



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

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Rolfes, Maria

□□□: 25:46:31

□□: LT Waldschleicher Lohne / TEAM / 100MC

□□: 6.21 km/h

□□: 106

□□□□: 9:37 min/km

□□: 160.90 km

□□□□□/□□□: 51 (of 92)

100MeilenBerlin

□□□□□/□□□: 51 (of 92)

□□□□□□: 16:22:17

□□□□:

□□□□□: 51(of 92)

Gesamt

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Klein-Ziethener-V	22.20	2:49:24	7:37	78	51:03	78	51:03	22.20	2:49:24	7:37	9	20:52	9	20:52
Osdorfer Straße	20.40	2:39:52	7:50	71	54:52	71	54:52	42.60	5:29:16	7:43	8	25:25	8	25:25
Bahnhof Griebnit	19.70	2:47:39	8:30	53	1:15:52	53	1:15:52	62.30	8:16:55	7:58	8	29:57	8	29:57
Kladower Straße	20.30	3:25:13	10:06	66	1:24:29	66	1:24:29	82.60	11:42:08	8:30	9	1:31:24	9	1:31:24
Gartenlaube	10.20	1:41:52	9:59	47	39:27	47	39:27	92.80	13:24:00	8:39	1	-	1	-
Lauftreff Schönw	12.50	2:05:10	10:00	54	47:28	54	47:28	105.30	15:29:10	8:49	10	1:28:11	10	1:28:11
Ruderclub Oberh	12.30	2:13:02	10:48	53	1:33:54	53	1:33:54	117.60	17:42:12	9:01	1	-	1	-
Hattwichstraße	15.40	2:39:54	10:22	25	2:00:46	25	2:00:46	133.00	20:22:06	9:11	78	20:22:06	78	20:22:06
Gedenkstätte	19.50	3:35:44	11:03	43	2:56:36	43	2:56:36	152.50	23:57:50	9:25	78	23:57:50	78	23:57:50
Stadion Lobeckst	8.40	1:48:41	12:56	51	49:28	51	49:28	160.90	25:46:31	9:36	51	9:24:14	51	9:24:14