



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

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Brunner, Mark

□□: IDAA

□□: 101

□□: 160.90 km

100MeilenBerlin

□□□□:

Gesamt

□□□: 24:55:31

□□: 6.42 km/h

□□□□: 9:17 min/km

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□□□□□□: 16:22:17

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Klein-Ziethener-V	22.20	2:33:01	6:53	60	34:40	60	34:40	22.20	2:33:01	6:53	17	4:29	17	4:29
Osdorfer Straße	20.40	2:24:30	7:05	49	39:30	49	39:30	42.60	4:57:31	6:59	16		16	
Bahnhof Griebnit	19.70	2:32:59	7:45	38	1:01:12	38	1:01:12	62.30	7:30:30	7:13	16		16	
Kladower Straße	20.30	3:09:34	9:20	54	1:08:50	54	1:08:50	82.60	10:40:04	7:44	16	29:20	16	29:20
Gartenlaube	10.20	1:33:01	9:07	38	30:36	38	30:36	92.80	12:13:05	7:53	18		18	
Lauftreff Schönw	12.50	1:57:26	9:23	43	39:44	43	39:44	105.30	14:10:31	8:04	18	9:32	18	9:32
Ruderclub Oberh	12.30	2:11:48	10:42	51	1:32:40	51	1:32:40	117.60	16:22:19	8:21	19		19	
Hattwichstraße	15.40	3:12:03	12:28	49	2:32:55	49	2:32:55	133.00	19:34:22	8:49	78	19:34:22	78	19:34:22
Gedenkstätte	19.50	3:32:08	10:52	41	2:53:00	41	2:53:00	152.50	23:06:30	9:05	78	23:06:30	78	23:06:30
Stadion Lobeckst	8.40	1:49:01	12:58	53	49:48	53	49:48	160.90	24:55:31	9:17	44	8:33:14	44	8:33:14