



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

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James, John

00: Heaton Harriers

00: 75

00: 160.90 km

100MeilenBerlin

0000:

Senioren M55 (55-59 Jahre)

000: 26:30:40

00: 6.07 km/h

0000: 9:53 min/km

00000/000: 169 (of 246)

00000/0: 149 (of 211)

000000: 13:06:52

00000: 17(of 25)

0000000: 17:16:33

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Name	km	min	min/km	-	-	km	min	km	min	min/km	-	-	km	min
	km	min	min/km	-	-	km	min	km	min	min/km	-	-	km	min
VP1 - Mahnmal P	9.02	1:03:02	6:59	17	16:43	128	22:06	9.02	1:03:02	6:59	17	16:43	128	22:06
VP2 - Schlesische	5.98	40:42	6:48	16	10:06	141	14:36	15.00	1:43:44	6:54	17	26:49	132	36:42
VP3 - Sonnenalle	6.00	42:07	7:01	20	11:11	150	16:29	21.00	2:25:51	6:56	18	38:00	136	53:11
VP4 - Stubenrauch	5.73	39:09	6:49	15	10:16	132	13:54	26.73	3:05:00	6:55	18	48:16	137	1:07:05
VP5 - U-Bahnhof	4.30	35:39	8:17	19	11:03	156	14:32	31.03	3:40:39	7:06	17	59:19	139	1:20:31
VP6 - Buckower I	5.40	42:08	7:48	20	13:10	160	16:45	36.43	4:22:47	7:12	17	1:12:29	143	1:37:15
VP7 - Kirchhainer	5.54	40:32	7:18	12	10:03	108	14:21	41.97	5:03:19	7:13	15	1:22:32	134	1:50:59
VP8 - Lichtenrade	4.42	32:37	7:22	11	8:56	118	12:24	46.39	5:35:56	7:14	14	1:31:28	130	2:03:23
VP9 - Osdorfer St	5.77	44:10	7:39	14	12:44	120	17:58	52.16	6:20:06	7:17	14	1:44:12	130	2:20:43
VP10 - Sportplatz	6.41	58:32	9:07	15	21:39	130	29:44	58.57	7:18:38	7:29	15	2:05:51	127	2:48:53
VP11 - Königswei	6.18	44:48	7:14	7	8:49	65	15:55	64.75	8:03:26	7:27	12	2:14:40	120	3:03:57
VP12 - Gedenksta	6.18	53:22	8:38	10	13:32	90	21:55	70.93	8:56:48	7:34	11	2:28:12	115	3:25:11
VP13 - Brauhaus	6.84	54:00	7:53	10	12:36	91	30:23	77.77	9:50:48	7:35	11	2:40:48	114	3:46:48
VP14 - Revierförs	6.06	52:51	8:43	13	16:54	113	23:27	83.83	10:43:39	7:40	11	2:57:42	114	4:10:15
VP15 - Schloß Sa	6.20	1:08:33	11:03	13	29:05	120	38:46	90.03	11:52:12	7:54	11	3:26:47	111	4:49:01
VP16 - Pagel & Fi	7.63	1:17:05	10:06	16	27:34	151	40:41	97.66	13:09:17	8:04	13	3:54:21	122	5:29:15
VP17 - Wilhelmst	4.84	51:15	10:35	21	22:18	164	26:08	102.50	14:00:32	8:12	15	4:13:16	128	5:55:23
VP18 - Falkensee	6.58	1:15:44	11:30	21	33:43	171	42:16	109.08	15:16:16	8:23	15	4:45:48	130	6:36:56
VP19 - Schönwal	5.70	1:09:13	12:08	22	30:28	169	40:24	114.78	16:25:29	8:35	16	5:12:31	133	7:17:20
VP20 - Grenzturn	7.53	1:20:24	10:40	15	31:18	130	45:48	122.31	17:45:53	8:42	16	5:43:49	136	7:58:58
VP21 - Ruderclub	4.78	1:03:01	13:11	18	30:24	146	39:40	127.09	18:48:54	8:52	17	6:13:23	138	8:38:38
VP22 - Frohnau (	4.03	49:39	12:19	18	22:30	154	28:07	131.12	19:38:33	8:59	17	6:33:14	142	9:06:45
VP23 - Naturschu	6.78	1:23:16	12:16	16	36:31	144	49:30	137.90	21:01:49	9:09	17	7:09:25	141	9:56:15
VP24 - Oranienbu	4.75	1:20:02	16:50	22	46:48	183	54:10	142.65	22:21:51	9:24	17	7:51:52	145	10:49:51
VP25 - Lübars	5.69	1:10:23	12:22	20	30:20	158	41:03	148.34	23:32:14	9:31	17	8:16:09	145	11:30:54
VP26 - S-Bahnho	5.71	1:44:55	18:22	22	1:03:44	183	1:15:14	154.05	25:17:09	9:50	17	9:12:51	149	12:46:08
VP27 - Wollankst	3.09	32:13	10:25	21	14:23	175	19:52	157.14	25:49:22	9:51	18	9:18:03	152	13:04:36
Friedrich-Ludwig	3.76	41:18	10:59	10	11:46	107	20:41	160.90	26:30:40	9:53	17	9:14:07	150	13:23:48