



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

□□□□

Mecking, Bettina

□□: Marathon Dinslaken

□□: 256

□□: 160.90 km

100MeilenBerlin

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 23:44:24

□□: 6.74 km/h

□□□□: 8:51 min/km

□□□□□/□□□: 102 (of 221)

□□□□□/□: 11 (of 28)

□□□□□□: 17:13:09

□□□□□: 7(of 12)

□□□□□□□: 17:13:09

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	42:47	6:48	6	3:26	8	3:31	6.28	42:47	6:48	6	3:26	8	3:31	
km 11,32 Behms	5.04	31:43	6:17	6	4:36	8	4:36	11.32	1:14:30	6:34	6	8:02	8	8:02	
km 22,10 Lübars	10.78	1:13:40	6:50	6	13:27	8	14:21	22.10	2:28:10	6:42	6	21:29	8	21:56	
km 32,52 Naturs	10.42	1:18:58	7:34	7	17:08	12	17:08	32.52	3:47:08	6:59	6	38:37	8	38:37	
km 43,36 Ruderc	10.84	1:30:54	8:23	8	24:47	15	24:47	43.36	5:18:02	7:20	6	1:03:24	9	1:03:24	
km 55,35 Schönv	11.99	1:25:27	7:07	5	9:47	7	10:27	55.35	6:43:29	7:17	6	1:13:11	9	1:13:11	
km 68,07 Garten	12.72	1:45:30	8:17	6	24:01	9	24:01	68.07	8:28:59	7:28	6	1:37:12	9	1:37:12	
km 80,53 Schloß	12.46	1:54:25	9:10	6	35:21	11	35:21	80.53	10:23:24	7:44	6	2:12:33	9	2:12:33	
km 99,65 Geden	19.12	2:53:04	9:03	7	51:18	13	56:44	99.65	13:16:28	7:59	6	3:03:51	9	3:03:51	
km 112,75 Sport	13.10	2:04:21	9:29	5	32:30	9	32:30	112.75	15:20:49	8:10	6	3:36:21	9	3:36:21	
km 124,92 Lichte	12.17	2:05:33	10:18	7	40:34	11	40:34	124.92	17:26:22	8:22	6	4:16:55	9	4:16:55	
km 134,98 Buck	10.06	1:34:45	9:25	5	30:24	8	30:24	134.98	19:01:07	8:27	6	4:47:19	9	4:47:19	
Test	9.89	1:54:35	11:35	7	42:26	13	42:26	144.87	20:55:42	8:40	6	5:29:45	10	5:29:45	
Stadion Lobeckst	16.01	2:48:42	10:32	5	1:01:30	8	1:01:30	160.90	23:44:24	8:51	7	6:31:15	11	6:31:15	