



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Jahn, Sigrid

□□: The Hague Road Runners

□□: 109

□□: 160.90 km

100MeilenBerlin

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 23:32:16

□□: 6.80 km/h

□□□□: 8:47 min/km

□□□□□/□□□: 90 (of 221)

□□□□□/□: 9 (of 28)

□□□□□□: 17:13:09

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
km 6,28 Gedenk:	6.28	45:30	7:14	10	6:09	14	6:14	6.28	45:30	7:14	10	6:09	14	6:14
km 11,32 Behms	5.04	36:24	7:13	9	9:17	22	9:17	11.32	1:21:54	7:14	9	15:26	16	15:26
km 22,10 Lübars	10.78	1:16:26	7:05	8	16:13	13	17:07	22.10	2:38:20	7:09	8	31:39	14	32:06
km 32,52 Naturs	10.42	1:24:20	8:05	10	22:30	19	22:30	32.52	4:02:40	7:27	8	54:09	15	54:09
km 43,36 Ruderc	10.84	1:30:35	8:21	7	24:28	13	24:28	43.36	5:33:15	7:41	8	1:18:37	14	1:18:37
km 55,35 Schönv	11.99	1:30:26	7:32	7	14:46	11	15:26	55.35	7:03:41	7:39	7	1:33:23	12	1:33:23
km 68,07 Garten	12.72	1:47:47	8:28	7	26:18	11	26:18	68.07	8:51:28	7:48	7	1:59:41	10	1:59:41
km 80,53 Schloß	12.46	1:55:36	9:16	7	36:32	12	36:32	80.53	10:47:04	8:02	7	2:36:13	11	2:36:13
km 99,65 Geden	19.12	2:46:00	8:40	6	44:14	11	49:40	99.65	13:33:04	8:09	7	3:20:27	11	3:20:27
km 112,75 Sport	13.10	2:11:21	10:01	7	39:30	11	39:30	112.75	15:44:25	8:22	7	3:59:57	11	3:59:57
km 124,92 Lichte	12.17	2:02:19	10:03	4	37:20	6	37:20	124.92	17:46:44	8:32	7	4:37:17	11	4:37:17
km 134,98 Buck	10.06	1:37:51	9:43	6	33:30	9	33:30	134.98	19:24:35	8:37	7	5:10:47	11	5:10:47
Test	9.89	1:34:27	9:33	4	22:18	6	22:18	144.87	20:59:02	8:41	7	5:33:05	11	5:33:05
Stadion Lobeckst	16.01	2:33:14	9:34	3	46:02	6	46:02	160.90	23:32:16	8:46	6	6:19:07	9	6:19:07