



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

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Eversberg, Eckhard

□□: FC Deutsche Post

□□: 88

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 22:11:14

□□: 7.21 km/h

□□□□: 8:16 min/km

□□□□□/□□□□: 71 (of 246)

□□□□□/□: 66 (of 211)

□□□□□□: 13:06:52

□□□□□: 12(of 43)

□□□□□□□: 16:18:36

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Mahnmal P	9.02	1:07:00	7:25	31	24:39	157	26:04	9.02	1:07:00	7:25	31	24:39	157	26:04
VP2 - Schlesische	5.98	40:59	6:51	31	13:31	143	14:53	15.00	1:47:59	7:11	32	38:10	155	40:57
VP3 - Sonnenalle	6.00	43:03	7:10	34	14:50	167	17:25	21.00	2:31:02	7:11	32	53:00	155	58:22
VP4 - Stubenrauc	5.73	39:17	6:51	31	12:38	137	14:02	26.73	3:10:19	7:07	31	1:05:38	153	1:12:24
VP5 - U-Bahnhof	4.30	31:25	7:18	20	9:42	90	10:18	31.03	3:41:44	7:08	31	1:15:20	145	1:21:36
VP6 - Buckower I	5.40	36:38	6:47	17	8:54	76	11:15	36.43	4:18:22	7:05	31	1:24:14	131	1:32:50
VP7 - Kirchhainer	5.54	45:42	8:14	34	15:51	163	19:31	41.97	5:04:04	7:14	32	1:40:05	138	1:51:44
VP8 - Lichtenradi	4.42	32:30	7:21	24	8:37	115	12:17	46.39	5:36:34	7:15	31	1:48:29	133	2:04:01
VP9 - Osdorfer St	5.77	42:57	7:26	26	11:58	108	16:45	52.16	6:19:31	7:16	30	1:56:08	126	2:20:08
VP10 - Sportplatz	6.41	52:32	8:11	21	18:36	92	23:44	58.57	7:12:03	7:22	27	2:14:44	118	2:42:18
VP11 - Königswel	6.18	44:28	7:11	12	9:55	59	15:35	64.75	7:56:31	7:21	26	2:17:32	111	2:57:02
VP12 - Gedenkst	6.18	51:20	8:18	16	13:21	70	19:53	70.93	8:47:51	7:26	25	2:30:53	108	3:16:14
VP13 - Brauhaus	6.84	52:36	7:41	15	26:39	75	28:59	77.77	9:40:27	7:27	24	2:40:48	102	3:36:27
VP14 - Revierförs	6.06	46:54	7:44	13	9:29	54	17:30	83.83	10:27:21	7:29	24	2:48:24	97	3:53:57
VP15 - Schloß Sa	6.20	59:39	9:37	16	20:58	71	29:52	90.03	11:27:00	7:37	22	3:06:30	89	4:23:49
VP16 - Pagel & Fi	7.63	1:02:42	8:13	11	15:36	69	26:18	97.66	12:29:42	7:40	18	3:22:06	85	4:49:40
VP17 - Wilhelmst	4.84	40:32	8:22	15	9:30	79	15:25	102.50	13:10:14	7:42	18	3:30:00	85	5:05:05
VP18 - Falkensee	6.58	53:05	8:04	11	19:37	57	19:37	109.08	14:03:19	7:43	18	3:42:08	84	5:23:59
VP19 - Schönwal	5.70	53:48	9:26	17	17:10	87	24:59	114.78	14:57:07	7:48	17	3:57:05	80	5:48:58
VP20 - Grenzturn	7.53	1:05:55	8:45	11	31:19	58	31:19	122.31	16:03:02	7:52	17	4:12:32	79	6:16:07
VP21 - Ruderclub	4.78	53:46	11:14	15	20:51	85	30:25	127.09	16:56:48	8:00	16	4:33:23	78	6:46:32
VP22 - Frohnau (4.03	40:08	9:57	19	13:37	91	18:36	131.12	17:36:56	8:03	16	4:47:00	77	7:05:08
VP23 - Naturschu	6.78	1:09:41	10:16	20	25:35	95	35:55	137.90	18:46:37	8:10	16	5:12:35	78	7:41:03
VP24 - Oranienbu	4.75	43:41	9:11	8	10:26	47	17:49	142.65	19:30:18	8:12	15	5:22:19	73	7:58:18
VP25 - Lübars	5.69	51:23	9:01	10	13:42	59	22:03	148.34	20:21:41	8:14	14	5:36:01	71	8:20:21
VP26 - S-Bahnhö	5.71	51:54	9:05	10	12:20	62	22:13	154.05	21:13:35	8:16	12	5:45:37	66	8:42:34
VP27 - Wollankst	3.09	22:02	7:07	13	5:16	68	9:41	157.14	21:35:37	8:14	12	5:48:45	66	8:50:51
Friedrich-Ludwig	3.76	35:37	9:28	12	10:39	70	15:00	160.90	22:11:14	8:16	12	5:52:38	66	9:04:22