



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

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Giese, Kay

□□: Post SV Buxtehude

□□: 76

□□: 160.90 km

100MeilenBerlin

□□□□:

Gesamt

□□□: 24:35:01

□□: 6.51 km/h

□□□□: 9:10 min/km

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□□□□□□: 16:22:17

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Klein-Ziethener-V	22.20	2:10:40	5:53	13	12:19	13	12:19	22.20	2:10:40	5:53	21	-	21	
Osdorfer Straße	20.40	2:01:13	5:56	11	16:13	11	16:13	42.60	4:11:53	5:54	19	-	19	
Bahnhof Griebnit	19.70	2:39:28	8:05	44	1:07:41	44	1:07:41	62.30	6:51:21	6:36	20	-	20	
Kladower Straße	20.30	2:57:37	8:44	41	56:53	41	56:53	82.60	9:48:58	7:07	20	-	20	
Gartenlaube	10.20	1:31:10	8:56	34	28:45	34	28:45	92.80	11:20:08	7:19	31	-	31	
Lauftreff Schönw	12.50	1:58:33	9:29	46	40:51	46	40:51	105.30	13:18:41	7:35	32	-	32	
Ruderclub Oberh	12.30	1:59:32	9:43	44	1:20:24	44	1:20:24	117.60	15:18:13	7:48	63	-	63	
Hattwichstraße	15.40	3:41:08	14:21	70	3:02:00	70	3:02:00	133.00	18:59:21	8:33	78	18:59:21	78	18:59:21
Gedenkstätte	19.50	3:12:08	9:51	28	2:33:00	28	2:33:00	152.50	22:11:29	8:43	78	22:11:29	78	22:11:29
Stadion Lobeckst	8.40	2:23:32	17:05	74	1:24:19	74	1:24:19	160.90	24:35:01	9:10	40	8:12:44	40	8:12:44