



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Balke, Cornelia

□□: Lg Mauerweg Berlin e.V.

□□: 79

□□: 160.90 km

100MeilenBerlin

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Seniorinnen W45 (45-49 Jahre)

□□□: 29:26:51

□□: 5.43 km/h

□□□□: 10:59 min/km

□□□□□/□□□□: 175 (of 221)

□□□□□/□: 23 (of 28)

□□□□□□: 17:13:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	43:36	6:56	7	4:15	9	4:20	6.28	43:36	6:56	7	4:15	9	4:20
km 11,32 Behms	5.04	34:27	6:50	7	7:20	11	7:20	11.32	1:18:03	6:53	7	11:35	10	11:35
km 22,10 Lübars	10.78	1:14:42	6:55	7	14:29	12	15:23	22.10	2:32:45	6:54	7	26:04	9	26:31
km 32,52 Naturs	10.42	1:18:08	7:29	6	16:18	10	16:18	32.52	3:50:53	7:05	7	42:22	9	42:22
km 43,36 Ruderc	10.84	1:35:04	8:46	9	28:57	19	28:57	43.36	5:25:57	7:31	7	1:11:19	12	1:11:19
km 55,35 Schönv	11.99	1:46:21	8:52	9	30:41	23	31:21	55.35	7:12:18	7:48	8	1:42:00	14	1:42:00
km 68,07 Garten	12.72	1:58:19	9:18	8	36:50	16	36:50	68.07	9:10:37	8:05	8	2:18:50	16	2:18:50
km 80,53 Schloß	12.46	2:29:41	12:00	9	1:10:37	22	1:10:37	80.53	11:40:18	8:41	9	3:29:27	18	3:29:27
km 99,65 Geden	19.12	3:24:54	10:42	8	1:23:08	19	1:28:34	99.65	15:05:12	9:05	8	4:52:35	19	4:52:35
km 112,75 Sport	13.10	5:03:28	23:09	10	3:31:37	24	3:31:37	112.75	20:08:40	10:43	10	8:24:12	24	8:24:12
km 124,92 Lichte	12.17	2:04:35	10:14	6	39:36	10	39:36	124.92	22:13:15	10:40	10	9:03:48	23	9:03:48
km 134,98 Buck	10.06	1:54:30	11:22	10	50:09	20	50:09	134.98	24:07:45	10:43	10	9:53:57	23	9:53:57
Test	9.89	2:13:04	13:27	9	1:00:55	19	1:00:55	144.87	26:20:49	10:54	10	10:54:52	23	10:54:52
Stadion Lobeckst	16.01	3:06:02	11:37	7	1:18:50	15	1:18:50	160.90	29:26:51	10:58	10	12:13:42	23	12:13:42