



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Bahlcke, Annett

□□: LG Nord Berlin Ultrateam

□□: 199

□□: 160.90 km

100MeilenBerlin

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 17:13:09

□□: 9.29 km/h

□□□□: 6:25 min/km

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□□□□□/□: 1 (of 28)

□□□□□□: 17:13:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	39:21	6:15	1	-	2	0:05	6.28	39:21	6:15	1	-	2	0:05	
km 11,32 Behms	5.04	27:07	5:22	1	-	1	-	11.32	1:06:28	5:52	1	-	1	-	
km 22,10 Lübars	10.78	1:00:13	5:35	1	-	2	0:54	22.10	2:06:41	5:43	1	-	2	0:27	
km 32,52 Naturs	10.42	1:01:50	5:56	1	-	1	-	32.52	3:08:31	5:47	1	-	1	-	
km 43,36 Ruderc	10.84	1:06:07	6:05	1	-	1	-	43.36	4:14:38	5:52	1	-	1	-	
km 55,35 Schönv	11.99	1:15:40	6:18	1	-	3	0:40	55.35	5:30:18	5:58	1	-	1	-	
km 68,07 Garten	12.72	1:21:29	6:24	1	-	1	-	68.07	6:51:47	6:02	1	-	1	-	
km 80,53 Schloß	12.46	1:19:04	6:20	1	-	1	-	80.53	8:10:51	6:05	1	-	1	-	
km 99,65 Geden	19.12	2:01:46	6:22	1	-	2	5:26	99.65	10:12:37	6:08	1	-	1	-	
km 112,75 Sport	13.10	1:31:51	7:00	1	-	1	-	112.75	11:44:28	6:14	1	-	1	-	
km 124,92 Lichte	12.17	1:24:59	6:58	1	-	1	-	124.92	13:09:27	6:19	1	-	1	-	
km 134,98 Buck	10.06	1:04:21	6:23	1	-	1	-	134.98	14:13:48	6:19	1	-	1	-	
Test	9.89	1:12:09	7:17	1	-	1	-	144.87	15:25:57	6:23	1	-	1	-	
Stadion Lobeckst	16.01	1:47:12	6:41	1	-	1	-	160.90	17:13:09	6:25	1	-	1	-	