



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

□□□□

Beyer, Roland

□□: Sport Ruscher Team

□□: 32

□□: 160.90 km

100MeilenBerlin

□□□□:

Gesamt

□□□: 25:48:54

□□: 6.23 km/h

□□□□: 9:38 min/km

□□□□□/□□□: 54 (of 92)

□□□□□/□□□: 53 (of 92)

□□□□□□: 16:22:17

□□□□□: 53(of 92)

□□□□□□□: 16:22:17

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Klein-Ziethener-V	22.20	2:26:06	6:34	48	27:45	48	27:45	22.20	2:26:06	6:34	7		7	
Osdorfer Straße	20.40	2:33:44	7:32	63	48:44	63	48:44	42.60	4:59:50	7:02	6		6	
Bahnhof Griebnit	19.70	3:05:40	9:25	69	1:33:53	69	1:33:53	62.30	8:05:30	7:47	6	18:32	6	18:32
Kladower Straße	20.30	3:01:16	8:55	48	1:00:32	48	1:00:32	82.60	11:06:46	8:04	7	56:02	7	56:02
Gartenlaube	10.20	1:44:47	10:16	51	42:22	51	42:22	92.80	12:51:33	8:18	8		8	
Lauftreff Schönw	12.50	1:58:40	9:29	48	40:58	48	40:58	105.30	14:50:13	8:27	8	49:14	8	49:14
Ruderclub Oberh	12.30	2:15:35	11:01	55	1:36:27	55	1:36:27	117.60	17:05:48	8:43	9		9	
Hattwichstraße	15.40	3:23:10	13:11	54	2:44:02	54	2:44:02	133.00	20:28:58	9:14	78	20:28:58	78	20:28:58
Gedenkstätte	19.50	3:47:24	11:39	53	3:08:16	53	3:08:16	152.50	24:16:22	9:32	78	24:16:22	78	24:16:22
Stadion Lobeckst	8.40	1:32:32	11:00	29	33:19	29	33:19	160.90	25:48:54	9:37	53	9:26:37	53	9:26:37