



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

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Liegmann, Günter

□□: TV Georgsmarienhütte

□□: 40

□□: 160.90 km

100MeilenBerlin

□□□□:

Gesamt

□□□: 22:57:48

□□: 6.97 km/h

□□□□: 8:34 min/km

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Klein-Ziethener-V	22.20	2:15:19	6:05	24	16:58	24	16:58	22.20	2:15:19	6:05	79	-	79	-
Osdorfer Straße	20.40	2:12:21	6:29	26	27:21	26	27:21	42.60	4:27:40	6:16	67	-	67	-
Bahnhof Griebnit	19.70	2:29:53	7:36	33	58:06	33	58:06	62.30	6:57:33	6:42	77	-	77	-
Kladower Straße	20.30	2:53:23	8:32	36	52:39	36	52:39	82.60	9:50:56	7:09	73	-	73	-
Gartenlaube	10.20	1:35:23	9:21	40	32:58	40	32:58	92.80	11:26:19	7:23	75	-	75	-
Lauftreff Schönw	12.50	1:59:36	9:34	51	41:54	51	41:54	105.30	13:25:55	7:39	76	-	76	-
Ruderclub Oberh	12.30	1:43:52	8:26	23	1:04:44	23	1:04:44	117.60	15:09:47	7:44	77	-	77	-
Hattwichstraße	15.40	2:53:54	11:17	37	2:14:46	37	2:14:46	133.00	18:03:41	8:08	78	18:03:41	78	18:03:41
Gedenkstätte	19.50	3:19:56	10:15	34	2:40:48	34	2:40:48	152.50	21:23:37	8:25	78	21:23:37	78	21:23:37
Stadion Lobeckst	8.40	1:34:11	11:12	32	34:58	32	34:58	160.90	22:57:48	8:33	27	6:35:31	27	6:35:31