



# 100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Messerer, Margit

□□: LG Passau

□□: 258

□□: 160.90 km

100MeilenBerlin

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 24:23:31

□□: 6.56 km/h

□□□□: 9:06 min/km

□□□□□/□□□□: 137 (of 246)

□□□□□/□: 12 (of 35)

□□□□□□: 18:16:29

□□□□□: 5(of 7)

□□□□□□□: 18:59:19

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