



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Krauss, Axel

□□: Podofactum München

□□: 109

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 23:57:25

□□: 6.68 km/h

□□□□: 8:56 min/km

□□□□□/□□□□: 132 (of 246)

□□□□□/□: 122 (of 211)

□□□□□□: 13:06:52

□□□□□: 27(of 43)

□□□□□□□: 16:18:36

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
VP1 - Mahnmal P	9.02	1:07:46	7:30	32	25:25	159	26:50	9.02	1:07:46	7:30	32	25:25	159	26:50
VP2 - Schlesische	5.98	39:19	6:34	26	11:51	115	13:13	15.00	1:47:05	7:08	31	37:16	147	40:03
VP3 - Sonnenalle	6.00	42:58	7:09	33	14:45	165	17:20	21.00	2:30:03	7:08	31	52:01	150	57:23
VP4 - Stubenrauc	5.73	40:46	7:06	33	14:07	157	15:31	26.73	3:10:49	7:08	32	1:06:08	155	1:12:54
VP5 - U-Bahnhof	4.30	31:56	7:25	25	10:13	99	10:49	31.03	3:42:45	7:10	32	1:16:21	149	1:22:37
VP6 - Buckower I	5.40	41:18	7:38	33	13:34	152	15:55	36.43	4:24:03	7:14	32	1:29:55	146	1:38:31
VP7 - Kirchhainer	5.54	37:20	6:44	12	7:29	66	11:09	41.97	5:01:23	7:10	30	1:37:24	127	1:49:03
VP8 - Lichtenradi	4.42	32:40	7:23	26	8:47	119	12:27	46.39	5:34:03	7:12	30	1:45:58	127	2:01:30
VP9 - Osdorfer St	5.77	42:25	7:21	22	11:26	98	16:13	52.16	6:16:28	7:13	28	1:53:05	121	2:17:05
VP10 - Sportplatz	6.41	46:35	7:16	12	12:39	53	17:47	58.57	7:03:03	7:13	25	2:05:44	103	2:33:18
VP11 - Königswel	6.18	49:13	7:57	23	14:40	109	20:20	64.75	7:52:16	7:17	25	2:13:17	105	2:52:47
VP12 - Gedenkst	6.18	59:57	9:42	27	21:58	148	28:30	70.93	8:52:13	7:30	26	2:35:15	111	3:20:36
VP13 - Brauhaus	6.84	49:51	7:17	12	23:54	57	26:14	77.77	9:42:04	7:29	26	2:42:25	104	3:38:04
VP14 - Revierförs	6.06	45:21	7:29	8	7:56	44	15:57	83.83	10:27:25	7:29	25	2:48:28	98	3:54:01
VP15 - Schloß Sa	6.20	1:27:32	14:07	33	48:51	178	57:45	90.03	11:54:57	7:56	26	3:34:27	116	4:51:46
VP16 - Pagel & Fi	7.63	1:08:06	8:55	23	21:00	107	31:42	97.66	13:03:03	8:01	26	3:55:27	115	5:23:01
VP17 - Wilhelmst	4.84	38:01	7:51	11	6:59	55	12:54	102.50	13:41:04	8:00	26	4:00:50	105	5:35:55
VP18 - Falkensee	6.58	52:33	7:59	9	19:05	53	19:05	109.08	14:33:37	8:00	25	4:12:26	100	5:54:17
VP19 - Schönwal	5.70	57:42	10:07	22	21:04	113	28:53	114.78	15:31:19	8:06	24	4:31:17	99	6:23:10
VP20 - Grenzturn	7.53	1:09:51	9:16	16	35:15	76	35:15	122.31	16:41:10	8:11	22	4:50:40	96	6:54:15
VP21 - Ruderclub	4.78	1:18:25	16:24	34	45:30	172	55:04	127.09	17:59:35	8:29	25	5:36:10	112	7:49:19
VP22 - Frohnau (4.03	37:51	9:23	13	11:20	63	16:19	131.12	18:37:26	8:31	24	5:47:30	110	8:05:38
VP23 - Naturschu	6.78	1:04:18	9:29	11	20:12	57	30:32	137.90	19:41:44	8:34	24	6:07:42	109	8:36:10
VP24 - Oranienbu	4.75	51:14	10:47	23	17:59	105	25:22	142.65	20:32:58	8:38	24	6:24:59	109	9:00:58
VP25 - Lübars	5.69	54:10	9:31	14	16:29	72	24:50	148.34	21:27:08	8:40	24	6:41:28	104	9:25:48
VP26 - S-Bahnhö	5.71	1:02:07	10:52	23	22:33	115	32:26	154.05	22:29:15	8:45	25	7:01:17	109	9:58:14
VP27 - Wollankst	3.09	25:56	8:23	24	9:10	113	13:35	157.14	22:55:11	8:45	25	7:08:19	112	10:10:25
Friedrich-Ludwig	3.76	1:02:14	16:33	34	37:16	179	41:37	160.90	23:57:25	8:56	27	7:38:49	122	10:50:33