



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Krutzsch, Cindy

000: 29:18:28

00: Berlin

00: 5.46 km/h

00: 122

0000: 10:56 min/km

00: 160.90 km

00000/0000: 172 (of 221)

100MeilenBerlin

00000/0: 21 (of 28)

000000: 17:13:09

0000:

00000: 1(of 1)

Seniorinnen W30 (30-34 Jahre)

0000000: 29:18:28

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