



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Grossmann, Rainer

□□□: 22:47:12

□□: TV Haibach

□□: 7.02 km/h

□□: 132

□□□□: 8:30 min/km

□□: 160.90 km

□□□□□/□□□: 64 (of 221)

100MeilenBerlin

□□□□□/□: 58 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 6(of 28)

Senioren M55 (55-59 Jahre)

□□□□□□□: 17:43:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	36:18	5:46	2	0:19	16	2:58	6.28	36:18	5:46	2	0:19	16	2:58	
km 11,32 Behms	5.04	31:36	6:16	10	3:49	80	6:54	11.32	1:07:54	5:59	1	-	28	9:52	
km 22,10 Lübars	10.78	57:56	5:22	2	7:00	12	7:00	22.10	2:05:50	5:41	2	6:36	11	12:39	
km 32,52 Naturs	10.42	57:37	5:31	2	5:28	12	5:51	32.52	3:03:27	5:38	2	12:04	12	13:57	
km 43,36 Ruderc	10.84	1:11:01	6:33	3	18:13	44	18:13	43.36	4:14:28	5:52	2	30:17	23	30:17	
km 55,35 Schönv	11.99	1:21:19	6:46	5	20:18	54	21:02	55.35	5:35:47	6:03	2	50:35	32	51:19	
km 68,07 Garten	12.72	1:40:00	7:51	6	26:07	63	27:03	68.07	7:15:47	6:24	3	1:16:42	36	1:17:38	
km 80,53 Schloß	12.46	1:33:43	7:31	3	15:40	32	22:40	80.53	8:49:30	6:34	3	1:32:22	38	1:32:22	
km 99,65 Geden	19.12	3:08:30	9:51	13	1:23:47	130	1:23:47	99.65	11:58:00	7:12	6	2:42:58	51	2:42:58	
km 112,75 Sport	13.10	1:51:46	8:31	4	21:12	33	1:44:54	112.75	13:49:46	7:21	5	3:04:10	45	3:13:17	
km 124,92 Lichte	12.17	1:55:11	9:27	4	28:07	35	36:25	124.92	15:44:57	7:33	5	3:32:17	45	3:48:07	
km 134,98 Buck	10.06	1:47:04	10:38	12	30:15	104	49:35	134.98	17:32:01	7:47	6	4:02:32	48	4:31:18	
Test	9.89	1:59:46	12:06	10	42:03	100	56:59	144.87	19:31:47	8:05	6	4:44:35	54	5:27:54	
Stadion Lobeckst	16.01	3:15:25	12:12	17	1:08:23	132	1:25:33	160.90	22:47:12	8:29	6	5:03:38	58	6:53:27	