



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

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Morstabilini, luca

□□: Soresina Running club

□□: 203

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 16:18:36

□□: 9.81 km/h

□□□□: 6:05 min/km

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□□□□□/□: 7 (of 211)

□□□□□□: 13:06:52

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Mahnmal P	9.02	42:21	4:41	1	-	5	1:25	9.02	42:21	4:41	1	-	5	1:25	
VP2 - Schlesische	5.98	27:28	4:35	1	-	4	1:22	15.00	1:09:49	4:39	1	-	5	2:47	
VP3 - Sonnenalle	6.00	28:13	4:42	1	-	5	2:35	21.00	1:38:02	4:40	1	-	5	5:22	
VP4 - Stubenrauc	5.73	26:39	4:39	1	-	5	1:24	26.73	2:04:41	4:39	1	-	5	6:46	
VP5 - U-Bahnhof	4.30	21:43	5:03	1	-	2	0:36	31.03	2:26:24	4:43	1	-	4	6:16	
VP6 - Buckower I	5.40	27:44	5:08	1	-	4	2:21	36.43	2:54:08	4:46	1	-	4	8:36	
VP7 - Kirchhainer	5.54	29:51	5:23	1	-	6	3:40	41.97	3:23:59	4:51	1	-	4	11:39	
VP8 - Lichtenradi	4.42	24:06	5:27	3	0:13	11	3:53	46.39	3:48:05	4:54	1	-	4	15:32	
VP9 - Osdorfer St	5.77	35:18	6:07	5	4:19	35	9:06	52.16	4:23:23	5:02	1	-	4	24:00	
VP10 - Sportplatz	6.41	33:56	5:17	1	-	5	5:08	58.57	4:57:19	5:04	1	-	4	27:34	
VP11 - Königsw	6.18	41:40	6:44	6	7:07	36	12:47	64.75	5:38:59	5:14	1	-	4	39:30	
VP12 - Gedenkst	6.18	37:59	6:08	1	-	7	6:32	70.93	6:16:58	5:18	1	-	4	45:21	
VP13 - Brauhaus	6.84	42:41	6:14	2	16:44	13	19:04	77.77	6:59:39	5:23	1	-	4	55:39	
VP14 - Revierförs	6.06	39:18	6:29	2	1:53	16	9:54	83.83	7:38:57	5:28	1	-	4	1:05:33	
VP15 - Schloß Sa	6.20	41:33	6:42	3	2:52	16	11:46	90.03	8:20:30	5:33	1	-	4	1:17:19	
VP16 - Pagel & Fi	7.63	47:06	6:10	1	-	10	10:42	97.66	9:07:36	5:36	1	-	5	1:27:34	
VP17 - Wilhelmst	4.84	32:38	6:44	2	1:36	18	7:31	102.50	9:40:14	5:39	1	-	5	1:35:05	
VP18 - Falkensee	6.58	40:57	6:13	3	7:29	10	7:29	109.08	10:21:11	5:41	1	-	4	1:41:51	
VP19 - Schönwal	5.70	38:51	6:48	2	2:13	14	10:02	114.78	11:00:02	5:45	1	-	4	1:51:53	
VP20 - Grenzturn	7.53	50:28	6:42	4	15:52	16	15:52	122.31	11:50:30	5:48	1	-	4	2:03:35	
VP21 - Ruderclub	4.78	32:55	6:53	1	-	11	9:34	127.09	12:23:25	5:50	1	-	4	2:13:09	
VP22 - Frohnau (4.03	26:31	6:34	1	-	12	4:59	131.12	12:49:56	5:52	1	-	4	2:18:08	
VP23 - Naturschu	6.78	44:06	6:30	1	-	11	10:20	137.90	13:34:02	5:54	1	-	5	2:28:28	
VP24 - Oranienbu	4.75	33:57	7:08	2	0:42	13	8:05	142.65	14:07:59	5:56	1	-	6	2:35:59	
VP25 - Lübars	5.69	37:41	6:37	1	-	11	8:21	148.34	14:45:40	5:58	1	-	6	2:44:20	
VP26 - S-Bahnhö	5.71	42:18	7:24	4	2:44	23	12:37	154.05	15:27:58	6:01	1	-	7	2:56:57	
VP27 - Wollankst	3.09	18:54	6:06	4	2:08	31	6:33	157.14	15:46:52	6:01	1	-	7	3:02:06	
Friedrich-Ludwig	3.76	31:44	8:26	5	6:46	34	11:07	160.90	16:18:36	6:04	1	-	7	3:11:44	