



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Grohmann, Gabriele

□□□: 21:15:54

□□: Troisdorfer LG M.U.T.

□□: 7.52 km/h

□□: 224

□□□□: 7:56 min/km

□□: 160.90 km

□□□□□/□□□: 40 (of 221)

100MeilenBerlin

□□□□□/□: 5 (of 28)

□□□□□□: 17:13:09

□□□□:

□□□□□: 3(of 12)

Seniorinnen W45 (45-49 Jahre)

□□□□□□□: 17:13:09

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