



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

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Knacksterdt, Achim

□□□: 22:48:18

□□: Die Bretzelwetzter, Mainz

□□: 7.02 km/h

□□: 53

□□□□: 8:30 min/km

□□: 160.90 km

□□□□□/□□□□: 89 (of 246)

100MeilenBerlin

□□□□□/□: 83 (of 211)

□□□□□□: 13:06:52

□□□□:

□□□□□: 18(of 43)

Senioren M45 (45-49 Jahre)

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
VP1 - Mahnmal P	9.02	1:01:05	6:46	22	18:44	86	20:09	9.02	1:01:05	6:46	22	18:44	86	20:09
VP2 - Schlesische	5.98	35:25	5:55	13	7:57	69	9:19	15.00	1:36:30	6:26	19	26:41	79	29:28
VP3 - Sonnenalle	6.00	36:22	6:03	14	8:09	66	10:44	21.00	2:12:52	6:19	17	34:50	73	40:12
VP4 - Stubenrauc	5.73	34:34	6:01	14	7:55	61	9:19	26.73	2:47:26	6:15	15	42:45	69	49:31
VP5 - U-Bahnhof	4.30	29:58	6:58	13	8:15	66	8:51	31.03	3:17:24	6:21	15	51:00	69	57:16
VP6 - Buckower I	5.40	35:17	6:32	10	7:33	57	9:54	36.43	3:52:41	6:23	14	58:33	66	1:07:09
VP7 - Kirchhainer	5.54	37:48	6:49	13	7:57	69	11:37	41.97	4:30:29	6:26	13	1:06:30	64	1:18:09
VP8 - Lichtenradi	4.42	30:30	6:54	18	6:37	75	10:17	46.39	5:00:59	6:29	14	1:12:54	65	1:28:26
VP9 - Osdorfer St	5.77	39:37	6:51	13	8:38	64	13:25	52.16	5:40:36	6:31	14	1:17:13	67	1:41:13
VP10 - Sportplatz	6.41	54:31	8:30	22	20:35	103	25:43	58.57	6:35:07	6:44	16	1:37:48	70	2:05:22
VP11 - Königswel	6.18	46:05	7:27	17	11:32	78	17:12	64.75	7:21:12	6:48	16	1:42:13	70	2:21:43
VP12 - Gedenkst	6.18	49:12	7:57	12	11:13	54	17:45	70.93	8:10:24	6:54	15	1:53:26	65	2:38:47
VP13 - Brauhaus	6.84	1:03:34	9:17	29	37:37	141	39:57	77.77	9:13:58	7:07	19	2:14:19	78	3:09:58
VP14 - Revierförs	6.06	1:13:14	12:05	35	35:49	185	43:50	83.83	10:27:12	7:28	21	2:48:15	91	3:53:48
VP15 - Schloß Sa	6.20	56:42	9:08	12	18:01	60	26:55	90.03	11:23:54	7:35	19	3:03:24	84	4:20:43
VP16 - Pagel & Fi	7.63	1:11:04	9:18	26	23:58	127	34:40	97.66	12:34:58	7:43	21	3:27:22	88	4:54:56
VP17 - Wilhelmst	4.84	40:41	8:24	16	9:39	80	15:34	102.50	13:15:39	7:45	19	3:35:25	86	5:10:30
VP18 - Falkensee	6.58	56:13	8:32	19	22:45	81	22:45	109.08	14:11:52	7:48	19	3:50:41	85	5:32:32
VP19 - Schönwal	5.70	50:02	8:46	12	13:24	56	21:13	114.78	15:01:54	7:51	18	4:01:52	84	5:53:45
VP20 - Grenzturn	7.53	1:07:17	8:56	13	32:41	64	32:41	122.31	16:09:11	7:55	18	4:18:41	83	6:22:16
VP21 - Ruderclub	4.78	1:02:25	13:03	22	29:30	142	39:04	127.09	17:11:36	8:07	18	4:48:11	83	7:01:20
VP22 - Frohnau (4.03	38:02	9:26	15	11:31	67	16:30	131.12	17:49:38	8:09	18	4:59:42	82	7:17:50
VP23 - Naturschu	6.78	1:06:32	9:48	17	22:26	74	32:46	137.90	18:56:10	8:14	17	5:22:08	80	7:50:36
VP24 - Oranienbu	4.75	50:21	10:35	20	17:06	93	24:29	142.65	19:46:31	8:19	17	5:38:32	80	8:14:31
VP25 - Lübars	5.69	1:04:51	11:23	27	27:10	133	35:31	148.34	20:51:22	8:26	19	6:05:42	86	8:50:02
VP26 - S-Bahnhö	5.71	55:26	9:42	15	15:52	78	25:45	154.05	21:46:48	8:28	18	6:18:50	83	9:15:47
VP27 - Wollankst	3.09	22:34	7:18	14	5:48	73	10:13	157.14	22:09:22	8:27	17	6:22:30	82	9:24:36
Friedrich-Ludwig	3.76	38:56	10:21	19	13:58	93	18:19	160.90	22:48:18	8:30	18	6:29:42	83	9:41:26