



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

□□□□

Grohmann, Gabriele

□□: Troisdorfer LG M.U.T.

□□: 224

Enduro E Bike

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 21:15:54

□□: - km/h

□□□□: 7:56 min/km

□□□□□/□□□: 40 (of 221)

□□□□□/□: 5 (of 28)

□□□□□□: 17:13:09

□□□□□: 3(of 12)

□□□□□□□: 17:13:09

□□□□

□□□□

□□□

| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| 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   | -      | 21:15:54  | -         | 3             | 4:02:45 | 5       | 4:02:45 |         |