



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Tucci, Mario

□□: MTV Bad Bevensen

□□: 145

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 22:50:32

□□: 7.00 km/h

□□□□: 8:31 min/km

□□□□□/□□□□: 66 (of 221)

□□□□□/□: 60 (of 193)

□□□□□□: 15:53:45

□□□□□: 5(of 10)

□□□□□□□: 18:58:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	43:58	7:00	8	8:01	123	10:38	6.28	43:58	7:00	8	8:01	123	10:38
km 11,32 Behms	5.04	32:39	6:28	8	5:11	107	7:57	11.32	1:16:37	6:46	8	10:40	121	18:35
km 22,10 Lübars	10.78	1:11:26	6:37	7	17:46	103	20:30	22.10	2:28:03	6:41	8	28:26	114	34:52
km 32,52 Naturs	10.42	1:12:20	6:56	8	20:34	91	20:34	32.52	3:40:23	6:46	8	49:00	110	50:53
km 43,36 Ruderc	10.84	1:18:40	7:15	6	25:52	84	25:52	43.36	4:59:03	6:53	7	1:14:52	94	1:14:52
km 55,35 Schönv	11.99	1:22:03	6:50	5	21:46	60	21:46	55.35	6:21:06	6:53	7	1:36:38	79	1:36:38
km 68,07 Garten	12.72	1:35:27	7:30	4	21:46	49	22:30	68.07	7:56:33	7:00	6	1:58:24	70	1:58:24
km 80,53 Schloß	12.46	1:39:17	7:58	4	15:48	48	28:14	80.53	9:35:50	7:09	6	2:14:12	60	2:18:42
km 99,65 Geden	19.12	2:30:41	7:52	4	21:23	53	45:58	99.65	12:06:31	7:17	6	2:35:35	58	2:51:29
km 112,75 Sport	13.10	2:00:08	9:10	5	24:38	69	1:53:16	112.75	14:06:39	7:30	5	2:40:59	59	3:30:10
km 124,92 Lichte	12.17	1:59:11	9:47	3	12:12	40	40:25	124.92	16:05:50	7:43	4	2:53:11	50	4:09:00
km 134,98 Buck	10.06	1:33:16	9:16	5	11:31	60	35:47	134.98	17:39:06	7:50	4	3:04:42	53	4:38:23
Test	9.89	1:52:16	11:21	4	13:53	82	49:29	144.87	19:31:22	8:05	4	3:04:53	53	5:27:29
Stadion Lobeckst	16.01	3:19:10	12:26	8	1:04:05	138	1:29:18	160.90	22:50:32	8:31	5	3:51:57	60	6:56:47