



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Grittner, Werner

□□□: 23:11:57

□□: LC Duisburg

□□: 6.90 km/h

□□: 77

□□□□: 8:39 min/km

□□: 160.90 km

□□□□□/□□□: 104 (of 246)

100MeilenBerlin

□□□□□/□: 96 (of 211)

□□□□□□: 13:06:52

□□□□:

□□□□□: 9(of 25)

Senioren M55 (55-59 Jahre)

□□□□□□□: 17:16:33

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
VP1 - Mahnmal P	9.02	1:02:06	6:53	13	15:47	113	21:10	9.02	1:02:06	6:53	13	15:47	113	21:10
VP2 - Schlesische	5.98	41:23	6:55	19	10:47	151	15:17	15.00	1:43:29	6:53	16	26:34	130	36:27
VP3 - Sonnenalle	6.00	41:24	6:53	17	10:28	139	15:46	21.00	2:24:53	6:53	17	37:02	132	52:13
VP4 - Stubenrauc	5.73	38:22	6:41	14	9:29	120	13:07	26.73	3:03:15	6:51	15	46:31	124	1:05:20
VP5 - U-Bahnhof	4.30	32:31	7:33	11	7:55	110	11:24	31.03	3:35:46	6:57	14	54:26	121	1:15:38
VP6 - Buckower I	5.40	39:04	7:14	12	10:06	111	13:41	36.43	4:14:50	6:59	11	1:04:32	115	1:29:18
VP7 - Kirchhainer	5.54	40:09	7:14	11	9:40	104	13:58	41.97	4:54:59	7:01	11	1:14:12	111	1:42:39
VP8 - Lichtenradi	4.42	33:16	7:31	14	9:35	129	13:03	46.39	5:28:15	7:04	11	1:23:47	114	1:55:42
VP9 - Osdorfer St	5.77	43:31	7:32	12	12:05	114	17:19	52.16	6:11:46	7:07	11	1:35:52	117	2:12:23
VP10 - Sportplatz	6.41	1:01:03	9:31	19	24:10	151	32:15	58.57	7:12:49	7:23	13	2:00:02	120	2:43:04
VP11 - Königswel	6.18	50:51	8:13	17	14:52	125	21:58	64.75	8:03:40	7:28	13	2:14:54	121	3:04:11
VP12 - Gedenkst	6.18	54:32	8:49	11	14:42	103	23:05	70.93	8:58:12	7:35	13	2:29:36	121	3:26:35
VP13 - Brauhaus	6.84	58:50	8:36	14	17:26	114	35:13	77.77	9:57:02	7:40	13	2:47:02	121	3:53:02
VP14 - Revierförs	6.06	51:09	8:26	10	15:12	96	21:45	83.83	10:48:11	7:43	13	3:02:14	121	4:14:47
VP15 - Schloß Sa	6.20	1:12:41	11:43	17	33:13	138	42:54	90.03	12:00:52	8:00	14	3:35:27	121	4:57:41
VP16 - Pagel & Fi	7.63	1:05:30	8:35	10	15:59	85	29:06	97.66	13:06:22	8:03	12	3:51:26	120	5:26:20
VP17 - Wilhelmst	4.84	43:33	8:59	12	14:36	111	18:26	102.50	13:49:55	8:05	12	4:02:39	119	5:44:46
VP18 - Falkensee	6.58	1:04:15	9:45	15	22:14	134	30:47	109.08	14:54:10	8:11	13	4:23:42	121	6:14:50
VP19 - Schönwal	5.70	56:04	9:50	11	17:19	104	27:15	114.78	15:50:14	8:16	12	4:37:16	117	6:42:05
VP20 - Grenzturn	7.53	1:12:50	9:40	11	23:44	95	38:14	122.31	17:03:04	8:21	11	5:01:00	114	7:16:09
VP21 - Ruderclub	4.78	51:50	10:50	7	19:13	71	28:29	127.09	17:54:54	8:27	10	5:19:23	106	7:44:38
VP22 - Frohnau (4.03	35:17	8:45	6	8:08	42	13:45	131.12	18:30:11	8:28	10	5:24:52	103	7:58:23
VP23 - Naturschu	6.78	1:07:01	9:53	8	20:16	78	33:15	137.90	19:37:12	8:32	10	5:44:48	101	8:31:38
VP24 - Oranienbu	4.75	48:07	10:07	7	14:53	74	22:15	142.65	20:25:19	8:35	10	5:55:20	101	8:53:19
VP25 - Lübars	5.69	50:26	8:51	9	10:23	48	21:06	148.34	21:15:45	8:36	10	5:59:40	97	9:14:25
VP26 - S-Bahnhö	5.71	55:10	9:39	9	13:59	77	25:29	154.05	22:10:55	8:38	10	6:06:37	98	9:39:54
VP27 - Wollankst	3.09	22:39	7:19	7	4:49	78	10:18	157.14	22:33:34	8:36	10	6:02:15	97	9:48:48
Friedrich-Ludwig	3.76	38:23	10:12	8	8:51	86	17:46	160.90	23:11:57	8:39	9	5:55:24	96	10:05:05