



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

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Plath, Torsten

□□: Kiel

□□: 37

□□: 160.90 km

100MeilenBerlin

□□□□:

Gesamt

□□□: 25:51:53

□□: 6.19 km/h

□□□□: 9:39 min/km

□□□□□/□□□: 55 (of 92)

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□□□□□□: 16:22:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Klein-Ziethener-V	22.20	2:20:46	6:20	32	22:25	32	22:25	22.20	2:20:46	6:20	6		6	
Osdorfer Straße	20.40	2:19:22	6:49	44	34:22	44	34:22	42.60	4:40:08	6:34	5		5	
Bahnhof Griebnit	19.70	2:35:28	7:53	40	1:03:41	40	1:03:41	62.30	7:15:36	6:59	5		5	
Kladower Straße	20.30	2:35:28	7:39	21	34:44	21	34:44	82.60	9:51:04	7:09	79		79	
Gartenlaube	10.20	5:08:33	30:15	83	4:06:08	83	4:06:08	92.80	14:59:37	9:41	81	1:35:37	81	1:35:37
Lauftreff Schönw	12.50	2:07:35	10:12	57	49:53	57	49:53	105.30	17:07:12	9:45	82	3:06:13	82	3:06:13
Ruderclub Oberh	12.30	2:16:26	11:05	57	1:37:18	57	1:37:18	117.60	19:23:38	9:53	82	1:41:26	82	1:41:26
Hattwichstraße	15.40	3:25:52	13:22	58	2:46:44	58	2:46:44	133.00	22:49:30	10:17	78	22:49:30	78	22:49:30
Gedenkstätte	19.50	3:57:32	12:10	64	3:18:24	64	3:18:24	152.50	26:47:02	10:32	78	26:47:02	78	26:47:02
Stadion Lobeckst	8.40	1:40:19	11:56	41	41:06	41	41:06	160.90	25:51:53	9:38	55	9:29:36	55	9:29:36