



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Marschallek, Stephan

□□□: 23:54:39

□□: TV Fürstenwalde

□□: 6.69 km/h

□□: 244

□□□□: 8:55 min/km

□□: 160.90 km

□□□□□/□□□□: 129 (of 246)

100MeilenBerlin

□□□□□/□: 119 (of 211)

□□□□:

□□□□□: 12(of 16)

Senioren M35 (35-39 Jahre)

□□□□□□□: 14:04:27

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
VP1 - Mahnmal P	9.02	1:01:43	6:50	9	19:26	103	20:47	9.02	1:01:43	6:50	9	19:26	103	20:47
VP2 - Schlesische	5.98	34:33	5:46	7	7:04	54	8:27	15.00	1:36:16	6:25	7	26:30	74	29:14
VP3 - Sonnenalle	6.00	36:18	6:02	6	8:07	64	10:40	21.00	2:12:34	6:18	7	34:37	70	39:54
VP4 - Stubenrauc	5.73	36:56	6:26	10	10:53	94	11:41	26.73	2:49:30	6:20	8	45:30	78	51:35
VP5 - U-Bahnhof	4.30	30:17	7:02	8	9:10	70	9:10	31.03	3:19:47	6:26	8	54:40	77	59:39
VP6 - Buckower I	5.40	34:53	6:27	7	9:30	48	9:30	36.43	3:54:40	6:26	7	1:04:10	73	1:09:08
VP7 - Kirchhainer	5.54	36:20	6:33	7	9:06	55	10:09	41.97	4:31:00	6:27	7	1:13:16	70	1:18:40
VP8 - Lichtenradi	4.42	29:12	6:36	7	7:54	57	8:59	46.39	5:00:12	6:28	7	1:21:10	63	1:27:39
VP9 - Osdorfer St	5.77	39:38	6:52	7	12:22	65	13:26	52.16	5:39:50	6:30	7	1:33:32	65	1:40:27
VP10 - Sportplatz	6.41	49:38	7:44	8	19:40	75	20:50	58.57	6:29:28	6:38	7	1:53:12	66	1:59:43
VP11 - Königswel	6.18	48:58	7:55	10	17:01	108	20:05	64.75	7:18:26	6:46	7	2:10:13	67	2:18:57
VP12 - Gedenkst	6.18	53:34	8:40	12	20:35	91	22:07	70.93	8:12:00	6:56	7	2:30:48	69	2:40:23
VP13 - Brauhaus	6.84	1:01:52	9:02	14	25:05	134	38:15	77.77	9:13:52	7:07	10	2:55:53	77	3:09:52
VP14 - Revierförs	6.06	51:53	8:33	8	20:09	105	22:29	83.83	10:05:45	7:13	10	3:16:02	78	3:32:21
VP15 - Schloß Sa	6.20	1:21:10	13:05	15	44:24	168	51:23	90.03	11:26:55	7:37	10	4:00:26	88	4:23:44
VP16 - Pagel & Fi	7.63	1:23:09	10:53	15	41:43	168	46:45	97.66	12:50:04	7:53	11	4:42:09	103	5:10:02
VP17 - Wilhelmst	4.84	50:12	10:22	14	22:39	157	25:05	102.50	13:40:16	8:00	11	5:04:48	104	5:35:07
VP18 - Falkensee	6.58	1:10:24	10:41	14	33:41	152	36:56	109.08	14:50:40	8:09	13	5:38:29	118	6:11:20
VP19 - Schönwal	5.70	54:19	9:31	11	22:37	92	25:30	114.78	15:44:59	8:13	12	6:01:06	113	6:36:50
VP20 - Grenzturn	7.53	1:14:46	9:55	12	33:29	101	40:10	122.31	16:59:45	8:20	12	6:34:35	110	7:12:50
VP21 - Ruderclub	4.78	1:23:53	17:32	14	56:14	176	1:00:32	127.09	18:23:38	8:41	13	7:30:49	126	8:13:22
VP22 - Frohnau (4.03	48:18	11:59	14	25:54	146	26:46	131.12	19:11:56	8:47	13	7:56:43	128	8:40:08
VP23 - Naturschu	6.78	1:26:02	12:41	14	44:17	156	52:16	137.90	20:37:58	8:58	13	8:41:00	129	9:32:24
VP24 - Oranienbu	4.75	42:58	9:02	7	14:04	45	17:06	142.65	21:20:56	8:58	13	8:55:04	127	9:48:56
VP25 - Lübars	5.69	52:02	9:08	8	19:42	64	22:42	148.34	22:12:58	8:59	13	9:14:46	123	10:11:38
VP26 - S-Bahnhö	5.71	48:02	8:24	7	16:02	41	18:21	154.05	23:01:00	8:57	12	9:30:48	122	10:29:59
VP27 - Wollankst	3.09	19:25	6:17	5	5:47	36	7:04	157.14	23:20:25	8:54	12	9:36:35	122	10:35:39
Friedrich-Ludwig	3.76	34:14	9:06	9	13:37	62	13:37	160.90	23:54:39	8:54	12	9:50:12	119	10:47:47