



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

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Stojek, Thomas

□□: Ludwigshafen

□□: 55

□□: 160.90 km

100MeilenBerlin

□□□□:

Gesamt

□□□: 27:19:57

□□: 5.89 km/h

□□□□: 10:11 min/km

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□□□□□□: 16:22:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Klein-Ziethener-V	22.20	2:25:36	6:33	45	27:15	45	27:15	22.20	2:25:36	6:33	43		43	
Osdorfer Straße	20.40	2:17:59	6:45	39	32:59	39	32:59	42.60	4:43:35	6:39	42		42	
Bahnhof Griebnit	19.70	2:44:11	8:20	49	1:12:24	49	1:12:24	62.30	7:27:46	7:11	42		42	
Kladower Straße	20.30	3:23:27	10:01	65	1:22:43	65	1:22:43	82.60	10:51:13	7:53	39	40:29	39	40:29
Gartenlaube	10.20	1:34:20	9:14	39	31:55	39	31:55	92.80	12:25:33	8:02	40		40	
Lauftreff Schönw	12.50	2:25:23	11:37	73	1:07:41	73	1:07:41	105.30	14:50:56	8:27	41	49:57	41	49:57
Ruderclub Oberh	12.30	2:30:14	12:12	71	1:51:06	71	1:51:06	117.60	17:21:10	8:51	12		12	
Hattwichstraße	15.40	3:34:31	13:55	64	2:55:23	64	2:55:23	133.00	20:55:41	9:26	78	20:55:41	78	20:55:41
Gedenkstätte	19.50	4:17:17	13:11	72	3:38:09	72	3:38:09	152.50	25:12:58	9:55	78	25:12:58	78	25:12:58
Stadion Lobeckst	8.40	2:06:59	15:07	71	1:07:46	71	1:07:46	160.90	27:19:57	10:11	61	10:57:40	61	10:57:40