



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

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Quell, Carsten

□□□: 18:38:36

□□: Ottawa, Ontario, Kanada

□□: 8.58 km/h

□□: 41

□□□□: 6:57 min/km

□□: 160.90 km

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100MeilenBerlin

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□□□□□□: 16:22:17

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□□□□□: 7(of 92)

Gesamt

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Klein-Ziethener-V	22.20	2:13:42	6:01	20	15:21	20	15:21	22.20	2:13:42	6:01	55	-	55	
Osdorfer Straße	20.40	2:03:54	6:04	16	18:54	16	18:54	42.60	4:17:36	6:02	55	-	55	
Bahnhof Griebnit	19.70	2:04:43	6:19	8	32:56	8	32:56	62.30	6:22:19	6:08	54	-	54	
Kladower Straße	20.30	2:09:57	6:24	8	9:13	8	9:13	82.60	8:32:16	6:12	53	-	53	
Gartenlaube	10.20	1:10:41	6:55	9	8:16	9	8:16	92.80	9:42:57	6:16	55	-	55	
Lauftreff Schönw	12.50	1:29:30	7:09	8	11:48	8	11:48	105.30	11:12:27	6:23	56	-	56	
Ruderclub Oberh	12.30	1:30:17	7:20	11	51:09	11	51:09	117.60	12:42:44	6:29	56	-	56	
Hattwichstraße	15.40	2:23:42	9:19	17	1:44:34	17	1:44:34	133.00	15:06:26	6:48	53	15:06:26	53	15:06:26
Gedenkstätte	19.50	2:25:37	7:28	6	1:46:29	6	1:46:29	152.50	17:32:03	6:53	53	17:32:03	53	17:32:03
Stadion Lobeckst	8.40	1:06:33	7:55	12	7:20	12	7:20	160.90	18:38:36	6:57	7	2:16:19	7	2:16:19