



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

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Dettenberger, Stefan

□□□: 25:30:59

□□: LT Ansbach-Nord

□□: 6.27 km/h

□□: 24

□□□□: 9:31 min/km

□□: 160.90 km

□□□□□/□□□□: 156 (of 246)

100MeilenBerlin

□□□□□/□: 139 (of 211)

□□□□:

□□□□□: 28(of 43)

Senioren M45 (45-49 Jahre)

□□□□□□□: 16:18:36

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
VP1 - Mahnmal P	9.02	1:01:33	6:49	25	19:12	96	20:37	9.02	1:01:33	6:49	25	19:12	96	20:37
VP2 - Schlesische	5.98	37:31	6:16	22	10:03	91	11:25	15.00	1:39:04	6:36	23	29:15	93	32:02
VP3 - Sonnenalle	6.00	37:38	6:16	19	9:25	84	12:00	21.00	2:16:42	6:30	23	38:40	93	44:02
VP4 - Stubenrauc	5.73	36:01	6:17	19	9:22	84	10:46	26.73	2:52:43	6:27	22	48:02	91	54:48
VP5 - U-Bahnhof	4.30	30:38	7:07	18	8:55	78	9:31	31.03	3:23:21	6:33	21	56:57	85	1:03:13
VP6 - Buckower I	5.40	36:08	6:41	15	8:24	71	10:45	36.43	3:59:29	6:34	20	1:05:21	83	1:13:57
VP7 - Kirchhainer	5.54	40:23	7:17	22	10:32	105	14:12	41.97	4:39:52	6:40	19	1:15:53	88	1:27:32
VP8 - Lichtenradi	4.42	31:49	7:11	21	7:56	98	11:36	46.39	5:11:41	6:43	20	1:23:36	88	1:39:08
VP9 - Osdorfer St	5.77	42:30	7:21	23	11:31	99	16:18	52.16	5:54:11	6:47	20	1:30:48	87	1:54:48
VP10 - Sportplatz	6.41	54:40	8:31	23	20:44	105	25:52	58.57	6:48:51	6:58	21	1:51:32	92	2:19:06
VP11 - Königswel	6.18	50:07	8:06	25	15:34	118	21:14	64.75	7:38:58	7:05	21	1:59:59	93	2:39:29
VP12 - Gedenkst	6.18	53:58	8:43	19	15:59	97	22:31	70.93	8:32:56	7:13	21	2:15:58	94	3:01:19
VP13 - Brauhaus	6.84	55:34	8:07	22	29:37	99	31:57	77.77	9:28:30	7:18	21	2:28:51	87	3:24:30
VP14 - Revierförs	6.06	49:03	8:05	20	11:38	81	19:39	83.83	10:17:33	7:22	19	2:38:36	82	3:44:09
VP15 - Schloß Sa	6.20	1:14:06	11:57	29	35:25	146	44:19	90.03	11:31:39	7:40	23	3:11:09	94	4:28:28
VP16 - Pagel & Fi	7.63	1:15:45	9:55	32	28:39	147	39:21	97.66	12:47:24	7:51	23	3:39:48	98	5:07:22
VP17 - Wilhelmst	4.84	48:22	9:59	31	17:20	153	23:15	102.50	13:35:46	7:57	25	3:55:32	101	5:30:37
VP18 - Falkensee	6.58	1:03:49	9:41	30	30:21	130	30:21	109.08	14:39:35	8:03	26	4:18:24	104	6:00:15
VP19 - Schönwal	5.70	1:07:39	11:52	31	31:01	166	38:50	114.78	15:47:14	8:15	26	4:47:12	115	6:39:05
VP20 - Grenzturn	7.53	1:25:36	11:22	30	51:00	144	51:00	122.31	17:12:50	8:26	26	5:22:20	117	7:25:55
VP21 - Ruderclub	4.78	53:35	11:12	14	20:40	82	30:14	127.09	18:06:25	8:32	26	5:43:00	115	7:56:09
VP22 - Frohnau (4.03	41:44	10:21	21	15:13	109	20:12	131.12	18:48:09	8:36	26	5:58:13	115	8:16:21
VP23 - Naturschu	6.78	1:21:49	12:04	28	37:43	141	48:03	137.90	20:09:58	8:46	27	6:35:56	119	9:04:24
VP24 - Oranienbu	4.75	1:09:37	14:39	34	36:22	178	43:45	142.65	21:19:35	8:58	28	7:11:36	125	9:47:35
VP25 - Lübars	5.69	1:30:30	15:54	35	52:49	182	1:01:10	148.34	22:50:05	9:14	28	8:04:25	135	10:48:45
VP26 - S-Bahnhö	5.71	1:21:06	14:12	34	41:32	180	51:25	154.05	24:11:11	9:25	28	8:43:13	139	11:40:10
VP27 - Wollankst	3.09	26:06	8:26	26	9:20	115	13:45	157.14	24:37:17	9:24	28	8:50:25	139	11:52:31
Friedrich-Ludwig	3.76	53:42	14:16	33	28:44	172	33:05	160.90	25:30:59	9:30	28	9:12:23	139	12:24:07