



# 100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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## Kempinski, Roger

□□: Bergrunners Bemelen

□□: 285

□□: 160.90 km  
100MeilenBerlin

□□□□:  
Senioren M40 (40-44 Jahre)

□□□□□/□□□□: DSQ (of 246)

□□□□□/□: DSQ (of 211)

□□□□□□: 13:06:52

□□□□□: DSQ(of 36)

□□□□□□□: 15:19:46

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
VP1 - Mahnmal P	9.02	1:01:47	6:50	24	16:01	107	20:51	9.02	1:01:47	6:50	24	16:01	107	20:51
VP2 - Schlesische	5.98	37:50	6:19	23	9:26	95	11:44	15.00	1:39:37	6:38	23	25:27	100	32:35
VP3 - Sonnenalle	6.00	36:39	6:06	20	7:32	70	11:01	21.00	2:16:16	6:29	23	32:59	91	43:36
VP4 - Stubenrauc	5.73	36:46	6:24	23	8:10	91	11:31	26.73	2:53:02	6:28	23	40:47	93	55:07
VP5 - U-Bahnhof	4.30	30:29	7:05	20	6:02	74	9:22	31.03	3:23:31	6:33	22	44:36	86	1:03:23
VP6 - Buckower I	5.40	37:15	6:53	19	7:30	86	11:52	36.43	4:00:46	6:36	22	47:56	88	1:15:14
VP7 - Kirchhainer	5.54	37:45	6:48	18	6:40	67	11:34	41.97	4:38:31	6:38	22	54:05	84	1:26:11
VP8 - Lichtenradi	4.42	37:34	8:29	30	13:51	175	17:21	46.39	5:16:05	6:48	23	1:05:52	93	1:43:32
VP9 - Osdorfer St	5.77	39:40	6:52	17	8:45	66	13:28	52.16	5:55:45	6:49	22	1:13:51	89	1:56:22
VP10 - Sportplatz	6.41	fehlt!	-	-	-	-	-	58.57	-	-	-	-	-	-
VP11 - Königswe	6.18	1:39:30	16:06	34	1:05:48	191	1:10:37	64.75	7:35:15	7:01	35	1:38:34	193	2:35:46
VP12 - Gedenkst	6.18	1:05:49	10:38	30	31:33	171	34:22	70.93	8:41:04	7:20	35	2:08:48	193	3:09:27
VP13 - Brauhaus	6.84	1:00:33	8:51	22	20:25	126	36:56	77.77	9:41:37	7:28	34	2:26:12	192	3:37:37
VP14 - Revierförs	6.06	59:27	9:48	29	25:57	164	30:03	83.83	10:41:04	7:38	34	2:52:09	192	4:07:40
VP15 - Schloß Sa	6.20	1:07:34	10:53	21	32:06	113	37:47	90.03	11:48:38	7:52	34	3:24:15	191	4:45:27
VP16 - Pagel & Fi	7.63	1:13:52	9:40	24	31:31	137	37:28	97.66	13:02:30	8:00	33	3:55:46	189	5:22:28
VP17 - Wilhelmst	4.84	50:29	10:25	27	21:45	159	25:22	102.50	13:52:59	8:07	33	4:17:31	188	5:47:50
VP18 - Falkensee	6.58	1:11:59	10:56	28	35:27	161	38:31	109.08	15:04:58	8:17	33	4:52:58	188	6:25:38
VP19 - Schönwal	5.70	1:04:06	11:14	28	30:08	148	35:17	114.78	16:09:04	8:26	33	5:23:06	187	7:00:55
VP20 - Grenzturn	7.53	1:37:36	12:57	30	54:36	176	1:03:00	122.31	17:46:40	8:43	33	6:17:42	187	7:59:45
VP21 - Ruderclub	4.78	54:54	11:29	22	24:49	91	31:33	127.09	18:41:34	8:49	24	6:42:23	131	8:31:18
VP22 - Frohnau (	4.03	44:01	10:55	25	19:57	125	22:29	131.12	19:25:35	8:53	24	7:01:42	133	8:53:47
VP23 - Naturschu	6.78	1:23:03	12:14	28	42:26	143	49:17	137.90	20:48:38	9:03	24	7:42:50	138	9:43:04
VP24 - Oranienbu	4.75	1:06:22	13:58	30	37:19	168	40:30	142.65	21:55:00	9:13	24	8:20:09	139	10:23:00
VP25 - Lübars	5.69	1:13:44	12:57	30	40:51	169	44:24	148.34	23:08:44	9:21	24	9:01:00	140	11:07:24
VP26 - S-Bahnhö	5.71	1:17:00	13:29	31	43:07	172	47:19	154.05	24:25:44	9:30	24	9:44:07	140	11:54:43
VP27 - Wollankst	3.09	27:35	8:55	23	15:14	137	15:14	157.14	24:53:19	9:30	24	9:57:19	141	12:08:33
Friedrich-Ludwig	3.76	46:30	12:22	26	22:44	146	25:53	160.90	-	-	-	-	-	-