



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Lindenbeck, Christof

□□□: 22:34:55

□□: Stolpertruppe Winsen

□□: 7.09 km/h

□□: 212

□□□□: 8:25 min/km

□□: 160.90 km

□□□□□/□□□□: 79 (of 246)

100MeilenBerlin

□□□□□/□: 73 (of 211)

□□□□□□: 13:06:52

□□□□:

□□□□□: 14(of 46)

Senioren M50 (50-54 Jahre)

□□□□□□□: 16:59:41

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
VP1 - Mahnmal P	9.02	1:02:53	6:58	24	21:50	122	21:57	9.02	1:02:53	6:58	24	21:50	122	21:57
VP2 - Schlesische	5.98	35:17	5:54	13	9:09	61	9:11	15.00	1:38:10	6:32	17	30:59	91	31:08
VP3 - Sonnenalle	6.00	38:04	6:20	16	9:43	88	12:26	21.00	2:16:14	6:29	18	40:42	90	43:34
VP4 - Stubenrauc	5.73	36:23	6:20	18	8:01	88	11:08	26.73	2:52:37	6:27	18	48:43	89	54:42
VP5 - U-Bahnhof	4.30	32:00	7:26	18	8:54	100	10:53	31.03	3:24:37	6:35	19	57:37	91	1:04:29
VP6 - Buckower I	5.40	36:12	6:42	16	6:40	72	10:49	36.43	4:00:49	6:36	19	1:04:17	89	1:15:17
VP7 - Kirchhainer	5.54	36:33	6:35	11	6:01	57	10:22	41.97	4:37:22	6:36	18	1:08:28	81	1:25:02
VP8 - Lichtenradi	4.42	29:55	6:46	13	6:00	68	9:42	46.39	5:07:17	6:37	18	1:11:05	81	1:34:44
VP9 - Osdorfer St	5.77	40:51	7:04	17	9:52	81	14:39	52.16	5:48:08	6:40	17	1:15:39	78	1:48:45
VP10 - Sportplatz	6.41	54:15	8:27	18	19:25	99	25:27	58.57	6:42:23	6:52	14	1:28:20	77	2:12:38
VP11 - Königswel	6.18	44:02	7:07	12	7:54	52	15:09	64.75	7:26:25	6:53	14	1:28:23	77	2:26:56
VP12 - Gedenkst	6.18	44:59	7:16	6	7:24	33	13:32	70.93	8:11:24	6:55	14	1:32:54	68	2:39:47
VP13 - Brauhaus	6.84	50:01	7:18	10	8:21	58	26:24	77.77	9:01:25	6:57	14	1:38:38	69	2:57:25
VP14 - Revierförs	6.06	47:11	7:47	10	9:50	56	17:47	83.83	9:48:36	7:01	14	1:48:28	65	3:15:12
VP15 - Schloß Sa	6.20	1:09:29	11:12	27	30:44	126	39:42	90.03	10:58:05	7:18	15	2:19:12	77	3:54:54
VP16 - Pagel & Fi	7.63	55:58	7:20	4	9:04	34	19:34	97.66	11:54:03	7:18	12	2:27:39	67	4:14:01
VP17 - Wilhelmst	4.84	39:24	8:08	16	8:19	71	14:17	102.50	12:33:27	7:21	11	2:35:58	64	4:28:18
VP18 - Falkensee	6.58	55:49	8:28	16	15:55	76	22:21	109.08	13:29:16	7:25	12	2:51:53	65	4:49:56
VP19 - Schönwal	5.70	53:34	9:23	17	16:48	84	24:45	114.78	14:22:50	7:31	12	3:08:41	65	5:14:41
VP20 - Grenzturn	7.53	1:05:42	8:43	12	16:26	55	31:06	122.31	15:28:32	7:35	11	3:25:07	59	5:41:37
VP21 - Ruderclub	4.78	1:01:20	12:49	29	23:24	129	37:59	127.09	16:29:52	7:47	12	3:48:16	66	6:19:36
VP22 - Frohnau (4.03	44:05	10:56	26	15:44	127	22:33	131.12	17:13:57	7:53	13	3:59:15	68	6:42:09
VP23 - Naturschu	6.78	1:30:46	13:23	36	39:47	168	57:00	137.90	18:44:43	8:09	15	4:39:02	75	7:39:09
VP24 - Oranienbu	4.75	46:09	9:42	12	9:20	63	20:17	142.65	19:30:52	8:12	14	4:41:26	76	7:58:52
VP25 - Lübars	5.69	1:00:23	10:36	26	18:07	112	31:03	148.34	20:31:15	8:18	14	4:57:02	76	8:29:55
VP26 - S-Bahnhö	5.71	58:28	10:14	21	21:01	99	28:47	154.05	21:29:43	8:22	14	5:16:00	74	8:58:42
VP27 - Wollankst	3.09	25:07	8:07	23	10:08	102	12:46	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