



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Stein, Timo

□□□: 21:53:05

□□: Team Erdinger Alkoholfrei

□□: 7.31 km/h

□□: 245

□□□□: 8:10 min/km

□□: 160.90 km

□□□□□/□□□□: 68 (of 246)

100MeilenBerlin

□□□□□/□: 62 (of 211)

□□□□:

□□□□□: 6(of 16)

Senioren M30 (30-34 Jahre)

□□□□□□□: 13:06:52

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□□□	□□ km	□□ □□ min/km	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Mahnmal P	9.02	1:03:20	7:01	8	22:24	132	22:24	9.02	1:03:20	7:01	8	22:24	132	22:24
VP2 - Schlesische	5.98	39:51	6:39	7	13:45	123	13:45	15.00	1:43:11	6:52	8	36:09	127	36:09
VP3 - Sonnenalle	6.00	40:12	6:42	7	14:34	118	14:34	21.00	2:23:23	6:49	8	50:43	123	50:43
VP4 - Stubenrauc	5.73	39:24	6:52	7	14:09	140	14:09	26.73	3:02:47	6:50	7	1:04:52	121	1:04:52
VP5 - U-Bahnhof	4.30	33:49	7:51	8	12:02	130	12:42	31.03	3:36:36	6:58	8	1:16:28	124	1:16:28
VP6 - Buckower I	5.40	40:01	7:24	7	14:37	120	14:38	36.43	4:16:37	7:02	7	1:31:05	123	1:31:05
VP7 - Kirchhainer	5.54	38:58	7:02	7	12:47	88	12:47	41.97	4:55:35	7:02	7	1:43:15	112	1:43:15
VP8 - Lichtenradi	4.42	32:22	7:19	8	12:09	110	12:09	46.39	5:27:57	7:04	8	1:55:24	112	1:55:24
VP9 - Osdorfer St	5.77	42:58	7:26	7	16:46	109	16:46	52.16	6:10:55	7:06	7	2:11:32	110	2:11:32
VP10 - Sportplatz	6.41	52:50	8:14	9	24:02	94	24:02	58.57	7:03:45	7:14	7	2:34:00	104	2:34:00
VP11 - Königswel	6.18	49:30	8:00	8	20:37	114	20:37	64.75	7:53:15	7:18	8	2:53:46	107	2:53:46
VP12 - Gedenkstr	6.18	54:12	8:46	7	22:45	100	22:45	70.93	8:47:27	7:26	8	3:15:50	107	3:15:50
VP13 - Brauhaus	6.84	51:16	7:29	8	19:14	69	27:39	77.77	9:38:43	7:26	8	3:34:43	99	3:34:43
VP14 - Revierförs	6.06	48:28	7:59	5	19:04	69	19:04	83.83	10:27:11	7:28	7	3:53:47	90	3:53:47
VP15 - Schloß Sa	6.20	1:00:28	9:45	8	30:41	78	30:41	90.03	11:27:39	7:38	8	4:24:28	91	4:24:28
VP16 - Pagel & Fi	7.63	59:40	7:49	6	23:16	51	23:16	97.66	12:27:19	7:39	8	4:47:17	84	4:47:17
VP17 - Wilhelmst	4.84	38:43	7:59	7	13:36	64	13:36	102.50	13:06:02	7:40	8	5:00:53	84	5:00:53
VP18 - Falkensee	6.58	51:25	7:48	6	17:14	46	17:57	109.08	13:57:27	7:40	7	5:18:07	81	5:18:07
VP19 - Schönwal	5.70	1:00:22	10:35	5	31:33	134	31:33	114.78	14:57:49	7:49	6	5:49:40	81	5:49:40
VP20 - Grenzturn	7.53	1:06:22	8:48	5	27:36	61	31:46	122.31	16:04:11	7:52	7	6:17:16	81	6:17:16
VP21 - Ruderclub	4.78	52:37	11:00	5	29:16	77	29:16	127.09	16:56:48	8:00	7	6:46:32	78	6:46:32
VP22 - Frohnau (4.03	40:09	9:57	6	18:37	92	18:37	131.12	17:36:57	8:03	7	7:05:09	78	7:05:09
VP23 - Naturschu	6.78	1:09:42	10:16	7	35:56	97	35:56	137.90	18:46:39	8:10	7	7:41:05	79	7:41:05
VP24 - Oranienbu	4.75	43:40	9:11	6	17:48	46	17:48	142.65	19:30:19	8:12	6	7:58:19	74	7:58:19
VP25 - Lübars	5.69	51:22	9:01	8	22:02	58	22:02	148.34	20:21:41	8:14	7	8:20:21	71	8:20:21
VP26 - S-Bahnhö	5.71	49:09	8:36	7	19:28	51	19:28	154.05	21:10:50	8:14	7	8:39:49	65	8:39:49
VP27 - Wollankst	3.09	15:35	5:02	4	3:01	10	3:14	157.14	21:26:25	8:11	6	8:41:39	62	8:41:39
Friedrich-Ludwig	3.76	26:40	7:05	6	4:34	15	6:03	160.90	21:53:05	8:09	6	8:46:13	62	8:46:13