



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

□□□□

Ramershoven, Michael

□□□: 22:35:11

□□: BSG Commerzbank

□□: 7.08 km/h

□□: 81

□□□□: 8:25 min/km

□□: 160.90 km

□□□□□/□□□□: 61 (of 221)

100MeilenBerlin

□□□□□/□: 55 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 11(of 35)

Senioren M45 (45-49 Jahre)

□□□□□□□: 17:53:12

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	41:56	6:40	18	5:43	83	8:36	6.28	41:56	6:40	18	5:43	83	8:36
km 11,32 Behms	5.04	31:21	6:13	19	4:15	75	6:39	11.32	1:13:17	6:28	22	7:14	91	15:15
km 22,10 Lübars	10.78	1:11:18	6:36	21	14:35	99	20:22	22.10	2:24:35	6:32	21	18:42	92	31:24
km 32,52 Naturs	10.42	1:11:32	6:51	21	15:15	86	19:46	32.52	3:36:07	6:38	21	33:57	87	46:37
km 43,36 Ruderc	10.84	1:19:39	7:20	19	19:53	86	26:51	43.36	4:55:46	6:49	20	52:12	89	1:11:35
km 55,35 Schönv	11.99	1:30:11	7:31	20	24:32	104	29:54	55.35	6:25:57	6:58	19	1:15:24	90	1:41:29
km 68,07 Garten	12.72	1:52:41	8:51	22	37:15	118	39:44	68.07	8:18:38	7:19	19	1:52:05	90	2:20:29
km 80,53 Schloß	12.46	1:54:10	9:09	19	37:08	99	43:07	80.53	10:12:48	7:36	19	2:29:13	90	2:55:40
km 99,65 Geden	19.12	2:40:12	8:22	12	47:09	77	55:29	99.65	12:53:00	7:45	19	2:57:11	92	3:37:58
km 112,75 Sport	13.10	1:55:50	8:50	13	28:11	55	1:48:58	112.75	14:48:50	7:52	18	2:58:25	83	4:12:21
km 124,92 Lichte	12.17	2:01:25	9:58	10	25:57	49	42:39	124.92	16:50:15	8:05	17	3:10:50	75	4:53:25
km 134,98 Buck	10.06	1:23:19	8:16	8	11:48	28	25:50	134.98	18:13:34	8:06	17	3:22:38	68	5:12:51
Test	9.89	1:33:39	9:28	5	24:45	21	30:52	144.87	19:47:13	8:11	11	3:47:23	56	5:43:20
Stadion Lobeckst	16.01	2:47:58	10:29	12	54:36	72	58:06	160.90	22:35:11	8:25	11	4:41:59	55	6:41:26