



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Lurz, Robert

00: X3 Team Austria

00: 65

00: 160.90 km

100MeilenBerlin

0000:

Senioren M45 (45-49 Jahre)

000: 22:51:13

00: 7.00 km/h

0000: 8:31 min/km

00000/0000: 68 (of 221)

00000/0: 62 (of 193)

000000: 15:53:45

00000: 13(of 35)

0000000: 17:53:12

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
km 6,28 Gedenk:	6.28	41:40	6:38	17	5:27	72	8:20	6.28	41:40	6:38	17	5:27	72	8:20
km 11,32 Behms	5.04	29:35	5:52	11	2:29	39	4:53	11.32	1:11:15	6:17	14	5:12	65	13:13
km 22,10 Lübars	10.78	1:05:11	6:02	11	8:28	53	14:15	22.10	2:16:26	6:10	13	10:33	58	23:15
km 32,52 Naturs	10.42	1:06:21	6:22	12	10:04	53	14:35	32.52	3:22:47	6:14	12	20:37	54	33:17
km 43,36 Ruderc	10.84	1:10:33	6:30	9	10:47	40	17:45	43.36	4:33:20	6:18	11	29:46	49	49:09
km 55,35 Schönv	11.99	1:22:53	6:54	16	17:14	63	22:36	55.35	5:56:13	6:26	13	45:40	55	1:11:45
km 68,07 Garten	12.72	1:37:01	7:37	13	21:35	56	24:04	68.07	7:33:14	6:39	14	1:06:41	52	1:35:05
km 80,53 Schloß	12.46	1:46:37	8:33	14	29:35	70	35:34	80.53	9:19:51	6:57	15	1:36:16	55	2:02:43
km 99,65 Geden	19.12	2:47:50	8:46	17	54:47	95	1:03:07	99.65	12:07:41	7:18	15	2:11:52	62	2:52:39
km 112,75 Sport	13.10	2:28:56	11:22	18	1:01:17	119	2:22:04	112.75	14:36:37	7:46	17	2:46:12	76	4:00:08
km 124,92 Lichte	12.17	2:02:12	10:02	11	26:44	54	43:26	124.92	16:38:49	7:59	16	2:59:24	70	4:41:59
km 134,98 Buck	10.06	1:30:40	9:00	11	19:09	48	33:11	134.98	18:09:29	8:04	15	3:18:33	63	5:08:46
Test	9.89	1:43:53	10:30	8	34:59	53	41:06	144.87	19:53:22	8:14	13	3:53:32	59	5:49:29
Stadion Lobeckst	16.01	2:57:51	11:06	14	1:04:29	94	1:07:59	160.90	22:51:13	8:31	13	4:58:01	62	6:57:28