



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

□□□□

Sugawara, Hideo

□□□: 23:39:45

□□: Dreamers

□□: 6.76 km/h

□□: 105

□□□□: 8:49 min/km

□□: 160.90 km

□□□□□/□□□□: 121 (of 246)

100MeilenBerlin

□□□□□/□: 112 (of 211)

□□□□:

□□□□□: 26(of 43)

Senioren M45 (45-49 Jahre)

□□□□□□□: 16:18:36

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Mahnmal P	9.02	52:19	5:48	7	9:58	26	11:23	9.02	52:19	5:48	7	9:58	26	11:23
VP2 - Schlesische	5.98	31:23	5:14	6	3:55	20	5:17	15.00	1:23:42	5:34	6	13:53	23	16:40
VP3 - Sonnenalle	6.00	33:15	5:32	7	5:02	31	7:37	21.00	1:56:57	5:34	6	18:55	24	24:17
VP4 - Stubenrauc	5.73	31:59	5:34	7	5:20	32	6:44	26.73	2:28:56	5:34	7	24:15	25	31:01
VP5 - U-Bahnhof	4.30	27:24	6:22	6	5:41	30	6:17	31.03	2:56:20	5:40	6	29:56	24	36:12
VP6 - Buckower I	5.40	31:43	5:52	4	3:59	19	6:20	36.43	3:28:03	5:42	6	33:55	24	42:31
VP7 - Kirchhainer	5.54	33:59	6:08	5	4:08	34	7:48	41.97	4:02:02	5:46	6	38:03	26	49:42
VP8 - Lichtenradi	4.42	28:16	6:23	8	4:23	49	8:03	46.39	4:30:18	5:49	6	42:13	26	57:45
VP9 - Osdorfer St	5.77	37:35	6:30	9	6:36	49	11:23	52.16	5:07:53	5:54	6	44:30	27	1:08:30
VP10 - Sportplatz	6.41	44:44	6:58	8	10:48	39	15:56	58.57	5:52:37	6:01	6	55:18	30	1:22:52
VP11 - Königsw	6.18	43:04	6:58	8	8:31	45	14:11	64.75	6:35:41	6:06	6	56:42	32	1:36:12
VP12 - Gedenkst	6.18	48:34	7:51	10	10:35	48	17:07	70.93	7:24:15	6:15	5	1:07:17	32	1:52:38
VP13 - Brauhaus	6.84	55:41	8:08	23	29:44	100	32:04	77.77	8:19:56	6:25	8	1:20:17	40	2:15:56
VP14 - Revierförs	6.06	51:08	8:26	24	13:43	94	21:44	83.83	9:11:04	6:34	8	1:32:07	41	2:37:40
VP15 - Schloß Sa	6.20	53:39	8:39	8	14:58	46	23:52	90.03	10:04:43	6:43	7	1:44:13	40	3:01:32
VP16 - Pagel & Fi	7.63	1:04:08	8:24	12	17:02	73	27:44	97.66	11:08:51	6:50	7	2:01:15	39	3:28:49
VP17 - Wilhelmst	4.84	38:53	8:02	13	7:51	66	13:46	102.50	11:47:44	6:54	7	2:07:30	39	3:42:35
VP18 - Falkensee	6.58	55:37	8:27	16	22:09	73	22:09	109.08	12:43:21	6:59	7	2:22:10	40	4:04:01
VP19 - Schönwal	5.70	53:59	9:28	18	17:21	89	25:10	114.78	13:37:20	7:07	7	2:37:18	41	4:29:11
VP20 - Grenzturn	7.53	1:23:58	11:09	29	49:22	142	49:22	122.31	15:01:18	7:22	10	3:10:48	55	5:14:23
VP21 - Ruderclub	4.78	1:06:19	13:52	28	33:24	156	42:58	127.09	16:07:37	7:36	10	3:44:12	56	5:57:21
VP22 - Frohnau (4.03	49:41	12:19	31	23:10	155	28:09	131.12	16:57:18	7:45	10	4:07:22	57	6:25:30
VP23 - Naturschu	6.78	1:41:20	14:56	34	57:14	179	1:07:34	137.90	18:38:38	8:06	14	5:04:36	72	7:33:04
VP24 - Oranienbu	4.75	1:06:48	14:03	32	33:33	171	40:56	142.65	19:45:26	8:18	16	5:37:27	79	8:13:26
VP25 - Lübars	5.69	1:22:05	14:25	33	44:24	180	52:45	148.34	21:07:31	8:32	22	6:21:51	93	9:06:11
VP26 - S-Bahnh	5.71	1:16:11	13:20	32	36:37	171	46:30	154.05	22:23:42	8:43	23	6:55:44	103	9:52:41
VP27 - Wollankst	3.09	34:17	11:05	34	17:31	179	21:56	157.14	22:57:59	8:46	26	7:11:07	113	10:13:13
Friedrich-Ludwig	3.76	41:46	11:06	23	16:48	115	21:09	160.90	23:39:45	8:49	26	7:21:09	112	10:32:53