



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

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Heinlein, Marika

□□□: 17:49:05

□□: 1. FC Geesdorf

□□: 8.98 km/h

□□: 3

□□□□: 6:38 min/km

□□: 160.90 km

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100MeilenBerlin

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□□□□□□: 16:22:17

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□□□□□: 5(of 92)

Gesamt

□□□□□□: 16:22:17

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|----------|-----------|-----------|
| Klein-Ziethener-V | 22.20 | 2:10:00 | 5:51 | 11 | 11:39 | 11 | 11:39 | 22.20 | 2:10:00 | 5:51 | 59 | - | 59 | 59 |
| Osdorfer Straße | 20.40 | 2:01:10 | 5:56 | 10 | 16:10 | 10 | 16:10 | 42.60 | 4:11:10 | 5:53 | 59 | - | 59 | 59 |
| Bahnhof Griebnit | 19.70 | 2:01:06 | 6:08 | 7 | 29:19 | 7 | 29:19 | 62.30 | 6:12:16 | 5:58 | 59 | - | 59 | 59 |
| Kladower Straße | 20.30 | 2:14:16 | 6:36 | 10 | 13:32 | 10 | 13:32 | 82.60 | 8:26:32 | 6:07 | 55 | - | 55 | 55 |
| Gartenlaube | 10.20 | 1:06:59 | 6:34 | 6 | 4:34 | 6 | 4:34 | 92.80 | 9:33:31 | 6:10 | 56 | - | 56 | 56 |
| Lauftreff Schönw | 12.50 | 1:22:41 | 6:36 | 5 | 4:59 | 5 | 4:59 | 105.30 | 10:56:12 | 6:13 | 58 | - | 58 | 58 |
| Ruderclub Oberh | 12.30 | 1:23:06 | 6:45 | 7 | 43:58 | 7 | 43:58 | 117.60 | 12:19:18 | 6:17 | 57 | - | 57 | 57 |
| Hattwichstraße | 15.40 | 1:53:14 | 7:21 | 8 | 1:14:06 | 8 | 1:14:06 | 133.00 | 14:12:32 | 6:24 | 55 | 14:12:32 | 55 | 14:12:32 |
| Gedenkstätte | 19.50 | 2:31:04 | 7:44 | 8 | 1:51:56 | 8 | 1:51:56 | 152.50 | 16:43:36 | 6:34 | 55 | 16:43:36 | 55 | 16:43:36 |
| Stadion Lobeckst | 8.40 | 1:05:29 | 7:47 | 9 | 6:16 | 9 | 6:16 | 160.90 | 17:49:05 | 6:38 | 5 | 1:26:48 | 5 | 1:26:48 |