



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Ehler, Kerstin

□□: Laufclub 21

□□: 129

□□: 160.90 km

100MeilenBerlin

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 28:51:23

□□: 5.58 km/h

□□□□: 10:46 min/km

□□□□□/□□□□: 163 (of 221)

□□□□□/□: 19 (of 28)

□□□□□□: 17:13:09

□□□□□: 9 (of 12)

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