



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Schmidt-Soltau, Peer

□□: 100 Marathon Club

□□: 68

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 22:38:21

□□: 7.07 km/h

□□□□: 8:26 min/km

□□□□□/□□□□: 62 (of 221)

□□□□□/□: 56 (of 193)

□□□□□□: 15:53:45

□□□□□: 4(of 10)

□□□□□□□: 18:58:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	43:21	6:54	7	7:24	109	10:01	6.28	43:21	6:54	7	7:24	109	10:01
km 11,32 Behms	5.04	32:19	6:24	7	4:51	102	7:37	11.32	1:15:40	6:41	7	9:43	115	17:38
km 22,10 Lübars	10.78	1:08:28	6:21	6	14:48	79	17:32	22.10	2:24:08	6:31	6	24:31	90	30:57
km 32,52 Naturs	10.42	1:07:02	6:25	4	15:16	56	15:16	32.52	3:31:10	6:29	6	39:47	80	41:40
km 43,36 Ruderc	10.84	1:21:38	7:31	7	28:50	101	28:50	43.36	4:52:48	6:45	6	1:08:37	83	1:08:37
km 55,35 Schönv	11.99	1:25:29	7:07	6	25:12	77	25:12	55.35	6:18:17	6:50	6	1:33:49	74	1:33:49
km 68,07 Garten	12.72	1:35:48	7:31	5	22:07	51	22:51	68.07	7:54:05	6:57	5	1:55:56	67	1:55:56
km 80,53 Schloß	12.46	1:38:23	7:53	3	14:54	46	27:20	80.53	9:32:28	7:06	5	2:10:50	56	2:15:20
km 99,65 Geden	19.12	2:28:53	7:47	3	19:35	49	44:10	99.65	12:01:21	7:14	4	2:30:25	53	2:46:19
km 112,75 Sport	13.10	1:55:48	8:50	4	20:18	54	1:48:56	112.75	13:57:09	7:25	4	2:31:29	49	3:20:40
km 124,92 Lichte	12.17	2:10:19	10:42	4	23:20	82	51:33	124.92	16:07:28	7:44	5	2:54:49	52	4:10:38
km 134,98 Buck	10.06	1:33:11	9:15	4	11:26	59	35:42	134.98	17:40:39	7:51	5	3:06:15	57	4:39:56
Test	9.89	1:58:52	12:01	6	20:29	98	56:05	144.87	19:39:31	8:08	5	3:13:02	55	5:35:38
Stadion Lobeckst	16.01	2:58:50	11:10	4	43:45	95	1:08:58	160.90	22:38:21	8:26	4	3:39:46	56	6:44:36