



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Giese, Kay

□□: Post SV Buxtehude

□□: 213

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 23:17:19

□□: 6.87 km/h

□□□□: 8:41 min/km

□□□□□/□□□□: 106 (of 246)

□□□□□/□: 98 (of 211)

□□□□□□: 13:06:52

□□□□□: 21(of 36)

□□□□□□□: 15:19:46

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
VP1 - Mahnmal P	9.02	55:18	6:07	10	9:32	39	14:22	9.02	55:18	6:07	10	9:32	39	14:22
VP2 - Schlesische	5.98	33:23	5:34	9	4:59	35	7:17	15.00	1:28:41	5:54	10	14:31	37	21:39
VP3 - Sonnenalle	6.00	35:19	5:53	14	6:12	51	9:41	21.00	2:04:00	5:54	10	20:43	38	31:20
VP4 - Stubenrauc	5.73	32:27	5:39	11	3:51	36	7:12	26.73	2:36:27	5:51	10	24:12	37	38:32
VP5 - U-Bahnhof	4.30	28:57	6:43	15	4:30	55	7:50	31.03	3:05:24	5:58	11	26:29	40	45:16
VP6 - Buckower I	5.40	33:37	6:13	11	3:52	36	8:14	36.43	3:39:01	6:00	10	26:11	39	53:29
VP7 - Kirchhainer	5.54	39:08	7:03	22	8:03	91	12:57	41.97	4:18:09	6:09	14	33:43	46	1:05:49
VP8 - Lichtenradi	4.42	32:59	7:27	24	9:16	124	12:46	46.39	4:51:08	6:16	15	40:55	56	1:18:35
VP9 - Osdorfer St	5.77	46:16	8:01	27	15:21	148	20:04	52.16	5:37:24	6:28	15	55:30	59	1:38:01
VP10 - Sportplatz	6.41	57:40	8:59	23	21:43	121	28:52	58.57	6:35:04	6:44	18	1:17:13	69	2:05:19
VP11 - Königsw	6.18	50:44	8:12	21	17:02	124	21:51	64.75	7:25:48	6:53	19	1:29:07	76	2:26:19
VP12 - Gedenkst	6.18	1:01:42	9:59	28	27:26	155	30:15	70.93	8:27:30	7:09	20	1:55:14	87	2:55:53
VP13 - Brauhaus	6.84	1:03:10	9:14	26	23:02	139	39:33	77.77	9:30:40	7:20	21	2:15:15	91	3:26:40
VP14 - Revierförs	6.06	1:00:16	9:56	31	26:46	168	30:52	83.83	10:30:56	7:31	22	2:42:01	100	3:57:32
VP15 - Schloß Sa	6.20	1:17:46	12:32	27	42:18	160	47:59	90.03	11:48:42	7:52	22	3:24:19	106	4:45:31
VP16 - Pagel & Fi	7.63	1:04:17	8:25	16	21:56	76	27:53	97.66	12:52:59	7:54	21	3:46:15	104	5:12:57
VP17 - Wilhelmst	4.84	43:12	8:55	20	14:28	106	18:05	102.50	13:36:11	7:57	21	4:00:43	102	5:31:02
VP18 - Falkensee	6.58	1:04:00	9:43	24	27:28	132	30:32	109.08	14:40:11	8:04	22	4:28:11	105	6:00:51
VP19 - Schönwal	5.70	58:18	10:13	22	24:20	118	29:29	114.78	15:38:29	8:10	23	4:52:31	109	6:30:20
VP20 - Grenzturn	7.53	1:16:39	10:10	22	33:39	109	42:03	122.31	16:55:08	8:17	23	5:26:10	108	7:08:13
VP21 - Ruderclub	4.78	56:48	11:52	23	26:43	101	33:27	127.09	17:51:56	8:26	22	5:52:45	103	7:41:40
VP22 - Frohnau (4.03	37:56	9:24	15	13:52	65	16:24	131.12	18:29:52	8:27	22	6:05:59	101	7:58:04
VP23 - Naturschu	6.78	1:07:59	10:01	18	27:22	83	34:13	137.90	19:37:51	8:32	22	6:32:03	104	8:32:17
VP24 - Oranienbu	4.75	49:28	10:24	18	20:25	86	23:36	142.65	20:27:19	8:36	22	6:52:28	104	8:55:19
VP25 - Lübars	5.69	56:11	9:52	19	23:18	92	26:51	148.34	21:23:30	8:39	22	7:15:46	102	9:22:10
VP26 - S-Bahnh	5.71	56:30	9:53	16	22:37	87	26:49	154.05	22:20:00	8:41	21	7:38:23	100	9:48:59
VP27 - Wollankst	3.09	20:57	6:46	14	8:36	54	8:36	157.14	22:40:57	8:39	21	7:44:57	100	9:56:11
Friedrich-Ludwig	3.76	36:22	9:40	14	12:36	73	15:45	160.90	23:17:19	8:41	21	7:57:33	98	10:10:27