



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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KASIERSKA, EWA KATARZYNA

□□□: 28:08:49

□□: WKB META LUBLINIEC

□□: 5.72 km/h

□□: 107

□□□□: 10:30 min/km

□□: 160.90 km

□□□□□/□□□: 152 (of 221)

100MeilenBerlin

□□□□□/□: 16 (of 28)

□□□□□□: 17:13:09

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□□□□□: 1 (of 1)

Seniorinnen W65 (65-69 Jahre)

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