



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

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Hopp, Ulrich

□□: Berlin

□□: 105

□□: 160.90 km

100MeilenBerlin

□□□□:

Gesamt

□□□: 29:34:17

□□: 5.41 km/h

□□□□: 11:02 min/km

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□□□□□□: 16:22:17

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Klein-Ziethener-V	22.20	2:30:03	6:45	59	31:42	59	31:42	22.20	2:30:03	6:45	25	1:31	25	1:31
Osdorfer Straße	20.40	2:31:42	7:26	60	46:42	60	46:42	42.60	5:01:45	7:05	25		25	
Bahnhof Griebnit	19.70	3:20:05	10:09	81	1:48:18	81	1:48:18	62.30	8:21:50	8:03	25	34:52	25	34:52
Kladower Straße	20.30	3:44:44	11:04	74	1:44:00	74	1:44:00	82.60	12:06:34	8:47	22	1:55:50	22	1:55:50
Gartenlaube	10.20	1:45:20	10:19	54	42:55	54	42:55	92.80	13:51:54	8:57	23	27:54	23	27:54
Lauftreff Schönw	12.50	2:36:17	12:30	76	1:18:35	76	1:18:35	105.30	16:28:11	9:23	24	2:27:12	24	2:27:12
Ruderclub Oberh	12.30	2:45:10	13:25	81	2:06:02	81	2:06:02	117.60	19:13:21	9:48	82	1:31:09	82	1:31:09
Hattwichstraße	15.40	3:54:25	15:13	80	3:15:17	80	3:15:17	133.00	23:07:46	10:26	78	23:07:46	78	23:07:46
Gedenkstätte	19.50	4:28:18	13:45	75	3:49:10	75	3:49:10	152.50	27:36:04	10:51	78	27:36:04	78	27:36:04
Stadion Lobeckst	8.40	1:58:13	14:04	62	59:00	62	59:00	160.90	29:34:17	11:01	77	13:12:00	77	13:12:00