



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

0000

Heitfeldt, Ulrich

000: 25:06:05

00: Lg Hannover

00: 6.37 km/h

00: 242

0000: 9:22 min/km

00: 160.90 km

00000/0000: 147 (of 246)

100MeilenBerlin

00000/0: 133 (of 211)

000000: 13:06:52

0000:

00000: 15(of 25)

Senioren M55 (55-59 Jahre)

0000000: 17:16:33

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
VP1 - Mahnmal P	9.02	58:23	6:28	8	12:04	65	17:27	9.02	58:23	6:28	8	12:04	65	17:27
VP2 - Schlesische	5.98	35:34	5:56	8	4:58	70	9:28	15.00	1:33:57	6:15	8	17:02	63	26:55
VP3 - Sonnenalle	6.00	36:39	6:06	8	5:43	70	11:01	21.00	2:10:36	6:13	7	22:45	64	37:56
VP4 - Stubenrauc	5.73	35:53	6:15	9	7:00	79	10:38	26.73	2:46:29	6:13	8	29:45	66	48:34
VP5 - U-Bahnhof	4.30	29:49	6:56	5	5:13	62	8:42	31.03	3:16:18	6:19	8	34:58	66	56:10
VP6 - Buckower I	5.40	36:02	6:40	8	7:04	67	10:39	36.43	3:52:20	6:22	7	42:02	65	1:06:48
VP7 - Kirchhainer	5.54	38:25	6:56	8	7:56	82	12:14	41.97	4:30:45	6:27	8	49:58	68	1:18:25
VP8 - Lichtenradi	4.42	31:05	7:01	8	7:24	84	10:52	46.39	5:01:50	6:30	8	57:22	70	1:29:17
VP9 - Osdorfer St	5.77	43:14	7:29	11	11:48	112	17:02	52.16	5:45:04	6:36	8	1:09:10	75	1:45:41
VP10 - Sportplatz	6.41	59:49	9:19	17	22:56	142	31:01	58.57	6:44:53	6:54	8	1:32:06	86	2:15:08
VP11 - Königsw	6.18	45:33	7:22	8	9:34	70	16:40	64.75	7:30:26	6:57	8	1:41:40	83	2:30:57
VP12 - Gedenkst	6.18	56:23	9:07	13	16:33	121	24:56	70.93	8:26:49	7:08	9	1:58:13	85	2:55:12
VP13 - Brauhaus	6.84	1:07:11	9:49	21	25:47	157	43:34	77.77	9:34:00	7:22	9	2:24:00	94	3:30:00
VP14 - Revierförs	6.06	1:01:25	10:08	23	25:28	175	32:01	83.83	10:35:25	7:34	10	2:49:28	108	4:02:01
VP15 - Schloß Sa	6.20	1:12:37	11:42	16	33:09	137	42:50	90.03	11:48:02	7:51	10	3:22:37	105	4:44:51
VP16 - Pagel & Fi	7.63	1:22:20	10:47	21	32:49	165	45:56	97.66	13:10:22	8:05	14	3:55:26	124	5:30:20
VP17 - Wilhelmst	4.84	47:14	9:45	17	18:17	142	22:07	102.50	13:57:36	8:10	14	4:10:20	127	5:52:27
VP18 - Falkensee	6.58	1:10:57	10:46	18	28:56	156	37:29	109.08	15:08:33	8:19	14	4:38:05	127	6:29:13
VP19 - Schönwal	5.70	1:06:24	11:38	20	27:39	157	37:35	114.78	16:14:57	8:29	14	5:01:59	128	7:06:48
VP20 - Grenzturn	7.53	1:21:57	10:52	16	32:51	136	47:21	122.31	17:36:54	8:38	15	5:34:50	128	7:49:59
VP21 - Ruderclub	4.78	55:01	11:30	11	22:24	92	31:40	127.09	18:31:55	8:44	15	5:56:24	129	8:21:39
VP22 - Frohnau (4.03	46:38	11:34	14	19:29	137	25:06	131.12	19:18:33	8:50	15	6:13:14	129	8:46:45
VP23 - Naturschu	6.78	1:23:34	12:19	17	36:49	146	49:48	137.90	20:42:07	9:00	15	6:49:43	133	9:36:33
VP24 - Oranienbu	4.75	53:52	11:20	15	20:38	122	28:00	142.65	21:35:59	9:05	15	7:06:00	133	10:03:59
VP25 - Lübars	5.69	1:09:54	12:17	19	29:51	155	40:34	148.34	22:45:53	9:12	16	7:29:48	133	10:44:33
VP26 - S-Bahnh	5.71	1:04:20	11:16	14	23:09	130	34:39	154.05	23:50:13	9:17	15	7:45:55	132	11:19:12
VP27 - Wollankst	3.09	28:58	9:22	16	11:08	158	16:37	157.14	24:19:11	9:17	15	7:47:52	133	11:34:25
Friedrich-Ludwig	3.76	46:54	12:28	15	17:22	147	26:17	160.90	25:06:05	9:21	15	7:49:32	133	11:59:13