



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

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Gaab, Hans

□□: LSG Zeiskam

□□: 43

□□: 160.90 km

100MeilenBerlin

□□□□:

Gesamt

□□□: 23:38:20

□□: 6.77 km/h

□□□□: 8:49 min/km

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□□□□□□: 16:22:17

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Klein-Ziethener-V	22.20	2:26:31	6:35	50	28:10	50	28:10	22.20	2:26:31	6:35	73		73	
Osdorfer Straße	20.40	2:33:25	7:31	61	48:25	61	48:25	42.60	4:59:56	7:02	72		72	
Bahnhof Griebnit	19.70	3:00:53	9:10	63	1:29:06	63	1:29:06	62.30	8:00:49	7:43	71	13:51	71	13:51
Kladower Straße	20.30	2:50:29	8:23	33	49:45	33	49:45	82.60	10:51:18	7:53	67	40:34	67	40:34
Gartenlaube	10.20	1:32:51	9:06	37	30:26	37	30:26	92.80	12:24:09	8:01	7		7	
Lauftreff Schönw	12.50	1:52:46	9:01	36	35:04	36	35:04	105.30	14:16:55	8:08	69	15:56	69	15:56
Ruderclub Oberh	12.30	1:51:30	9:03	33	1:12:22	33	1:12:22	117.60	16:08:25	8:14	70		70	
Hattwichstraße	15.40	2:56:16	11:26	39	2:17:08	39	2:17:08	133.00	19:04:41	8:36	78	19:04:41	78	19:04:41
Gedenkstätte	19.50	3:04:29	9:27	24	2:25:21	24	2:25:21	152.50	22:09:10	8:42	78	22:09:10	78	22:09:10
Stadion Lobeckst	8.40	1:29:10	10:36	26	29:57	26	29:57	160.90	23:38:20	8:48	32	7:16:03	32	7:16:03