



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

□□□□

Hedelt, Holger

□□□: 16:51:43

□□: Irene Road Running Club South Africa

□□: 9.49 km/h

□□: 5

□□□□: 6:17 min/km

□□: 160.90 km

□□□□□/□□□: 3 (of 92)

100MeilenBerlin

□□□□□/□□□: 3 (of 92)

□□□□□□: 16:22:17

□□□□:

□□□□□: 3(of 92)

Gesamt

□□□□□□□: 16:22:17

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|----------|-----------|-----------|
| Klein-Ziethener-V | 22.20 | 2:02:47 | 5:31 | 5 | 4:26 | 5 | 4:26 | 22.20 | 2:02:47 | 5:31 | 61 | - | 61 | 61 |
| Osdorfer Straße | 20.40 | 1:58:32 | 5:48 | 7 | 13:32 | 7 | 13:32 | 42.60 | 4:01:19 | 5:39 | 61 | - | 61 | 61 |
| Bahnhof Griebnit | 19.70 | 1:58:02 | 5:59 | 2 | 26:15 | 2 | 26:15 | 62.30 | 5:59:21 | 5:46 | 61 | - | 61 | 61 |
| Kladower Straße | 20.30 | 2:05:02 | 6:09 | 2 | 4:18 | 2 | 4:18 | 82.60 | 8:04:23 | 5:51 | 57 | - | 57 | 57 |
| Gartenlaube | 10.20 | 1:07:02 | 6:34 | 7 | 4:37 | 7 | 4:37 | 92.80 | 9:11:25 | 5:56 | 59 | - | 59 | 59 |
| Lauftreff Schönw | 12.50 | 1:25:23 | 6:49 | 7 | 7:41 | 7 | 7:41 | 105.30 | 10:36:48 | 6:02 | 60 | - | 60 | 60 |
| Ruderclub Oberh | 12.30 | 1:23:19 | 6:46 | 8 | 44:11 | 8 | 44:11 | 117.60 | 12:00:07 | 6:07 | 60 | - | 60 | 60 |
| Hattwichstraße | 15.40 | 1:45:02 | 6:49 | 6 | 1:05:54 | 6 | 1:05:54 | 133.00 | 13:45:09 | 6:12 | 57 | 13:45:09 | 57 | 13:45:09 |
| Gedenkstätte | 19.50 | 2:00:44 | 6:11 | 4 | 1:21:36 | 4 | 1:21:36 | 152.50 | 15:45:53 | 6:12 | 57 | 15:45:53 | 57 | 15:45:53 |
| Stadion Lobeckst | 8.40 | 1:05:50 | 7:50 | 10 | 6:37 | 10 | 6:37 | 160.90 | 16:51:43 | 6:17 | 3 | 29:26 | 3 | 29:26 |