



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

□□□□

Hottas, Christian

□□□: 29:19:55

□□: 100 Marathon Club UK & Ireland

□□: 5.45 km/h

□□: 77

□□□□: 10:56 min/km

□□: 160.90 km

□□□□□/□□□: 72 (of 92)

100MeilenBerlin

□□□□□/□□□: 72 (of 92)

□□□□□□: 16:22:17

□□□□:

□□□□□: 72(of 92)

Gesamt

□□□□□□: 16:22:17

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Klein-Ziethener-V	22.20	3:09:03	8:30	82	1:10:42	82	1:10:42	22.20	3:09:03	8:30	30	40:31	30	40:31
Osdorfer Straße	20.40	2:56:35	8:39	84	1:11:35	84	1:11:35	42.60	6:05:38	8:34	30	1:01:47	30	1:01:47
Bahnhof Griebnit	19.70	3:11:44	9:43	72	1:39:57	72	1:39:57	62.30	9:17:22	8:56	30	1:30:24	30	1:30:24
Kladower Straße	20.30	3:26:38	10:10	68	1:25:54	68	1:25:54	82.60	12:44:00	9:14	27	2:33:16	27	2:33:16
Gartenlaube	10.20	1:47:46	10:33	60	45:21	60	45:21	92.80	14:31:46	9:23	28	1:07:46	28	1:07:46
Lauftreff Schönw	12.50	2:25:14	11:37	72	1:07:32	72	1:07:32	105.30	16:57:00	9:39	29	2:56:01	29	2:56:01
Ruderclub Oberh	12.30	2:40:31	13:03	79	2:01:23	79	2:01:23	117.60	19:37:31	10:00	82	1:55:19	82	1:55:19
Hattwichstraße	15.40	3:44:32	14:34	73	3:05:24	73	3:05:24	133.00	23:22:03	10:32	78	23:22:03	78	23:22:03
Gedenkstätte	19.50	3:54:58	12:02	62	3:15:50	62	3:15:50	152.50	27:17:01	10:44	78	27:17:01	78	27:17:01
Stadion Lobeckst	8.40	2:02:54	14:37	70	1:03:41	70	1:03:41	160.90	29:19:55	10:56	72	12:57:38	72	12:57:38