



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

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Kraus, Wolfgang

□□: KSV Flughafen Wien

□□: 149

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 23:38:58

□□: 6.77 km/h

□□□□: 8:49 min/km

□□□□□/□□□□: 120 (of 246)

□□□□□/□: 111 (of 211)

□□□□□□: 13:06:52

□□□□□: 25(of 43)

□□□□□□□: 16:18:36

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □		
VP1 - Mahnmal P	9.02	1:16:50	8:31	38	34:29	193	35:54	9.02	1:16:50	8:31	38	34:29	193	35:54
VP2 - Schlesische	5.98	47:18	7:54	37	19:50	187	21:12	15.00	2:04:08	8:16	38	54:19	191	57:06
VP3 - Sonnenalle	6.00	51:16	8:32	37	23:03	189	25:38	21.00	2:55:24	8:21	37	1:17:22	190	1:22:44
VP4 - Stubenrauc	5.73	43:07	7:31	37	16:28	179	17:52	26.73	3:38:31	8:10	37	1:33:50	190	1:40:36
VP5 - U-Bahnhof	4.30	35:40	8:17	36	13:57	157	14:33	31.03	4:14:11	8:11	37	1:47:47	189	1:54:03
VP6 - Buckower I	5.40	44:04	8:09	37	16:20	174	18:41	36.43	4:58:15	8:11	37	2:04:07	187	2:12:43
VP7 - Kirchhainer	5.54	45:55	8:17	35	16:04	166	19:44	41.97	5:44:10	8:12	37	2:20:11	184	2:31:50
VP8 - Lichtenradi	4.42	34:00	7:41	31	10:07	135	13:47	46.39	6:18:10	8:09	37	2:30:05	182	2:45:37
VP9 - Osdorfer St	5.77	45:34	7:53	30	14:35	139	19:22	52.16	7:03:44	8:07	37	2:40:21	181	3:04:21
VP10 - Sportplatz	6.41	1:05:47	10:15	32	31:51	164	36:59	58.57	8:09:31	8:21	37	3:12:12	180	3:39:46
VP11 - Königswel	6.18	51:19	8:18	27	16:46	126	22:26	64.75	9:00:50	8:21	35	3:21:51	177	4:01:21
VP12 - Gedenkst	6.18	53:57	8:43	18	15:58	96	22:30	70.93	9:54:47	8:23	35	3:37:49	173	4:23:10
VP13 - Brauhaus	6.84	1:08:22	9:59	33	42:25	159	44:45	77.77	11:03:09	8:31	35	4:03:30	171	4:59:09
VP14 - Revierförs	6.06	48:18	7:58	15	10:53	64	18:54	83.83	11:51:27	8:29	35	4:12:30	166	5:18:03
VP15 - Schloß Sa	6.20	1:03:25	10:13	20	24:44	93	33:38	90.03	12:54:52	8:36	33	4:34:22	157	5:51:41
VP16 - Pagel & Fi	7.63	1:12:22	9:29	29	25:16	133	35:58	97.66	14:07:14	8:40	33	4:59:38	154	6:27:12
VP17 - Wilhelmst	4.84	44:40	9:13	28	13:38	121	19:33	102.50	14:51:54	8:42	32	5:11:40	153	6:46:45
VP18 - Falkensee	6.58	1:01:32	9:21	27	28:04	116	28:04	109.08	15:53:26	8:44	32	5:32:15	152	7:14:06
VP19 - Schönwal	5.70	55:56	9:48	19	19:18	102	27:07	114.78	16:49:22	8:47	30	5:49:20	149	7:41:13
VP20 - Grenzturn	7.53	1:13:06	9:42	19	38:30	96	38:30	122.31	18:02:28	8:51	29	6:11:58	143	8:15:33
VP21 - Ruderclub	4.78	44:24	9:17	8	11:29	40	21:03	127.09	18:46:52	8:52	29	6:23:27	137	8:36:36
VP22 - Frohnau (4.03	31:42	7:51	4	5:11	21	10:10	131.12	19:18:34	8:50	28	6:28:38	130	8:46:46
VP23 - Naturschu	6.78	1:03:41	9:23	10	19:35	55	29:55	137.90	20:22:15	8:51	28	6:48:13	126	9:16:41
VP24 - Oranienbu	4.75	48:13	10:09	18	14:58	76	22:21	142.65	21:10:28	8:54	27	7:02:29	122	9:38:28
VP25 - Lübars	5.69	51:35	9:03	11	13:54	61	22:15	148.34	22:02:03	8:54	27	7:16:23	121	10:00:43
VP26 - S-Bahnhö	5.71	45:11	7:54	5	5:37	26	15:30	154.05	22:47:14	8:52	27	7:19:16	121	10:16:13
VP27 - Wollankst	3.09	18:44	6:03	3	1:58	29	6:23	157.14	23:05:58	8:49	27	7:19:06	119	10:21:12
Friedrich-Ludwig	3.76	33:00	8:46	8	8:02	49	12:23	160.90	23:38:58	8:49	25	7:20:22	111	10:32:06