



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

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Friedl, Mike

□□□: 25:34:38

□□: Marathon Club Istanbul

□□: 6.26 km/h

□□: 68

□□□□: 9:32 min/km

□□: 160.90 km

□□□□□/□□□: 48 (of 92)

100MeilenBerlin

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□□□□□□: 16:22:17

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□□□□□: 48(of 92)

Gesamt

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Klein-Ziethener-V	22.20	2:34:40	6:58	64	36:19	64	36:19	22.20	2:34:40	6:58	13	6:08	13	6:08
Osdorfer Straße	20.40	2:29:11	7:18	56	44:11	56	44:11	42.60	5:03:51	7:07	1	-	1	-
Bahnhof Griebnit	19.70	2:43:07	8:16	45	1:11:20	45	1:11:20	62.30	7:46:58	7:29	1	-	1	-
Kladower Straße	20.30	3:03:42	9:02	51	1:02:58	51	1:02:58	82.60	10:50:40	7:52	12	39:56	12	39:56
Gartenlaube	10.20	1:48:47	10:39	64	46:22	64	46:22	92.80	12:39:27	8:11	13		13	
Lauftreff Schönw	12.50	2:19:18	11:08	68	1:01:36	68	1:01:36	105.30	14:58:45	8:32	14	57:46	14	57:46
Ruderclub Oberh	12.30	2:19:04	11:18	59	1:39:56	59	1:39:56	117.60	17:17:49	8:49	14		14	
Hattwichstraße	15.40	3:13:07	12:32	50	2:33:59	50	2:33:59	133.00	20:30:56	9:15	78	20:30:56	78	20:30:56
Gedenkstätte	19.50	3:23:01	10:24	36	2:43:53	36	2:43:53	152.50	23:53:57	9:24	78	23:53:57	78	23:53:57
Stadion Lobeckst	8.40	1:40:41	11:59	42	41:28	42	41:28	160.90	25:34:38	9:32	48	9:12:21	48	9:12:21