



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Dettenberger, Stefan

□□□: 22:44:23

□□: LT Ansbach-Nord

□□: 7.04 km/h

□□: 227

□□□□: 8:29 min/km

□□: 160.90 km

□□□□□/□□□: 63 (of 221)

100MeilenBerlin

□□□□□/□: 57 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 14(of 33)

Senioren M40 (40-44 Jahre)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	45:28	7:14	29	12:08	146	12:08	6.28	45:28	7:14	29	12:08	146	12:08
km 11,32 Behms	5.04	36:16	7:11	32	11:34	163	11:34	11.32	1:21:44	7:13	31	23:42	155	23:42
km 22,10 Lübars	10.78	1:20:55	7:30	31	26:22	167	29:59	22.10	2:42:39	7:21	31	49:28	163	49:28
km 32,52 Naturs	10.42	1:24:14	8:05	29	29:32	167	32:28	32.52	4:06:53	7:35	31	1:17:23	166	1:17:23
km 43,36 Ruderc	10.84	1:17:12	7:07	16	18:43	73	24:24	43.36	5:24:05	7:28	28	1:34:18	138	1:39:54
km 55,35 Schönv	11.99	1:23:02	6:55	15	19:49	64	22:45	55.35	6:47:07	7:21	28	1:48:32	119	2:02:39
km 68,07 Garten	12.72	1:36:52	7:36	15	23:55	55	23:55	68.07	8:23:59	7:24	22	2:02:30	96	2:25:50
km 80,53 Schloß	12.46	1:36:13	7:43	10	24:52	41	25:10	80.53	10:00:12	7:27	19	2:27:22	84	2:43:04
km 99,65 Geden	19.12	2:26:53	7:40	14	36:27	44	42:10	99.65	12:27:05	7:29	17	3:03:49	75	3:12:03
km 112,75 Sport	13.10	1:57:23	8:57	14	39:15	58	1:50:31	112.75	14:24:28	7:40	15	3:39:37	69	3:47:59
km 124,92 Lichte	12.17	2:13:12	10:56	23	54:26	91	54:26	124.92	16:37:40	7:59	17	4:34:03	68	4:40:50
km 134,98 Buck	10.06	1:32:41	9:12	11	35:12	57	35:12	134.98	18:10:21	8:04	15	5:09:15	64	5:09:38
Test	9.89	2:00:04	12:08	22	57:17	101	57:17	144.87	20:10:25	8:21	18	6:06:32	70	6:06:32
Stadion Lobeckst	16.01	2:33:58	9:37	7	44:06	42	44:06	160.90	22:44:23	8:28	14	6:50:38	57	6:50:38