



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

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Bicher, Stefan

□□: deg-Renner

□□: 9

□□: 160.90 km

100MeilenBerlin

□□□□:

Gesamt

□□□: 29:20:57

□□: 5.45 km/h

□□□□: 10:56 min/km

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□□□□□□: 16:22:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Klein-Ziethener-V	22.20	3:11:40	8:38	86	1:13:19	86	1:13:19	22.20	3:11:40	8:38	29	43:08	29	43:08
Osdorfer Straße	20.40	3:05:57	9:06	85	1:20:57	85	1:20:57	42.60	6:17:37	8:51	29	1:13:46	29	1:13:46
Bahnhof Griebnit	19.70	3:35:49	10:57	83	2:04:02	83	2:04:02	62.30	9:53:26	9:31	29	2:06:28	29	2:06:28
Kladower Straße	20.30	3:53:09	11:29	77	1:52:25	77	1:52:25	82.60	13:46:35	10:00	24	3:35:51	24	3:35:51
Gartenlaube	10.20	1:47:17	10:31	56	44:52	56	44:52	92.80	15:33:52	10:03	27	2:09:52	27	2:09:52
Lauftreff Schönw	12.50	2:08:56	10:18	58	51:14	58	51:14	105.30	17:42:48	10:05	28	3:41:49	28	3:41:49
Ruderclub Oberh	12.30	2:26:41	11:55	67	1:47:33	67	1:47:33	117.60	20:09:29	10:17	82	2:27:17	82	2:27:17
Hattwichstraße	15.40	3:30:30	13:40	61	2:51:22	61	2:51:22	133.00	23:39:59	10:40	78	23:39:59	78	23:39:59
Gedenkstätte	19.50	3:50:55	11:50	60	3:11:47	60	3:11:47	152.50	27:30:54	10:49	78	27:30:54	78	27:30:54
Stadion Lobeckst	8.40	1:50:03	13:06	57	50:50	57	50:50	160.90	29:20:57	10:56	74	12:58:40	74	12:58:40