



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Dr Dr Kruell, Joey

000: 25:22:54

00: x-treme spirit-run für Michael Schumi

00: 6.30 km/h

00: 273

0000: 9:28 min/km

00: 160.90 km

00000/000: 153 (of 246)

100MeilenBerlin

00000/0: 137 (of 211)

0000:

00000: 13:06:52

Senioren M55 (55-59 Jahre)

00000: 16(of 25)

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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	1:02:43	6:57	14	16:24	118	21:47	9.02	1:02:43	6:57	14	16:24	118	21:47
VP2 - Schlesische	5.98	40:18	6:44	15	9:42	131	14:12	15.00	1:43:01	6:52	14	26:06	122	35:59
VP3 - Sonnenalle	6.00	39:53	6:38	13	8:57	112	14:15	21.00	2:22:54	6:48	15	35:03	118	50:14
VP4 - Stubenrauc	5.73	39:10	6:50	16	10:17	133	13:55	26.73	3:02:04	6:48	13	45:20	117	1:04:09
VP5 - U-Bahnhof	4.30	32:56	7:39	14	8:20	116	11:49	31.03	3:35:00	6:55	12	53:40	114	1:14:52
VP6 - Buckower I	5.40	40:08	7:25	13	11:10	124	14:45	36.43	4:15:08	7:00	12	1:04:50	116	1:29:36
VP7 - Kirchhainer	5.54	41:21	7:27	13	10:52	115	15:10	41.97	4:56:29	7:03	12	1:15:42	118	1:44:09
VP8 - Lichtenradi	4.42	34:18	7:45	16	10:37	140	14:05	46.39	5:30:47	7:07	12	1:26:19	118	1:58:14
VP9 - Osdorfer St	5.77	41:28	7:11	7	10:02	87	15:16	52.16	6:12:15	7:08	12	1:36:21	118	2:12:52
VP10 - Sportplatz	6.41	57:24	8:57	12	20:31	119	28:36	58.57	7:09:39	7:20	12	1:56:52	112	2:39:54
VP11 - Königswel	6.18	49:19	7:58	14	13:20	111	20:26	64.75	7:58:58	7:23	11	2:10:12	114	2:59:29
VP12 - Gedenkst	6.18	58:08	9:24	15	18:18	134	26:41	70.93	8:57:06	7:34	12	2:28:30	117	3:25:29
VP13 - Brauhaus	6.84	1:00:11	8:47	15	18:47	123	36:34	77.77	9:57:17	7:40	14	2:47:17	122	3:53:17
VP14 - Revierförs	6.06	54:00	8:54	14	18:03	128	24:36	83.83	10:51:17	7:46	14	3:05:20	125	4:17:53
VP15 - Schloß Sa	6.20	1:05:59	10:38	11	26:31	105	36:12	90.03	11:57:16	7:58	13	3:31:51	117	4:54:05
VP16 - Pagel & Fi	7.63	1:06:17	8:41	12	16:46	94	29:53	97.66	13:03:33	8:01	11	3:48:37	118	5:23:31
VP17 - Wilhelmst	4.84	41:01	8:28	9	12:04	87	15:54	102.50	13:44:34	8:02	11	3:57:18	111	5:39:25
VP18 - Falkensee	6.58	1:03:13	9:36	12	21:12	127	29:45	109.08	14:47:47	8:08	11	4:17:19	113	6:08:27
VP19 - Schönwal	5.70	58:05	10:11	13	19:20	115	29:16	114.78	15:45:52	8:14	11	4:32:54	114	6:37:43
VP20 - Grenzturn	7.53	1:27:03	11:33	18	37:57	146	52:27	122.31	17:12:55	8:26	12	5:10:51	118	7:26:00
VP21 - Ruderclub	4.78	53:29	11:11	9	20:52	80	30:08	127.09	18:06:24	8:32	12	5:30:53	114	7:56:08
VP22 - Frohnau (4.03	47:02	11:40	15	19:53	139	25:30	131.12	18:53:26	8:38	13	5:48:07	118	8:21:38
VP23 - Naturschu	6.78	1:20:08	11:49	15	33:23	138	46:22	137.90	20:13:34	8:48	14	6:21:10	122	9:08:00
VP24 - Oranienbu	4.75	1:08:15	14:22	21	35:01	176	42:23	142.65	21:21:49	8:59	14	6:51:50	128	9:49:49
VP25 - Lübars	5.69	1:21:42	14:21	22	41:39	179	52:22	148.34	22:43:31	9:11	14	7:27:26	131	10:42:11
VP26 - S-Bahnhö	5.71	1:20:50	14:09	21	39:39	179	51:09	154.05	24:04:21	9:22	16	8:00:03	136	11:33:20
VP27 - Wollankst	3.09	29:17	9:28	18	11:27	162	16:56	157.14	24:33:38	9:22	16	8:02:19	138	11:48:52
Friedrich-Ludwig	3.76	49:16	13:06	18	19:44	160	28:39	160.90	25:22:54	9:27	16	8:06:21	137	12:16:02