



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

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Giesow, Andreas

□□□: 23:21:39

□□: Laufnasen Chemnitz

□□: 6.85 km/h

□□: 217

□□□□: 8:43 min/km

□□: 160.90 km

□□□□□/□□□□: 107 (of 246)

100MeilenBerlin

□□□□□/□: 99 (of 211)

□□□□□□: 13:06:52

□□□□:

□□□□□: 20(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	1:00:34	6:42	15	19:31	81	19:38	9.02	1:00:34	6:42	15	19:31	81	19:38	
VP2 - Schlesische	5.98	38:36	6:27	21	12:28	107	12:30	15.00	1:39:10	6:36	19	31:59	95	32:08	
VP3 - Sonnenalle	6.00	40:11	6:41	21	11:50	117	14:33	21.00	2:19:21	6:38	19	43:49	101	46:41	
VP4 - Stubenrauc	5.73	37:13	6:29	21	8:51	99	11:58	26.73	2:56:34	6:36	20	52:40	101	58:39	
VP5 - U-Bahnhof	4.30	32:44	7:36	23	9:38	112	11:37	31.03	3:29:18	6:44	20	1:02:18	101	1:09:10	
VP6 - Buckower I	5.40	39:21	7:17	26	9:49	114	13:58	36.43	4:08:39	6:49	21	1:12:07	101	1:23:07	
VP7 - Kirchhainer	5.54	38:40	6:58	17	8:08	84	12:29	41.97	4:47:19	6:50	21	1:18:25	99	1:34:59	
VP8 - Lichtenradi	4.42	30:47	6:57	17	6:52	78	10:34	46.39	5:18:06	6:51	21	1:21:54	97	1:45:33	
VP9 - Osdorfer St	5.77	38:57	6:45	14	7:58	58	12:45	52.16	5:57:03	6:50	20	1:24:34	94	1:57:40	
VP10 - Sportplatz	6.41	54:36	8:31	20	19:46	104	25:48	58.57	6:51:39	7:01	20	1:37:36	96	2:21:54	
VP11 - Königsw	6.18	43:50	7:05	10	7:42	49	14:57	64.75	7:35:29	7:02	18	1:37:27	89	2:36:00	
VP12 - Gedenkst	6.18	55:17	8:56	25	17:42	115	23:50	70.93	8:30:46	7:12	18	1:52:16	89	2:59:09	
VP13 - Brauhaus	6.84	59:28	8:41	26	17:48	117	35:51	77.77	9:30:14	7:19	19	2:07:27	90	3:26:14	
VP14 - Revierförs	6.06	50:22	8:18	18	13:01	87	20:58	83.83	10:20:36	7:24	18	2:20:28	86	3:47:12	
VP15 - Schloß Sa	6.20	1:05:42	10:35	21	26:57	102	35:55	90.03	11:26:18	7:37	18	2:47:25	86	4:23:07	
VP16 - Pagel & Fi	7.63	1:10:00	9:10	25	23:06	120	33:36	97.66	12:36:18	7:44	18	3:09:54	90	4:56:16	
VP17 - Wilhelmst	4.84	44:10	9:07	27	13:05	115	19:03	102.50	13:20:28	7:48	19	3:22:59	93	5:15:19	
VP18 - Falkensee	6.58	1:15:31	11:28	37	35:37	169	42:03	109.08	14:35:59	8:01	22	3:58:36	102	5:56:39	
VP19 - Schönwal	5.70	1:01:55	10:51	31	25:09	139	33:06	114.78	15:37:54	8:10	22	4:23:45	105	6:29:45	
VP20 - Grenzturn	7.53	1:30:31	12:01	34	41:15	159	55:55	122.31	17:08:25	8:24	24	5:05:00	116	7:21:30	
VP21 - Ruderclub	4.78	47:11	9:52	11	9:15	50	23:50	127.09	17:55:36	8:27	23	5:14:00	108	7:45:20	
VP22 - Frohnau (4.03	36:23	9:01	8	8:02	49	14:51	131.12	18:31:59	8:28	21	5:17:17	105	8:00:11	
VP23 - Naturschu	6.78	1:06:52	9:51	15	15:53	77	33:06	137.90	19:38:51	8:32	21	5:33:10	105	8:33:17	
VP24 - Oranienbu	4.75	48:34	10:13	18	11:45	82	22:42	142.65	20:27:25	8:36	21	5:37:59	105	8:55:25	
VP25 - Lübars	5.69	56:08	9:51	19	13:52	90	26:48	148.34	21:23:33	8:39	20	5:49:20	103	9:22:13	
VP26 - S-Bahnh	5.71	59:09	10:21	24	21:42	105	29:28	154.05	22:22:42	8:42	21	6:08:59	102	9:51:41	
VP27 - Wollankst	3.09	25:24	8:13	25	10:25	106	13:03	157.14	22:48:06	8:42	20	6:16:48	101	10:03:20	
Friedrich-Ludwig	3.76	33:33	8:55	11	8:13	53	12:56	160.90	23:21:39	8:42	20	6:21:58	99	10:14:47	