



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Wöhrle, Achim

□□: Murrta-Runners

□□: 111

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 22:48:22

□□: 7.02 km/h

□□□□: 8:30 min/km

□□□□□/□□□□: 65 (of 221)

□□□□□/□: 59 (of 193)

□□□□□□: 15:53:45

□□□□□: 12(of 35)

□□□□□□□: 17:53:12

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
km 6,28 Gedenk:	6.28	42:09	6:42	21	5:56	93	8:49	6.28	42:09	6:42	21	5:56	93	8:49
km 11,32 Behms	5.04	30:12	5:59	14	3:06	50	5:30	11.32	1:12:21	6:23	17	6:18	75	14:19
km 22,10 Lübars	10.78	1:07:23	6:15	16	10:40	72	16:27	22.10	2:19:44	6:19	16	13:51	74	26:33
km 32,52 Naturs	10.42	1:08:46	6:35	15	12:29	64	17:00	32.52	3:28:30	6:24	18	26:20	71	39:00
km 43,36 Ruderc	10.84	1:13:30	6:46	14	13:44	53	20:42	43.36	4:42:00	6:30	14	38:26	62	57:49
km 55,35 Schönv	11.99	1:21:59	6:50	15	16:20	59	21:42	55.35	6:03:59	6:34	15	53:26	58	1:19:31
km 68,07 Garten	12.72	1:34:01	7:23	9	18:35	44	21:04	68.07	7:38:00	6:43	15	1:11:27	55	1:39:51
km 80,53 Schloß	12.46	1:40:16	8:02	10	23:14	51	29:13	80.53	9:18:16	6:55	14	1:34:41	52	2:01:08
km 99,65 Geden	19.12	2:36:09	8:10	11	43:06	71	51:26	99.65	11:54:25	7:10	13	1:58:36	50	2:39:23
km 112,75 Sport	13.10	2:30:17	11:28	19	1:02:38	120	2:23:25	112.75	14:24:42	7:40	16	2:34:17	70	3:48:13
km 124,92 Lichte	12.17	2:13:48	10:59	18	38:20	94	55:02	124.92	16:38:30	7:59	15	2:59:05	69	4:41:40
km 134,98 Buck	10.06	1:32:59	9:14	12	21:28	58	35:30	134.98	18:11:29	8:05	16	3:20:33	66	5:10:46
Test	9.89	1:49:17	11:02	12	40:23	71	46:30	144.87	20:00:46	8:17	15	4:00:56	65	5:56:53
Stadion Lobeckst	16.01	2:47:36	10:28	11	54:14	70	57:44	160.90	22:48:22	8:30	12	4:55:10	59	6:54:37