



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Fenz, Hendrik

00: Freiburg

00: 64

00: 160.90 km

100MeilenBerlin

0000:

Senioren M50 (50-54 Jahre)

000: 22:30:59

00: 7.11 km/h

0000: 8:24 min/km

00000/0000: 60 (of 221)

00000/0: 54 (of 193)

000000: 15:53:45

00000: 14(of 52)

0000000: 18:08:24

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
km 6,28 Gedenk:	6.28	39:47	6:20	14	3:35	49	6:27	6.28	39:47	6:20	14	3:35	49	6:27	
km 11,32 Behms	5.04	27:51	5:31	2	0:02	14	3:09	11.32	1:07:38	5:58	4	0:55	23	9:36	
km 22,10 Lübars	10.78	1:01:53	5:44	11	6:06	39	10:57	22.10	2:09:31	5:51	8	5:12	34	16:20	
km 32,52 Naturs	10.42	1:04:42	6:12	12	7:04	47	12:56	32.52	3:14:13	5:58	10	11:46	38	24:43	
km 43,36 Ruderc	10.84	1:18:00	7:11	17	17:57	80	25:12	43.36	4:32:13	6:16	12	29:17	47	48:02	
km 55,35 Schönv	11.99	1:24:15	7:01	15	17:05	70	23:58	55.35	5:56:28	6:26	13	46:22	56	1:12:00	
km 68,07 Garten	12.72	1:53:13	8:54	34	32:24	121	40:16	68.07	7:49:41	6:54	14	1:18:46	63	1:51:32	
km 80,53 Schloß	12.46	2:03:49	9:56	30	42:54	125	52:46	80.53	9:53:30	7:22	16	2:01:40	81	2:36:22	
km 99,65 Geden	19.12	2:31:15	7:54	13	27:37	54	46:32	99.65	12:24:45	7:28	14	2:29:17	71	3:09:43	
km 112,75 Sport	13.10	1:58:48	9:04	17	25:21	65	1:51:56	112.75	14:23:33	7:39	14	2:54:38	68	3:47:04	
km 124,92 Lichte	12.17	2:20:53	11:34	30	55:24	114	1:02:07	124.92	16:44:26	8:02	14	3:41:27	72	4:47:36	
km 134,98 Buck	10.06	1:32:04	9:09	17	15:03	54	34:35	134.98	18:16:30	8:07	14	3:42:27	70	5:15:47	
Test	9.89	1:43:33	10:28	16	22:52	51	40:46	144.87	20:00:03	8:17	14	4:00:31	63	5:56:10	
Stadion Lobeckst	16.01	2:30:56	9:25	16	29:21	39	41:04	160.90	22:30:59	8:23	14	4:22:35	54	6:37:14	