



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

□□□□

Fricke, Armin

□□: Kleinmachnow

□□: 67

□□: 160.90 km

100MeilenBerlin

□□□□:

Gesamt

□□□: 23:45:30

□□: 6.73 km/h

□□□□: 8:52 min/km

□□□□□/□□□: 35 (of 92)

□□□□□/□□□: 35 (of 92)

□□□□□□: 16:22:17

□□□□□: 35(of 92)

□□□□□□□: 16:22:17

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Klein-Ziethener-V	22.20	2:25:49	6:34	46	27:28	46	27:28	22.20	2:25:49	6:34	70	-	70	-
Osdorfer Straße	20.40	2:18:43	6:47	41	33:43	41	33:43	42.60	4:44:32	6:40	68	-	68	-
Bahnhof Griebnit	19.70	2:23:29	7:17	22	51:42	22	51:42	62.30	7:08:01	6:52	69	-	69	-
Kladower Straße	20.30	2:45:17	8:08	30	44:33	30	44:33	82.60	9:53:18	7:10	63	-	63	-
Gartenlaube	10.20	1:28:03	8:37	26	25:38	26	25:38	92.80	11:21:21	7:20	66	-	66	-
Lauftreff Schönw	12.50	1:47:09	8:34	26	29:27	26	29:27	105.30	13:08:30	7:29	67	-	67	-
Ruderclub Oberh	12.30	2:01:54	9:54	46	1:22:46	46	1:22:46	117.60	15:10:24	7:44	68	-	68	-
Hattwichstraße	15.40	3:11:46	12:27	48	2:32:38	48	2:32:38	133.00	18:22:10	8:17	78	18:22:10	78	18:22:10
Gedenkstätte	19.50	3:46:42	11:37	51	3:07:34	51	3:07:34	152.50	22:08:52	8:42	78	22:08:52	78	22:08:52
Stadion Lobeckst	8.40	1:36:38	11:30	35	37:25	35	37:25	160.90	23:45:30	8:51	35	7:23:13	35	7:23:13