



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Steffensen, Jesper

□□□: 24:19:51

□□: AAIG Aabenraa / Klub 100 Marathon Danmark
□□: 230

□□: 6.58 km/h
□□□□: 9:04 min/km

□□: 160.90 km
100MeilenBerlin

□□□□□/□□□□: 136 (of 246)

□□□□□/□: 125 (of 211)

□□□□□□: 13:06:52

□□□□:

□□□□□: 28(of 46)

Senioren M50 (50-54 Jahre)

□□□□□□□: 16:59:41

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
VP1 - Mahnmäl P	9.02	1:03:58	7:05	26	22:55	139	23:02	9.02	1:03:58	7:05	26	22:55	139	23:02
VP2 - Schlesische	5.98	46:32	7:46	40	20:24	183	20:26	15.00	1:50:30	7:21	35	43:19	164	43:28
VP3 - Sonnenalle	6.00	40:30	6:45	23	12:09	124	14:52	21.00	2:31:00	7:11	32	55:28	154	58:20
VP4 - Stubenrauc	5.73	38:24	6:42	25	10:02	122	13:09	26.73	3:09:24	7:05	30	1:05:30	149	1:11:29
VP5 - U-Bahnhof	4.30	34:46	8:05	31	11:40	149	13:39	31.03	3:44:10	7:13	31	1:17:10	152	1:24:02
VP6 - Buckower I	5.40	36:28	6:45	17	6:56	75	11:05	36.43	4:20:38	7:09	28	1:24:06	138	1:35:06
VP7 - Kirchhainer	5.54	42:46	7:43	28	12:14	135	16:35	41.97	5:03:24	7:13	26	1:34:30	135	1:51:04
VP8 - Lichtenradi	4.42	30:40	6:56	16	6:45	77	10:27	46.39	5:34:04	7:12	26	1:37:52	128	2:01:31
VP9 - Osdorfer St	5.77	40:21	6:59	16	9:22	73	14:09	52.16	6:14:25	7:10	25	1:41:56	120	2:15:02
VP10 - Sportplatz	6.41	1:06:33	10:22	37	31:43	168	37:45	58.57	7:20:58	7:31	26	2:06:55	130	2:51:13
VP11 - Königswel	6.18	45:44	7:24	15	9:36	73	16:51	64.75	8:06:42	7:30	26	2:08:40	124	3:07:13
VP12 - Gedenkst	6.18	1:04:59	10:30	35	27:24	166	33:32	70.93	9:11:41	7:46	26	2:33:11	129	3:40:04
VP13 - Brauhaus	6.84	1:09:35	10:10	36	27:55	164	45:58	77.77	10:21:16	7:59	26	2:58:29	135	4:17:16
VP14 - Revierförs	6.06	55:41	9:11	35	18:20	144	26:17	83.83	11:16:57	8:04	28	3:16:49	138	4:43:33
VP15 - Schloß Sa	6.20	1:12:29	11:41	31	33:44	135	42:42	90.03	12:29:26	8:19	30	3:50:33	140	5:26:15
VP16 - Pagel & Fi	7.63	1:10:27	9:13	27	23:33	124	34:03	97.66	13:39:53	8:23	29	4:13:29	138	5:59:51
VP17 - Wilhelmst	4.84	36:40	7:34	5	5:35	37	11:33	102.50	14:16:33	8:21	27	4:19:04	130	6:11:24
VP18 - Falkensee	6.58	1:00:36	9:12	24	20:42	108	27:08	109.08	15:17:09	8:24	28	4:39:46	131	6:37:49
VP19 - Schönwal	5.70	57:14	10:02	24	20:28	111	28:25	114.78	16:14:23	8:29	28	5:00:14	127	7:06:14
VP20 - Grenzturn	7.53	1:22:36	10:58	28	33:20	138	48:00	122.31	17:36:59	8:38	28	5:33:34	130	7:50:04
VP21 - Ruderclub	4.78	54:44	11:27	19	16:48	89	31:23	127.09	18:31:43	8:44	28	5:50:07	128	8:21:27
VP22 - Frohnau (4.03	38:34	9:34	11	10:13	71	17:02	131.12	19:10:17	8:46	28	5:55:35	126	8:38:29
VP23 - Naturschu	6.78	1:04:45	9:33	11	13:46	59	30:59	137.90	20:15:02	8:48	26	6:09:21	123	9:09:28
VP24 - Oranienbu	4.75	56:16	11:50	31	19:27	135	30:24	142.65	21:11:18	8:54	27	6:21:52	124	9:39:18
VP25 - Lübars	5.69	1:09:36	12:13	36	27:20	154	40:16	148.34	22:20:54	9:02	29	6:46:41	126	10:19:34
VP26 - S-Bahnhö	5.71	58:31	10:14	22	21:04	100	28:50	154.05	23:19:25	9:05	29	7:05:42	127	10:48:24
VP27 - Wollankst	3.09	23:31	7:36	18	8:32	89	11:10	157.14	23:42:56	9:03	29	7:11:38	126	10:58:10
Friedrich-Ludwig	3.76	36:55	9:49	16	11:35	77	16:18	160.90	24:19:51	9:04	28	7:20:10	125	11:12:59