



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

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Raulf, Martin

□□: LG Nordheide

□□: 73

□□: 160.90 km

100MeilenBerlin

□□□□:

Gesamt

□□□: 23:38:20

□□: 6.81 km/h

□□□□: 8:49 min/km

□□□□□/□□□: 33 (of 92)

□□□□□/□□□: 32 (of 92)

□□□□□□: 16:22:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Klein-Ziethener-V	22.20	2:26:35	6:36	51	28:14	51	28:14	22.20	2:26:35	6:36	72		72	
Osdorfer Straße	20.40	2:27:01	7:12	53	42:01	53	42:01	42.60	4:53:36	6:53	71		71	
Bahnhof Griebnit	19.70	2:56:37	8:57	60	1:24:50	60	1:24:50	62.30	7:50:13	7:32	70	3:15	70	3:15
Kladower Straße	20.30	3:01:06	8:55	47	1:00:22	47	1:00:22	82.60	10:51:19	7:53	66	40:35	66	40:35
Gartenlaube	10.20	1:32:50	9:06	36	30:25	36	30:25	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	2:55:33	11:23	38	2:16:25	38	2:16:25	133.00	19:03:58	8:36	78	19:03:58	78	19:03:58
Gedenkstätte	19.50	3:05:13	9:29	25	2:26:05	25	2:26:05	152.50	22:09:11	8:42	78	22:09:11	78	22:09:11
Stadion Lobeckst	8.40	1:29:09	10:36	25	29:56	25	29:56	160.90	23:38:20	8:48	32	7:16:03	32	7:16:03