



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

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Seher, Eckhardt

□□: LG Mauerweg Berlin e.V.

□□: 236

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 22:46:44

□□: 7.02 km/h

□□□□: 8:29 min/km

□□□□□/□□□□: 87 (of 246)

□□□□□/□: 81 (of 211)

□□□□□□: 13:06:52

□□□□□: 17(of 46)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
VP1 - Mahnmal P	9.02	1:07:59	7:32	34	26:56	161	27:03	9.02	1:07:59	7:32	34	26:56	161	27:03
VP2 - Schlesische	5.98	45:10	7:33	38	19:02	179	19:04	15.00	1:53:09	7:32	37	45:58	170	46:07
VP3 - Sonnenalle	6.00	46:09	7:41	39	17:48	182	20:31	21.00	2:39:18	7:35	38	1:03:46	176	1:06:38
VP4 - Stubenrauc	5.73	42:59	7:30	38	14:37	178	17:44	26.73	3:22:17	7:34	38	1:18:23	175	1:24:22
VP5 - U-Bahnhof	4.30	44:49	10:25	41	21:43	191	23:42	31.03	4:07:06	7:57	40	1:40:06	183	1:46:58
VP6 - Buckower I	5.40	44:10	8:10	38	14:38	175	18:47	36.43	4:51:16	7:59	40	1:54:44	180	2:05:44
VP7 - Kirchhainer	5.54	51:43	9:20	42	21:11	187	25:32	41.97	5:42:59	8:10	41	2:14:05	183	2:30:39
VP8 - Lichtenradi	4.42	48:09	10:53	44	24:14	192	27:56	46.39	6:31:08	8:25	41	2:34:56	187	2:58:35
VP9 - Osdorfer St	5.77	1:03:07	10:56	43	32:08	192	36:55	52.16	7:34:15	8:42	42	3:01:46	188	3:34:52
VP10 - Sportplatz	6.41	58:48	9:10	27	23:58	135	30:00	58.57	8:33:03	8:45	41	3:19:00	184	4:03:18
VP11 - Königsw	6.18	47:09	7:37	20	11:01	88	18:16	64.75	9:20:12	8:39	41	3:22:10	183	4:20:43
VP12 - Gedenkst	6.18	39:34	6:24	2	1:59	10	8:07	70.93	9:59:46	8:27	39	3:21:16	176	4:28:09
VP13 - Brauhaus	6.84	50:36	7:23	11	8:56	64	26:59	77.77	10:50:22	8:21	36	3:27:35	161	4:46:22
VP14 - Revierförs	6.06	40:25	6:40	3	3:04	21	11:01	83.83	11:30:47	8:14	34	3:30:39	149	4:57:23
VP15 - Schloß Sa	6.20	49:50	8:02	8	11:05	36	20:03	90.03	12:20:37	8:13	28	3:41:44	132	5:17:26
VP16 - Pagel & Fi	7.63	1:10:09	9:11	26	23:15	121	33:45	97.66	13:30:46	8:18	28	4:04:22	132	5:50:44
VP17 - Wilhelmst	4.84	49:30	10:13	35	18:25	156	24:23	102.50	14:20:16	8:23	28	4:22:47	133	6:15:07
VP18 - Falkensee	6.58	53:53	8:11	12	13:59	62	20:25	109.08	15:14:09	8:22	27	4:36:46	129	6:34:49
VP19 - Schönwal	5.70	57:21	10:03	25	20:35	112	28:32	114.78	16:11:30	8:27	27	4:57:21	126	7:03:21
VP20 - Grenzturn	7.53	1:05:09	8:39	11	15:53	52	30:33	122.31	17:16:39	8:28	25	5:13:14	119	7:29:44
VP21 - Ruderclub	4.78	54:47	11:27	20	16:51	90	31:26	127.09	18:11:26	8:35	25	5:29:50	119	8:01:10
VP22 - Frohnau (4.03	36:25	9:02	9	8:04	50	14:53	131.12	18:47:51	8:36	25	5:33:09	114	8:16:03
VP23 - Naturschu	6.78	1:10:57	10:27	21	19:58	100	37:11	137.90	19:58:48	8:41	25	5:53:07	114	8:53:14
VP24 - Oranienbu	4.75	44:42	9:24	9	7:53	53	18:50	142.65	20:43:30	8:43	24	5:54:04	113	9:11:30
VP25 - Lübars	5.69	45:28	7:59	4	3:12	30	16:08	148.34	21:28:58	8:41	21	5:54:45	107	9:27:38
VP26 - S-Bahnh	5.71	37:27	6:33	1	-	9	7:46	154.05	22:06:25	8:36	18	5:52:42	93	9:35:24
VP27 - Wollankst	3.09	14:59	4:50	1	-	8	2:38	157.14	22:21:24	8:32	18	5:50:06	90	9:36:38
Friedrich-Ludwig	3.76	25:20	6:44	1	-	11	4:43	160.90	22:46:44	8:29	17	5:47:03	81	9:39:52