



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

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Kraus, John

□□: Devon, Pa.

□□: 44

□□: 160.90 km

100MeilenBerlin

□□□□:

Gesamt

□□□: 29:53:28

□□: 5.35 km/h

□□□□: 11:09 min/km

□□□□□/□□□: 78 (of 92)

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□□□□□□: 16:22:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Klein-Ziethener-V	22.20	2:23:16	6:27	36	24:55	36	24:55	22.20	2:23:16	6:27	24		24	
Osdorfer Straße	20.40	2:38:31	7:46	67	53:31	67	53:31	42.60	5:01:47	7:05	24		24	
Bahnhof Griebnit	19.70	3:18:15	10:03	79	1:46:28	79	1:46:28	62.30	8:20:02	8:01	24	33:04	24	33:04
Kladower Straße	20.30	3:18:15	9:45	62	1:17:31	62	1:17:31	82.60	11:38:17	8:27	79	1:27:33	79	1:27:33
Gartenlaube	10.20	6:06:29	35:55	87	5:04:04	87	5:04:04	92.80	17:44:46	11:28	81	4:20:46	81	4:20:46
Lauftreff Schönw	12.50	2:30:35	12:02	75	1:12:53	75	1:12:53	105.30	20:15:21	11:32	82	6:14:22	82	6:14:22
Ruderclub Oberh	12.30	2:40:25	13:02	78	2:01:17	78	2:01:17	117.60	22:55:46	11:41	82	5:13:34	82	5:13:34
Hattwichstraße	15.40	3:44:43	14:35	74	3:05:35	74	3:05:35	133.00	26:40:29	12:02	78	26:40:29	78	26:40:29
Gedenkstätte	19.50	4:28:27	13:45	76	3:49:19	76	3:49:19	152.50	31:08:56	12:15	78	31:08:56	78	31:08:56
Stadion Lobeckst	8.40	2:02:47	14:37	69	1:03:34	69	1:03:34	160.90	29:53:28	11:08	78	13:31:11	78	13:31:11