



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

0000

Milke, Ralf

000: 21:27:40

00: Pro Sport Berlin

00: 7.46 km/h

00: 32

0000: 8:00 min/km

00: 160.90 km

00000/0000: 57 (of 246)

100MeilenBerlin

00000/0: 54 (of 211)

000000: 13:06:52

0000:

00000: 9(of 43)

Senioren M45 (45-49 Jahre)

0000000: 16:18:36

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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	1:00:20	6:41	20	17:59	79	19:24	9.02	1:00:20	6:41	20	17:59	79	19:24
VP2 - Schlesische	5.98	36:46	6:08	19	9:18	83	10:40	15.00	1:37:06	6:28	20	27:17	85	30:04
VP3 - Sonnenalle	6.00	37:37	6:16	18	9:24	83	11:59	21.00	2:14:43	6:24	21	36:41	83	42:03
VP4 - Stubenrauc	5.73	36:43	6:24	20	10:04	90	11:28	26.73	2:51:26	6:24	21	46:45	86	53:31
VP5 - U-Bahnhof	4.30	33:20	7:45	30	11:37	121	12:13	31.03	3:24:46	6:35	22	58:22	93	1:04:38
VP6 - Buckower I	5.40	39:05	7:14	23	11:21	112	13:42	36.43	4:03:51	6:41	22	1:09:43	94	1:18:19
VP7 - Kirchhainer	5.54	40:06	7:14	21	10:15	101	13:55	41.97	4:43:57	6:45	22	1:19:58	93	1:31:37
VP8 - Lichtenradi	4.42	29:03	6:34	11	5:10	55	8:50	46.39	5:13:00	6:44	21	1:24:55	90	1:40:27
VP9 - Osdorfer St	5.77	40:06	6:56	16	9:07	71	13:54	52.16	5:53:06	6:46	19	1:29:43	85	1:53:43
VP10 - Sportplatz	6.41	46:40	7:16	14	12:44	56	17:52	58.57	6:39:46	6:49	17	1:42:27	75	2:10:01
VP11 - Königswe	6.18	43:23	7:01	9	8:50	46	14:30	64.75	7:23:09	6:50	17	1:44:10	72	2:23:40
VP12 - Gedenkst	6.18	54:37	8:50	20	16:38	104	23:10	70.93	8:17:46	7:01	18	2:00:48	75	2:46:09
VP13 - Brauhaus	6.84	50:33	7:23	14	24:36	63	26:56	77.77	9:08:19	7:03	17	2:08:40	75	3:04:19
VP14 - Revierförs	6.06	45:33	7:30	9	8:08	45	16:09	83.83	9:53:52	7:05	17	2:14:55	73	3:20:28
VP15 - Schloß Sa	6.20	1:02:17	10:02	18	23:36	84	32:30	90.03	10:56:09	7:17	17	2:35:39	73	3:52:58
VP16 - Pagel & Fi	7.63	1:04:23	8:26	15	17:17	77	27:59	97.66	12:00:32	7:22	17	2:52:56	71	4:20:30
VP17 - Wilhelmst	4.84	38:10	7:53	12	7:08	58	13:03	102.50	12:38:42	7:24	17	2:58:28	71	4:33:33
VP18 - Falkensee	6.58	54:33	8:17	13	21:05	67	21:05	109.08	13:33:15	7:27	16	3:12:04	67	4:53:55
VP19 - Schönwal	5.70	49:29	8:40	9	12:51	52	20:40	114.78	14:22:44	7:30	14	3:22:42	64	5:14:35
VP20 - Grenzturn	7.53	1:11:04	9:26	17	36:28	85	36:28	122.31	15:33:48	7:38	11	3:43:18	62	5:46:53
VP21 - Ruderclub	4.78	47:18	9:53	10	14:23	51	23:57	127.09	16:21:06	7:43	11	3:57:41	59	6:10:50
VP22 - Frohnau (4.03	40:36	10:04	20	14:05	97	19:04	131.12	17:01:42	7:47	12	4:11:46	60	6:29:54
VP23 - Naturschu	6.78	1:06:00	9:44	15	21:54	70	32:14	137.90	18:07:42	7:53	10	4:33:40	60	7:02:08
VP24 - Oranienbu	4.75	44:02	9:16	10	10:47	51	18:10	142.65	18:51:44	7:56	10	4:43:45	58	7:19:44
VP25 - Lübars	5.69	52:38	9:15	12	14:57	67	23:18	148.34	19:44:22	7:59	9	4:58:42	57	7:43:02
VP26 - S-Bahnhö	5.71	51:24	9:00	9	11:50	59	21:43	154.05	20:35:46	8:01	9	5:07:48	55	8:04:45
VP27 - Wollankst	3.09	20:20	6:34	7	3:34	48	7:59	157.14	20:56:06	7:59	9	5:09:14	54	8:11:20
Friedrich-Ludwig	3.76	31:34	8:23	4	6:36	32	10:57	160.90	21:27:40	8:00	9	5:09:04	54	8:20:48