



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Schwarzwald, Hans

□□: Thohan

□□: 132

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 26:29:22

□□: 6.04 km/h

□□□□: 9:53 min/km

□□□□□/□□□□: 168 (of 246)

□□□□□/□: 148 (of 211)

□□□□□□: 13:06:52

□□□□□: 34(of 46)

□□□□□□□: 16:59:41

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
VP1 - Mahnmal P	9.02	1:06:45	7:24	32	25:42	152	25:49	9.02	1:06:45	7:24	32	25:42	152	25:49
VP2 - Schlesische	5.98	41:10	6:53	29	15:02	146	15:04	15.00	1:47:55	7:11	30	40:44	153	40:53
VP3 - Sonnenalle	6.00	42:48	7:07	33	14:27	160	17:10	21.00	2:30:43	7:10	30	55:11	151	58:03
VP4 - Stubenrauc	5.73	41:49	7:17	37	13:27	169	16:34	26.73	3:12:32	7:12	34	1:08:38	160	1:14:37
VP5 - U-Bahnhof	4.30	35:48	8:19	32	12:42	160	14:41	31.03	3:48:20	7:21	33	1:21:20	160	1:28:12
VP6 - Buckower I	5.40	40:49	7:33	32	11:17	139	15:26	36.43	4:29:09	7:23	32	1:32:37	157	1:43:37
VP7 - Kirchhainer	5.54	42:32	7:40	27	12:00	132	16:21	41.97	5:11:41	7:25	32	1:42:47	154	1:59:21
VP8 - Lichtenradi	4.42	37:23	8:27	38	13:28	173	17:10	46.39	5:49:04	7:31	32	1:52:52	157	2:16:31
VP9 - Osdorfer St	5.77	44:58	7:47	29	13:59	129	18:46	52.16	6:34:02	7:33	29	2:01:33	148	2:34:39
VP10 - Sportplatz	6.41	58:55	9:11	28	24:05	136	30:07	58.57	7:32:57	7:44	29	2:18:54	143	3:03:12
VP11 - Königswel	6.18	52:50	8:32	32	16:42	138	23:57	64.75	8:25:47	7:48	28	2:27:45	140	3:26:18
VP12 - Gedenkst	6.18	59:04	9:33	32	21:29	142	27:37	70.93	9:24:51	7:57	30	2:46:21	142	3:53:14
VP13 - Brauhaus	6.84	1:01:24	8:58	30	19:44	132	37:47	77.77	10:26:15	8:03	30	3:03:28	142	4:22:15
VP14 - Revierförs	6.06	52:30	8:39	25	15:09	110	23:06	83.83	11:18:45	8:05	30	3:18:37	140	4:45:21
VP15 - Schloß Sa	6.20	1:10:07	11:18	28	31:22	129	40:20	90.03	12:28:52	8:19	29	3:49:59	139	5:25:41
VP16 - Pagel & Fi	7.63	1:15:29	9:53	32	28:35	145	39:05	97.66	13:44:21	8:26	33	4:17:57	143	6:04:19
VP17 - Wilhelmst	4.84	47:47	9:52	33	16:42	149	22:40	102.50	14:32:08	8:30	33	4:34:39	143	6:26:59
VP18 - Falkensee	6.58	1:08:40	10:26	34	28:46	150	35:12	109.08	15:40:48	8:37	35	5:03:25	146	7:01:28
VP19 - Schönwal	5.70	1:08:40	12:02	37	31:54	168	39:51	114.78	16:49:28	8:47	36	5:35:19	150	7:41:19
VP20 - Grenzturn	7.53	1:27:06	11:34	29	37:50	147	52:30	122.31	18:16:34	8:57	36	6:13:09	153	8:29:39
VP21 - Ruderclub	4.78	1:05:13	13:38	36	27:17	150	41:52	127.09	19:21:47	9:08	36	6:40:11	154	9:11:31
VP22 - Frohnau (4.03	50:17	12:28	37	21:56	159	28:45	131.12	20:12:04	9:14	36	6:57:22	155	9:40:16
VP23 - Naturschu	6.78	1:23:54	12:22	31	32:55	148	50:08	137.90	21:35:58	9:23	34	7:30:17	151	10:30:24
VP24 - Oranienbu	4.75	1:03:48	13:25	38	26:59	159	37:56	142.65	22:39:46	9:31	34	7:50:20	151	11:07:46
VP25 - Lübars	5.69	1:21:02	14:14	41	38:46	177	51:42	148.34	24:00:48	9:42	34	8:26:35	151	11:59:28
VP26 - S-Bahnhö	5.71	1:17:57	13:39	41	40:30	174	48:16	154.05	25:18:45	9:51	34	9:05:02	151	12:47:44
VP27 - Wollankst	3.09	28:22	9:10	33	13:23	151	16:01	157.14	25:47:07	9:50	34	9:15:49	150	13:02:21
Friedrich-Ludwig	3.76	42:15	11:14	28	16:55	116	21:38	160.90	26:29:22	9:52	34	9:29:41	149	13:22:30