	11	1:06:41	87	1:11:34	
km 55,35 Schönv	11.99	1:25:46	7:09	10	19:39	79	25:29	55.35	6:21:31	6:53	10	1:23:01	83	1:37:03	
km 68,07 Garten	12.72	1:40:40	7:54	7	18:26	70	27:43	68.07	8:02:11	7:05	10	1:40:29	80	2:04:02	
km 80,53 Schloß	12.46	1:36:42	7:45	6	25:39	42	25:39	80.53	9:38:53	7:11	8	2:06:08	63	2:21:45	
km 99,65 Geden	19.12	2:28:07	7:44	6	40:22	47	43:24	99.65	12:07:00	7:17	7	2:46:30	59	2:51:58	
km 112,75 Sport	13.10	1:58:22	9:02	7	42:23	64	1:51:30	112.75	14:05:22	7:29	8	3:28:53	55	3:28:53	
km 124,92 Lichte	12.17	2:13:04	10:56	9	52:43	89	54:18	124.92	16:18:26	7:49	8	4:21:36	59	4:21:36	
km 134,98 Buck	10.06	1:21:29	8:05	4	17:36	25	24:00	134.98	17:39:55	7:51	7	4:39:12	55	4:39:12	
Test	9.89	1:35:36	9:39	4	21:36	27	32:49	144.87	19:15:31	7:58	7	5:00:48	50	5:11:38	
Stadion Lobeckst	16.01	2:44:48	10:17	7	46:20	65	54:56	160.90	22:00:19	8:12	7	5:46:38	51	6:06:34	