



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

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Herrmann, Ingmar

□□□: 19:36:00

□□: Strassacker

□□: 8.16 km/h

□□: 83

□□□□: 7:19 min/km

□□: 160.90 km

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100MeilenBerlin

□□□□□/□□□: 13 (of 92)

□□□□□□: 16:22:17

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□□□□□: 13(of 92)

Gesamt

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Klein-Ziethener-V	22.20	2:03:18	5:33	7	4:57	7	4:57	22.20	2:03:18	5:33	49	-	49	
Osdorfer Straße	20.40	1:57:59	5:47	6	12:59	6	12:59	42.60	4:01:17	5:39	49	-	49	
Bahnhof Griebnit	19.70	1:59:33	6:04	5	27:46	5	27:46	62.30	6:00:50	5:47	48	-	48	
Kladower Straße	20.30	2:06:29	6:13	5	5:45	5	5:45	82.60	8:07:19	5:53	48	-	48	
Gartenlaube	10.20	1:05:24	6:24	3	2:59	3	2:59	92.80	9:12:43	5:57	49	-	49	
Lauftreff Schönw	12.50	1:36:18	7:42	12	18:36	12	18:36	105.30	10:49:01	6:09	50	-	50	
Ruderclub Oberh	12.30	1:44:47	8:31	27	1:05:39	27	1:05:39	117.60	12:33:48	6:24	51	-	51	
Hattwichstraße	15.40	2:17:15	8:54	14	1:38:07	14	1:38:07	133.00	14:51:03	6:41	48	14:51:03	48	14:51:03
Gedenkstätte	19.50	3:12:13	9:51	29	2:33:05	29	2:33:05	152.50	18:03:16	7:06	78	18:03:16	78	18:03:16
Stadion Lobeckst	8.40	1:32:44	11:02	31	33:31	31	33:31	160.90	19:36:00	7:18	13	3:13:43	13	3:13:43