



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

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Hassan, Adel

□□□: 27:50:57

□□: Paris

□□: 5.75 km/h

□□: 78

□□□□: 10:23 min/km

□□: 160.90 km

□□□□□/□□□: 62 (of 92)

100MeilenBerlin

□□□□□/□□□: 62 (of 92)

□□□□□□: 16:22:17

□□□□:

□□□□□: 62(of 92)

Gesamt

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Klein-Ziethener-V	22.20	2:14:25	6:03	21	16:04	21	16:04	22.20	2:14:25	6:03	41		41	
Osdorfer Straße	20.40	2:23:06	7:00	45	38:06	45	38:06	42.60	4:37:31	6:30	41		41	
Bahnhof Griebnit	19.70	2:43:25	8:17	47	1:11:38	47	1:11:38	62.30	7:20:56	7:04	41		41	
Kladower Straße	20.30	3:10:58	9:24	56	1:10:14	56	1:10:14	82.60	10:31:54	7:39	38	21:10	38	21:10
Gartenlaube	10.20	1:47:38	10:33	59	45:13	59	45:13	92.80	12:19:32	7:58	39		39	
Lauftreff Schönw	12.50	2:27:35	11:48	74	1:09:53	74	1:09:53	105.30	14:47:07	8:25	40	46:08	40	46:08
Ruderclub Oberh	12.30	2:35:08	12:36	77	1:56:00	77	1:56:00	117.60	17:22:15	8:51	40		40	
Hattwichstraße	15.40	3:36:43	14:04	66	2:57:35	66	2:57:35	133.00	20:58:58	9:27	78	20:58:58	78	20:58:58
Gedenkstätte	19.50	4:32:15	13:57	78	3:53:07	78	3:53:07	152.50	25:31:13	10:02	78	25:31:13	78	25:31:13
Stadion Lobeckst	8.40	2:19:44	16:38	73	1:20:31	73	1:20:31	160.90	27:50:57	10:23	62	11:28:40	62	11:28:40