



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Schliwa, Sebastian

□□: Team tempus-webdesign

□□: 257

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 22:18:14

□□: 7.17 km/h

□□□□: 8:19 min/km

□□□□□/□□□□: 59 (of 221)

□□□□□/□: 53 (of 193)

□□□□□□: 15:53:45

□□□□□: 3(of 10)

□□□□□□□: 18:58:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	39:50	6:20	4	3:53	51	6:30	6.28	39:50	6:20	4	3:53	51	6:30	
km 11,32 Behms	5.04	27:28	5:26	1	-	6	2:46	11.32	1:07:18	5:56	3	1:21	15	9:16	
km 22,10 Lübars	10.78	59:37	5:31	3	5:57	25	8:41	22.10	2:06:55	5:44	3	7:18	21	13:44	
km 32,52 Naturs	10.42	57:01	5:28	3	5:15	10	5:15	32.52	3:03:56	5:39	3	12:33	14	14:26	
km 43,36 Ruderc	10.84	1:03:05	5:49	2	10:17	17	10:17	43.36	4:07:01	5:41	3	22:50	17	22:50	
km 55,35 Schönv	11.99	1:13:54	6:09	3	13:37	28	13:37	55.35	5:20:55	5:47	3	36:27	17	36:27	
km 68,07 Garten	12.72	1:20:46	6:20	2	7:05	7	7:49	68.07	6:41:41	5:54	3	43:32	15	43:32	
km 80,53 Schloß	12.46	1:55:54	9:18	7	32:25	102	44:51	80.53	8:37:35	6:25	3	1:15:57	28	1:20:27	
km 99,65 Geden	19.12	2:44:17	8:35	5	34:59	85	59:34	99.65	11:21:52	6:50	3	1:50:56	37	2:06:50	
km 112,75 Sport	13.10	1:52:45	8:36	2	17:15	39	1:45:53	112.75	13:14:37	7:02	3	1:48:57	36	2:38:08	
km 124,92 Lichte	12.17	2:27:38	12:07	7	40:39	131	1:08:52	124.92	15:42:15	7:32	3	2:29:36	41	3:45:25	
km 134,98 Buck	10.06	1:36:32	9:35	6	14:47	75	39:03	134.98	17:18:47	7:41	3	2:44:23	44	4:18:04	
Test	9.89	1:55:37	11:41	5	17:14	90	52:50	144.87	19:14:24	7:58	3	2:47:55	44	5:10:31	
Stadion Lobeckst	16.01	3:03:50	11:28	5	48:45	99	1:13:58	160.90	22:18:14	8:19	3	3:19:39	53	6:24:29	