



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Hausdorf, Mike

□□□: 22:02:23

□□: GutsMuths-Rennsteiglaufverein

□□: 7.26 km/h

□□: 82

□□□□: 8:13 min/km

□□: 160.90 km

□□□□□/□□□□: 70 (of 246)

100MeilenBerlin

□□□□□/□: 65 (of 211)

□□□□□□: 13:06:52

□□□□:

□□□□□: 11(of 43)

Senioren M45 (45-49 Jahre)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Mahnmal P	9.02	56:24	6:15	9	14:03	45	15:28	9.02	56:24	6:15	9	14:03	45	15:28	
VP2 - Schlesische	5.98	34:05	5:41	9	6:37	45	7:59	15.00	1:30:29	6:01	9	20:40	44	23:27	
VP3 - Sonnenalle	6.00	34:43	5:47	8	6:30	42	9:05	21.00	2:05:12	5:57	8	27:10	42	32:32	
VP4 - Stubenrauc	5.73	32:56	5:44	9	6:17	45	7:41	26.73	2:38:08	5:54	8	33:27	42	40:13	
VP5 - U-Bahnhof	4.30	27:45	6:27	7	6:02	38	6:38	31.03	3:05:53	5:59	8	39:29	42	45:45	
VP6 - Buckower I	5.40	35:36	6:35	13	7:52	61	10:13	36.43	3:41:29	6:04	8	47:21	43	55:57	
VP7 - Kirchhainer	5.54	41:43	7:31	26	11:52	123	15:32	41.97	4:23:12	6:16	11	59:13	57	1:10:52	
VP8 - Lichtenradi	4.42	29:30	6:40	14	5:37	60	9:17	46.39	4:52:42	6:18	11	1:04:37	57	1:20:09	
VP9 - Osdorfer St	5.77	38:31	6:40	10	7:32	54	12:19	52.16	5:31:13	6:21	12	1:07:50	57	1:31:50	
VP10 - Sportplatz	6.41	38:50	6:03	5	4:54	18	10:02	58.57	6:10:03	6:19	9	1:12:44	48	1:40:18	
VP11 - Königsw	6.18	59:00	9:32	35	24:27	171	30:07	64.75	7:09:03	6:37	12	1:30:04	58	2:09:34	
VP12 - Gedenkst	6.18	48:41	7:52	11	10:42	50	17:14	70.93	7:57:44	6:44	12	1:40:46	56	2:26:07	
VP13 - Brauhaus	6.84	50:10	7:20	13	24:13	59	26:33	77.77	8:47:54	6:47	10	1:48:15	54	2:43:54	
VP14 - Revierförs	6.06	46:47	7:43	12	9:22	52	17:23	83.83	9:34:41	6:51	10	1:55:44	52	3:01:17	
VP15 - Schloß Sa	6.20	1:09:23	11:11	28	30:42	125	39:36	90.03	10:44:04	7:09	13	2:23:34	60	3:40:53	
VP16 - Pagel & Fi	7.63	1:07:10	8:48	21	20:04	102	30:46	97.66	11:51:14	7:16	14	2:43:38	63	4:11:12	
VP17 - Wilhelmst	4.84	41:10	8:30	19	10:08	88	16:03	102.50	12:32:24	7:20	14	2:52:10	63	4:27:15	
VP18 - Falkensee	6.58	55:38	8:27	17	22:10	74	22:10	109.08	13:28:02	7:24	14	3:06:51	63	4:48:42	
VP19 - Schönwal	5.70	51:00	8:56	13	14:22	59	22:11	114.78	14:19:02	7:29	12	3:19:00	61	5:10:53	
VP20 - Grenzturn	7.53	1:16:54	10:12	22	42:18	110	42:18	122.31	15:35:56	7:39	14	3:45:26	65	5:49:01	
VP21 - Ruderclub	4.78	1:06:11	13:50	27	33:16	155	42:50	127.09	16:42:07	7:53	15	4:18:42	75	6:31:51	
VP22 - Frohnau (4.03	48:14	11:58	27	21:43	144	26:42	131.12	17:30:21	8:00	15	4:40:25	75	6:58:33	
VP23 - Naturschu	6.78	1:11:40	10:34	22	27:34	106	37:54	137.90	18:42:01	8:08	15	5:07:59	73	7:36:27	
VP24 - Oranienbu	4.75	48:10	10:08	17	14:55	75	22:18	142.65	19:30:11	8:12	14	5:22:12	72	7:58:11	
VP25 - Lübars	5.69	50:50	8:56	8	13:09	52	21:30	148.34	20:21:01	8:13	13	5:35:21	69	8:19:41	
VP26 - S-Bahnh	5.71	46:31	8:08	6	6:57	33	16:50	154.05	21:07:32	8:13	11	5:39:34	63	8:36:31	
VP27 - Wollankst	3.09	19:18	6:14	5	2:32	34	6:57	157.14	21:26:50	8:11	11	5:39:58	64	8:42:04	
Friedrich-Ludwig	3.76	35:33	9:27	11	10:35	69	14:56	160.90	22:02:23	8:13	11	5:43:47	65	8:55:31	