



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Schroeder, Christine

□□: 100 Marathon Club

□□: 219

□□: 160.90 km

100MeilenBerlin

□□□□:

Seniorinnen W55 (55-59 Jahre)

□□□: 26:43:45

□□: 5.99 km/h

□□□□: 9:58 min/km

□□□□□/□□□□: 135 (of 221)

□□□□□/□: 15 (of 28)

□□□□□□: 17:13:09

□□□□□: 2(of 5)

□□□□□□□: 25:39:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	46:18	7:22	3	2:32	16	7:02	6.28	46:18	7:22	3	2:32	16	7:02	
km 11,32 Behms	5.04	40:10	7:58	5	6:46	28	13:03	11.32	1:26:28	7:38	5	8:54	28	20:00	
km 22,10 Lübars	10.78	1:30:11	8:21	5	12:06	28	30:52	22.10	2:56:39	7:59	5	19:11	28	50:25	
km 32,52 Naturs	10.42	1:28:02	8:26	4	7:57	27	26:12	32.52	4:24:41	8:08	5	22:49	28	1:16:10	
km 43,36 Ruderc	10.84	1:31:37	8:27	2	4:34	16	25:30	43.36	5:56:18	8:13	4	27:23	26	1:41:40	
km 55,35 Schönv	11.99	1:43:44	8:39	3	5:58	21	28:44	55.35	7:40:02	8:18	3	28:24	24	2:09:44	
km 68,07 Garten	12.72	2:02:28	9:37	2	12:13	20	40:59	68.07	9:42:30	8:33	3	36:35	23	2:50:43	
km 80,53 Schloß	12.46	2:00:35	9:40	2	0:54	14	41:31	80.53	11:43:05	8:43	3	37:29	20	3:32:14	
km 99,65 Geden	19.12	3:08:45	9:52	1	-	16	1:12:25	99.65	14:51:50	8:56	2	13:18	18	4:39:13	
km 112,75 Sport	13.10	2:25:40	11:07	2	5:31	15	53:49	112.75	17:17:30	9:12	2	18:49	15	5:33:02	
km 124,92 Lichte	12.17	2:14:46	11:04	2	10:19	17	49:47	124.92	19:32:16	9:23	2	29:08	15	6:22:49	
km 134,98 Buck	10.06	1:51:38	11:05	2	8:35	18	47:17	134.98	21:23:54	9:30	2	37:43	15	7:10:06	
Test	9.89	2:10:50	13:13	2	8:51	18	58:41	144.87	23:34:44	9:45	2	46:34	15	8:08:47	
Stadion Lobeckst	16.01	3:09:01	11:48	2	17:55	17	1:21:49	160.90	26:43:45	9:58	2	1:04:29	15	9:30:36	