



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

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Mühlbachler, Ambros

□□: Pfahnl Backmittel GmbH

□□: 180

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 22:38:22

□□: 7.11 km/h

□□□□: 8:26 min/km

□□□□□/□□□: 80 (of 246)

□□□□□/□: 75 (of 211)

□□□□□□: 13:06:52

□□□□□: 7(of 25)

□□□□□□□: 17:16:33

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Strecke	km	min	min/km	-	-	km	km	km	min	min/km	-	-	km	km
	km	min	min/km	-	-	km	km	km	min	min/km	-	-	km	km
VP1 - Mahnmal P	9.02	1:01:23	6:48	11	15:04	93	20:27	9.02	1:01:23	6:48	11	15:04	93	20:27
VP2 - Schlesische	5.98	37:49	6:19	12	7:13	93	11:43	15.00	1:39:12	6:36	11	22:17	96	32:10
VP3 - Sonnenalle	6.00	37:06	6:11	9	6:10	80	11:28	21.00	2:16:18	6:29	11	28:27	92	43:38
VP4 - Stubenrauc	5.73	36:18	6:20	10	7:25	86	11:03	26.73	2:52:36	6:27	10	35:52	88	54:41
VP5 - U-Bahnhof	4.30	32:07	7:28	10	7:31	101	11:00	31.03	3:24:43	6:35	10	43:23	92	1:04:35
VP6 - Buckower I	5.40	38:29	7:07	10	9:31	102	13:06	36.43	4:03:12	6:40	9	52:54	92	1:17:40
VP7 - Kirchhaine	5.54	39:09	7:04	9	8:40	92	12:58	41.97	4:42:21	6:43	9	1:01:34	92	1:30:01
VP8 - Lichtenrad	4.42	32:17	7:18	10	8:36	109	12:04	46.39	5:14:38	6:46	9	1:10:10	91	1:42:05
VP9 - Osdorfer St	5.77	42:21	7:20	8	10:55	95	16:09	52.16	5:56:59	6:50	9	1:21:05	93	1:57:36
VP10 - Sportplatz	6.41	50:15	7:50	8	13:22	79	21:27	58.57	6:47:14	6:57	9	1:34:27	91	2:17:29
VP11 - Königswei	6.18	46:23	7:30	11	10:24	83	17:30	64.75	7:33:37	7:00	9	1:44:51	86	2:34:08
VP12 - Gedenksta	6.18	52:59	8:34	7	13:09	83	21:32	70.93	8:26:36	7:08	8	1:58:00	84	2:54:59
VP13 - Brauhaus	6.84	50:25	7:22	6	9:01	61	26:48	77.77	9:17:01	7:09	8	2:07:01	83	3:13:01
VP14 - Revierförs	6.06	46:19	7:38	7	10:22	49	16:55	83.83	10:03:20	7:11	8	2:17:23	76	3:29:56
VP15 - Schloß Sa	6.20	53:51	8:41	5	14:23	47	24:04	90.03	10:57:11	7:17	8	2:31:46	76	3:54:00
VP16 - Pagel & Fi	7.63	1:04:53	8:30	8	15:22	81	28:29	97.66	12:02:04	7:23	8	2:47:08	75	4:22:02
VP17 - Wilhelmst	4.84	43:20	8:57	11	14:23	107	18:13	102.50	12:45:24	7:28	8	2:58:08	75	4:40:15
VP18 - Falkensee	6.58	56:58	8:39	8	14:57	87	23:30	109.08	13:42:22	7:32	7	3:11:54	74	5:03:02
VP19 - Schönwal	5.70	52:38	9:14	6	13:53	72	23:49	114.78	14:35:00	7:37	7	3:22:02	73	5:26:51
VP20 - Grenzturn	7.53	1:10:23	9:20	8	21:17	80	35:47	122.31	15:45:23	7:43	7	3:43:19	72	5:58:28
VP21 - Ruderclub	4.78	50:09	10:29	5	17:32	64	26:48	127.09	16:35:32	7:49	6	4:00:01	70	6:25:16
VP22 - Frohnau (	4.03	39:59	9:55	9	12:50	88	18:27	131.12	17:15:31	7:53	6	4:10:12	70	6:43:43
VP23 - Naturschu	6.78	1:07:31	9:57	9	20:46	80	33:45	137.90	18:23:02	7:59	6	4:30:38	65	7:17:28
VP24 - Oranienbu	4.75	54:25	11:27	16	21:11	126	28:33	142.65	19:17:27	8:06	6	4:47:28	65	7:45:27
VP25 - Lübars	5.69	1:02:52	11:02	13	22:49	119	33:32	148.34	20:20:19	8:13	6	5:04:14	67	8:18:59
VP26 - S-Bahnho	5.71	1:03:50	11:10	13	22:39	125	34:09	154.05	21:24:09	8:20	6	5:19:51	69	8:53:08
VP27 - Wollankst	3.09	27:56	9:02	14	10:06	146	15:35	157.14	21:52:05	8:20	6	5:20:46	69	9:07:19
Friedrich-Ludwig	3.76	46:17	12:18	14	16:45	145	25:40	160.90	22:38:22	8:26	7	5:21:49	75	9:31:30