



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

0000

Hahn, Ronald

00: LG Mauerweg

00: 95

00: 160.90 km

100MeilenBerlin

0000:

Senioren M50 (50-54 Jahre)

000: 21:45:36

00: 7.35 km/h

0000: 8:07 min/km

00000/0000: 63 (of 246)

00000/0: 59 (of 211)

000000: 13:06:52

00000: 12(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	59:26	6:35	12	18:23	72	18:30	9.02	59:26	6:35	12	18:23	72	18:30
VP2 - Schlesische	5.98	36:55	6:10	17	10:47	84	10:49	15.00	1:36:21	6:25	15	29:10	76	29:19
VP3 - Sonnenalle	6.00	36:56	6:09	14	8:35	77	11:18	21.00	2:13:17	6:20	13	37:45	77	40:37
VP4 - Stubenrauc	5.73	36:17	6:19	17	7:55	85	11:02	26.73	2:49:34	6:20	13	45:40	80	51:39
VP5 - U-Bahnhof	4.30	34:11	7:56	29	11:05	139	13:04	31.03	3:23:45	6:33	17	56:45	88	1:03:37
VP6 - Buckower I	5.40	36:03	6:40	14	6:31	68	10:40	36.43	3:59:48	6:34	17	1:03:16	84	1:14:16
VP7 - Kirchhainer	5.54	40:06	7:14	22	9:34	101	13:55	41.97	4:39:54	6:40	19	1:11:00	89	1:27:34
VP8 - Lichtenradi	4.42	31:48	7:11	20	7:53	96	11:35	46.39	5:11:42	6:43	19	1:15:30	89	1:39:09
VP9 - Osdorfer St	5.77	42:35	7:22	21	11:36	102	16:23	52.16	5:54:17	6:47	19	1:21:48	88	1:54:54
VP10 - Sportplatz	6.41	49:09	7:40	13	14:19	70	20:21	58.57	6:43:26	6:53	17	1:29:23	83	2:13:41
VP11 - Königsw	6.18	46:50	7:34	18	10:42	86	17:57	64.75	7:30:16	6:57	15	1:32:14	82	2:30:47
VP12 - Gedenkst	6.18	52:45	8:32	15	15:10	80	21:18	70.93	8:23:01	7:05	15	1:44:31	80	2:51:24
VP13 - Brauhaus	6.84	52:58	7:44	15	11:18	80	29:21	77.77	9:15:59	7:08	15	1:53:12	80	3:11:59
VP14 - Revierförs	6.06	48:37	8:01	13	11:16	73	19:13	83.83	10:04:36	7:12	15	2:04:28	77	3:31:12
VP15 - Schloß Sa	6.20	49:41	8:00	7	10:56	35	19:54	90.03	10:54:17	7:16	13	2:15:24	70	3:51:06
VP16 - Pagel & Fi	7.63	1:07:11	8:48	20	20:17	103	30:47	97.66	12:01:28	7:23	14	2:35:04	73	4:21:26
VP17 - Wilhelmst	4.84	40:59	8:28	18	9:54	85	15:52	102.50	12:42:27	7:26	15	2:44:58	73	4:37:18
VP18 - Falkensee	6.58	55:00	8:21	15	15:06	71	21:32	109.08	13:37:27	7:29	15	3:00:04	72	4:58:07
VP19 - Schönwal	5.70	51:02	8:57	11	14:16	60	22:13	114.78	14:28:29	7:33	14	3:14:20	70	5:20:20
VP20 - Grenzturn	7.53	1:09:55	9:17	16	20:39	77	35:19	122.31	15:38:24	7:40	13	3:34:59	67	5:51:29
VP21 - Ruderclub	4.78	39:06	8:10	3	1:10	23	15:45	127.09	16:17:30	7:41	11	3:35:54	58	6:07:14
VP22 - Frohnau (4.03	41:14	10:13	19	12:53	102	19:42	131.12	16:58:44	7:46	11	3:44:02	58	6:26:56
VP23 - Naturschu	6.78	1:08:08	10:02	17	17:09	84	34:22	137.90	18:06:52	7:52	12	4:01:11	58	7:01:18
VP24 - Oranienbu	4.75	49:26	10:24	19	12:37	85	23:34	142.65	18:56:18	7:57	12	4:06:52	59	7:24:18
VP25 - Lübars	5.69	55:46	9:48	16	13:30	84	26:26	148.34	19:52:04	8:02	12	4:17:51	60	7:50:44
VP26 - S-Bahnh	5.71	58:25	10:13	20	20:58	98	28:44	154.05	20:50:29	8:07	12	4:36:46	59	8:19:28
VP27 - Wollankst	3.09	22:35	7:18	12	7:36	75	10:14	157.14	21:13:04	8:06	12	4:41:46	59	8:28:18
Friedrich-Ludwig	3.76	32:32	8:39	9	7:12	46	11:55	160.90	21:45:36	8:06	12	4:45:55	59	8:38:44