



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

□□□□

Krantz, Claudia

□□: LLG80 Köln

□□: 254

□□: 160.90 km

100MeilenBerlin

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 21:50:28

□□: 7.33 km/h

□□□□: 8:08 min/km

□□□□□/□□□□: 52 (of 221)

□□□□□/□: 6 (of 28)

□□□□□□: 17:13:09

□□□□□: 4(of 12)

□□□□□□□: 17:13:09

□□□□

□□□□

□□□

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