



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

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Kalinowski, Bernd

□□□: 29:20:47

□□: Taufkirchen

□□: 5.48 km/h

□□: 65

□□□□: 10:56 min/km

□□: 160.90 km

□□□□□/□□□: 73 (of 92)

100MeilenBerlin

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□□□□□□: 16:22:17

□□□□:

□□□□□: 73(of 92)

Gesamt

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Klein-Ziethener-V	22.20	2:51:36	7:43	80	53:15	80	53:15	22.20	2:51:36	7:43	28	23:04	28	23:04
Osdorfer Straße	20.40	2:48:03	8:14	77	1:03:03	77	1:03:03	42.60	5:39:39	7:58	28	35:48	28	35:48
Bahnhof Griebnit	19.70	3:14:39	9:52	75	1:42:52	75	1:42:52	62.30	8:54:18	8:34	28	1:07:20	28	1:07:20
Kladower Straße	20.30	3:56:09	11:37	79	1:55:25	79	1:55:25	82.60	12:50:27	9:19	25	2:39:43	25	2:39:43
Gartenlaube	10.20	2:23:00	14:01	75	1:20:35	75	1:20:35	92.80	15:13:27	9:50	26	1:49:27	26	1:49:27
Lauftreff Schönw	12.50	2:58:14	14:15	80	1:40:32	80	1:40:32	105.30	18:11:41	10:22	82	4:10:42	82	4:10:42
Ruderclub Oberh	12.30	1:51:29	9:03	32	1:12:21	32	1:12:21	117.60	20:03:10	10:13	82	2:20:58	82	2:20:58
Hattwichstraße	15.40	3:43:25	14:30	71	3:04:17	71	3:04:17	133.00	23:46:35	10:43	78	23:46:35	78	23:46:35
Gedenkstätte	19.50	3:44:20	11:30	46	3:05:12	46	3:05:12	152.50	27:30:55	10:49	78	27:30:55	78	27:30:55
Stadion Lobeckst	8.40	1:49:52	13:04	55	50:39	55	50:39	160.90	29:20:47	10:56	73	12:58:30	73	12:58:30