



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Liegmann, Günter

□□□: 26:31:36

□□: TV Georgsmarienhütte/100 MC

□□: 6.03 km/h

□□: 112

□□□□: 9:53 min/km

□□: 160.90 km

□□□□□/□□□□: 170 (of 246)

100MeilenBerlin

□□□□□/□: 150 (of 211)

□□□□:

□□□□□: 18(of 25)

Senioren M55 (55-59 Jahre)

□□□□□□□: 17:16:33

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
VP1 - Mahnmal P	9.02	1:00:48	6:44	10	14:29	82	19:52	9.02	1:00:48	6:44	10	14:29	82	19:52
VP2 - Schlesische	5.98	36:06	6:02	9	5:30	75	10:00	15.00	1:36:54	6:27	10	19:59	83	29:52
VP3 - Sonnenalle	6.00	38:12	6:22	11	7:16	91	12:34	21.00	2:15:06	6:25	10	27:15	85	42:26
VP4 - Stubenrauc	5.73	37:34	6:33	11	8:41	106	12:19	26.73	2:52:40	6:27	11	35:56	90	54:45
VP5 - U-Bahnhof	4.30	32:50	7:38	13	8:14	114	11:43	31.03	3:25:30	6:37	11	44:10	95	1:05:22
VP6 - Buckower I	5.40	37:46	6:59	9	8:48	93	12:23	36.43	4:03:16	6:40	10	52:58	93	1:17:44
VP7 - Kirchhainer	5.54	42:52	7:44	18	12:23	138	16:41	41.97	4:46:08	6:49	10	1:05:21	96	1:33:48
VP8 - Lichtenradi	4.42	33:05	7:29	12	9:24	127	12:52	46.39	5:19:13	6:52	10	1:14:45	100	1:46:40
VP9 - Osdorfer St	5.77	47:35	8:14	17	16:09	159	21:23	52.16	6:06:48	7:01	10	1:30:54	108	2:07:25
VP10 - Sportplatz	6.41	57:52	9:01	13	20:59	123	29:04	58.57	7:04:40	7:15	10	1:51:53	106	2:34:55
VP11 - Königsw	6.18	59:16	9:35	23	23:17	173	30:23	64.75	8:03:56	7:28	14	2:15:10	122	3:04:27
VP12 - Gedenkst	6.18	1:03:57	10:20	21	24:07	164	32:30	70.93	9:07:53	7:43	15	2:39:17	128	3:36:16
VP13 - Brauhaus	6.84	1:07:02	9:48	19	25:38	155	43:25	77.77	10:14:55	7:54	15	3:04:55	130	4:10:55
VP14 - Revierförs	6.06	56:37	9:20	17	20:40	150	27:13	83.83	11:11:32	8:00	16	3:25:35	133	4:38:08
VP15 - Schloß Sa	6.20	1:09:56	11:16	14	30:28	128	40:09	90.03	12:21:28	8:14	16	3:56:03	133	5:18:17
VP16 - Pagel & Fi	7.63	1:14:45	9:47	15	25:14	143	38:21	97.66	13:36:13	8:21	16	4:21:17	136	5:56:11
VP17 - Wilhelmst	4.84	49:19	10:11	20	20:22	155	24:12	102.50	14:25:32	8:26	17	4:38:16	140	6:20:23
VP18 - Falkensee	6.58	1:11:02	10:47	19	29:01	157	37:34	109.08	15:36:34	8:35	17	5:06:06	142	6:57:14
VP19 - Schönwal	5.70	1:05:10	11:25	16	26:25	151	36:21	114.78	16:41:44	8:43	18	5:28:46	144	7:33:35
VP20 - Grenzturn	7.53	1:35:14	12:38	19	46:08	170	1:00:38	122.31	18:16:58	8:58	18	6:14:54	154	8:30:03
VP21 - Ruderclub	4.78	58:00	12:08	12	25:23	108	34:39	127.09	19:14:58	9:05	18	6:39:27	151	9:04:42
VP22 - Frohnau (4.03	53:31	13:16	19	26:22	170	31:59	131.12	20:08:29	9:12	18	7:03:10	153	9:36:41
VP23 - Naturschu	6.78	1:27:49	12:57	18	41:04	160	54:03	137.90	21:36:18	9:24	18	7:43:54	152	10:30:44
VP24 - Oranienbu	4.75	1:05:02	13:41	20	31:48	162	39:10	142.65	22:41:20	9:32	18	8:11:21	152	11:09:20
VP25 - Lübars	5.69	1:19:29	13:58	21	39:26	175	50:09	148.34	24:00:49	9:42	18	8:44:44	152	11:59:29
VP26 - S-Bahnh	5.71	1:17:59	13:39	20	36:48	175	48:18	154.05	25:18:48	9:51	18	9:14:30	152	12:47:47
VP27 - Wollankst	3.09	29:13	9:27	17	11:23	161	16:52	157.14	25:48:01	9:51	17	9:16:42	151	13:03:15
Friedrich-Ludwig	3.76	43:35	11:35	11	14:03	124	22:58	160.90	26:31:36	9:53	18	9:15:03	151	13:24:44