



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Palm, Hajo

□□□: 22:50:48

□□: LG Mauerweg Berlin

□□: 7.00 km/h

□□: 42

□□□□: 8:31 min/km

□□: 160.90 km

□□□□□/□□□□: 91 (of 246)

100MeilenBerlin

□□□□□/□: 85 (of 211)

□□□□□□: 13:06:52

□□□□:

□□□□□: 1(of 4)

Senioren M65 (65-69 Jahre)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Mahnmal P	9.02	1:05:31	7:15	2	3:45	148	24:35	9.02	1:05:31	7:15	2	3:45	148	24:35	
VP2 - Schlesische	5.98	44:56	7:30	3	7:00	177	18:50	15.00	1:50:27	7:21	3	10:45	163	43:25	
VP3 - Sonnenalle	6.00	42:57	7:09	3	3:06	163	17:19	21.00	2:33:24	7:18	3	13:47	162	1:00:44	
VP4 - Stubenrauc	5.73	40:00	6:58	3	2:56	143	14:45	26.73	3:13:24	7:14	3	16:43	162	1:15:29	
VP5 - U-Bahnhof	4.30	32:18	7:30	1	-	104	11:11	31.03	3:45:42	7:16	3	14:44	153	1:25:34	
VP6 - Buckower I	5.40	39:29	7:18	2	1:55	116	14:06	36.43	4:25:11	7:16	3	16:39	151	1:39:39	
VP7 - Kirchhainer	5.54	41:29	7:29	2	2:19	117	15:18	41.97	5:06:40	7:18	3	18:58	145	1:54:20	
VP8 - Lichtenradi	4.42	31:27	7:06	1	-	88	11:14	46.39	5:38:07	7:17	3	18:48	137	2:05:34	
VP9 - Osdorfer St	5.77	42:21	7:20	1	-	95	16:09	52.16	6:20:28	7:17	2	18:34	131	2:21:05	
VP10 - Sportplatz	6.41	1:07:37	10:32	4	17:36	173	38:49	58.57	7:28:05	7:39	3	36:10	135	2:58:20	
VP11 - Königswe	6.18	44:41	7:13	1	-	62	15:48	64.75	8:12:46	7:36	3	34:08	131	3:13:17	
VP12 - Gedenkst	6.18	52:17	8:27	1	-	73	20:50	70.93	9:05:03	7:41	2	27:31	126	3:33:26	
VP13 - Brauhaus	6.84	53:13	7:46	1	-	85	29:36	77.77	9:58:16	7:41	2	12:00	124	3:54:16	
VP14 - Revierförs	6.06	48:57	8:04	1	-	78	19:33	83.83	10:47:13	7:43	2	9:41	119	4:13:49	
VP15 - Schloß Sa	6.20	1:14:40	12:02	3	11:30	150	44:53	90.03	12:01:53	8:01	2	12:06	124	4:58:42	
VP16 - Pagel & Fi	7.63	1:04:51	8:29	1	-	80	28:27	97.66	13:06:44	8:03	2	7:50	121	5:26:42	
VP17 - Wilhelmst	4.84	41:32	8:34	1	-	90	16:25	102.50	13:48:16	8:04	2	4:01	118	5:43:07	
VP18 - Falkensee	6.58	56:58	8:39	1	-	87	23:30	109.08	14:45:14	8:06	1	-	111	6:05:54	
VP19 - Schönwal	5.70	50:36	8:52	1	-	58	21:47	114.78	15:35:50	8:09	1	-	102	6:27:41	
VP20 - Grenzturn	7.53	1:10:32	9:22	1	-	81	35:56	122.31	16:46:22	8:13	1	-	101	6:59:27	
VP21 - Ruderclub	4.78	56:40	11:51	1	-	99	33:19	127.09	17:43:02	8:21	1	-	97	7:32:46	
VP22 - Frohnau (4.03	38:47	9:37	1	-	76	17:15	131.12	18:21:49	8:24	1	-	97	7:50:01	
VP23 - Naturschu	6.78	1:02:07	9:09	1	-	50	28:21	137.90	19:23:56	8:26	1	-	94	8:18:22	
VP24 - Oranienbu	4.75	50:49	10:41	2	0:32	102	24:57	142.65	20:14:45	8:30	1	-	93	8:42:45	
VP25 - Lübars	5.69	49:58	8:46	1	-	45	20:38	148.34	21:04:43	8:31	1	-	92	9:03:23	
VP26 - S-Bahnhö	5.71	52:21	9:10	2	3:54	63	22:40	154.05	21:57:04	8:32	1	-	89	9:26:03	
VP27 - Wollankst	3.09	21:42	7:01	1	-	59	9:21	157.14	22:18:46	8:31	1	-	89	9:34:00	
Friedrich-Ludwig	3.76	32:02	8:31	1	-	38	11:25	160.90	22:50:48	8:31	1	-	85	9:43:56	