



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Erckner, Gisela

□□□: 28:08:51

□□: Reutlingen

□□: 5.68 km/h

□□: 188

□□□□: 10:30 min/km

□□: 160.90 km

□□□□□/□□□□: 154 (of 221)

100MeilenBerlin

□□□□□/□: 17 (of 28)

□□□□□□: 17:13:09

□□□□:

□□□□□: 8(of 12)

Seniorinnen W45 (45-49 Jahre)

□□□□□□□: 17:13:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	45:19	7:12	9	5:58	13	6:03	6.28	45:19	7:12	9	5:58	13	6:03	
km 11,32 Behms	5.04	35:24	7:01	8	8:17	15	8:17	11.32	1:20:43	7:07	8	14:15	13	14:15	
km 22,10 Lübars	10.78	1:23:39	7:45	11	23:26	23	24:20	22.10	2:44:22	7:26	10	37:41	19	38:08	
km 32,52 Naturs	10.42	1:23:05	7:58	8	21:15	16	21:15	32.52	4:07:27	7:36	9	58:56	17	58:56	
km 43,36 Ruderc	10.84	1:42:33	9:27	12	36:26	25	36:26	43.36	5:50:00	8:04	11	1:35:22	21	1:35:22	
km 55,35 Schönv	11.99	1:36:51	8:04	8	21:11	14	21:51	55.35	7:26:51	8:04	10	1:56:33	21	1:56:33	
km 68,07 Garten	12.72	2:06:42	9:57	10	45:13	23	45:13	68.07	9:33:33	8:25	10	2:41:46	22	2:41:46	
km 80,53 Schloß	12.46	2:38:47	12:44	10	1:19:43	25	1:19:43	80.53	12:12:20	9:05	10	4:01:29	22	4:01:29	
km 99,65 Geden	19.12	3:40:27	11:31	9	1:38:41	24	1:44:07	99.65	15:52:47	9:33	9	5:40:10	21	5:40:10	
km 112,75 Sport	13.10	2:41:01	12:17	8	1:09:10	16	1:09:10	112.75	18:33:48	9:52	8	6:49:20	19	6:49:20	
km 124,92 Lichte	12.17	2:12:57	10:55	9	47:58	15	47:58	124.92	20:46:45	9:58	8	7:37:18	19	7:37:18	
km 134,98 Buck	10.06	1:46:07	10:32	8	41:46	15	41:46	134.98	22:32:52	10:01	8	8:19:04	18	8:19:04	
Test	9.89	2:06:38	12:48	8	54:29	16	54:29	144.87	24:39:30	10:12	8	9:13:33	17	9:13:33	
Stadion Lobeckst	16.01	3:29:21	13:04	10	1:42:09	20	1:42:09	160.90	28:08:51	10:29	8	10:55:42	17	10:55:42	