



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

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Willcox, Traviss

□□: 100 Marathon Club

□□: 191

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 22:44:36

□□: 7.04 km/h

□□□□: 8:29 min/km

□□□□□/□□□□: 82 (of 246)

□□□□□/□: 77 (of 211)

□□□□□□: 13:06:52

□□□□□: 16(of 43)

□□□□□□□: 16:18:36

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
VP1 - Mahnmal P	9.02	51:55	5:45	6	9:34	24	10:59	9.02	51:55	5:45	6	9:34	24	10:59
VP2 - Schlesische	5.98	32:25	5:25	7	4:57	29	6:19	15.00	1:24:20	5:37	7	14:31	25	17:18
VP3 - Sonnenalle	6.00	32:44	5:27	6	4:31	26	7:06	21.00	1:57:04	5:34	7	19:02	25	24:24
VP4 - Stubenrauc	5.73	31:00	5:24	5	4:21	21	5:45	26.73	2:28:04	5:32	6	23:23	23	30:09
VP5 - U-Bahnhof	4.30	28:41	6:40	10	6:58	52	7:34	31.03	2:56:45	5:41	7	30:21	30	36:37
VP6 - Buckower I	5.40	35:24	6:33	11	7:40	58	10:01	36.43	3:32:09	5:49	7	38:01	29	46:37
VP7 - Kirchhainer	5.54	38:02	6:51	17	8:11	76	11:51	41.97	4:10:11	5:57	7	46:12	32	57:51
VP8 - Lichtenradi	4.42	31:27	7:06	19	7:34	88	11:14	46.39	4:41:38	6:04	7	53:33	37	1:09:05
VP9 - Osdorfer St	5.77	42:34	7:22	24	11:35	101	16:22	52.16	5:24:12	6:12	9	1:00:49	47	1:24:49
VP10 - Sportplatz	6.41	46:32	7:15	11	12:36	52	17:44	58.57	6:10:44	6:19	11	1:13:25	50	1:40:59
VP11 - Königsw	6.18	47:15	7:38	18	12:42	89	18:22	64.75	6:57:59	6:27	10	1:19:00	49	1:58:30
VP12 - Gedenkst	6.18	53:07	8:35	17	15:08	86	21:40	70.93	7:51:06	6:38	10	1:34:08	50	2:19:29
VP13 - Brauhaus	6.84	58:01	8:28	25	32:04	113	34:24	77.77	8:49:07	6:48	12	1:49:28	57	2:45:07
VP14 - Revierförs	6.06	48:39	8:01	18	11:14	75	19:15	83.83	9:37:46	6:53	13	1:58:49	57	3:04:22
VP15 - Schloß Sa	6.20	54:36	8:48	9	15:55	52	24:49	90.03	10:32:22	7:01	10	2:11:52	54	3:29:11
VP16 - Pagel & Fi	7.63	1:05:18	8:33	16	18:12	83	28:54	97.66	11:37:40	7:08	12	2:30:04	55	3:57:38
VP17 - Wilhelmst	4.84	43:22	8:57	25	12:20	108	18:15	102.50	12:21:02	7:13	12	2:40:48	59	4:15:53
VP18 - Falkensee	6.58	59:59	9:06	25	26:31	104	26:31	109.08	13:21:01	7:20	13	2:59:50	62	4:41:41
VP19 - Schönwal	5.70	58:06	10:11	24	21:28	117	29:17	114.78	14:19:07	7:29	13	3:19:05	62	5:10:58
VP20 - Grenzturn	7.53	1:16:55	10:12	23	42:19	111	42:19	122.31	15:36:02	7:39	15	3:45:32	66	5:49:07
VP21 - Ruderclub	4.78	50:05	10:28	13	17:10	63	26:44	127.09	16:26:07	7:45	13	4:02:42	62	6:15:51
VP22 - Frohnau (4.03	44:12	10:58	25	17:41	128	22:40	131.12	17:10:19	7:51	14	4:20:23	65	6:38:31
VP23 - Naturschu	6.78	1:17:08	11:22	23	33:02	126	43:22	137.90	18:27:27	8:01	13	4:53:25	68	7:21:53
VP24 - Oranienbu	4.75	56:15	11:50	28	23:00	134	30:23	142.65	19:23:42	8:09	13	5:15:43	69	7:51:42
VP25 - Lübars	5.69	1:04:12	11:16	24	26:31	125	34:52	148.34	20:27:54	8:16	15	5:42:14	75	8:26:34
VP26 - S-Bahnh	5.71	1:05:28	11:27	27	25:54	134	35:47	154.05	21:33:22	8:23	15	6:05:24	75	9:02:21
VP27 - Wollankst	3.09	27:38	8:56	31	10:52	139	15:17	157.14	22:01:00	8:24	15	6:14:08	77	9:16:14
Friedrich-Ludwig	3.76	43:36	11:35	25	18:38	125	22:59	160.90	22:44:36	8:28	16	6:26:00	77	9:37:44