



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

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Riedel, Roland

□□□: 18:54:57

□□: Adler-Langlauf Bottrop

□□: 8.46 km/h

□□: 92

□□□□: 7:03 min/km

□□: 160.90 km

□□□□□/□□□: 11 (of 92)

100MeilenBerlin

□□□□□/□□□: 9 (of 92)

□□□□□□: 16:22:17

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□□□□□: 9(of 92)

Gesamt

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Klein-Ziethener-V	22.20	2:15:57	6:07	26	17:36	26	17:36	22.20	2:15:57	6:07	51	-	51	
Osdorfer Straße	20.40	2:06:23	6:11	19	21:23	19	21:23	42.60	4:22:20	6:09	51	-	51	
Bahnhof Griebnit	19.70	2:09:37	6:34	13	37:50	13	37:50	62.30	6:31:57	6:17	50	-	50	
Kladower Straße	20.30	2:22:24	7:00	12	21:40	12	21:40	82.60	8:54:21	6:28	40	-	40	
Gartenlaube	10.20	1:11:27	7:00	10	9:02	10	9:02	92.80	10:05:48	6:31	41	-	41	
Lauftreff Schönw	12.50	1:33:06	7:26	10	15:24	10	15:24	105.30	11:38:54	6:38	42	-	42	
Ruderclub Oberh	12.30	1:27:00	7:04	9	47:52	9	47:52	117.60	13:05:54	6:40	53	-	53	
Hattwichstraße	15.40	2:07:29	8:16	11	1:28:21	11	1:28:21	133.00	15:13:23	6:52	40	15:13:23	40	15:13:23
Gedenkstätte	19.50	2:34:35	7:55	10	1:55:27	10	1:55:27	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