



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Schliep, Martina

□□: LG Mauerweg Berlin e.V.

□□: 30

□□: 160.90 km

100MeilenBerlin

□□□□:

Seniorinnen W40 (40-44 Jahre)

□□□: 19:06:43

□□: 8.42 km/h

□□□□: 7:08 min/km

□□□□□/□□□□: 16 (of 221)

□□□□□/□: 3 (of 28)

□□□□□□: 17:13:09

□□□□□: 2 (of 3)

□□□□□□□: 18:42:31

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	39:33	6:17	2	0:17	3	0:17	6.28	39:33	6:17	2	0:17	3	0:17	
km 11,32 Behms	5.04	28:26	5:38	2	0:47	4	1:19	11.32	1:07:59	6:00	2	1:04	4	1:31	
km 22,10 Lübars	10.78	1:02:53	5:50	2	3:34	3	3:34	22.10	2:10:52	5:55	2	4:38	3	4:38	
km 32,52 Naturs	10.42	1:02:29	5:59	1	-	2	0:39	32.52	3:13:21	5:56	2	3:57	3	4:50	
km 43,36 Ruderc	10.84	1:07:53	6:15	1	-	2	1:46	43.36	4:21:14	6:01	2	3:54	3	6:36	
km 55,35 Schönv	11.99	1:15:00	6:15	1	-	1	-	55.35	5:36:14	6:04	2	3:22	3	5:56	
km 68,07 Garten	12.72	1:30:07	7:05	2	7:28	3	8:38	68.07	7:06:21	6:15	2	10:50	3	14:34	
km 80,53 Schloß	12.46	1:26:22	6:55	2	3:08	3	7:18	80.53	8:32:43	6:22	2	13:58	3	21:52	
km 99,65 Geden	19.12	2:05:18	6:33	1	-	3	8:58	99.65	10:38:01	6:24	1	-	2	25:24	
km 112,75 Sport	13.10	1:40:12	7:38	2	7:52	3	8:21	112.75	12:18:13	6:32	1	-	2	33:45	
km 124,92 Lichte	12.17	1:38:17	8:04	2	1:21	3	13:18	124.92	13:56:30	6:41	1	-	2	47:03	
km 134,98 Buck	10.06	1:23:11	8:16	2	9:21	5	18:50	134.98	15:19:41	6:48	2	6:24	3	1:05:53	
Test	9.89	1:29:04	9:00	2	9:08	3	16:55	144.87	16:48:45	6:57	2	15:32	3	1:22:48	
Stadion Lobeckst	16.01	2:17:58	8:37	2	8:40	5	30:46	160.90	19:06:43	7:07	2	24:12	3	1:53:34	