



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

0000

Ziehm, Udo

000: 22:34:55

00: Potsdam

00: 7.09 km/h

00: 141

0000: 8:25 min/km

00: 160.90 km

00000/0000: 78 (of 246)

100MeilenBerlin

00000/0: 73 (of 211)

000000: 13:06:52

0000:

00000: 14(of 46)

Senioren M50 (50-54 Jahre)

0000000: 16:59:41

0000

0000

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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	1:04:31	7:09	28	23:28	141	23:35	9.02	1:04:31	7:09	28	23:28	141	23:35
VP2 - Schlesische	5.98	37:50	6:19	20	11:42	95	11:44	15.00	1:42:21	6:49	23	35:10	117	35:19
VP3 - Sonnenalle	6.00	38:27	6:24	17	10:06	93	12:49	21.00	2:20:48	6:42	21	45:16	110	48:08
VP4 - Stubenrauc	5.73	33:54	5:54	10	5:32	53	8:39	26.73	2:54:42	6:32	19	50:48	96	56:47
VP5 - U-Bahnhof	4.30	28:38	6:39	9	5:32	49	7:31	31.03	3:23:20	6:33	16	56:20	84	1:03:12
VP6 - Buckower I	5.40	34:05	6:18	5	4:33	40	8:42	36.43	3:57:25	6:31	15	1:00:53	78	1:11:53
VP7 - Kirchhainer	5.54	36:56	6:39	12	6:24	60	10:45	41.97	4:34:21	6:32	13	1:05:27	76	1:22:01
VP8 - Lichtenradi	4.42	27:29	6:13	9	3:34	45	7:16	46.39	5:01:50	6:30	12	1:05:38	70	1:29:17
VP9 - Osdorfer St	5.77	37:06	6:25	12	6:07	46	10:54	52.16	5:38:56	6:29	12	1:06:27	62	1:39:33
VP10 - Sportplatz	6.41	45:24	7:04	9	10:34	42	16:36	58.57	6:24:20	6:33	12	1:10:17	58	1:54:35
VP11 - Königswe	6.18	42:31	6:52	8	6:23	40	13:38	64.75	7:06:51	6:35	11	1:08:49	55	2:07:22
VP12 - Gedenkst	6.18	47:50	7:44	9	10:15	45	16:23	70.93	7:54:41	6:41	10	1:16:11	53	2:23:04
VP13 - Brauhaus	6.84	51:24	7:30	12	9:44	71	27:47	77.77	8:46:05	6:45	11	1:23:18	52	2:42:05
VP14 - Revierförs	6.06	52:35	8:40	26	15:14	112	23:11	83.83	9:38:40	6:54	11	1:38:32	58	3:05:16
VP15 - Schloß Sa	6.20	50:35	8:09	9	11:50	37	20:48	90.03	10:29:15	6:59	10	1:50:22	50	3:26:04
VP16 - Pagel & Fi	7.63	1:32:19	12:05	41	45:25	181	55:55	97.66	12:01:34	7:23	15	2:35:10	74	4:21:32
VP17 - Wilhelmst	4.84	37:01	7:38	9	5:56	43	11:54	102.50	12:38:35	7:24	14	2:41:06	70	4:33:26
VP18 - Falkensee	6.58	55:58	8:30	17	16:04	77	22:30	109.08	13:34:33	7:28	13	2:57:10	68	4:55:13
VP19 - Schönwal	5.70	47:47	8:22	8	11:01	46	18:58	114.78	14:22:20	7:30	11	3:08:11	63	5:14:11
VP20 - Grenzturn	7.53	1:06:12	8:47	13	16:56	60	31:36	122.31	15:28:32	7:35	11	3:25:07	59	5:41:37
VP21 - Ruderclub	4.78	1:01:21	12:50	30	23:25	130	38:00	127.09	16:29:53	7:47	13	3:48:17	67	6:19:37
VP22 - Frohnau (4.03	44:24	11:01	28	16:03	130	22:52	131.12	17:14:17	7:53	14	3:59:35	69	6:42:29
VP23 - Naturschu	6.78	1:30:24	13:20	35	39:25	167	56:38	137.90	18:44:41	8:09	14	4:39:00	74	7:39:07
VP24 - Oranienbu	4.75	46:14	9:44	13	9:25	64	20:22	142.65	19:30:55	8:12	15	4:41:29	77	7:58:55
VP25 - Lübars	5.69	1:00:22	10:36	25	18:06	111	31:02	148.34	20:31:17	8:18	15	4:57:04	77	8:29:57
VP26 - S-Bahnhö	5.71	58:24	10:13	19	20:57	97	28:43	154.05	21:29:41	8:22	13	5:15:58	73	8:58:40
VP27 - Wollankst	3.09	25:09	8:08	24	10:10	103	12:48	157.14	21:54:50	8:22	13	5:23:32	74	9:10:04
Friedrich-Ludwig	3.76	40:05	10:39	21	14:45	97	19:28	160.90	22:34:55	8:25	14	5:35:14	73	9:28:03