



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

0000

Cramer, Ole

00: Sportigan/Ebberup I?beklub

00: 207

00: 160.90 km

100MeilenBerlin

0000:

Senioren M50 (50-54 Jahre)

000: 21:25:41

00: 7.47 km/h

0000: 7:59 min/km

00000/0000: 56 (of 246)

00000/0: 53 (of 211)

000000: 13:06:52

00000: 11(of 46)

0000000: 16:59:41

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
VP1 - Mahnmal P	9.02	59:52	6:38	14	18:49	74	18:56	9.02	59:52	6:38	14	18:49	74	18:56
VP2 - Schlesische	5.98	32:57	5:30	8	6:49	33	6:51	15.00	1:32:49	6:11	9	25:38	52	25:47
VP3 - Sonnenalle	6.00	34:34	5:45	8	6:13	41	8:56	21.00	2:07:23	6:03	9	31:51	50	34:43
VP4 - Stubenrauc	5.73	35:04	6:07	14	6:42	68	9:49	26.73	2:42:27	6:04	10	38:33	53	44:32
VP5 - U-Bahnhof	4.30	32:29	7:33	20	9:23	107	11:22	31.03	3:14:56	6:16	12	47:56	64	54:48
VP6 - Buckower I	5.40	31:50	5:53	3	2:18	22	6:27	36.43	3:46:46	6:13	10	50:14	54	1:01:14
VP7 - Kirchhainer	5.54	32:27	5:51	5	1:55	21	6:16	41.97	4:19:13	6:10	9	50:19	51	1:06:53
VP8 - Lichtenradi	4.42	24:40	5:34	3	0:45	14	4:27	46.39	4:43:53	6:07	7	47:41	41	1:11:20
VP9 - Osdorfer St	5.77	33:11	5:45	2	2:12	16	6:59	52.16	5:17:04	6:04	7	44:35	37	1:17:41
VP10 - Sportplatz	6.41	56:27	8:48	23	21:37	113	27:39	58.57	6:13:31	6:22	9	59:28	52	1:43:46
VP11 - Königswe	6.18	39:46	6:26	5	3:38	29	10:53	64.75	6:53:17	6:22	9	55:15	46	1:53:48
VP12 - Gedenkst	6.18	1:09:32	11:15	37	31:57	176	38:05	70.93	8:02:49	6:48	13	1:24:19	61	2:31:12
VP13 - Brauhaus	6.84	52:09	7:37	13	10:29	73	28:32	77.77	8:54:58	6:52	13	1:32:11	62	2:50:58
VP14 - Revierförs	6.06	44:44	7:22	9	7:23	41	15:20	83.83	9:39:42	6:54	12	1:39:34	59	3:06:18
VP15 - Schloß Sa	6.20	1:15:39	12:12	37	36:54	157	45:52	90.03	10:55:21	7:16	14	2:16:28	72	3:52:10
VP16 - Pagel & Fi	7.63	1:02:31	8:11	13	15:37	68	26:07	97.66	11:57:52	7:21	13	2:31:28	70	4:17:50
VP17 - Wilhelmst	4.84	37:52	7:49	12	6:47	52	12:45	102.50	12:35:44	7:22	13	2:38:15	68	4:30:35
VP18 - Falkensee	6.58	43:52	6:40	3	3:58	21	10:24	109.08	13:19:36	7:19	10	2:42:13	60	4:40:16
VP19 - Schönwal	5.70	53:34	9:23	17	16:48	84	24:45	114.78	14:13:10	7:25	10	2:59:01	59	5:05:01
VP20 - Grenzturn	7.53	1:00:45	8:04	9	11:29	42	26:09	122.31	15:13:55	7:28	10	3:10:30	56	5:27:00
VP21 - Ruderclub	4.78	44:19	9:16	6	6:23	37	20:58	127.09	15:58:14	7:32	10	3:16:38	54	5:47:58
VP22 - Frohnau (4.03	48:16	11:58	32	19:55	145	26:44	131.12	16:46:30	7:40	10	3:31:48	54	6:14:42
VP23 - Naturschu	6.78	59:35	8:47	7	8:36	42	25:49	137.90	17:46:05	7:43	10	3:40:24	53	6:40:31
VP24 - Oranienbu	4.75	50:28	10:37	21	13:39	94	24:36	142.65	18:36:33	7:49	10	3:47:07	52	7:04:33
VP25 - Lübars	5.69	55:06	9:41	14	12:50	77	25:46	148.34	19:31:39	7:53	11	3:57:26	53	7:30:19
VP26 - S-Bahnhö	5.71	53:12	9:19	14	15:45	70	23:31	154.05	20:24:51	7:57	11	4:11:08	53	7:53:50
VP27 - Wollankst	3.09	22:26	7:15	11	7:27	72	10:05	157.14	20:47:17	7:56	11	4:15:59	53	8:02:31
Friedrich-Ludwig	3.76	38:24	10:12	19	13:04	87	17:47	160.90	21:25:41	7:59	11	4:26:00	53	8:18:49