



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Polakovs, Horst

□□: LT Ende Herdecke

□□: 253

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 25:55:02

□□: 6.17 km/h

□□□□: 9:40 min/km

□□□□□/□□□□: 161 (of 246)

□□□□□/□: 144 (of 211)

□□□□□□: 13:06:52

□□□□□: 12(of 18)

□□□□□□□: 17:18:55

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□□□	□□ km	□□ □□ min/km	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Mahnmal P	9.02	1:03:22	7:01	8	17:03	134	22:26	9.02	1:03:22	7:01	8	17:03	134	22:26
VP2 - Schlesische	5.98	40:11	6:43	6	5:55	128	14:05	15.00	1:43:33	6:54	8	13:12	131	36:31
VP3 - Sonnenalle	6.00	40:46	6:47	9	5:31	130	15:08	21.00	2:24:19	6:52	8	16:57	127	51:39
VP4 - Stubenrauc	5.73	37:33	6:33	6	4:48	105	12:18	26.73	3:01:52	6:48	7	21:45	116	1:03:57
VP5 - U-Bahnhof	4.30	33:00	7:40	5	5:35	117	11:53	31.03	3:34:52	6:55	7	27:20	113	1:14:44
VP6 - Buckower I	5.40	40:58	7:35	10	7:34	145	15:35	36.43	4:15:50	7:01	8	34:19	121	1:30:18
VP7 - Kirchhainer	5.54	43:19	7:49	8	9:36	142	17:08	41.97	4:59:09	7:07	7	43:55	125	1:46:49
VP8 - Lichtenradi	4.42	37:20	8:26	14	10:58	172	17:07	46.39	5:36:29	7:15	7	54:53	132	2:03:56
VP9 - Osdorfer St	5.77	50:36	8:46	12	15:59	173	24:24	52.16	6:27:05	7:25	8	1:10:52	142	2:27:42
VP10 - Sportplatz	6.41	1:04:37	10:04	13	24:35	162	35:49	58.57	7:31:42	7:42	8	1:35:27	142	3:01:57
VP11 - Königswel	6.18	52:02	8:25	8	13:35	134	23:09	64.75	8:23:44	7:46	7	1:49:02	136	3:24:15
VP12 - Gedenkst	6.18	1:02:05	10:02	11	13:45	156	30:38	70.93	9:25:49	7:58	8	2:02:47	143	3:54:12
VP13 - Brauhaus	6.84	1:04:43	9:27	12	41:06	147	41:06	77.77	10:30:32	8:06	9	2:22:40	145	4:26:32
VP14 - Revierförs	6.06	53:46	8:52	8	14:32	123	24:22	83.83	11:24:18	8:09	9	2:37:12	146	4:50:54
VP15 - Schloß Sa	6.20	1:37:57	15:47	15	1:00:00	188	1:08:10	90.03	13:02:15	8:41	12	3:37:12	162	5:59:04
VP16 - Pagel & Fi	7.63	1:07:05	8:47	7	23:51	100	30:41	97.66	14:09:20	8:41	11	3:51:24	156	6:29:18
VP17 - Wilhelmst	4.84	45:15	9:20	6	14:48	126	20:08	102.50	14:54:35	8:43	10	4:06:12	155	6:49:26
VP18 - Falkensee	6.58	1:02:38	9:31	8	19:40	121	29:10	109.08	15:57:13	8:46	10	4:25:52	154	7:17:53
VP19 - Schönwal	5.70	57:07	10:01	10	20:35	110	28:18	114.78	16:54:20	8:50	11	4:46:27	153	7:46:11
VP20 - Grenzturn	7.53	1:09:24	9:12	4	15:11	74	34:48	122.31	18:03:44	8:51	9	5:01:38	144	8:16:49
VP21 - Ruderclub	4.78	55:29	11:36	7	23:59	93	32:08	127.09	18:59:13	8:57	9	5:25:37	144	8:48:57
VP22 - Frohnau (4.03	1:00:26	14:59	15	35:37	182	38:54	131.12	19:59:39	9:08	12	6:01:14	149	9:27:51
VP23 - Naturschu	6.78	1:25:29	12:36	15	41:27	153	51:43	137.90	21:25:08	9:19	12	6:42:41	146	10:19:34
VP24 - Oranienbu	4.75	1:03:46	13:25	11	31:25	158	37:54	142.65	22:28:54	9:27	13	7:14:06	148	10:56:54
VP25 - Lübars	5.69	1:06:20	11:39	11	28:30	141	37:00	148.34	23:35:14	9:32	13	7:42:36	148	11:33:54
VP26 - S-Bahnhö	5.71	1:07:29	11:49	12	28:54	144	37:48	154.05	24:42:43	9:37	12	8:11:30	146	12:11:42
VP27 - Wollankst	3.09	27:47	8:59	11	11:42	142	15:26	157.14	25:10:30	9:36	12	8:23:12	146	12:25:44
Friedrich-Ludwig	3.76	44:32	11:50	8	14:46	131	23:55	160.90	25:55:02	9:39	12	8:36:07	145	12:48:10