



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Jones, Garfield

□□: Islwyn Running Club, Wales

□□: 137

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 27:14:37

□□: 5.87 km/h

□□□□: 10:10 min/km

□□□□□/□□□□: 183 (of 246)

□□□□□/□: 159 (of 211)

□□□□□□: 13:06:52

□□□□□: 20(of 25)

□□□□□□□: 17:16:33

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
VP1 - Mahnmal P	9.02	1:02:43	6:57	14	16:24	118	9.02	1:02:43	6:57	14	16:24	118	21:47
VP2 - Schlesische	5.98	37:22	6:14	11	6:46	88	15.00	1:40:05	6:40	12	23:10	103	33:03
VP3 - Sonnenalle	6.00	40:14	6:42	14	9:18	121	21.00	2:20:19	6:40	12	32:28	109	47:39
VP4 - Stubenrauc	5.73	42:11	7:21	23	13:18	171	26.73	3:02:30	6:49	14	45:46	118	1:04:35
VP5 - U-Bahnhof	4.30	36:26	8:28	22	11:50	172	31.03	3:38:56	7:03	15	57:36	131	1:18:48
VP6 - Buckower I	5.40	41:28	7:40	17	12:30	156	36.43	4:20:24	7:08	14	1:10:06	137	1:34:52
VP7 - Kirchhainer	5.54	42:19	7:38	16	11:50	131	41.97	5:02:43	7:12	14	1:21:56	132	1:50:23
VP8 - Lichtenradi	4.42	36:55	8:21	20	13:14	165	46.39	5:39:38	7:19	16	1:35:10	140	2:07:05
VP9 - Osdorfer St	5.77	50:43	8:47	22	19:17	175	52.16	6:30:21	7:29	18	1:54:27	146	2:30:58
VP10 - Sportplatz	6.41	1:09:54	10:54	22	33:01	179	58.57	7:40:15	7:51	19	2:27:28	155	3:10:30
VP11 - Königsw	6.18	49:58	8:05	16	13:59	116	64.75	8:30:13	7:52	19	2:41:27	149	3:30:44
VP12 - Gedenkst	6.18	58:54	9:31	17	19:04	140	70.93	9:29:07	8:01	19	3:00:31	145	3:57:30
VP13 - Brauhaus	6.84	1:07:06	9:48	20	25:42	156	77.77	10:36:13	8:10	19	3:26:13	150	4:32:13
VP14 - Revierförs	6.06	59:02	9:44	21	23:05	162	83.83	11:35:15	8:17	19	3:49:18	150	5:01:51
VP15 - Schloß Sa	6.20	1:22:03	13:14	21	42:35	171	90.03	12:57:18	8:38	20	4:31:53	161	5:54:07
VP16 - Pagel & Fi	7.63	1:17:49	10:11	18	28:18	156	97.66	14:15:07	8:45	19	5:00:11	160	6:35:05
VP17 - Wilhelmst	4.84	48:34	10:02	19	19:37	154	102.50	15:03:41	8:48	19	5:16:25	161	6:58:32
VP18 - Falkensee	6.58	1:26:41	13:10	23	44:40	182	109.08	16:30:22	9:04	20	5:59:54	164	7:51:02
VP19 - Schönwal	5.70	1:13:29	12:53	23	34:44	173	114.78	17:43:51	9:16	20	6:30:53	164	8:35:42
VP20 - Grenzturn	7.53	1:41:04	13:25	21	51:58	179	122.31	19:24:55	9:31	21	7:22:51	168	9:38:00
VP21 - Ruderclub	4.78	1:08:58	14:25	19	36:21	160	127.09	20:33:53	9:42	20	7:58:22	167	10:23:37
VP22 - Frohnau (4.03	57:48	14:20	22	30:39	178	131.12	21:31:41	9:51	20	8:26:22	167	10:59:53
VP23 - Naturschu	6.78	1:48:16	15:58	22	1:01:31	180	137.90	23:19:57	10:09	20	9:27:33	167	12:14:23
VP24 - Oranienbu	4.75	50:45	10:41	10	17:31	99	142.65	24:10:42	10:10	20	9:40:43	165	12:38:42
VP25 - Lübars	5.69	1:04:31	11:20	15	24:28	129	148.34	25:15:13	10:12	20	9:59:08	164	13:13:53
VP26 - S-Bahnhö	5.71	1:02:51	11:00	11	21:40	121	154.05	26:18:04	10:14	20	10:13:46	162	13:47:03
VP27 - Wollankst	3.09	23:54	7:44	9	6:04	93	157.14	26:41:58	10:11	20	10:10:39	161	13:57:12
Friedrich-Ludwig	3.76	32:39	8:41	4	3:07	47	160.90	27:14:37	10:09	20	9:58:04	160	14:07:45