



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

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Steger, Michael

□□: Potsdam

□□: 256

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 24:27:29

□□: 6.58 km/h

□□□□: 9:07 min/km

□□□□□/□□□: 138 (of 246)

□□□□□/□: 126 (of 211)

□□□□□□: 13:06:52

□□□□□: 29(of 46)

□□□□□□□: 16:59:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Mahnmal P	9.02	51:18	5:41	2	10:15	13	10:22	9.02	51:18	5:41	2	10:15	13	10:22
VP2 - Schlesische	5.98	31:20	5:14	3	5:12	19	5:14	15.00	1:22:38	5:30	2	15:27	15	15:36
VP3 - Sonnenalle	6.00	29:51	4:58	2	1:30	9	4:13	21.00	1:52:29	5:21	2	16:57	13	19:49
VP4 - Stubenrauc	5.73	28:35	4:59	2	0:13	7	3:20	26.73	2:21:04	5:16	2	17:10	11	23:09
VP5 - U-Bahnhof	4.30	24:36	5:43	2	1:30	8	3:29	31.03	2:45:40	5:20	2	18:40	11	25:32
VP6 - Buckower I	5.40	39:09	7:14	25	9:37	113	13:46	36.43	3:24:49	5:37	3	28:17	21	39:17
VP7 - Kirchhainer	5.54	31:08	5:37	2	0:36	13	4:57	41.97	3:55:57	5:37	3	27:03	21	43:37
VP8 - Lichtenradi	4.42	25:35	5:47	4	1:40	21	5:22	46.39	4:21:32	5:38	3	25:20	21	48:59
VP9 - Osdorfer Si	5.77	35:06	6:04	7	4:07	34	8:54	52.16	4:56:38	5:41	3	24:09	20	57:15
VP10 - Sportplatz	6.41	45:56	7:09	10	11:06	48	17:08	58.57	5:42:34	5:50	4	28:31	21	1:12:49
VP11 - Königswe	6.18	54:54	8:53	35	18:46	149	26:01	64.75	6:37:28	6:08	6	39:26	33	1:37:59
VP12 - Gedenkst	6.18	52:51	8:33	16	15:16	82	21:24	70.93	7:30:19	6:20	7	51:49	36	1:58:42
VP13 - Brauhaus	6.84	57:47	8:26	24	16:07	111	34:10	77.77	8:28:06	6:32	7	1:05:19	45	2:24:06
VP14 - Revierförs	6.06	49:53	8:13	15	12:32	83	20:29	83.83	9:17:59	6:39	7	1:17:51	44	2:44:35
VP15 - Schloß Sa	6.20	54:23	8:46	11	15:38	50	24:36	90.03	10:12:22	6:48	7	1:33:29	43	3:09:11
VP16 - Pagel & Fi	7.63	1:19:03	10:21	33	32:09	161	42:39	97.66	11:31:25	7:04	9	2:05:01	52	3:51:23
VP17 - Wilhelmst	4.84	43:52	9:03	24	12:47	112	18:45	102.50	12:15:17	7:10	9	2:17:48	53	4:10:08
VP18 - Falkensee	6.58	1:12:53	11:04	36	32:59	165	39:25	109.08	13:28:10	7:24	11	2:50:47	64	4:48:50
VP19 - Schönwal	5.70	1:01:36	10:48	30	24:50	137	32:47	114.78	14:29:46	7:34	15	3:15:37	71	5:21:37
VP20 - Grenzturn	7.53	1:35:03	12:37	40	45:47	169	1:00:27	122.31	16:04:49	7:53	17	4:01:24	82	6:17:54
VP21 - Ruderclub	4.78	59:02	12:21	25	21:06	116	35:41	127.09	17:03:51	8:03	17	4:22:15	82	6:53:35
VP22 - Frohnau (	4.03	51:37	12:48	38	23:16	162	30:05	131.12	17:55:28	8:12	17	4:40:46	85	7:23:40
VP23 - Naturschu	6.78	1:27:01	12:50	33	36:02	158	53:15	137.90	19:22:29	8:25	18	5:16:48	93	8:16:55
VP24 - Oranienbu	4.75	1:01:59	13:02	36	25:10	154	36:07	142.65	20:24:28	8:35	19	5:35:02	99	8:52:28
VP25 - Lübars	5.69	1:07:29	11:51	33	25:13	146	38:09	148.34	21:31:57	8:42	23	5:57:44	109	9:30:37
VP26 - S-Bahnhö	5.71	1:12:12	12:38	39	34:45	166	42:31	154.05	22:44:09	8:51	25	6:30:26	118	10:13:08
VP27 - Wollankst	3.09	35:30	11:29	42	20:31	180	23:09	157.14	23:19:39	8:54	26	6:48:21	121	10:34:53
Friedrich-Ludwig	3.76	1:07:50	18:02	42	42:30	181	47:13	160.90	24:27:29	9:07	29	7:27:48	126	11:20:37