



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

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Sauerkrenn, Klaus

□□□: 16:31:01

□□: Freunde des Laufsports

□□: 9.69 km/h

□□: 133

□□□□: 6:10 min/km

□□: 160.90 km

□□□□□/□□□□: 9 (of 246)

100MeilenBerlin

□□□□□/□: 9 (of 211)

□□□□□□: 13:06:52

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□□□□□: 3(of 16)

Senioren M30 (30-34 Jahre)

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