



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

0000

Lücking, Markus

000: 21:37:03

00: Endorphinjunkies.de Dortmund

00: 7.40 km/h

00: 71

0000: 8:04 min/km

00: 160.90 km

00000/0000: 61 (of 246)

100MeilenBerlin

00000/0: 57 (of 211)

000000: 13:06:52

0000:

00000: 16(of 36)

Senioren M40 (40-44 Jahre)

0000000: 15:19:46

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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	55:33	6:09	11	9:47	40	14:37	9.02	55:33	6:09	11	9:47	40	14:37
VP2 - Schlesische	5.98	34:26	5:45	13	6:02	50	8:20	15.00	1:29:59	5:59	11	15:49	39	22:57
VP3 - Sonnenalle	6.00	34:06	5:41	10	4:59	36	8:28	21.00	2:04:05	5:54	11	20:48	39	31:25
VP4 - Stubenrauc	5.73	32:32	5:40	12	3:56	37	7:17	26.73	2:36:37	5:51	11	24:22	38	38:42
VP5 - U-Bahnhof	4.30	27:14	6:20	8	2:47	28	6:07	31.03	3:03:51	5:55	10	24:56	37	43:43
VP6 - Buckower I	5.40	34:54	6:27	13	5:09	50	9:31	36.43	3:38:45	6:00	9	25:55	38	53:13
VP7 - Kirchhainer	5.54	34:18	6:11	10	3:13	38	8:07	41.97	4:13:03	6:01	8	28:37	37	1:00:43
VP8 - Lichtenradi	4.42	27:04	6:07	11	3:21	39	6:51	46.39	4:40:07	6:02	8	29:54	35	1:07:34
VP9 - Osdorfer St	5.77	36:26	6:18	11	5:31	42	10:14	52.16	5:16:33	6:04	8	34:39	36	1:17:10
VP10 - Sportplatz	6.41	46:03	7:11	11	10:06	49	17:15	58.57	6:02:36	6:11	9	44:45	38	1:32:51
VP11 - Königswel	6.18	44:03	7:07	14	10:21	53	15:10	64.75	6:46:39	6:16	8	49:58	39	1:47:10
VP12 - Gedenkst	6.18	44:17	7:09	8	10:01	28	12:50	70.93	7:30:56	6:21	8	58:40	37	1:59:19
VP13 - Brauhaus	6.84	49:37	7:15	15	9:29	55	26:00	77.77	8:20:33	6:26	9	1:05:08	41	2:16:33
VP14 - Revierförs	6.06	56:03	9:14	25	22:33	145	26:39	83.83	9:16:36	6:38	10	1:27:41	43	2:43:12
VP15 - Schloß Sa	6.20	51:27	8:17	10	15:59	41	21:40	90.03	10:08:03	6:45	11	1:43:40	42	3:04:52
VP16 - Pagel & Fi	7.63	1:01:27	8:03	14	19:06	62	25:03	97.66	11:09:30	6:51	10	2:02:46	40	3:29:28
VP17 - Wilhelmst	4.84	38:28	7:56	13	9:44	62	13:21	102.50	11:47:58	6:54	10	2:12:30	40	3:42:49
VP18 - Falkensee	6.58	59:01	8:58	18	22:29	97	25:33	109.08	12:46:59	7:01	11	2:34:59	42	4:07:39
VP19 - Schönwal	5.70	53:10	9:19	20	19:12	80	24:21	114.78	13:40:09	7:08	11	2:54:11	46	4:32:00
VP20 - Grenzturn	7.53	1:17:19	10:16	23	34:19	113	42:43	122.31	14:57:28	7:20	12	3:28:30	49	5:10:33
VP21 - Ruderclub	4.78	46:48	9:47	11	16:43	47	23:27	127.09	15:44:16	7:25	14	3:45:05	49	5:34:00
VP22 - Frohnau (4.03	42:50	10:37	24	18:46	121	21:18	131.12	16:27:06	7:31	15	4:03:13	51	5:55:18
VP23 - Naturschu	6.78	1:16:43	11:18	23	36:06	122	42:57	137.90	17:43:49	7:42	15	4:38:01	51	6:38:15
VP24 - Oranienbu	4.75	56:38	11:55	24	27:35	139	30:46	142.65	18:40:27	7:51	17	5:05:36	54	7:08:27
VP25 - Lübars	5.69	54:27	9:34	18	21:34	74	25:07	148.34	19:34:54	7:55	17	5:27:10	55	7:33:34
VP26 - S-Bahnhö	5.71	57:39	10:05	18	23:46	92	27:58	154.05	20:32:33	8:00	16	5:50:56	54	8:01:32
VP27 - Wollankst	3.09	25:39	8:18	17	13:18	111	13:18	157.14	20:58:12	8:00	16	6:02:12	55	8:13:26
Friedrich-Ludwig	3.76	38:51	10:19	18	15:05	91	18:14	160.90	21:37:03	8:03	16	6:17:17	57	8:30:11