



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Filonzi, Giancarlo

□□□: 22:51:30

□□: Atletica Amatori Avis Castelfidardo

□□: 7.00 km/h

□□: 304

□□□□: 8:31 min/km

□□: 160.90 km

□□□□□/□□□□: 93 (of 246)

100MeilenBerlin

□□□□□/□: 86 (of 211)

□□□□□□: 13:06:52

□□□□:

□□□□□: 18(of 46)

Senioren M50 (50-54 Jahre)

□□□□□□□: 16:59:41

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □		
VP1 - Mahnmal P	9.02	52:21	5:48	4	11:18	27	11:25	9.02	52:21	5:48	4	11:18	27	11:25
VP2 - Schlesische	5.98	31:27	5:15	4	5:19	22	5:21	15.00	1:23:48	5:35	4	16:37	24	16:46
VP3 - Sonnenalle	6.00	32:04	5:20	4	3:43	19	6:26	21.00	1:55:52	5:31	4	20:20	23	23:12
VP4 - Stubenrauc	5.73	32:16	5:37	6	3:54	35	7:01	26.73	2:28:08	5:32	4	24:14	24	30:13
VP5 - U-Bahnhof	4.30	28:23	6:36	8	5:17	46	7:16	31.03	2:56:31	5:41	6	29:31	28	36:23
VP6 - Buckower I	5.40	35:13	6:31	9	5:41	55	9:50	36.43	3:31:44	5:48	6	35:12	28	46:12
VP7 - Kirchhainer	5.54	40:38	7:20	23	10:06	111	14:27	41.97	4:12:22	6:00	7	43:28	36	1:00:02
VP8 - Lichtenradi	4.42	33:40	7:37	26	9:45	132	13:27	46.39	4:46:02	6:09	8	49:50	44	1:13:29
VP9 - Osdorfer St	5.77	42:47	7:24	22	11:48	107	16:35	52.16	5:28:49	6:18	10	56:20	54	1:29:26
VP10 - Sportplatz	6.41	54:29	8:29	19	19:39	101	25:41	58.57	6:23:18	6:32	11	1:09:15	57	1:53:33
VP11 - Königswel	6.18	45:54	7:25	16	9:46	75	17:01	64.75	7:09:12	6:37	13	1:11:10	59	2:09:43
VP12 - Gedenkst	6.18	52:17	8:27	13	14:42	73	20:50	70.93	8:01:29	6:47	12	1:22:59	58	2:29:52
VP13 - Brauhaus	6.84	53:08	7:46	17	11:28	84	29:31	77.77	8:54:37	6:52	12	1:31:50	61	2:50:37
VP14 - Revierförs	6.06	51:08	8:26	19	13:47	94	21:44	83.83	9:45:45	6:59	13	1:45:37	61	3:12:21
VP15 - Schloß Sa	6.20	1:01:08	9:51	16	22:23	80	31:21	90.03	10:46:53	7:11	12	2:08:00	63	3:43:42
VP16 - Pagel & Fi	7.63	1:04:45	8:29	15	17:51	79	28:21	97.66	11:51:38	7:17	11	2:25:14	65	4:11:36
VP17 - Wilhelmst	4.84	42:14	8:43	19	11:09	96	17:07	102.50	12:33:52	7:21	12	2:36:23	67	4:28:43
VP18 - Falkensee	6.58	1:01:30	9:20	26	21:36	114	28:02	109.08	13:35:22	7:28	14	2:57:59	71	4:56:02
VP19 - Schönwal	5.70	52:45	9:15	15	15:59	75	23:56	114.78	14:28:07	7:33	13	3:13:58	69	5:19:58
VP20 - Grenzturn	7.53	1:12:13	9:35	18	22:57	90	37:37	122.31	15:40:20	7:41	14	3:36:55	69	5:53:25
VP21 - Ruderclub	4.78	1:01:36	12:53	31	23:40	132	38:15	127.09	16:41:56	7:53	15	4:00:20	74	6:31:40
VP22 - Frohnau (4.03	38:31	9:33	10	10:10	70	16:59	131.12	17:20:27	7:56	15	4:05:45	73	6:48:39
VP23 - Naturschu	6.78	1:15:47	11:10	28	24:48	119	42:01	137.90	18:36:14	8:05	13	4:30:33	71	7:30:40
VP24 - Oranienbu	4.75	50:47	10:41	23	13:58	100	24:55	142.65	19:27:01	8:10	13	4:37:35	71	7:55:01
VP25 - Lübars	5.69	59:24	10:26	21	17:08	106	30:04	148.34	20:26:25	8:16	13	4:52:12	74	8:25:05
VP26 - S-Bahnhö	5.71	1:07:11	11:45	31	29:44	142	37:30	154.05	21:33:36	8:23	15	5:19:53	78	9:02:35
VP27 - Wollankst	3.09	30:05	9:44	35	15:06	166	17:44	157.14	22:03:41	8:25	16	5:32:23	80	9:18:55
Friedrich-Ludwig	3.76	47:49	12:43	34	22:29	151	27:12	160.90	22:51:30	8:31	18	5:51:49	86	9:44:38