



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

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Stampfer, Hartmann

□□□: 23:38:59

□□: MC 100 Deutschland + Italien

□□: 6.77 km/h

□□: 82

□□□□: 8:49 min/km

□□: 160.90 km

□□□□□/□□□: 34 (of 92)

100MeilenBerlin

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□□□□□□: 16:22:17

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□□□□□: 34(of 92)

Gesamt

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Klein-Ziethener-V	22.20	2:37:49	7:06	69	39:28	69	39:28	22.20	2:37:49	7:06	71	9:17	71	9:17
Osdorfer Straße	20.40	2:23:27	7:01	46	38:27	46	38:27	42.60	5:01:16	7:04	70	-	70	-
Bahnhof Griebnit	19.70	fehlt!	-	-	-	-	-	62.30	-	-	-	-	-	-
Kladower Straße	20.30	5:37:35	16:37	86	3:36:51	86	3:36:51	82.60	10:38:51	7:44	65	28:07	65	28:07
Gartenlaube	10.20	1:32:21	9:03	35	29:56	35	29:56	92.80	12:11:12	7:52	67	-	67	-
Lauftreff Schönw	12.50	1:54:15	9:08	38	36:33	38	36:33	105.30	14:05:27	8:01	68	4:28	68	4:28
Ruderclub Oberh	12.30	1:57:28	9:33	41	1:18:20	41	1:18:20	117.60	16:02:55	8:11	69	-	69	-
Hattwichstraße	15.40	2:53:27	11:15	36	2:14:19	36	2:14:19	133.00	18:56:22	8:32	78	18:56:22	78	18:56:22
Gedenkstätte	19.50	3:14:16	9:57	30	2:35:08	30	2:35:08	152.50	22:10:38	8:43	78	22:10:38	78	22:10:38
Stadion Lobeckst	8.40	1:28:21	10:31	24	29:08	24	29:08	160.90	23:38:59	8:49	34	7:16:42	34	7:16:42