



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

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Ulmschneider, Klaus-Peter

□□□: 28:05:32

□□: 100 Marathon Club

□□: - km/h

□□: 20

□□□□: 10:29 min/km

Enduro E Bike

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□□□□□□: 16:22:17

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□□□□□: 64(of 92)

Gesamt

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Klein-Ziethener-V	22.20	2:37:25	7:05	67	39:04	67	39:04	22.20	2:37:25	7:05	38	8:53	38	8:53
Osdorfer Straße	20.40	2:38:48	7:47	68	53:48	68	53:48	42.60	5:16:13	7:25	38	12:22	38	12:22
Bahnhof Griebnit	19.70	2:47:28	8:30	52	1:15:41	52	1:15:41	62.30	8:03:41	7:45	38	16:43	38	16:43
Kladower Straße	20.30	2:57:14	8:43	40	56:30	40	56:30	82.60	11:00:55	8:00	35	50:11	35	50:11
Gartenlaube	10.20	1:53:37	11:08	70	51:12	70	51:12	92.80	12:54:32	8:20	36		36	
Lauftreff Schönw	12.50	1:58:13	9:27	44	40:31	44	40:31	105.30	14:52:45	8:28	37	51:46	37	51:46
Ruderclub Oberh	12.30	2:28:22	12:03	69	1:49:14	69	1:49:14	117.60	17:21:07	8:51	37		37	
Hattwichstraße	15.40	3:38:47	14:12	67	2:59:39	67	2:59:39	133.00	20:59:54	9:28	78	20:59:54	78	20:59:54
Gedenkstätte	19.50	4:40:22	14:22	80	4:01:14	80	4:01:14	152.50	25:40:16	10:06	78	25:40:16	78	25:40:16
Stadion Lobeckst	8.40	2:25:16	17:17	76	1:26:03	76	1:26:03	-	28:05:32	-	64	11:43:15	64	11:43:15