



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

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Schürmann, Rofl

□□□: 22:48:18

□□: LG Mauerweg Berlin e.V.

□□: 7.02 km/h

□□: 47

□□□□: 8:30 min/km

□□: 160.90 km

□□□□□/□□□: 90 (of 246)

100MeilenBerlin

□□□□□/□: 83 (of 211)

□□□□□□: 13:06:52

□□□□:

□□□□□: 18(of 43)

Senioren M45 (45-49 Jahre)

□□□□□□□: 16:18:36

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
VP1 - Mahnmal P	9.02	1:01:34	6:49	26	19:13	97	20:38	9.02	1:01:34	6:49	26	19:13	97	20:38
VP2 - Schlesische	5.98	35:37	5:57	14	8:09	72	9:31	15.00	1:37:11	6:28	21	27:22	87	30:09
VP3 - Sonnenalle	6.00	36:52	6:08	16	8:39	75	11:14	21.00	2:14:03	6:23	18	36:01	79	41:23
VP4 - Stubenrauc	5.73	34:06	5:57	12	7:27	57	8:51	26.73	2:48:09	6:17	17	43:28	73	50:14
VP5 - U-Bahnhof	4.30	30:29	7:05	16	8:46	74	9:22	31.03	3:18:38	6:24	17	52:14	75	58:30
VP6 - Buckower I	5.40	34:07	6:19	7	6:23	41	8:44	36.43	3:52:45	6:23	15	58:37	67	1:07:13
VP7 - Kirchhainer	5.54	37:51	6:49	15	8:00	71	11:40	41.97	4:30:36	6:26	14	1:06:37	65	1:18:16
VP8 - Lichtenradi	4.42	30:24	6:52	17	6:31	74	10:11	46.39	5:01:00	6:29	16	1:12:55	67	1:28:27
VP9 - Osdorfer St	5.77	39:58	6:55	14	8:59	68	13:46	52.16	5:40:58	6:32	15	1:17:35	69	1:41:35
VP10 - Sportplatz	6.41	51:44	8:04	20	17:48	87	22:56	58.57	6:32:42	6:42	15	1:35:23	68	2:02:57
VP11 - Königswel	6.18	44:34	7:12	14	10:01	61	15:41	64.75	7:17:16	6:45	14	1:38:17	66	2:17:47
VP12 - Gedenkst	6.18	1:00:39	9:48	28	22:40	150	29:12	70.93	8:17:55	7:01	19	2:00:57	76	2:46:18
VP13 - Brauhaus	6.84	53:03	7:45	17	27:06	83	29:26	77.77	9:10:58	7:05	18	2:11:19	76	3:06:58
VP14 - Revierförs	6.06	1:16:15	12:34	36	38:50	188	46:51	83.83	10:27:13	7:28	22	2:48:16	92	3:53:49
VP15 - Schloß Sa	6.20	56:43	9:08	13	18:02	61	26:56	90.03	11:23:56	7:35	20	3:03:26	85	4:20:45
VP16 - Pagel & Fi	7.63	1:11:05	9:18	27	23:59	128	34:41	97.66	12:35:01	7:43	22	3:27:25	89	4:54:59
VP17 - Wilhelmst	4.84	40:48	8:25	17	9:46	82	15:41	102.50	13:15:49	7:45	20	3:35:35	87	5:10:40
VP18 - Falkensee	6.58	56:26	8:34	20	22:58	82	22:58	109.08	14:12:15	7:48	20	3:51:04	88	5:32:55
VP19 - Schönwal	5.70	49:40	8:42	11	13:02	55	20:51	114.78	15:01:55	7:51	19	4:01:53	85	5:53:46
VP20 - Grenzturn	7.53	1:07:23	8:56	14	32:47	65	32:47	122.31	16:09:18	7:55	20	4:18:48	85	6:22:23
VP21 - Ruderclub	4.78	1:02:27	13:03	23	29:32	143	39:06	127.09	17:11:45	8:07	19	4:48:20	84	7:01:29
VP22 - Frohnau (4.03	38:22	9:31	16	11:51	68	16:50	131.12	17:50:07	8:09	19	5:00:11	83	7:18:19
VP23 - Naturschu	6.78	1:06:12	9:45	16	22:06	72	32:26	137.90	18:56:19	8:14	18	5:22:17	81	7:50:45
VP24 - Oranienbu	4.75	50:44	10:40	22	17:29	98	24:52	142.65	19:47:03	8:19	19	5:39:04	82	8:15:03
VP25 - Lübars	5.69	1:04:21	11:18	26	26:40	128	35:01	148.34	20:51:24	8:26	20	6:05:44	87	8:50:04
VP26 - S-Bahnhö	5.71	55:27	9:42	16	15:53	79	25:46	154.05	21:46:51	8:28	19	6:18:53	84	9:15:50
VP27 - Wollankst	3.09	22:36	7:18	15	5:50	76	10:15	157.14	22:09:27	8:27	18	6:22:35	83	9:24:41
Friedrich-Ludwig	3.76	38:51	10:19	18	13:53	91	18:14	160.90	22:48:18	8:30	18	6:29:42	83	9:41:26