



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Seemann, Tammo

000: 23:27:38

00: 100 Marathon Club

00: 6.82 km/h

00: 303

0000: 8:45 min/km

00: 160.90 km

00000/0000: 110 (of 246)

100MeilenBerlin

00000/0: 102 (of 211)

000000: 13:06:52

0000:

00000: 22(of 36)

Senioren M40 (40-44 Jahre)

0000000: 15:19:46

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
VP1 - Mahnmal P	9.02	1:01:58	6:52	26	16:12	111	21:02	9.02	1:01:58	6:52	26	16:12	111	21:02
VP2 - Schlesische	5.98	38:22	6:24	26	9:58	104	12:16	15.00	1:40:20	6:41	25	26:10	107	33:18
VP3 - Sonnenalle	6.00	39:06	6:30	26	9:59	103	13:28	21.00	2:19:26	6:38	26	36:09	102	46:46
VP4 - Stubenrauc	5.73	38:10	6:39	26	9:34	118	12:55	26.73	2:57:36	6:38	26	45:21	105	59:41
VP5 - U-Bahnhof	4.30	30:19	7:03	19	5:52	72	9:12	31.03	3:27:55	6:42	26	49:00	99	1:07:47
VP6 - Buckower I	5.40	36:48	6:48	17	7:03	79	11:25	36.43	4:04:43	6:43	24	51:53	95	1:19:11
VP7 - Kirchhainer	5.54	40:07	7:14	23	9:02	103	13:56	41.97	4:44:50	6:47	24	1:00:24	94	1:32:30
VP8 - Lichtenradi	4.42	31:35	7:08	20	7:52	91	11:22	46.39	5:16:25	6:49	24	1:06:12	94	1:43:52
VP9 - Osdorfer St	5.77	40:29	7:00	19	9:34	77	14:17	52.16	5:56:54	6:50	24	1:15:00	92	1:57:31
VP10 - Sportplatz	6.41	49:45	7:45	20	13:48	76	20:57	58.57	6:46:39	6:56	21	1:28:48	88	2:16:54
VP11 - Königswel	6.18	48:30	7:50	19	14:48	99	19:37	64.75	7:35:09	7:01	21	1:38:28	87	2:35:40
VP12 - Gedenkst	6.18	55:57	9:03	21	21:41	118	24:30	70.93	8:31:06	7:12	22	1:58:50	90	2:59:29
VP13 - Brauhaus	6.84	1:01:53	9:02	25	21:45	136	38:16	77.77	9:32:59	7:22	22	2:17:34	93	3:28:59
VP14 - Revierförs	6.06	54:15	8:57	22	20:45	131	24:51	83.83	10:27:14	7:28	21	2:38:19	95	3:53:50
VP15 - Schloß Sa	6.20	1:14:12	11:58	25	38:44	147	44:25	90.03	11:41:26	7:47	21	3:17:03	101	4:38:15
VP16 - Pagel & Fi	7.63	1:16:36	10:02	25	34:15	149	40:12	97.66	12:58:02	7:58	22	3:51:18	106	5:18:00
VP17 - Wilhelmst	4.84	46:23	9:35	23	17:39	136	21:16	102.50	13:44:25	8:02	23	4:08:57	109	5:39:16
VP18 - Falkensee	6.58	1:11:36	10:52	27	35:04	160	38:08	109.08	14:56:01	8:12	24	4:44:01	124	6:16:41
VP19 - Schönwal	5.70	1:03:56	11:12	27	29:58	147	35:07	114.78	15:59:57	8:21	24	5:13:59	125	6:51:48
VP20 - Grenzturn	7.53	1:19:04	10:30	24	36:04	122	44:28	122.31	17:19:01	8:29	24	5:50:03	123	7:32:06
VP21 - Ruderclub	4.78	50:02	10:28	15	19:57	62	26:41	127.09	18:09:03	8:34	23	6:09:52	118	7:58:47
VP22 - Frohnau (4.03	39:22	9:46	18	15:18	83	17:50	131.12	18:48:25	8:36	23	6:24:32	117	8:16:37
VP23 - Naturschu	6.78	1:16:49	11:19	24	36:12	123	43:03	137.90	20:05:14	8:44	23	6:59:26	118	8:59:40
VP24 - Oranienbu	4.75	55:58	11:46	23	26:55	132	30:06	142.65	21:01:12	8:50	23	7:26:21	119	9:29:12
VP25 - Lübars	5.69	47:36	8:21	10	14:43	39	18:16	148.34	21:48:48	8:49	23	7:41:04	119	9:47:28
VP26 - S-Bahnhö	5.71	46:02	8:03	7	12:09	29	16:21	154.05	22:34:50	8:47	23	7:53:13	115	10:03:49
VP27 - Wollankst	3.09	19:55	6:26	13	7:34	43	7:34	157.14	22:54:45	8:44	22	7:58:45	110	10:09:59
Friedrich-Ludwig	3.76	32:53	8:44	8	9:07	48	12:16	160.90	23:27:38	8:44	22	8:07:52	102	10:20:46