



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

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Raulfs, Thorsten

□□: Post SV Holzminden

□□: 74

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 25:55:29

□□: 6.17 km/h

□□□□: 9:40 min/km

□□□□□/□□□□: 162 (of 246)

□□□□□/□: 145 (of 211)

□□□□□□: 13:06:52

□□□□□: 24(of 36)

□□□□□□□: 15:19:46

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □		
VP1 - Mahnmal P	9.02	59:58	6:38	18	14:12	77	19:02	9.02	59:58	6:38	18	14:12	77	19:02
VP2 - Schlesische	5.98	37:58	6:20	24	9:34	100	11:52	15.00	1:37:56	6:31	22	23:46	90	30:54
VP3 - Sonnenalle	6.00	36:58	6:09	23	7:51	78	11:20	21.00	2:14:54	6:25	22	31:37	84	42:14
VP4 - Stubenrauc	5.73	34:01	5:56	15	5:25	55	8:46	26.73	2:48:55	6:19	20	36:40	76	51:00
VP5 - U-Bahnhof	4.30	28:17	6:34	11	3:50	44	7:10	31.03	3:17:12	6:21	18	38:17	68	57:04
VP6 - Buckower I	5.40	37:53	7:00	22	8:08	97	12:30	36.43	3:55:05	6:27	20	42:15	74	1:09:33
VP7 - Kirchhainer	5.54	36:49	6:38	15	5:44	58	10:38	41.97	4:31:54	6:28	20	47:28	73	1:19:34
VP8 - Lichtenradi	4.42	34:17	7:45	26	10:34	139	14:04	46.39	5:06:11	6:36	20	55:58	79	1:33:38
VP9 - Osdorfer St	5.77	47:51	8:17	30	16:56	161	21:39	52.16	5:54:02	6:47	21	1:12:08	86	1:54:39
VP10 - Sportplatz	6.41	56:56	8:52	21	20:59	117	28:08	58.57	6:50:58	7:01	23	1:33:07	94	2:21:13
VP11 - Königsw	6.18	55:14	8:56	26	21:32	152	26:21	64.75	7:46:12	7:12	23	1:49:31	99	2:46:43
VP12 - Gedenkst	6.18	56:39	9:09	23	22:23	123	25:12	70.93	8:42:51	7:22	23	2:10:35	100	3:11:14
VP13 - Brauhaus	6.84	1:01:32	8:59	24	21:24	133	37:55	77.77	9:44:23	7:30	24	2:28:58	108	3:40:23
VP14 - Revierförs	6.06	56:06	9:15	26	22:36	146	26:42	83.83	10:40:29	7:38	24	2:51:34	112	4:07:05
VP15 - Schloß Sa	6.20	1:28:35	14:17	33	53:07	180	58:48	90.03	12:09:04	8:05	25	3:44:41	127	5:05:53
VP16 - Pagel & Fi	7.63	1:18:57	10:20	28	36:36	159	42:33	97.66	13:28:01	8:16	25	4:21:17	130	5:47:59
VP17 - Wilhelmst	4.84	51:12	10:34	28	22:28	163	26:05	102.50	14:19:13	8:22	25	4:43:45	131	6:14:04
VP18 - Falkensee	6.58	1:03:31	9:39	23	26:59	128	30:03	109.08	15:22:44	8:27	25	5:10:44	134	6:43:24
VP19 - Schönwal	5.70	59:24	10:25	23	25:26	126	30:35	114.78	16:22:08	8:33	25	5:36:10	132	7:13:59
VP20 - Grenzturn	7.53	1:22:08	10:54	26	39:08	137	47:32	122.31	17:44:16	8:42	25	6:15:18	133	7:57:21
VP21 - Ruderclub	4.78	1:02:11	13:00	25	32:06	138	38:50	127.09	18:46:27	8:51	25	6:47:16	136	8:36:11
VP22 - Frohnau (4.03	53:37	13:18	30	29:33	172	32:05	131.12	19:40:04	8:59	25	7:16:11	143	9:08:16
VP23 - Naturschu	6.78	1:24:28	12:27	29	43:51	149	50:42	137.90	21:04:32	9:10	25	7:58:44	143	9:58:58
VP24 - Oranienbu	4.75	1:06:51	14:04	31	37:48	172	40:59	142.65	22:11:23	9:19	25	8:36:32	143	10:39:23
VP25 - Lübars	5.69	1:21:31	14:19	31	48:38	178	52:11	148.34	23:32:54	9:31	25	9:25:10	147	11:31:34
VP26 - S-Bahnh	5.71	1:09:29	12:10	26	35:36	152	39:48	154.05	24:42:23	9:37	25	10:00:46	145	12:11:22
VP27 - Wollankst	3.09	27:57	9:02	26	15:36	148	15:36	157.14	25:10:20	9:36	25	10:14:20	145	12:25:34
Friedrich-Ludwig	3.76	45:09	12:00	24	21:23	134	24:32	160.90	25:55:29	9:40	25	10:35:43	146	12:48:37