



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Henry, Paul

□□: Active lauffreunde Hamm

□□: 60

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 22:50:57

□□: 7.00 km/h

□□□□: 8:31 min/km

□□□□□/□□□□: 67 (of 221)

□□□□□/□: 61 (of 193)

□□□□□□: 15:53:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	42:04	6:41	19	8:44	89	8:44	6.28	42:04	6:41	19	8:44	89	8:44	
km 11,32 Behms	5.04	32:11	6:23	23	7:29	97	7:29	11.32	1:14:15	6:33	22	16:13	99	16:13	
km 22,10 Lübars	10.78	1:13:06	6:46	25	18:33	115	22:10	22.10	2:27:21	6:40	24	34:10	112	34:10	
km 32,52 Naturs	10.42	1:12:02	6:54	20	17:20	88	20:16	32.52	3:39:23	6:44	22	49:53	102	49:53	
km 43,36 Ruderc	10.84	1:26:14	7:57	29	27:45	132	33:26	43.36	5:05:37	7:02	24	1:15:50	109	1:21:26	
km 55,35 Schönv	11.99	1:24:22	7:02	18	21:09	72	24:05	55.35	6:29:59	7:02	21	1:31:24	93	1:45:31	
km 68,07 Garten	12.72	1:40:13	7:52	17	27:16	66	27:16	68.07	8:10:12	7:12	19	1:48:43	83	2:12:03	
km 80,53 Schloß	12.46	2:02:34	9:50	27	51:13	121	51:31	80.53	10:12:46	7:36	20	2:39:56	89	2:55:38	
km 99,65 Geden	19.12	2:38:51	8:18	18	48:25	74	54:08	99.65	12:51:37	7:44	22	3:28:21	91	3:36:35	
km 112,75 Sport	13.10	1:50:50	8:27	7	32:42	28	1:43:58	112.75	14:42:27	7:49	21	3:57:36	80	4:05:58	
km 124,92 Lichte	12.17	2:01:51	10:00	10	43:05	50	43:05	124.92	16:44:18	8:02	18	4:40:41	71	4:47:28	
km 134,98 Buck	10.06	1:33:21	9:16	12	35:52	61	35:52	134.98	18:17:39	8:07	17	5:16:33	71	5:16:56	
Test	9.89	1:39:51	10:05	8	37:04	36	37:04	144.87	19:57:30	8:15	14	5:53:37	60	5:53:37	
Stadion Lobeckst	16.01	2:53:27	10:50	15	1:03:35	82	1:03:35	160.90	22:50:57	8:31	15	6:57:12	61	6:57:12	