



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Nelan, Kelley

00: Strength and Conditioning

00: 216

00: 160.90 km

100MeilenBerlin

0000:

Seniorinnen W35 (35-39 Jahre)

000: 28:59:18

00: 5.52 km/h

0000: 10:49 min/km

00000/0000: 168 (of 221)

00000/0: 20 (of 28)

000000: 17:13:09

00000: 3(of 4)

0000000: 23:15:11

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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	46:56	7:28	4	0:16	21	7:40	6.28	46:56	7:28	4	0:16	21	7:40
km 11,32 Behms	5.04	35:41	7:04	4	0:58	17	8:34	11.32	1:22:37	7:17	4	1:14	20	16:09
km 22,10 Lübars	10.78	1:25:18	7:54	4	11:34	25	25:59	22.10	2:47:55	7:35	4	12:48	25	41:41
km 32,52 Naturs	10.42	1:23:17	7:59	4	5:28	17	21:27	32.52	4:11:12	7:43	4	18:16	21	1:02:41
km 43,36 Ruderc	10.84	1:40:06	9:14	4	22:28	23	33:59	43.36	5:51:18	8:06	4	40:44	23	1:36:40
km 55,35 Schönv	11.99	1:33:28	7:47	2	6:53	12	18:28	55.35	7:24:46	8:02	4	47:37	19	1:54:28
km 68,07 Garten	12.72	2:04:42	9:48	4	18:04	22	43:13	68.07	9:29:28	8:21	4	1:05:41	20	2:37:41
km 80,53 Schloß	12.46	2:11:03	10:31	4	21:27	18	51:59	80.53	11:40:31	8:41	4	1:27:08	19	3:29:40
km 99,65 Geden	19.12	3:00:36	9:26	4	22:29	15	1:04:16	99.65	14:41:07	8:50	4	1:49:37	17	4:28:30
km 112,75 Sport	13.10	2:44:56	12:35	3	31:56	17	1:13:05	112.75	17:26:03	9:16	3	2:21:33	16	5:41:35
km 124,92 Lichte	12.17	2:51:16	14:04	3	47:12	23	1:26:17	124.92	20:17:19	9:44	3	3:08:45	17	7:07:52
km 134,98 Buck	10.06	2:26:55	14:36	3	55:08	23	1:22:34	134.98	22:44:14	10:06	3	4:03:53	19	8:30:26
Test	9.89	2:26:17	14:47	3	47:33	22	1:14:08	144.87	25:10:31	10:25	3	4:51:26	18	9:44:34
Stadion Lobeckst	16.01	3:48:47	14:17	3	1:36:55	22	2:01:35	160.90	28:59:18	10:48	3	5:44:07	20	11:46:09