



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

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Kuehner, Christof

□□□: 15:53:31

□□: SpVgg Holzgerlingen LT

□□: 10.07 km/h

□□: 268

□□□□: 5:56 min/km

□□: 160.90 km

□□□□□/□□□: 5 (of 246)

100MeilenBerlin

□□□□□/□: 5 (of 211)

□□□□□□: 13:06:52

□□□□:

□□□□□: 3(of 36)

Senioren M40 (40-44 Jahre)

□□□□□□□: 15:19:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Mahnmal P	9.02	46:02	5:06	2	0:16	8	5:06	9.02	46:02	5:06	2	0:16	8	5:06	
VP2 - Schlesische	5.98	30:36	5:07	2	2:12	9	4:30	15.00	1:16:38	5:06	2	2:28	8	9:36	
VP3 - Sonnenalle	6.00	31:17	5:12	3	2:10	14	5:39	21.00	1:47:55	5:08	2	4:38	10	15:15	
VP4 - Stubenrauc	5.73	29:58	5:13	4	1:22	16	4:43	26.73	2:17:53	5:09	2	5:38	10	19:58	
VP5 - U-Bahnhof	4.30	24:39	5:43	3	0:12	11	3:32	31.03	2:42:32	5:14	2	3:37	10	22:24	
VP6 - Buckower I	5.40	30:18	5:36	2	0:33	12	4:55	36.43	3:12:50	5:17	1	-	8	27:18	
VP7 - Kirchhainer	5.54	31:36	5:42	3	0:31	15	5:25	41.97	3:44:26	5:20	1	-	8	32:06	
VP8 - Lichtenradi	4.42	25:47	5:50	6	2:04	23	5:34	46.39	4:10:13	5:23	1	-	8	37:40	
VP9 - Osdorfer St	5.77	31:41	5:29	3	0:46	10	5:29	52.16	4:41:54	5:24	1	-	8	42:31	
VP10 - Sportplatz	6.41	35:57	5:36	1	-	9	7:09	58.57	5:17:51	5:25	1	-	8	48:06	
VP11 - Königsw	6.18	38:50	6:17	6	5:08	23	9:57	64.75	5:56:41	5:30	1	-	7	57:12	
VP12 - Gedenkst	6.18	36:23	5:53	2	2:07	5	4:56	70.93	6:33:04	5:32	2	0:48	8	1:01:27	
VP13 - Brauhaus	6.84	42:25	6:12	3	2:17	12	18:48	77.77	7:15:29	5:35	2	0:04	8	1:11:29	
VP14 - Revierförs	6.06	35:09	5:48	2	1:39	5	5:45	83.83	7:50:38	5:36	2	1:43	8	1:17:14	
VP15 - Schloß Sa	6.20	40:12	6:29	3	4:44	12	10:25	90.03	8:30:50	5:40	2	6:27	8	1:27:39	
VP16 - Pagel & Fi	7.63	51:37	6:45	5	9:16	23	15:13	97.66	9:22:27	5:45	2	15:43	8	1:42:25	
VP17 - Wilhelmst	4.84	30:58	6:23	4	2:14	11	5:51	102.50	9:53:25	5:47	2	17:57	8	1:48:16	
VP18 - Falkensee	6.58	43:12	6:33	4	6:40	16	9:44	109.08	10:36:37	5:50	2	24:37	7	1:57:17	
VP19 - Schönwal	5.70	35:13	6:10	3	1:15	5	6:24	114.78	11:11:50	5:51	2	25:52	5	2:03:41	
VP20 - Grenzturn	7.53	43:37	5:47	2	0:37	6	9:01	122.31	11:55:27	5:50	2	26:29	5	2:08:32	
VP21 - Ruderclub	4.78	31:11	6:31	4	1:06	6	7:50	127.09	12:26:38	5:52	2	27:27	5	2:16:22	
VP22 - Frohnau (4.03	25:48	6:24	5	1:44	11	4:16	131.12	12:52:26	5:53	2	28:33	5	2:20:38	
VP23 - Naturschu	6.78	40:38	5:59	2	0:01	4	6:52	137.90	13:33:04	5:53	2	27:16	4	2:27:30	
VP24 - Oranienbu	4.75	30:21	6:23	3	1:18	6	4:29	142.65	14:03:25	5:54	3	28:34	5	2:31:25	
VP25 - Lübars	5.69	34:11	6:00	4	1:18	8	4:51	148.34	14:37:36	5:54	3	29:52	5	2:36:16	
VP26 - S-Bahnh	5.71	36:23	6:22	3	2:30	7	6:42	154.05	15:13:59	5:55	3	32:22	5	2:42:58	
VP27 - Wollankst	3.09	14:44	4:46	3	2:23	6	2:23	157.14	15:28:43	5:54	3	32:43	5	2:43:57	
Friedrich-Ludwig	3.76	24:48	6:35	3	1:02	8	4:11	160.90	15:53:31	5:55	3	33:45	5	2:46:39	