



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

0000

Hamm, Carmen

00: Ludwigsburg

00: 238

00: 160.90 km

100MeilenBerlin

0000:

Seniorinnen W45 (45-49 Jahre)

000: 23:02:21

00: 6.94 km/h

0000: 8:35 min/km

00000/0000: 74 (of 221)

00000/0: 7 (of 28)

000000: 17:13:09

00000: 5(of 12)

0000000: 17:13:09

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
km 6,28 Gedenk:	6.28	41:59	6:41	5	2:38	7	2:43	6.28	41:59	6:41	5	2:38	7	2:43
km 11,32 Behms	5.04	30:44	6:05	3	3:37	5	3:37	11.32	1:12:43	6:25	3	6:15	5	6:15
km 22,10 Lübars	10.78	1:11:57	6:40	5	11:44	7	12:38	22.10	2:24:40	6:32	5	17:59	7	18:26
km 32,52 Naturs	10.42	1:11:31	6:51	5	9:41	7	9:41	32.52	3:36:11	6:38	5	27:40	7	27:40
km 43,36 Ruderc	10.84	1:19:49	7:21	5	13:42	8	13:42	43.36	4:56:00	6:49	5	41:22	7	41:22
km 55,35 Schönv	11.99	1:28:26	7:22	6	12:46	10	13:26	55.35	6:24:26	6:56	5	54:08	7	54:08
km 68,07 Garten	12.72	1:40:41	7:54	5	19:12	7	19:12	68.07	8:05:07	7:07	5	1:13:20	7	1:13:20
km 80,53 Schloß	12.46	1:48:45	8:43	4	29:41	7	29:41	80.53	9:53:52	7:22	5	1:43:01	7	1:43:01
km 99,65 Geden	19.12	2:33:45	8:02	5	31:59	8	37:25	99.65	12:27:37	7:30	5	2:15:00	7	2:15:00
km 112,75 Sport	13.10	1:57:55	9:00	4	26:04	6	26:04	112.75	14:25:32	7:40	5	2:41:04	7	2:41:04
km 124,92 Lichte	12.17	2:03:52	10:10	5	38:53	7	38:53	124.92	16:29:24	7:55	5	3:19:57	7	3:19:57
km 134,98 Buck	10.06	1:44:07	10:20	7	39:46	14	39:46	134.98	18:13:31	8:06	5	3:59:43	7	3:59:43
Test	9.89	1:51:23	11:15	5	39:14	10	39:14	144.87	20:04:54	8:19	5	4:38:57	7	4:38:57
Stadion Lobeckst	16.01	2:57:27	11:05	6	1:10:15	13	1:10:15	160.90	23:02:21	8:35	5	5:49:12	7	5:49:12