



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

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Richter, Michael

□□□: 29:11:30

□□: LC BlueLiner / 100 MC

□□: 5.48 km/h

□□: 61

□□□□: 10:53 min/km

□□: 160.90 km

□□□□□/□□□: 69 (of 92)

100MeilenBerlin

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□□□□□□: 16:22:17

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□□□□□: 69(of 92)

Gesamt

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Klein-Ziethener-V	22.20	2:34:02	6:56	63	35:41	63	35:41	22.20	2:34:02	6:56	32	5:30	32	5:30
Osdorfer Straße	20.40	2:29:50	7:20	57	44:50	57	44:50	42.60	5:03:52	7:07	32	0:01	32	0:01
Bahnhof Griebnit	19.70	3:02:01	9:14	65	1:30:14	65	1:30:14	62.30	8:05:53	7:47	32	18:55	32	18:55
Kladower Straße	20.30	3:58:08	11:43	80	1:57:24	80	1:57:24	82.60	12:04:01	8:45	29	1:53:17	29	1:53:17
Gartenlaube	10.20	1:47:52	10:34	61	45:27	61	45:27	92.80	13:51:53	8:57	30	27:53	30	27:53
Lauftreff Schönw	12.50	2:20:30	11:14	69	1:02:48	69	1:02:48	105.30	16:12:23	9:14	31	2:11:24	31	2:11:24
Ruderclub Oberh	12.30	2:23:36	11:40	62	1:44:28	62	1:44:28	117.60	18:35:59	9:29	82	53:47	82	53:47
Hattwichstraße	15.40	4:15:32	16:35	83	3:36:24	83	3:36:24	133.00	22:51:31	10:18	78	22:51:31	78	22:51:31
Gedenkstätte	19.50	4:30:19	13:51	77	3:51:11	77	3:51:11	152.50	27:21:50	10:45	78	27:21:50	78	27:21:50
Stadion Lobeckst	8.40	1:49:40	13:03	54	50:27	54	50:27	160.90	29:11:30	10:53	69	12:49:13	69	12:49:13