



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

0000

Zietlow, Hans-Uwe

000: 23:44:03

00: LG DUV

00: 6.74 km/h

00: 237

0000: 8:51 min/km

00: 160.90 km

00000/0000: 124 (of 246)

100MeilenBerlin

00000/0: 115 (of 211)

000000: 13:06:52

0000:

00000: 2(of 4)

Senioren M65 (65-69 Jahre)

0000000: 22:50:48

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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	1:06:57	7:25	3	5:11	154	26:01	9.02	1:06:57	7:25	3	5:11	154	26:01
VP2 - Schlesische	5.98	40:34	6:47	2	2:38	138	14:28	15.00	1:47:31	7:10	2	7:49	152	40:29
VP3 - Sonnenalle	6.00	39:51	6:38	1	-	110	14:13	21.00	2:27:22	7:01	2	7:45	142	54:42
VP4 - Stubenrauc	5.73	39:04	6:49	2	2:00	129	13:49	26.73	3:06:26	6:58	2	9:45	144	1:08:31
VP5 - U-Bahnhof	4.30	34:07	7:56	2	1:49	137	13:00	31.03	3:40:33	7:06	2	9:35	138	1:20:25
VP6 - Buckower I	5.40	39:48	7:22	3	2:14	118	14:25	36.43	4:20:21	7:08	2	11:49	136	1:34:49
VP7 - Kirchhainer	5.54	41:38	7:30	3	2:28	120	15:27	41.97	5:01:59	7:11	2	14:17	128	1:49:39
VP8 - Lichtenradi	4.42	36:02	8:09	3	4:35	154	15:49	46.39	5:38:01	7:17	2	18:42	136	2:05:28
VP9 - Osdorfer St	5.77	46:33	8:04	4	4:12	151	20:21	52.16	6:24:34	7:22	3	22:40	135	2:25:11
VP10 - Sportplatz	6.41	53:44	8:22	3	3:43	98	24:56	58.57	7:18:18	7:29	2	26:23	125	2:48:33
VP11 - Königswe	6.18	51:25	8:19	3	6:44	127	22:32	64.75	8:09:43	7:33	2	31:05	126	3:10:14
VP12 - Gedenkst	6.18	57:32	9:18	2	5:15	132	26:05	70.93	9:07:15	7:42	3	29:43	127	3:35:38
VP13 - Brauhaus	6.84	1:00:52	8:53	2	7:39	127	37:15	77.77	10:08:07	7:49	3	21:51	128	4:04:07
VP14 - Revierförs	6.06	53:52	8:53	4	4:55	126	24:28	83.83	11:01:59	7:53	3	24:27	127	4:28:35
VP15 - Schloß Sa	6.20	1:03:10	10:11	1	-	88	33:23	90.03	12:05:09	8:03	3	15:22	125	5:01:58
VP16 - Pagel & Fi	7.63	1:08:23	8:57	2	3:32	110	31:59	97.66	13:13:32	8:07	3	14:38	127	5:33:30
VP17 - Wilhelmst	4.84	42:37	8:48	2	1:05	97	17:30	102.50	13:56:09	8:09	3	11:54	126	5:51:00
VP18 - Falkensee	6.58	1:01:39	9:22	3	4:41	117	28:11	109.08	14:57:48	8:13	2	12:34	125	6:18:28
VP19 - Schönwal	5.70	1:00:11	10:33	4	9:35	133	31:22	114.78	15:57:59	8:20	2	22:09	122	6:49:50
VP20 - Grenzturn	7.53	1:19:36	10:34	3	9:04	128	45:00	122.31	17:17:35	8:28	2	31:13	120	7:30:40
VP21 - Ruderclub	4.78	58:37	12:15	2	1:57	113	35:16	127.09	18:16:12	8:37	2	33:10	121	8:05:56
VP22 - Frohnau (4.03	39:39	9:50	2	0:52	85	18:07	131.12	18:55:51	8:39	2	34:02	121	8:24:03
VP23 - Naturschu	6.78	1:06:15	9:46	2	4:08	73	32:29	137.90	20:02:06	8:43	2	38:10	116	8:56:32
VP24 - Oranienbu	4.75	50:17	10:35	1	-	92	24:25	142.65	20:52:23	8:46	2	37:38	116	9:20:23
VP25 - Lübars	5.69	55:40	9:46	2	5:42	82	26:20	148.34	21:48:03	8:49	2	43:20	116	9:46:43
VP26 - S-Bahnhö	5.71	48:27	8:29	1	-	45	18:46	154.05	22:36:30	8:48	2	39:26	116	10:05:29
VP27 - Wollankst	3.09	21:59	7:06	2	0:17	66	9:38	157.14	22:58:29	8:46	2	39:43	114	10:13:43
Friedrich-Ludwig	3.76	45:34	12:07	2	13:32	139	24:57	160.90	23:44:03	8:51	2	53:15	115	10:37:11