



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

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Wallesch, René

□□: 100 Marathon Club

□□: 22

□□: 160.90 km

100MeilenBerlin

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Gesamt

□□□: 25:32:39

□□: 6.26 km/h

□□□□: 9:32 min/km

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□□□□□□: 16:22:17

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Klein-Ziethener-V	22.20	2:06:51	5:42	9	8:30	9	8:30	22.20	2:06:51	5:42	14		14	
Osdorfer Straße	20.40	2:05:59	6:10	18	20:59	18	20:59	42.60	4:12:50	5:56	13		13	
Bahnhof Griebnit	19.70	2:28:39	7:32	29	56:52	29	56:52	62.30	6:41:29	6:26	13		13	
Kladower Straße	20.30	2:28:39	7:19	16	27:55	16	27:55	82.60	9:10:08	6:39	79		79	
Gartenlaube	10.20	4:20:48	25:34	82	3:18:23	82	3:18:23	92.80	13:30:56	8:44	81	6:56	81	6:56
Lauftreff Schönw	12.50	1:51:47	8:56	34	34:05	34	34:05	105.30	15:22:43	8:45	82	1:21:44	82	1:21:44
Ruderclub Oberh	12.30	1:52:55	9:10	36	1:13:47	36	1:13:47	117.60	17:15:38	8:48	82		82	
Hattwichstraße	15.40	3:48:32	14:50	75	3:09:24	75	3:09:24	133.00	21:04:10	9:30	78	21:04:10	78	21:04:10
Gedenkstätte	19.50	5:02:52	15:31	82	4:23:44	82	4:23:44	152.50	26:07:02	10:16	78	26:07:02	78	26:07:02
Stadion Lobeckst	8.40	1:54:16	13:36	60	55:03	60	55:03	160.90	25:32:39	9:31	47	9:10:22	47	9:10:22