



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

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Reiff, Harald

□□: LG Mauerweg Berlin e.V.

□□: 14

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 24:57:09

□□: 6.41 km/h

□□□□: 9:18 min/km

□□□□□/□□□□: 144 (of 246)

□□□□□/□: 130 (of 211)

□□□□□□: 13:06:52

□□□□□: 30(of 46)

□□□□□□□: 16:59:41

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
VP1 - Mahnmal P	9.02	1:06:34	7:22	31	25:31	150	25:38	9.02	1:06:34	7:22	31	25:31	150	25:38
VP2 - Schlesische	5.98	41:22	6:55	31	15:14	150	15:16	15.00	1:47:56	7:11	31	40:45	154	40:54
VP3 - Sonnenalle	6.00	43:06	7:11	34	14:45	168	17:28	21.00	2:31:02	7:11	33	55:30	155	58:22
VP4 - Stubenrauc	5.73	39:16	6:51	28	10:54	136	14:01	26.73	3:10:18	7:07	31	1:06:24	152	1:12:23
VP5 - U-Bahnhof	4.30	31:13	7:15	15	8:07	85	10:06	31.03	3:41:31	7:08	28	1:14:31	143	1:21:23
VP6 - Buckower I	5.40	36:50	6:49	18	7:18	80	11:27	36.43	4:18:21	7:05	26	1:21:49	130	1:32:49
VP7 - Kirchhainer	5.54	45:45	8:15	37	15:13	164	19:34	41.97	5:04:06	7:14	27	1:35:12	139	1:51:46
VP8 - Lichtenradi	4.42	32:29	7:20	25	8:34	114	12:16	46.39	5:36:35	7:15	28	1:40:23	135	2:04:02
VP9 - Osdorfer St	5.77	45:50	7:56	33	14:51	141	19:38	52.16	6:22:25	7:19	28	1:49:56	133	2:23:02
VP10 - Sportplatz	6.41	1:02:05	9:41	33	27:15	154	33:17	58.57	7:24:30	7:35	27	2:10:27	133	2:54:45
VP11 - Königswe	6.18	50:25	8:09	28	14:17	121	21:32	64.75	8:14:55	7:38	27	2:16:53	132	3:15:26
VP12 - Gedenkst	6.18	57:28	9:17	31	19:53	131	26:01	70.93	9:12:23	7:47	27	2:33:53	130	3:40:46
VP13 - Brauhaus	6.84	1:12:18	10:34	38	30:38	170	48:41	77.77	10:24:41	8:01	28	3:01:54	140	4:20:41
VP14 - Revierförs	6.06	48:34	8:00	12	11:13	70	19:10	83.83	11:13:15	8:01	26	3:13:07	135	4:39:51
VP15 - Schloß Sa	6.20	1:20:21	12:57	39	41:36	166	50:34	90.03	12:33:36	8:22	32	3:54:43	144	5:30:25
VP16 - Pagel & Fi	7.63	1:07:09	8:48	19	20:15	101	30:45	97.66	13:40:45	8:24	30	4:14:21	139	6:00:43
VP17 - Wilhelmst	4.84	44:10	9:07	27	13:05	115	19:03	102.50	14:24:55	8:26	31	4:27:26	139	6:19:46
VP18 - Falkensee	6.58	57:11	8:41	19	17:17	91	23:43	109.08	15:22:06	8:27	30	4:44:43	133	6:42:46
VP19 - Schönwal	5.70	55:12	9:41	22	18:26	99	26:23	114.78	16:17:18	8:30	30	5:03:09	130	7:09:09
VP20 - Grenzturn	7.53	1:21:33	10:49	27	32:17	134	46:57	122.31	17:38:51	8:39	30	5:35:26	132	7:51:56
VP21 - Ruderclub	4.78	1:03:21	13:15	35	25:25	147	40:00	127.09	18:42:12	8:49	30	6:00:36	132	8:31:56
VP22 - Frohnau (4.03	47:58	11:54	31	19:37	143	26:26	131.12	19:30:10	8:55	31	6:15:28	136	8:58:22
VP23 - Naturschu	6.78	1:11:36	10:33	23	20:37	105	37:50	137.90	20:41:46	9:00	31	6:36:05	132	9:36:12
VP24 - Oranienbu	4.75	51:19	10:48	26	14:30	106	25:27	142.65	21:33:05	9:03	31	6:43:39	132	10:01:05
VP25 - Lübars	5.69	1:05:11	11:27	29	22:55	137	35:51	148.34	22:38:16	9:09	31	7:04:03	129	10:36:56
VP26 - S-Bahnhö	5.71	1:10:23	12:19	33	32:56	156	40:42	154.05	23:48:39	9:16	31	7:34:56	131	11:17:38
VP27 - Wollankst	3.09	27:08	8:46	29	12:09	130	14:47	157.14	24:15:47	9:15	30	7:44:29	131	11:31:01
Friedrich-Ludwig	3.76	41:22	11:00	25	16:02	108	20:45	160.90	24:57:09	9:18	30	7:57:28	130	11:50:17