



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

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Mücke, Dietmar

□□: www.laufmalwieder.de

□□: 58

□□: 160.90 km

100MeilenBerlin

□□□□:

Gesamt

□□□: 21:33:54

□□: 7.42 km/h

□□□□: 8:02 min/km

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Klein-Ziethener-V	22.20	2:24:36	6:30	41	26:15	41	26:15	22.20	2:24:36	6:30	88	-	88	-
Osdorfer Straße	20.40	2:17:21	6:43	36	32:21	36	32:21	42.60	4:41:57	6:37	87	-	87	-
Bahnhof Griebnit	19.70	2:29:33	7:35	32	57:46	32	57:46	62.30	7:11:30	6:55	86	-	86	-
Kladower Straße	20.30	2:24:07	7:05	14	23:23	14	23:23	82.60	9:35:37	6:58	43	-	43	-
Gartenlaube	10.20	1:22:24	8:04	21	19:59	21	19:59	92.80	10:58:01	7:05	44	-	44	-
Lauftreff Schönw	12.50	1:41:57	8:09	18	24:15	18	24:15	105.30	12:39:58	7:13	45	-	45	-
Ruderclub Oberh	12.30	1:31:18	7:25	12	52:10	12	52:10	117.60	14:11:16	7:14	46	-	46	-
Hattwichstraße	15.40	2:50:14	11:03	33	2:11:06	33	2:11:06	133.00	17:01:30	7:40	43	17:01:30	43	17:01:30
Gedenkstätte	19.50	3:06:12	9:32	26	2:27:04	26	2:27:04	152.50	20:07:42	7:55	78	20:07:42	78	20:07:42
Stadion Lobeckst	8.40	1:26:12	10:15	22	26:59	22	26:59	160.90	21:33:54	8:02	18	5:11:37	18	5:11:37