



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Würll, Hans

□□: Trail Team OWL / 100MC

□□: 113

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 22:51:44

□□: 7.00 km/h

□□□□: 8:32 min/km

□□□□□/□□□□: 69 (of 221)

□□□□□/□: 63 (of 193)

□□□□□□: 15:53:45

□□□□□: 15(of 52)

□□□□□□□: 18:08:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	46:40	7:25	38	10:28	160	13:20	6.28	46:40	7:25	38	10:28	160	13:20
km 11,32 Behms	5.04	34:49	6:54	36	7:00	141	10:07	11.32	1:21:29	7:11	40	14:46	154	23:27
km 22,10 Lübars	10.78	1:14:07	6:52	29	18:20	123	23:11	22.10	2:35:36	7:02	32	31:17	135	42:25
km 32,52 Naturs	10.42	1:19:07	7:35	35	21:29	133	27:21	32.52	3:54:43	7:13	33	52:16	138	1:05:13
km 43,36 Ruderc	10.84	1:25:30	7:53	33	25:27	127	32:42	43.36	5:20:13	7:23	34	1:17:17	131	1:36:02
km 55,35 Schönv	11.99	1:39:40	8:18	39	32:30	145	39:23	55.35	6:59:53	7:35	38	1:49:47	139	2:15:25
km 68,07 Garten	12.72	1:51:43	8:46	31	30:54	116	38:46	68.07	8:51:36	7:48	36	2:20:41	131	2:53:27
km 80,53 Schloß	12.46	2:07:14	10:12	34	46:19	136	56:11	80.53	10:58:50	8:10	35	3:07:00	129	3:41:42
km 99,65 Geden	19.12	2:58:44	9:20	32	55:06	116	1:14:01	99.65	13:57:34	8:24	35	4:02:06	127	4:42:32
km 112,75 Sport	13.10	1:53:07	8:38	11	19:40	43	1:46:15	112.75	15:50:41	8:25	32	4:21:46	113	5:14:12
km 124,92 Lichte	12.17	1:53:11	9:18	8	27:42	31	34:25	124.92	17:43:52	8:30	29	4:40:53	102	5:47:02
km 134,98 Buck	10.06	1:19:01	7:51	5	2:00	19	21:32	134.98	19:02:53	8:28	26	4:28:50	93	6:02:10
Test	9.89	1:29:46	9:04	4	9:05	17	26:59	144.87	20:32:39	8:30	19	4:33:07	79	6:28:46
Stadion Lobeckst	16.01	2:19:05	8:41	11	17:30	29	29:13	160.90	22:51:44	8:31	15	4:43:20	63	6:57:59