



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

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Kupferschmidt, John

□□□: 26:52:14

□□: Berlin

□□: 5.99 km/h

□□: 10

□□□□: 10:01 min/km

□□: 160.90 km

□□□□□/□□□: 60 (of 92)

100MeilenBerlin

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□□□□□□: 16:22:17

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□□□□□: 60(of 92)

Gesamt

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Klein-Ziethener-V	22.20	3:13:33	8:43	87	1:15:12	87	1:15:12	22.20	3:13:33	8:43	44	45:01	44	45:01
Osdorfer Straße	20.40	2:50:29	8:21	79	1:05:29	79	1:05:29	42.60	6:04:02	8:32	43	1:00:11	43	1:00:11
Bahnhof Griebnit	19.70	2:53:19	8:47	58	1:21:32	58	1:21:32	62.30	8:57:21	8:37	31	1:10:23	31	1:10:23
Kladower Straße	20.30	3:21:05	9:54	64	1:20:21	64	1:20:21	82.60	12:18:26	8:56	11	2:07:42	11	2:07:42
Gartenlaube	10.20	1:48:00	10:35	62	45:35	62	45:35	92.80	14:06:26	9:07	11	42:26	11	42:26
Lauftreff Schönw	12.50	2:01:38	9:43	52	43:56	52	43:56	105.30	16:08:04	9:11	12	2:07:05	12	2:07:05
Ruderclub Oberh	12.30	2:10:11	10:35	48	1:31:03	48	1:31:03	117.60	18:18:15	9:20	82	36:03	82	36:03
Hattwichstraße	15.40	3:04:41	11:59	46	2:25:33	46	2:25:33	133.00	21:22:56	9:38	78	21:22:56	78	21:22:56
Gedenkstätte	19.50	3:50:27	11:49	59	3:11:19	59	3:11:19	152.50	25:13:23	9:55	78	25:13:23	78	25:13:23
Stadion Lobeckst	8.40	1:38:51	11:46	37	39:38	37	39:38	160.90	26:52:14	10:01	60	10:29:57	60	10:29:57