



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Oelkers, Riccardo

□□□: 23:10:38

□□: Berlin

□□: 6.94 km/h

□□: 45

□□□□: 8:38 min/km

□□: 160.90 km

□□□□□/□□□□: 75 (of 221)

100MeilenBerlin

□□□□□/□: 68 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 9(of 15)

Senioren M35 (35-39 Jahre)

□□□□□□□: 16:13:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	41:28	6:36	7	6:52	63	8:08	6.28	41:28	6:36	7	6:52	63	8:08
km 11,32 Behms	5.04	30:51	6:07	6	4:45	61	6:09	11.32	1:12:19	6:23	9	11:37	74	14:17
km 22,10 Lübars	10.78	1:08:48	6:22	8	16:36	81	17:52	22.10	2:21:07	6:23	8	22:03	77	27:56
km 32,52 Naturs	10.42	1:08:32	6:34	8	16:04	63	16:46	32.52	3:29:39	6:26	8	36:49	75	40:09
km 43,36 Ruderc	10.84	1:16:07	7:01	8	19:53	66	23:19	43.36	4:45:46	6:35	8	56:42	69	1:01:35
km 55,35 Schönv	11.99	1:37:09	8:06	14	31:02	131	36:52	55.35	6:22:55	6:55	11	1:24:25	84	1:38:27
km 68,07 Garten	12.72	1:58:35	9:19	13	36:21	136	45:38	68.07	8:21:30	7:22	11	1:59:48	91	2:23:21
km 80,53 Schloß	12.46	1:45:02	8:25	10	33:59	67	33:59	80.53	10:06:32	7:31	11	2:33:47	87	2:49:24
km 99,65 Geden	19.12	2:43:05	8:31	11	55:20	83	58:22	99.65	12:49:37	7:43	11	3:29:07	85	3:34:35
km 112,75 Sport	13.10	2:09:32	9:53	12	53:33	96	2:02:40	112.75	14:59:09	7:58	11	4:22:40	88	4:22:40
km 124,92 Lichte	12.17	2:20:00	11:30	13	59:39	110	1:01:14	124.92	17:19:09	8:19	12	5:22:19	91	5:22:19
km 134,98 Buck	10.06	1:33:35	9:18	9	29:42	63	36:06	134.98	18:52:44	8:23	12	5:52:01	86	5:52:01
Test	9.89	1:53:27	11:28	9	39:27	84	50:40	144.87	20:46:11	8:36	11	6:31:28	86	6:42:18
Stadion Lobeckst	16.01	2:24:27	9:01	5	25:59	35	34:35	160.90	23:10:38	8:38	9	6:56:57	68	7:16:53