



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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KASJERSKA, EWA KATARZYNA

□□□: 28:08:49

□□: WKB META LUBLINIEC

□□: 5.68 km/h

□□: 107

□□□□: 10:30 min/km

□□: 160.90 km

□□□□□/□□□: 152 (of 221)

100MeilenBerlin

□□□□□/□: 16 (of 28)

□□□□□□: 17:13:09

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□□□□□: 1(of 1)

Seniorinnen W65 (65-69 Jahre)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	47:06	7:30	1	-	23	7:50	6.28	47:06	7:30	1	-	23	7:50	
km 11,32 Behms	5.04	37:20	7:24	1	-	26	10:13	11.32	1:24:26	7:27	1	-	22	17:58	
km 22,10 Lübars	10.78	1:21:14	7:32	1	-	18	21:55	22.10	2:45:40	7:29	1	-	21	39:26	
km 32,52 Naturs	10.42	1:25:44	8:13	1	-	22	23:54	32.52	4:11:24	7:43	1	-	22	1:02:53	
km 43,36 Ruderc	10.84	1:40:51	9:18	1	-	24	34:44	43.36	5:52:15	8:07	1	-	24	1:37:37	
km 55,35 Schönv	11.99	1:41:51	8:29	1	-	19	26:51	55.35	7:34:06	8:12	1	-	22	2:03:48	
km 68,07 Garten	12.72	1:59:12	9:22	1	-	18	37:43	68.07	9:33:18	8:25	1	-	21	2:41:31	
km 80,53 Schloß	12.46	2:13:35	10:43	1	-	19	54:31	80.53	11:46:53	8:46	1	-	21	3:36:02	
km 99,65 Geden	19.12	3:29:50	10:58	1	-	21	1:33:30	99.65	15:16:43	9:11	1	-	20	5:04:06	
km 112,75 Sport	13.10	3:05:49	14:11	1	-	20	1:33:58	112.75	18:22:32	9:46	1	-	18	6:38:04	
km 124,92 Lichte	12.17	2:24:00	11:49	1	-	20	59:01	124.92	20:46:32	9:58	1	-	18	7:37:05	
km 134,98 Buck	10.06	1:46:19	10:34	1	-	16	41:58	134.98	22:32:51	10:01	1	-	17	8:19:03	
Test	9.89	2:06:38	12:48	1	-	16	54:29	144.87	24:39:29	10:12	1	-	16	9:13:32	
Stadion Lobeckst	16.01	3:29:20	13:04	1	-	19	1:42:08	160.90	28:08:49	10:29	1	-	16	10:55:40	