



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Hav Thomsen, Anja

00: Dubai Creek Striders

00: 233

00: 160.90 km

100MeilenBerlin

0000:

Seniorinnen W40 (40-44 Jahre)

000: 23:41:27

00: 6.75 km/h

0000: 8:50 min/km

00000/0000: 94 (of 221)

00000/0: 10 (of 28)

000000: 17:13:09

00000: 3(of 3)

0000000: 18:42:31

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
km 6,28 Gedenk:	6.28	50:07	7:58	3	10:51	25	10:51	6.28	50:07	7:58	3	10:51	25	10:51
km 11,32 Behms	5.04	36:18	7:12	3	8:39	21	9:11	11.32	1:26:25	7:38	3	19:30	27	19:57
km 22,10 Lübars	10.78	1:21:19	7:32	3	22:00	19	22:00	22.10	2:47:44	7:35	3	41:30	23	41:30
km 32,52 Naturs	10.42	1:27:43	8:25	3	25:14	25	25:53	32.52	4:15:27	7:51	3	1:06:03	24	1:06:56
km 43,36 Ruderc	10.84	1:30:50	8:22	3	22:57	14	24:43	43.36	5:46:17	7:59	3	1:28:57	19	1:31:39
km 55,35 Schönv	11.99	1:26:52	7:14	3	11:52	9	11:52	55.35	7:13:09	7:49	3	1:40:17	15	1:42:51
km 68,07 Garten	12.72	1:42:52	8:05	3	20:13	8	21:23	68.07	8:56:01	7:52	3	2:00:30	12	2:04:14
km 80,53 Schloß	12.46	1:46:44	8:33	3	23:30	5	27:40	80.53	10:42:45	7:58	3	2:24:00	10	2:31:54
km 99,65 Geden	19.12	2:38:37	8:17	3	33:19	10	42:17	99.65	13:21:22	8:02	3	2:43:21	10	3:08:45
km 112,75 Sport	13.10	2:00:27	9:11	3	28:07	7	28:36	112.75	15:21:49	8:10	3	3:03:36	10	3:37:21
km 124,92 Lichte	12.17	2:08:04	10:31	3	31:08	13	43:05	124.92	17:29:53	8:24	3	3:33:23	10	4:20:26
km 134,98 Buck	10.06	1:38:23	9:46	3	24:33	11	34:02	134.98	19:08:16	8:30	3	3:54:59	10	4:54:28
Test	9.89	1:41:12	10:13	3	21:16	8	29:03	144.87	20:49:28	8:37	3	4:16:15	9	5:23:31
Stadion Lobeckst	16.01	2:51:59	10:44	3	42:41	11	1:04:47	160.90	23:41:27	8:50	3	4:58:56	10	6:28:18