



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

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Lungarini, Marco

□□□: 23:03:08

□□: G.S. BANCARI ROMANI

□□: 6.94 km/h

□□: 124

□□□□: 8:36 min/km

□□: 160.90 km

□□□□□/□□□□: 98 (of 246)

100MeilenBerlin

□□□□□/□: 90 (of 211)

□□□□□□: 13:06:52

□□□□:

□□□□□: 21(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	56:10	6:13	8	13:49	43	15:14	9.02	56:10	6:13	8	13:49	43	15:14
VP2 - Schlesische	5.98	33:56	5:40	8	6:28	42	7:50	15.00	1:30:06	6:00	8	20:17	41	23:04
VP3 - Sonnenalle	6.00	36:06	6:00	12	7:53	60	10:28	21.00	2:06:12	6:00	9	28:10	46	33:32
VP4 - Stubenrauc	5.73	36:47	6:25	21	10:08	92	11:32	26.73	2:42:59	6:05	11	38:18	55	45:04
VP5 - U-Bahnhof	4.30	31:09	7:14	19	9:26	84	10:02	31.03	3:14:08	6:15	13	47:44	60	54:00
VP6 - Buckower I	5.40	37:47	6:59	22	10:03	94	12:24	36.43	3:51:55	6:21	13	57:47	62	1:06:23
VP7 - Kirchhainer	5.54	38:57	7:01	19	9:06	86	12:46	41.97	4:30:52	6:27	16	1:06:53	69	1:18:32
VP8 - Lichtenradi	4.42	33:00	7:27	29	9:07	126	12:47	46.39	5:03:52	6:33	17	1:15:47	74	1:31:19
VP9 - Osdorfer St	5.77	41:02	7:06	17	10:03	82	14:50	52.16	5:44:54	6:36	17	1:21:31	74	1:45:31
VP10 - Sportplatz	6.41	55:28	8:39	26	21:32	109	26:40	58.57	6:40:22	6:50	18	1:43:03	76	2:10:37
VP11 - Königsw	6.18	44:31	7:12	13	9:58	60	15:38	64.75	7:24:53	6:52	18	1:45:54	73	2:25:24
VP12 - Gedenkst	6.18	50:57	8:14	14	12:58	65	19:30	70.93	8:15:50	6:59	17	1:58:52	74	2:44:13
VP13 - Brauhaus	6.84	48:24	7:04	9	22:27	47	24:47	77.77	9:04:14	6:59	16	2:04:35	72	3:00:14
VP14 - Revierförs	6.06	46:15	7:37	11	8:50	48	16:51	83.83	9:50:29	7:02	16	2:11:32	69	3:17:05
VP15 - Schloß Sa	6.20	56:51	9:10	14	18:10	63	27:04	90.03	10:47:20	7:11	14	2:26:50	64	3:44:09
VP16 - Pagel & Fi	7.63	1:04:15	8:25	14	17:09	75	27:51	97.66	11:51:35	7:17	15	2:43:59	64	4:11:33
VP17 - Wilhelmst	4.84	42:07	8:42	22	11:05	94	17:00	102.50	12:33:42	7:21	15	2:53:28	65	4:28:33
VP18 - Falkensee	6.58	1:01:18	9:18	26	27:50	113	27:50	109.08	13:35:00	7:28	17	3:13:49	69	4:55:40
VP19 - Schönwal	5.70	52:47	9:15	14	16:09	76	23:58	114.78	14:27:47	7:33	16	3:27:45	67	5:19:38
VP20 - Grenzturn	7.53	1:15:58	10:05	21	41:22	104	41:22	122.31	15:43:45	7:42	16	3:53:15	70	5:56:50
VP21 - Ruderclub	4.78	1:16:37	16:01	33	43:42	168	53:16	127.09	17:00:22	8:01	17	4:36:57	81	6:50:06
VP22 - Frohnau (4.03	48:48	12:06	28	22:17	148	27:16	131.12	17:49:10	8:09	17	4:59:14	81	7:17:22
VP23 - Naturschu	6.78	1:19:28	11:43	27	35:22	137	45:42	137.90	19:08:38	8:19	20	5:34:36	87	8:03:04
VP24 - Oranienbu	4.75	47:04	9:54	15	13:49	71	21:12	142.65	19:55:42	8:22	21	5:47:43	87	8:23:42
VP25 - Lübars	5.69	55:17	9:42	16	17:36	79	25:57	148.34	20:50:59	8:25	17	6:05:19	82	8:49:39
VP26 - S-Bahnh	5.71	59:06	10:21	21	19:32	103	29:25	154.05	21:50:05	8:30	20	6:22:07	88	9:19:04
VP27 - Wollankst	3.09	26:56	8:42	29	10:10	127	14:35	157.14	22:17:01	8:30	20	6:30:09	87	9:32:15
Friedrich-Ludwig	3.76	46:07	12:15	30	21:09	142	25:30	160.90	23:03:08	8:35	21	6:44:32	90	9:56:16