



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

0000

Paschke, Uwe

000: 23:45:13

00: ProLine Berlin

00: 6.74 km/h

00: 65

0000: 8:52 min/km

00: 160.90 km

00000/0000: 126 (of 246)

100MeilenBerlin

00000/0: 116 (of 211)

000000: 13:06:52

0000:

00000: 25(of 46)

Senioren M50 (50-54 Jahre)

0000000: 16:59:41

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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	57:48	6:24	10	16:45	53	16:52	9.02	57:48	6:24	10	16:45	53	16:52
VP2 - Schlesische	5.98	35:24	5:55	14	9:16	66	9:18	15.00	1:33:12	6:12	11	26:01	56	26:10
VP3 - Sonnenalle	6.00	36:22	6:03	12	8:01	66	10:44	21.00	2:09:34	6:10	12	34:02	59	36:54
VP4 - Stubenrauc	5.73	34:44	6:03	13	6:22	64	9:29	26.73	2:44:18	6:08	11	40:24	62	46:23
VP5 - U-Bahnhof	4.30	30:17	7:02	14	7:11	70	9:10	31.03	3:14:35	6:16	11	47:35	63	54:27
VP6 - Buckower I	5.40	37:24	6:55	21	7:52	87	12:01	36.43	3:51:59	6:22	12	55:27	63	1:06:27
VP7 - Kirchhainer	5.54	41:24	7:28	24	10:52	116	15:13	41.97	4:33:23	6:30	12	1:04:29	74	1:21:03
VP8 - Lichtenradi	4.42	32:15	7:17	24	8:20	108	12:02	46.39	5:05:38	6:35	16	1:09:26	78	1:33:05
VP9 - Osdorfer St	5.77	44:54	7:46	28	13:55	127	18:42	52.16	5:50:32	6:43	18	1:18:03	82	1:51:09
VP10 - Sportplatz	6.41	52:17	8:09	17	17:27	91	23:29	58.57	6:42:49	6:52	16	1:28:46	79	2:13:04
VP11 - Königswe	6.18	48:34	7:51	23	12:26	100	19:41	64.75	7:31:23	6:58	17	1:33:21	85	2:31:54
VP12 - Gedenkst	6.18	54:48	8:52	23	17:13	106	23:21	70.93	8:26:11	7:08	17	1:47:41	82	2:54:34
VP13 - Brauhaus	6.84	1:08:31	10:01	34	26:51	160	44:54	77.77	9:34:42	7:23	21	2:11:55	95	3:30:42
VP14 - Revierförs	6.06	51:27	8:29	21	14:06	101	22:03	83.83	10:26:09	7:28	19	2:26:01	88	3:52:45
VP15 - Schloß Sa	6.20	1:03:22	10:13	18	24:37	90	33:35	90.03	11:29:31	7:39	19	2:50:38	92	4:26:20
VP16 - Pagel & Fi	7.63	1:08:34	8:59	23	21:40	111	32:10	97.66	12:38:05	7:45	19	3:11:41	91	4:58:03
VP17 - Wilhelmst	4.84	50:51	10:30	37	19:46	161	25:44	102.50	13:28:56	7:53	22	3:31:27	99	5:23:47
VP18 - Falkensee	6.58	1:01:31	9:20	27	21:37	115	28:03	109.08	14:30:27	7:58	20	3:53:04	98	5:51:07
VP19 - Schönwal	5.70	59:38	10:27	29	22:52	128	30:49	114.78	15:30:05	8:06	20	4:15:56	97	6:21:56
VP20 - Grenzturn	7.53	1:29:34	11:53	32	40:18	157	54:58	122.31	16:59:39	8:20	21	4:56:14	109	7:12:44
VP21 - Ruderclub	4.78	53:35	11:12	18	15:39	82	30:14	127.09	17:53:14	8:26	22	5:11:38	105	7:42:58
VP22 - Frohnau (4.03	52:55	13:07	40	24:34	167	31:23	131.12	18:46:09	8:35	24	5:31:27	113	8:14:21
VP23 - Naturschu	6.78	1:11:35	10:33	22	20:36	104	37:49	137.90	19:57:44	8:41	24	5:52:03	113	8:52:10
VP24 - Oranienbu	4.75	55:37	11:42	30	18:48	131	29:45	142.65	20:53:21	8:47	25	6:03:55	117	9:21:21
VP25 - Lübars	5.69	55:05	9:40	13	12:49	76	25:45	148.34	21:48:26	8:49	25	6:14:13	117	9:47:06
VP26 - S-Bahnhö	5.71	52:50	9:15	13	15:23	68	23:09	154.05	22:41:16	8:50	24	6:27:33	117	10:10:15
VP27 - Wollankst	3.09	24:38	7:58	21	9:39	99	12:17	157.14	23:05:54	8:49	25	6:34:36	118	10:21:08
Friedrich-Ludwig	3.76	39:19	10:27	20	13:59	95	18:42	160.90	23:45:13	8:51	25	6:45:32	116	10:38:21