



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Schmitz, Henning

□□: LC Duisburg

□□: 66

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 22:51:52

□□: 7.00 km/h

□□□□: 8:32 min/km

□□□□□/□□□□: 70 (of 221)

□□□□□/□: 64 (of 193)

□□□□□□: 15:53:45

□□□□□: 16(of 52)

□□□□□□□: 18:08:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	44:13	7:02	31	8:01	129	10:53	6.28	44:13	7:02	31	8:01	129	10:53
km 11,32 Behms	5.04	34:50	6:54	37	7:01	142	10:08	11.32	1:19:03	6:58	31	12:20	132	21:01
km 22,10 Lübars	10.78	1:16:45	7:07	40	20:58	152	25:49	22.10	2:35:48	7:02	35	31:29	140	42:37
km 32,52 Naturs	10.42	1:20:55	7:45	38	23:17	142	29:09	32.52	3:56:43	7:16	35	54:16	141	1:07:13
km 43,36 Ruderc	10.84	1:29:48	8:17	39	29:45	143	37:00	43.36	5:26:31	7:31	38	1:23:35	142	1:42:20
km 55,35 Schönv	11.99	1:29:25	7:27	23	22:15	95	29:08	55.35	6:55:56	7:30	35	1:45:50	131	2:11:28
km 68,07 Garten	12.72	1:45:36	8:18	21	24:47	90	32:39	68.07	8:41:32	7:39	31	2:10:37	118	2:43:23
km 80,53 Schloß	12.46	2:05:46	10:05	33	44:51	131	54:43	80.53	10:47:18	8:02	30	2:55:28	122	3:30:10
km 99,65 Geden	19.12	2:28:02	7:44	12	24:24	46	43:19	99.65	13:15:20	7:58	25	3:19:52	102	4:00:18
km 112,75 Sport	13.10	2:02:03	9:19	19	28:36	74	1:55:11	112.75	15:17:23	8:08	23	3:48:28	96	4:40:54
km 124,92 Lichte	12.17	2:09:09	10:36	23	43:40	76	50:23	124.92	17:26:32	8:22	25	4:23:33	95	5:29:42
km 134,98 Buck	10.06	1:33:59	9:20	19	16:58	65	36:30	134.98	19:00:31	8:26	23	4:26:28	90	5:59:48
Test	9.89	1:42:42	10:23	13	22:01	47	39:55	144.87	20:43:13	8:34	21	4:43:41	83	6:39:20
Stadion Lobeckst	16.01	2:08:39	8:02	4	7:04	15	18:47	160.90	22:51:52	8:31	16	4:43:28	64	6:58:07