



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Puertas, Alvaro

□□□: 22:34:27

□□: EvaSion Running Mallorca

□□: 7.09 km/h

□□: 194

□□□□: 8:25 min/km

□□: 160.90 km

□□□□□/□□□: 77 (of 246)

100MeilenBerlin

□□□□□/□: 72 (of 211)

□□□□□□: 13:06:52

□□□□:

□□□□□: 9(of 16)

Senioren M35 (35-39 Jahre)

□□□□□□□: 14:04:27

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Mahnmal P	9.02	46:09	5:06	2	3:52	9	5:13	9.02	46:09	5:06	2	3:52	9	5:13	
VP2 - Schlesische	5.98	30:56	5:10	2	3:27	12	4:50	15.00	1:17:05	5:08	2	7:19	10	10:03	
VP3 - Sonnenalle	6.00	32:07	5:21	2	3:56	20	6:29	21.00	1:49:12	5:12	2	11:15	11	16:32	
VP4 - Stubenrauc	5.73	31:57	5:34	3	5:54	31	6:42	26.73	2:21:09	5:16	2	17:09	13	23:14	
VP5 - U-Bahnhof	4.30	26:16	6:06	2	5:09	21	5:09	31.03	2:47:25	5:23	2	22:18	16	27:17	
VP6 - Buckower I	5.40	32:27	6:00	3	7:04	24	7:04	36.43	3:19:52	5:29	2	29:22	12	34:20	
VP7 - Kirchhainer	5.54	32:48	5:55	2	5:34	23	6:37	41.97	3:52:40	5:32	2	34:56	16	40:20	
VP8 - Lichtenradi	4.42	26:51	6:04	5	5:33	35	6:38	46.39	4:19:31	5:35	2	40:29	19	46:58	
VP9 - Osdorfer St	5.77	37:17	6:27	5	10:01	47	11:05	52.16	4:56:48	5:41	2	50:30	21	57:25	
VP10 - Sportplatz	6.41	51:08	7:58	9	21:10	84	22:20	58.57	5:47:56	5:56	3	1:11:40	27	1:18:11	
VP11 - Königswe	6.18	47:19	7:39	9	15:22	90	18:26	64.75	6:35:15	6:06	4	1:27:02	31	1:35:46	
VP12 - Gedenkst	6.18	49:19	7:58	5	16:20	55	17:52	70.93	7:24:34	6:16	4	1:43:22	33	1:52:57	
VP13 - Brauhaus	6.84	53:26	7:48	10	16:39	86	29:49	77.77	8:18:00	6:24	5	2:00:01	38	2:14:00	
VP14 - Revierförs	6.06	48:56	8:04	7	17:12	77	19:32	83.83	9:06:56	6:31	5	2:17:13	39	2:33:32	
VP15 - Schloß Sa	6.20	1:13:07	11:47	14	36:21	141	43:20	90.03	10:20:03	6:53	5	2:53:34	47	3:16:52	
VP16 - Pagel & Fi	7.63	1:09:04	9:03	11	27:38	113	32:40	97.66	11:29:07	7:03	6	3:21:12	50	3:49:05	
VP17 - Wilhelmst	4.84	39:28	8:09	8	11:55	72	14:21	102.50	12:08:35	7:06	6	3:33:07	50	4:03:26	
VP18 - Falkensee	6.58	52:06	7:55	8	15:23	52	18:38	109.08	13:00:41	7:09	7	3:48:30	50	4:21:21	
VP19 - Schönwal	5.70	51:29	9:01	8	19:47	64	22:40	114.78	13:52:10	7:15	7	4:08:17	52	4:44:01	
VP20 - Grenzturn	7.53	1:07:53	9:00	8	26:36	66	33:17	122.31	15:00:03	7:21	7	4:34:53	53	5:13:08	
VP21 - Ruderclub	4.78	1:29:47	18:46	15	1:02:08	180	1:06:26	127.09	16:29:50	7:47	7	5:37:01	65	6:19:34	
VP22 - Frohnau (4.03	40:37	10:04	11	18:13	98	19:05	131.12	17:10:27	7:51	7	5:55:14	66	6:38:39	
VP23 - Naturschu	6.78	1:11:23	10:31	11	29:38	101	37:37	137.90	18:21:50	7:59	7	6:24:52	64	7:16:16	
VP24 - Oranienbu	4.75	51:56	10:55	11	23:02	111	26:04	142.65	19:13:46	8:05	7	6:47:54	64	7:41:46	
VP25 - Lübars	5.69	59:09	10:23	13	26:49	105	29:49	148.34	20:12:55	8:10	9	7:14:43	64	8:11:35	
VP26 - S-Bahnhö	5.71	1:12:21	12:40	14	40:21	167	42:40	154.05	21:25:16	8:20	9	7:55:04	71	8:54:15	
VP27 - Wollankst	3.09	27:47	8:59	14	14:09	142	15:26	157.14	21:53:03	8:21	9	8:09:13	71	9:08:17	
Friedrich-Ludwig	3.76	41:24	11:00	12	20:47	109	20:47	160.90	22:34:27	8:25	9	8:30:00	72	9:27:35	