



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Binias, Jürgen

□□: LC Duisburg

□□: 76

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 23:11:57

□□: 6.90 km/h

□□□□: 8:39 min/km

□□□□□/□□□□: 105 (of 246)

□□□□□/□: 96 (of 211)

□□□□□□: 13:06:52

□□□□□: 19(of 46)

□□□□□□□: 16:59:41

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
VP1 - Mahnmal P	9.02	1:01:49	6:51	21	20:46	108	20:53	9.02	1:01:49	6:51	21	20:46	108	20:53
VP2 - Schlesische	5.98	41:36	6:57	32	15:28	152	15:30	15.00	1:43:25	6:53	26	36:14	129	36:23
VP3 - Sonnenalle	6.00	41:25	6:54	27	13:04	140	15:47	21.00	2:24:50	6:53	25	49:18	131	52:10
VP4 - Stubenrauc	5.73	38:23	6:41	24	10:01	121	13:08	26.73	3:03:13	6:51	24	59:19	123	1:05:18
VP5 - U-Bahnhof	4.30	32:29	7:33	20	9:23	107	11:22	31.03	3:35:42	6:57	24	1:08:42	119	1:15:34
VP6 - Buckower I	5.40	38:57	7:12	23	9:25	109	13:34	36.43	4:14:39	6:59	24	1:18:07	114	1:29:07
VP7 - Kirchhainer	5.54	39:52	7:11	20	9:20	97	13:41	41.97	4:54:31	7:01	23	1:25:37	110	1:42:11
VP8 - Lichtenradi	4.42	33:41	7:37	27	9:46	133	13:28	46.39	5:28:12	7:04	23	1:32:00	113	1:55:39
VP9 - Osdorfer St	5.77	43:26	7:31	24	12:27	113	17:14	52.16	6:11:38	7:07	24	1:39:09	115	2:12:15
VP10 - Sportplatz	6.41	59:36	9:17	30	24:46	141	30:48	58.57	7:11:14	7:21	25	1:57:11	116	2:41:29
VP11 - Königsw	6.18	51:54	8:23	31	15:46	133	23:01	64.75	8:03:08	7:27	25	2:05:06	118	3:03:39
VP12 - Gedenkst	6.18	54:49	8:52	24	17:14	108	23:22	70.93	8:57:57	7:35	25	2:19:27	119	3:26:20
VP13 - Brauhaus	6.84	59:00	8:37	25	17:20	116	35:23	77.77	9:56:57	7:40	24	2:34:10	119	3:52:57
VP14 - Revierförs	6.06	51:09	8:26	20	13:48	96	21:45	83.83	10:48:06	7:43	24	2:47:58	120	4:14:42
VP15 - Schloß Sa	6.20	1:12:48	11:44	33	34:03	139	43:01	90.03	12:00:54	8:00	25	3:22:01	122	4:57:43
VP16 - Pagel & Fi	7.63	1:05:27	8:34	16	18:33	84	29:03	97.66	13:06:21	8:03	25	3:39:57	119	5:26:19
VP17 - Wilhelmst	4.84	44:03	9:06	26	12:58	114	18:56	102.50	13:50:24	8:06	25	3:52:55	120	5:45:15
VP18 - Falkensee	6.58	1:00:53	9:15	25	20:59	109	27:25	109.08	14:51:17	8:10	25	4:13:54	119	6:11:57
VP19 - Schönwal	5.70	58:57	10:20	27	22:11	121	30:08	114.78	15:50:14	8:16	25	4:36:05	117	6:42:05
VP20 - Grenzturn	7.53	1:12:45	9:39	19	23:29	94	38:09	122.31	17:02:59	8:21	23	4:59:34	113	7:16:04
VP21 - Ruderclub	4.78	45:39	9:33	9	7:43	44	22:18	127.09	17:48:38	8:24	20	5:07:02	101	7:38:22
VP22 - Frohnau (4.03	41:33	10:18	21	13:12	106	20:01	131.12	18:30:11	8:28	20	5:15:29	103	7:58:23
VP23 - Naturschu	6.78	1:06:35	9:49	14	15:36	75	32:49	137.90	19:36:46	8:32	20	5:31:05	100	8:31:12
VP24 - Oranienbu	4.75	48:33	10:13	17	11:44	81	22:41	142.65	20:25:19	8:35	20	5:35:53	101	8:53:19
VP25 - Lübars	5.69	50:05	8:48	8	7:49	46	20:45	148.34	21:15:24	8:35	18	5:41:11	96	9:14:04
VP26 - S-Bahnh	5.71	55:34	9:43	16	18:07	81	25:53	154.05	22:10:58	8:38	19	5:57:15	99	9:39:57
VP27 - Wollankst	3.09	22:37	7:19	13	7:38	77	10:16	157.14	22:33:35	8:36	19	6:02:17	98	9:48:49
Friedrich-Ludwig	3.76	38:22	10:12	18	13:02	85	17:45	160.90	23:11:57	8:39	19	6:12:16	96	10:05:05