



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

0000

Hoffmann, Sigrid

00: LG Westerwald

00: 166

00: 160.90 km

100MeilenBerlin

0000:

Seniorinnen W45 (45-49 Jahre)

000: 20:53:09

00: 7.70 km/h

0000: 7:47 min/km

00000/0000: 30 (of 221)

00000/0: 4 (of 28)

000000: 17:13:09

00000: 2 (of 12)

0000000: 17:13:09

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
km 6,28 Gedenk:	6.28	41:54	6:40	4	2:33	6	2:38	6.28	41:54	6:40	4	2:33	6	2:38	
km 11,32 Behms	5.04	31:01	6:09	5	3:54	7	3:54	11.32	1:12:55	6:26	5	6:27	7	6:27	
km 22,10 Lübars	10.78	1:09:33	6:27	3	9:20	5	10:14	22.10	2:22:28	6:26	3	15:47	5	16:14	
km 32,52 Naturs	10.42	1:10:54	6:48	3	9:04	5	9:04	32.52	3:33:22	6:33	3	24:51	5	24:51	
km 43,36 Ruderc	10.84	1:16:52	7:05	4	10:45	6	10:45	43.36	4:50:14	6:41	3	35:36	5	35:36	
km 55,35 Schönv	11.99	1:17:28	6:27	2	1:48	4	2:28	55.35	6:07:42	6:38	3	37:24	5	37:24	
km 68,07 Garten	12.72	1:32:27	7:16	3	10:58	5	10:58	68.07	7:40:09	6:45	3	48:22	5	48:22	
km 80,53 Schloß	12.46	1:53:08	9:04	5	34:04	9	34:04	80.53	9:33:17	7:07	3	1:22:26	5	1:22:26	
km 99,65 Geden	19.12	2:19:48	7:18	2	18:02	4	23:28	99.65	11:53:05	7:09	3	1:40:28	5	1:40:28	
km 112,75 Sport	13.10	2:09:19	9:52	6	37:28	10	37:28	112.75	14:02:24	7:28	4	2:17:56	6	2:17:56	
km 124,92 Lichte	12.17	1:54:08	9:22	3	29:09	5	29:09	124.92	15:56:32	7:39	4	2:47:05	6	2:47:05	
km 134,98 Buck	10.06	1:20:02	7:57	2	15:41	3	15:41	134.98	17:16:34	7:40	4	3:02:46	6	3:02:46	
Test	9.89	1:29:19	9:01	3	17:10	5	17:10	144.87	18:45:53	7:46	4	3:19:56	6	3:19:56	
Stadion Lobeckst	16.01	2:07:16	7:56	2	20:04	2	20:04	160.90	20:53:09	7:47	2	3:40:00	4	3:40:00	