



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Mintgen, Dietmar

□□□: 25:15:01

□□: 100 Marathon Club Deutschland

□□: 6.34 km/h

□□: 63

□□□□: 9:25 min/km

□□: 160.90 km

□□□□□/□□□□: 151 (of 246)

100MeilenBerlin

□□□□□/□: 135 (of 211)

□□□□□□: 13:06:52

□□□□:

□□□□□: 9(of 18)

Senioren M60 (60-64 Jahre)

□□□□□□□: 17:18:55

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Mahnmal P	9.02	1:08:24	7:34	11	22:05	164	27:28	9.02	1:08:24	7:34	11	22:05	164	27:28
VP2 - Schlesische	5.98	40:32	6:46	9	6:16	137	14:26	15.00	1:48:56	7:15	11	18:35	157	41:54
VP3 - Sonnenalle	6.00	44:06	7:21	12	8:51	173	18:28	21.00	2:33:02	7:17	11	25:40	161	1:00:22
VP4 - Stubenrauc	5.73	40:05	6:59	9	7:20	144	14:50	26.73	3:13:07	7:13	11	33:00	161	1:15:12
VP5 - U-Bahnhof	4.30	34:19	7:58	9	6:54	144	13:12	31.03	3:47:26	7:19	11	39:54	158	1:27:18
VP6 - Buckower I	5.40	43:47	8:06	13	10:23	172	18:24	36.43	4:31:13	7:26	11	49:42	161	1:45:41
VP7 - Kirchhainer	5.54	45:34	8:13	11	11:51	160	19:23	41.97	5:16:47	7:32	11	1:01:33	161	2:04:27
VP8 - Lichtenradi	4.42	36:14	8:11	8	9:52	157	16:01	46.39	5:53:01	7:36	11	1:11:25	163	2:20:28
VP9 - Osdorfer St	5.77	47:08	8:10	9	12:31	158	20:56	52.16	6:40:09	7:40	11	1:23:56	161	2:40:46
VP10 - Sportplatz	6.41	55:37	8:40	5	15:35	111	26:49	58.57	7:35:46	7:46	9	1:39:31	146	3:06:01
VP11 - Königsw	6.18	52:52	8:33	9	14:25	140	23:59	64.75	8:28:38	7:51	10	1:53:56	147	3:29:09
VP12 - Gedenkst	6.18	1:00:50	9:50	9	12:30	151	29:23	70.93	9:29:28	8:01	9	2:06:26	146	3:57:51
VP13 - Brauhaus	6.84	1:03:36	9:17	9	39:59	142	39:59	77.77	10:33:04	8:08	10	2:25:12	148	4:29:04
VP14 - Revierförs	6.06	53:59	8:54	10	14:45	127	24:35	83.83	11:27:03	8:11	10	2:39:57	147	4:53:39
VP15 - Schloß Sa	6.20	1:09:21	11:11	7	31:24	124	39:34	90.03	12:36:24	8:24	9	3:11:21	147	5:33:13
VP16 - Pagel & Fi	7.63	1:14:52	9:48	12	31:38	144	38:28	97.66	13:51:16	8:30	9	3:33:20	147	6:11:14
VP17 - Wilhelmst	4.84	45:35	9:25	7	15:08	128	20:28	102.50	14:36:51	8:33	9	3:48:28	147	6:31:42
VP18 - Falkensee	6.58	1:06:17	10:04	11	23:19	145	32:49	109.08	15:43:08	8:38	9	4:11:47	147	7:03:48
VP19 - Schönwal	5.70	1:01:41	10:49	11	25:09	138	32:52	114.78	16:44:49	8:45	9	4:36:56	148	7:36:40
VP20 - Grenzturn	7.53	1:23:15	11:03	14	29:02	141	48:39	122.31	18:08:04	8:53	12	5:05:58	150	8:21:09
VP21 - Ruderclub	4.78	1:02:15	13:01	13	30:45	140	38:54	127.09	19:10:19	9:03	12	5:36:43	150	9:00:03
VP22 - Frohnau (4.03	41:30	10:17	7	16:41	104	19:58	131.12	19:51:49	9:05	11	5:53:24	147	9:20:01
VP23 - Naturschu	6.78	1:12:45	10:43	9	28:43	112	38:59	137.90	21:04:34	9:10	11	6:22:07	144	9:59:00
VP24 - Oranienbu	4.75	52:03	10:57	7	19:42	112	26:11	142.65	21:56:37	9:13	10	6:41:49	141	10:24:37
VP25 - Lübars	5.69	58:55	10:21	6	21:05	103	29:35	148.34	22:55:32	9:16	8	7:02:54	137	10:54:12
VP26 - S-Bahnh	5.71	1:00:58	10:40	8	22:23	110	31:17	154.05	23:56:30	9:19	8	7:25:17	134	11:25:29
VP27 - Wollankst	3.09	28:55	9:21	13	12:50	157	16:34	157.14	24:25:25	9:19	8	7:38:07	134	11:40:39
Friedrich-Ludwig	3.76	49:36	13:11	13	19:50	163	28:59	160.90	25:15:01	9:24	9	7:56:06	135	12:08:09