



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

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Mak, Christopher

□□□: 29:03:05

□□: China

□□: 5.51 km/h

□□: 54

□□□□: 10:50 min/km

□□: 160.90 km

□□□□□/□□□: 68 (of 92)

100MeilenBerlin

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□□□□□□: 16:22:17

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□□□□□: 68(of 92)

Gesamt

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Klein-Ziethener-V	22.20	3:16:21	8:50	88	1:18:00	88	1:18:00	22.20	3:16:21	8:50	23	47:49	23	47:49
Osdorfer Straße	20.40	2:56:27	8:38	83	1:11:27	83	1:11:27	42.60	6:12:48	8:45	23	1:08:57	23	1:08:57
Bahnhof Griebnit	19.70	3:37:54	11:03	85	2:06:07	85	2:06:07	62.30	9:50:42	9:28	23	2:03:44	23	2:03:44
Kladower Straße	20.30	3:44:00	11:02	73	1:43:16	73	1:43:16	82.60	13:34:42	9:51	21	3:23:58	21	3:23:58
Gartenlaube	10.20	2:04:54	12:14	71	1:02:29	71	1:02:29	92.80	15:39:36	10:07	32	2:15:36	32	2:15:36
Lauftreff Schönw	12.50	2:44:55	13:11	77	1:27:13	77	1:27:13	105.30	18:24:31	10:29	82	4:23:32	82	4:23:32
Ruderclub Oberh	12.30	2:30:15	12:12	72	1:51:07	72	1:51:07	117.60	20:54:46	10:40	82	3:12:34	82	3:12:34
Hattwichstraße	15.40	3:53:23	15:09	79	3:14:15	79	3:14:15	133.00	24:48:09	11:11	78	24:48:09	78	24:48:09
Gedenkstätte	19.50	3:15:36	10:01	31	2:36:28	31	2:36:28	152.50	28:03:45	11:02	78	28:03:45	78	28:03:45
Stadion Lobeckst	8.40	59:20	7:03	2	0:07	2	0:07	160.90	29:03:05	10:49	68	12:40:48	68	12:40:48