



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

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Brade, Benjamin

□□□: 16:02:49

□□: lg kleiner eisbaer

□□: 9.97 km/h

□□: 181

□□□□: 5:59 min/km

□□: 160.90 km

□□□□□/□□□□: 6 (of 246)

100MeilenBerlin

□□□□□/□: 6 (of 211)

□□□□□□: 13:06:52

□□□□:

□□□□□: 2(of 16)

Senioren M30 (30-34 Jahre)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Mahnmal P	9.02	52:39	5:50	3	11:43	31	11:43	9.02	52:39	5:50	3	11:43	31	11:43
VP2 - Schlesische	5.98	27:36	4:36	3	1:30	6	1:30	15.00	1:20:15	5:20	3	13:13	12	13:13
VP3 - Sonnenalle	6.00	26:27	4:24	2	0:49	2	0:49	21.00	1:46:42	5:04	3	14:02	8	14:02
VP4 - Stubenrauc	5.73	26:24	4:36	3	1:09	4	1:09	26.73	2:13:06	4:58	3	15:11	8	15:11
VP5 - U-Bahnhof	4.30	25:43	5:58	3	3:56	18	4:36	31.03	2:38:49	5:07	3	18:41	6	18:41
VP6 - Buckower I	5.40	27:50	5:09	3	2:26	5	2:27	36.43	3:06:39	5:07	3	21:07	6	21:07
VP7 - Kirchhainer	5.54	29:40	5:21	3	3:29	4	3:29	41.97	3:36:19	5:09	3	23:59	6	23:59
VP8 - Lichtenradi	4.42	21:55	4:57	3	1:42	4	1:42	46.39	3:58:14	5:08	3	25:41	6	25:41
VP9 - Osdorfer St	5.77	34:18	5:56	3	8:06	20	8:06	52.16	4:32:32	5:13	3	33:09	6	33:09
VP10 - Sportplatz	6.41	32:38	5:05	3	3:50	4	3:50	58.57	5:05:10	5:12	3	35:25	5	35:25
VP11 - Königswe	6.18	41:50	6:46	5	12:57	37	12:57	64.75	5:47:00	5:21	3	47:31	5	47:31
VP12 - Gedenkst	6.18	42:31	6:52	5	11:04	18	11:04	70.93	6:29:31	5:29	3	57:54	6	57:54
VP13 - Brauhaus	6.84	37:15	5:26	3	5:13	6	13:38	77.77	7:06:46	5:29	3	1:02:46	5	1:02:46
VP14 - Revierförs	6.06	32:58	5:26	2	3:34	3	3:34	83.83	7:39:44	5:29	3	1:06:20	5	1:06:20
VP15 - Schloß Sa	6.20	45:17	7:18	4	15:30	22	15:30	90.03	8:25:01	5:36	3	1:21:50	6	1:21:50
VP16 - Pagel & Fi	7.63	48:58	6:25	5	12:34	15	12:34	97.66	9:13:59	5:40	3	1:33:57	6	1:33:57
VP17 - Wilhelmst	4.84	36:40	7:34	5	11:33	37	11:33	102.50	9:50:39	5:45	3	1:45:30	7	1:45:30
VP18 - Falkensee	6.58	44:36	6:46	4	10:25	23	11:08	109.08	10:35:15	5:49	2	1:55:55	6	1:55:55
VP19 - Schönwal	5.70	38:42	6:47	3	9:53	12	9:53	114.78	11:13:57	5:52	2	2:05:48	8	2:05:48
VP20 - Grenzturn	7.53	47:35	6:19	3	8:49	11	12:59	122.31	12:01:32	5:53	2	2:14:37	7	2:14:37
VP21 - Ruderclub	4.78	33:50	7:04	2	10:29	14	10:29	127.09	12:35:22	5:56	2	2:25:06	7	2:25:06
VP22 - Frohnau (4.03	23:15	5:46	2	1:43	3	1:43	131.12	12:58:37	5:56	2	2:26:49	7	2:26:49
VP23 - Naturschu	6.78	42:39	6:17	3	8:53	8	8:53	137.90	13:41:16	5:57	2	2:35:42	7	2:35:42
VP24 - Oranienbu	4.75	30:36	6:26	3	4:44	7	4:44	142.65	14:11:52	5:58	2	2:39:52	7	2:39:52
VP25 - Lübars	5.69	36:10	6:21	4	6:50	9	6:50	148.34	14:48:02	5:59	2	2:46:42	7	2:46:42
VP26 - S-Bahnhö	5.71	34:57	6:07	3	5:16	5	5:16	154.05	15:22:59	5:59	2	2:51:58	6	2:51:58
VP27 - Wollankst	3.09	14:44	4:46	3	2:10	6	2:23	157.14	15:37:43	5:58	2	2:52:57	6	2:52:57
Friedrich-Ludwig	3.76	25:06	6:40	4	3:00	10	4:29	160.90	16:02:49	5:59	2	2:55:57	6	2:55:57