



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Harm, Sylvio

□□: Berlin

□□: 220

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 23:02:21

□□: 6.94 km/h

□□□□: 8:35 min/km

□□□□□/□□□□: 73 (of 221)

□□□□□/□: 67 (of 193)

□□□□□□: 15:53:45

□□□□□: 17(of 52)

□□□□□□□: 18:08:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	45:46	7:17	37	9:34	151	12:26	6.28	45:46	7:17	37	9:34	151	12:26
km 11,32 Behms	5.04	34:34	6:51	34	6:45	137	9:52	11.32	1:20:20	7:05	37	13:37	144	22:18
km 22,10 Lübars	10.78	1:15:34	7:00	35	19:47	140	24:38	22.10	2:35:54	7:03	37	31:35	146	42:43
km 32,52 Naturs	10.42	1:14:39	7:09	27	17:01	113	22:53	32.52	3:50:33	7:05	31	48:06	124	1:01:03
km 43,36 Ruderc	10.84	1:25:07	7:51	31	25:04	125	32:19	43.36	5:15:40	7:16	32	1:12:44	125	1:31:29
km 55,35 Schönv	11.99	1:28:14	7:21	19	21:04	87	27:57	55.35	6:43:54	7:17	30	1:33:48	115	1:59:26
km 68,07 Garten	12.72	1:43:06	8:06	17	22:17	80	30:09	68.07	8:27:00	7:26	23	1:56:05	102	2:28:51
km 80,53 Schloß	12.46	1:56:50	9:22	23	35:55	104	45:47	80.53	10:23:50	7:44	25	2:32:00	101	3:06:42
km 99,65 Geden	19.12	2:33:07	8:00	15	29:29	62	48:24	99.65	12:56:57	7:47	20	3:01:29	93	3:41:55
km 112,75 Sport	13.10	2:05:42	9:35	24	32:15	85	1:58:50	112.75	15:02:39	8:00	20	3:33:44	89	4:26:10
km 124,92 Lichte	12.17	2:00:11	9:52	11	34:42	43	41:25	124.92	17:02:50	8:11	19	3:59:51	80	5:06:00
km 134,98 Buck	10.06	1:21:22	8:05	8	4:21	24	23:53	134.98	18:24:12	8:10	16	3:50:09	76	5:23:29
Test	9.89	1:51:49	11:18	28	31:08	79	49:02	144.87	20:16:01	8:23	16	4:16:29	73	6:12:08
Stadion Lobeckst	16.01	2:46:20	10:23	22	44:45	67	56:28	160.90	23:02:21	8:35	17	4:53:57	67	7:08:36