



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Rohwedder, Karl

□□□: 23:33:41

□□: 100 Marathon Club / LG DUV

□□: 6.79 km/h

□□: 54

□□□□: 8:47 min/km

□□: 160.90 km

□□□□□/□□□□: 113 (of 246)

100MeilenBerlin

□□□□□/□: 104 (of 211)

□□□□□□: 13:06:52

□□□□:

□□□□□: 11(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	1:11:11	7:53	23	24:52	177	30:15	9.02	1:11:11	7:53	23	24:52	177	30:15
VP2 - Schlesische	5.98	43:06	7:12	23	12:30	166	17:00	15.00	1:54:17	7:37	23	37:22	174	47:15
VP3 - Sonnenalle	6.00	42:27	7:04	22	11:31	155	16:49	21.00	2:36:44	7:27	23	48:53	170	1:04:04
VP4 - Stubenrauc	5.73	40:43	7:06	20	11:50	153	15:28	26.73	3:17:27	7:23	22	1:00:43	168	1:19:32
VP5 - U-Bahnhof	4.30	36:05	8:23	21	11:29	166	14:58	31.03	3:53:32	7:31	22	1:12:12	168	1:33:24
VP6 - Buckower I	5.40	41:02	7:35	15	12:04	146	15:39	36.43	4:34:34	7:32	21	1:24:16	166	1:49:02
VP7 - Kirchhainer	5.54	47:53	8:38	22	17:24	177	21:42	41.97	5:22:27	7:40	22	1:41:40	169	2:10:07
VP8 - Lichtenradi	4.42	37:07	8:23	22	13:26	168	16:54	46.39	5:59:34	7:45	22	1:55:06	169	2:27:01
VP9 - Osdorfer St	5.77	47:57	8:18	19	16:31	163	21:45	52.16	6:47:31	7:48	22	2:11:37	171	2:48:08
VP10 - Sportplatz	6.41	1:00:34	9:26	18	23:41	147	31:46	58.57	7:48:05	7:59	22	2:35:18	170	3:18:20
VP11 - Königswe	6.18	48:39	7:52	12	12:40	104	19:46	64.75	8:36:44	7:58	20	2:47:58	157	3:37:15
VP12 - Gedenkst	6.18	56:05	9:04	12	16:15	119	24:38	70.93	9:32:49	8:04	20	3:04:13	153	4:01:12
VP13 - Brauhaus	6.84	57:53	8:27	13	16:29	112	34:16	77.77	10:30:42	8:06	18	3:20:42	146	4:26:42
VP14 - Revierförs	6.06	51:48	8:32	12	15:51	103	22:24	83.83	11:22:30	8:08	18	3:36:33	144	4:49:06
VP15 - Schloß Sa	6.20	1:11:03	11:27	15	31:35	130	41:16	90.03	12:33:33	8:22	18	4:08:08	143	5:30:22
VP16 - Pagel & Fi	7.63	1:05:04	8:31	9	15:33	82	28:40	97.66	13:38:37	8:22	17	4:23:41	137	5:58:35
VP17 - Wilhelmst	4.84	44:22	9:10	13	15:25	117	19:15	102.50	14:22:59	8:25	16	4:35:43	137	6:17:50
VP18 - Falkensee	6.58	1:04:00	9:43	14	21:59	132	30:32	109.08	15:26:59	8:29	16	4:56:31	138	6:47:39
VP19 - Schönwal	5.70	54:23	9:32	9	15:38	94	25:34	114.78	16:21:22	8:32	15	5:08:24	131	7:13:13
VP20 - Grenzturn	7.53	1:01:15	8:08	6	12:09	46	26:39	122.31	17:22:37	8:31	14	5:20:33	125	7:35:42
VP21 - Ruderclub	4.78	59:04	12:21	14	26:27	117	35:43	127.09	18:21:41	8:40	14	5:46:10	124	8:11:25
VP22 - Frohnau (4.03	40:22	10:00	10	13:13	94	18:50	131.12	19:02:03	8:42	14	5:56:44	124	8:30:15
VP23 - Naturschu	6.78	1:08:24	10:05	10	21:39	87	34:38	137.90	20:10:27	8:46	13	6:18:03	120	9:04:53
VP24 - Oranienbu	4.75	41:44	8:47	6	8:30	38	15:52	142.65	20:52:11	8:46	12	6:22:12	115	9:20:11
VP25 - Lübars	5.69	46:49	8:13	5	6:46	36	17:29	148.34	21:39:00	8:45	12	6:22:55	115	9:37:40
VP26 - S-Bahnhö	5.71	50:54	8:54	7	9:43	55	21:13	154.05	22:29:54	8:45	12	6:25:36	110	9:58:53
VP27 - Wollankst	3.09	23:34	7:37	8	5:44	90	11:13	157.14	22:53:28	8:44	11	6:22:09	106	10:08:42
Friedrich-Ludwig	3.76	40:13	10:41	9	10:41	99	19:36	160.90	23:33:41	8:47	11	6:17:08	104	10:26:49