



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Pinsker, Marcus

□□□: 26:33:10

□□: LG Mauerweg Berlin e.V.

□□: 6.03 km/h

□□: 189

□□□□: 9:54 min/km

□□: 160.90 km

□□□□□/□□□: 173 (of 246)

100MeilenBerlin

□□□□□/□: 152 (of 211)

□□□□□□: 13:06:52

□□□□:

□□□□□: 31(of 43)

Senioren M45 (45-49 Jahre)

□□□□□□□: 16:18:36

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□□□	□□ km	□□ □□ min/km	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Mahnmal P	9.02	1:00:27	6:42	21	18:06	80	19:31	9.02	1:00:27	6:42	21	18:06	80	19:31
VP2 - Schlesische	5.98	39:39	6:37	28	12:11	118	13:33	15.00	1:40:06	6:40	26	30:17	104	33:04
VP3 - Sonnenalle	6.00	40:12	6:42	29	11:59	118	14:34	21.00	2:20:18	6:40	27	42:16	108	47:38
VP4 - Stubenrauc	5.73	37:52	6:36	27	11:13	111	12:37	26.73	2:58:10	6:39	27	53:29	108	1:00:15
VP5 - U-Bahnhof	4.30	31:42	7:22	21	9:59	93	10:35	31.03	3:29:52	6:45	25	1:03:28	102	1:09:44
VP6 - Buckower I	5.40	40:20	7:28	26	12:36	132	14:57	36.43	4:10:12	6:52	26	1:16:04	106	1:24:40
VP7 - Kirchhainer	5.54	41:56	7:34	27	12:05	124	15:45	41.97	4:52:08	6:57	26	1:28:09	104	1:39:48
VP8 - Lichtenradi	4.42	32:58	7:27	28	9:05	123	12:45	46.39	5:25:06	7:00	26	1:37:01	105	1:52:33
VP9 - Osdorfer St	5.77	46:32	8:03	33	15:33	150	20:20	52.16	6:11:38	7:07	27	1:48:15	115	2:12:15
VP10 - Sportplatz	6.41	1:07:51	10:35	34	33:55	174	39:03	58.57	7:19:29	7:30	29	2:22:10	128	2:49:44
VP11 - Königswe	6.18	52:20	8:28	28	17:47	136	23:27	64.75	8:11:49	7:35	28	2:32:50	128	3:12:20
VP12 - Gedenkst	6.18	1:00:57	9:51	29	22:58	152	29:30	70.93	9:12:46	7:47	28	2:55:48	131	3:41:09
VP13 - Brauhaus	6.84	55:08	8:03	21	29:11	97	31:31	77.77	10:07:54	7:48	28	3:08:15	127	4:03:54
VP14 - Revierförs	6.06	56:19	9:17	29	18:54	148	26:55	83.83	11:04:13	7:55	28	3:25:16	129	4:30:49
VP15 - Schloß Sa	6.20	1:25:37	13:48	32	46:56	175	55:50	90.03	12:29:50	8:19	29	4:09:20	142	5:26:39
VP16 - Pagel & Fi	7.63	1:14:22	9:44	31	27:16	140	37:58	97.66	13:44:12	8:26	29	4:36:36	142	6:04:10
VP17 - Wilhelmst	4.84	51:32	10:38	33	20:30	166	26:25	102.50	14:35:44	8:32	30	4:55:30	146	6:30:35
VP18 - Falkensee	6.58	1:10:50	10:45	33	37:22	154	37:22	109.08	15:46:34	8:40	30	5:25:23	149	7:07:14
VP19 - Schönwal	5.70	1:07:19	11:48	30	30:41	164	38:30	114.78	16:53:53	8:49	31	5:53:51	151	7:45:44
VP20 - Grenzturn	7.53	1:36:36	12:49	33	1:02:00	174	1:02:00	122.31	18:30:29	9:04	31	6:39:59	155	8:43:34
VP21 - Ruderclub	4.78	1:05:50	13:46	26	32:55	153	42:29	127.09	19:36:19	9:15	31	7:12:54	156	9:26:03
VP22 - Frohnau (4.03	49:37	12:18	30	23:06	153	28:05	131.12	20:25:56	9:20	31	7:36:00	156	9:54:08
VP23 - Naturschu	6.78	1:25:56	12:40	31	41:50	155	52:10	137.90	21:51:52	9:30	31	8:17:50	156	10:46:18
VP24 - Oranienbu	4.75	1:06:34	14:00	31	33:19	169	40:42	142.65	22:58:26	9:39	31	8:50:27	155	11:26:26
VP25 - Lübars	5.69	1:19:59	14:03	32	42:18	176	50:39	148.34	24:18:25	9:49	31	9:32:45	153	12:17:05
VP26 - S-Bahnhö	5.71	1:09:03	12:05	29	29:29	148	39:22	154.05	25:27:28	9:54	31	9:59:30	153	12:56:27
VP27 - Wollankst	3.09	27:30	8:53	30	10:44	134	15:09	157.14	25:54:58	9:53	31	10:08:06	153	13:10:12
Friedrich-Ludwig	3.76	38:12	10:09	16	13:14	83	17:35	160.90	26:33:10	9:54	31	10:14:34	153	13:26:18