



# 100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

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Seidel, Grit

□□: LG Nord Berlin Ultrateam

□□: 74

□□: 160.90 km

100MeilenBerlin

□□□□:

Gesamt

□□□: 18:54:57

□□: 8.46 km/h

□□□□: 7:03 min/km

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□□□□□□: 16:22:17

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Klein-Ziethener-V	22.20	2:15:01	6:04	23	16:40	23	16:40	22.20	2:15:01	6:04	53	-	53	
Osdorfer Straße	20.40	2:07:17	6:14	21	22:17	21	22:17	42.60	4:22:18	6:09	53	-	53	
Bahnhof Griebnit	19.70	2:09:35	6:34	12	37:48	12	37:48	62.30	6:31:53	6:17	52	-	52	
Kladower Straße	20.30	2:23:23	7:03	13	22:39	13	22:39	82.60	8:55:16	6:28	52	-	52	
Gartenlaube	10.20	1:10:30	6:54	8	8:05	8	8:05	92.80	10:05:46	6:31	53	-	53	
Lauftreff Schönw	12.50	1:33:05	7:26	9	15:23	9	15:23	105.30	11:38:51	6:38	54	-	54	
Ruderclub Oberh	12.30	1:27:02	7:04	10	47:54	10	47:54	117.60	13:05:53	6:40	55	-	55	
Hattwichstraße	15.40	2:07:07	8:15	10	1:27:59	10	1:27:59	133.00	15:13:00	6:51	52	15:13:00	52	15:13:00
Gedenkstätte	19.50	2:34:58	7:56	11	1:55:50	11	1:55:50	152.50	17:47:58	7:00	49	17:47:58	49	17:47:58
Stadion Lobeckst	8.40	1:06:59	7:58	13	7:46	13	7:46	160.90	18:54:57	7:03	9	2:32:40	9	2:32:40