



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

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Prochaska, Jan

□□: LG Nord Berlin Ultrateam

□□: 13

Enduro E Bike

□□□□:

Gesamt

□□□: 16:22:17

□□: - km/h

□□□□: 6:06 min/km

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|----------|-----------|-----------|
| Klein-Ziethener-V | 22.20 | 2:02:30 | 5:31 | 4 | 4:09 | 4 | 4:09 | 22.20 | 2:02:30 | 5:31 | 62 | - | 62 | |
| Osdorfer Straße | 20.40 | 1:56:47 | 5:43 | 5 | 11:47 | 5 | 11:47 | 42.60 | 3:59:17 | 5:37 | 62 | - | 62 | |
| Bahnhof Griebnit | 19.70 | 1:58:23 | 6:00 | 4 | 26:36 | 4 | 26:36 | 62.30 | 5:57:40 | 5:44 | 62 | - | 62 | |
| Kladower Straße | 20.30 | 2:05:55 | 6:12 | 3 | 5:11 | 3 | 5:11 | 82.60 | 8:03:35 | 5:51 | 58 | - | 58 | |
| Gartenlaube | 10.20 | 1:02:26 | 6:07 | 2 | 0:01 | 2 | 0:01 | 92.80 | 9:06:01 | 5:53 | 60 | - | 60 | |
| Lauftreff Schönw | 12.50 | 1:17:42 | 6:12 | 1 | - | 1 | - | 105.30 | 10:23:43 | 5:55 | 61 | - | 61 | |
| Ruderclub Oberh | 12.30 | 1:15:56 | 6:10 | 2 | 36:48 | 2 | 36:48 | 117.60 | 11:39:39 | 5:56 | 61 | - | 61 | |
| Hattwichstraße | 15.40 | 1:42:45 | 6:40 | 3 | 1:03:37 | 3 | 1:03:37 | 133.00 | 13:22:24 | 6:01 | 58 | 13:22:24 | 58 | 13:22:24 |
| Gedenkstätte | 19.50 | 1:58:05 | 6:03 | 3 | 1:18:57 | 3 | 1:18:57 | 152.50 | 15:20:29 | 6:02 | 58 | 15:20:29 | 58 | 15:20:29 |
| Stadion Lobeckst | 8.40 | 1:01:48 | 7:21 | 4 | 2:35 | 4 | 2:35 | - | 16:22:17 | - | 1 | - | 1 | - |