



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

0000

Heideck, Daniel

000: 21:53:05

00: Kerken

00: 7.31 km/h

00: 247

0000: 8:10 min/km

00: 160.90 km

00000/0000: 67 (of 246)

100MeilenBerlin

00000/0: 62 (of 211)

000000: 13:06:52

0000:

00000: 6(of 16)

Senioren M30 (30-34 Jahre)

0000000: 13:06:52

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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	1:02:53	6:58	7	21:57	122	21:57	9.02	1:02:53	6:58	7	21:57	122	21:57
VP2 - Schlesische	5.98	40:12	6:43	8	14:06	129	14:06	15.00	1:43:05	6:52	7	36:03	123	36:03
VP3 - Sonnenalle	6.00	40:17	6:42	8	14:39	122	14:39	21.00	2:23:22	6:49	7	50:42	121	50:42
VP4 - Stubenrauc	5.73	39:21	6:52	6	14:06	139	14:06	26.73	3:02:43	6:50	6	1:04:48	120	1:04:48
VP5 - U-Bahnhof	4.30	33:39	7:49	7	11:52	127	12:32	31.03	3:36:22	6:58	7	1:16:14	123	1:16:14
VP6 - Buckower I	5.40	40:15	7:27	8	14:51	129	14:52	36.43	4:16:37	7:02	7	1:31:05	123	1:31:05
VP7 - Kirchhainer	5.54	39:06	7:03	8	12:55	90	12:55	41.97	4:55:43	7:02	8	1:43:23	113	1:43:23
VP8 - Lichtenradi	4.42	31:48	7:11	7	11:35	96	11:35	46.39	5:27:31	7:03	7	1:54:58	111	1:54:58
VP9 - Osdorfer St	5.77	44:02	7:37	8	17:50	118	17:50	52.16	6:11:33	7:07	8	2:12:10	114	2:12:10
VP10 - Sportplatz	6.41	52:13	8:08	8	23:25	90	23:25	58.57	7:03:46	7:14	8	2:34:01	105	2:34:01
VP11 - Königswel	6.18	48:35	7:51	7	19:42	101	19:42	64.75	7:52:21	7:17	7	2:52:52	106	2:52:52
VP12 - Gedenkst	6.18	55:05	8:54	9	23:38	112	23:38	70.93	8:47:26	7:26	7	3:15:49	106	3:15:49
VP13 - Brauhaus	6.84	51:07	7:28	7	19:05	68	27:30	77.77	9:38:33	7:26	7	3:34:33	98	3:34:33
VP14 - Revierförs	6.06	48:40	8:01	7	19:16	76	19:16	83.83	10:27:13	7:28	8	3:53:49	92	3:53:49
VP15 - Schloß Sa	6.20	59:52	9:39	7	30:05	74	30:05	90.03	11:27:05	7:37	7	4:23:54	90	4:23:54
VP16 - Pagel & Fi	7.63	59:57	7:51	7	23:33	54	23:33	97.66	12:27:02	7:38	7	4:47:00	83	4:47:00
VP17 - Wilhelmst	4.84	38:09	7:52	6	13:02	57	13:02	102.50	13:05:11	7:39	7	5:00:02	83	5:00:02
VP18 - Falkensee	6.58	49:48	7:34	5	15:37	42	16:20	109.08	13:54:59	7:39	6	5:15:39	80	5:15:39
VP19 - Schönwal	5.70	1:02:52	11:01	6	34:03	141	34:03	114.78	14:57:51	7:49	7	5:49:42	82	5:49:42
VP20 - Grenzturn	7.53	1:05:11	8:39	4	26:25	53	30:35	122.31	16:03:02	7:52	6	6:16:07	79	6:16:07
VP21 - Ruderclub	4.78	53:44	11:14	6	30:23	84	30:23	127.09	16:56:46	8:00	6	6:46:30	77	6:46:30
VP22 - Frohnau (4.03	40:09	9:57	6	18:37	92	18:37	131.12	17:36:55	8:03	6	7:05:07	76	7:05:07
VP23 - Naturschu	6.78	1:09:41	10:16	6	35:55	95	35:55	137.90	18:46:36	8:10	6	7:41:02	77	7:41:02
VP24 - Oranienbu	4.75	43:44	9:12	7	17:52	48	17:52	142.65	19:30:20	8:12	7	7:58:20	75	7:58:20
VP25 - Lübars	5.69	51:19	9:01	7	21:59	57	21:59	148.34	20:21:39	8:14	6	8:20:19	70	8:20:19
VP26 - S-Bahnhö	5.71	47:28	8:18	6	17:47	40	17:47	154.05	21:09:07	8:14	6	8:38:06	64	8:38:06
VP27 - Wollankst	3.09	17:19	5:36	5	4:45	15	4:58	157.14	21:26:26	8:11	7	8:41:40	63	8:41:40
Friedrich-Ludwig	3.76	26:39	7:05	5	4:33	14	6:02	160.90	21:53:05	8:09	6	8:46:13	62	8:46:13