



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Finck, Matthias

□□: Finckenbande

□□: 54

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 22:15:03

□□: 7.19 km/h

□□□□: 8:18 min/km

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□□□□□/□: 52 (of 193)

□□□□□□: 15:53:45

□□□□□: 13(of 33)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	39:16	6:15	7	5:56	35	5:56	6.28	39:16	6:15	7	5:56	35	5:56
km 11,32 Behms	5.04	27:38	5:28	3	2:56	8	2:56	11.32	1:06:54	5:54	3	8:52	10	8:52
km 22,10 Lübars	10.78	59:24	5:30	5	4:51	22	8:28	22.10	2:06:18	5:42	4	13:07	14	13:07
km 32,52 Naturs	10.42	1:02:19	5:58	7	7:37	35	10:33	32.52	3:08:37	5:48	6	19:07	25	19:07
km 43,36 Ruderc	10.84	1:08:07	6:17	7	9:38	33	15:19	43.36	4:16:44	5:55	7	26:57	31	32:33
km 55,35 Schönv	11.99	1:14:58	6:15	9	11:45	32	14:41	55.35	5:31:42	5:59	7	33:07	27	47:14
km 68,07 Garten	12.72	1:25:27	6:43	7	12:30	26	12:30	68.07	6:57:09	6:07	7	35:40	22	59:00
km 80,53 Schloß	12.46	1:30:49	7:17	7	19:28	30	19:46	80.53	8:27:58	6:18	7	55:08	24	1:10:50
km 99,65 Geden	19.12	2:20:18	7:20	7	29:52	28	35:35	99.65	10:48:16	6:30	5	1:25:00	20	1:33:14
km 112,75 Sport	13.10	2:01:09	9:14	17	43:01	70	1:54:17	112.75	12:49:25	6:49	7	2:04:34	25	2:12:56
km 124,92 Lichte	12.17	2:08:51	10:35	18	50:05	73	50:05	124.92	14:58:16	7:11	8	2:54:39	30	3:01:26
km 134,98 Buck	10.06	1:53:18	11:15	25	55:49	122	55:49	134.98	16:51:34	7:29	9	3:50:28	36	3:50:51
Test	9.89	2:23:21	14:29	25	1:20:34	140	1:20:34	144.87	19:14:55	7:58	10	5:11:02	47	5:11:02
Stadion Lobeckst	16.01	3:00:08	11:15	20	1:10:16	96	1:10:16	160.90	22:15:03	8:17	13	6:21:18	52	6:21:18