



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

□□□□

Johnson, Alan

□□: manchester

□□: 255

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 27:37:50

□□: 5.79 km/h

□□□□: 10:18 min/km

□□□□□/□□□□: 186 (of 246)

□□□□□/□: 162 (of 211)

□□□□□□: 13:06:52

□□□□□: 28(of 36)

□□□□□□□: 15:19:46

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
VP1 - Mahnmal P	9.02	1:02:58	6:58	29	17:12	125	22:02	9.02	1:02:58	6:58	29	17:12	125	22:02
VP2 - Schlesische	5.98	37:49	6:19	22	9:25	93	11:43	15.00	1:40:47	6:43	27	26:37	110	33:45
VP3 - Sonnenalle	6.00	42:35	7:05	32	13:28	158	16:57	21.00	2:23:22	6:49	28	40:05	121	50:42
VP4 - Stubenrauc	5.73	41:00	7:09	29	12:24	158	15:45	26.73	3:04:22	6:53	30	52:07	132	1:06:27
VP5 - U-Bahnhof	4.30	35:42	8:18	29	11:15	159	14:35	31.03	3:40:04	7:05	29	1:01:09	136	1:19:56
VP6 - Buckower I	5.40	44:16	8:11	30	14:31	177	18:53	36.43	4:24:20	7:15	29	1:11:30	148	1:38:48
VP7 - Kirchhainer	5.54	45:54	8:17	29	14:49	165	19:43	41.97	5:10:14	7:23	29	1:25:48	151	1:57:54
VP8 - Lichtenradi	4.42	38:12	8:38	31	14:29	176	17:59	46.39	5:48:26	7:30	29	1:38:13	153	2:15:53
VP9 - Osdorfer St	5.77	48:41	8:26	31	17:46	167	22:29	52.16	6:37:07	7:36	30	1:55:13	155	2:37:44
VP10 - Sportplatz	6.41	1:07:27	10:31	31	31:30	172	38:39	58.57	7:44:34	7:55	31	2:26:43	164	3:14:49
VP11 - Königswel	6.18	54:31	8:49	25	20:49	148	25:38	64.75	8:39:05	8:01	31	2:42:24	162	3:39:36
VP12 - Gedenkstr	6.18	58:21	9:26	25	24:05	136	26:54	70.93	9:37:26	8:08	30	3:05:10	159	4:05:49
VP13 - Brauhaus	6.84	1:05:20	9:33	28	25:12	149	41:43	77.77	10:42:46	8:15	27	3:27:21	154	4:38:46
VP14 - Revierförs	6.06	59:07	9:45	28	25:37	163	29:43	83.83	11:41:53	8:22	28	3:52:58	159	5:08:29
VP15 - Schloß Sa	6.20	1:14:41	12:02	26	39:13	151	44:54	90.03	12:56:34	8:37	27	4:32:11	160	5:53:23
VP16 - Pagel & Fi	7.63	1:18:46	10:19	27	36:25	158	42:22	97.66	14:15:20	8:45	27	5:08:36	162	6:35:18
VP17 - Wilhelmst	4.84	47:01	9:42	26	18:17	140	21:54	102.50	15:02:21	8:48	27	5:26:53	160	6:57:12
VP18 - Falkensee	6.58	1:17:08	11:43	31	40:36	176	43:40	109.08	16:19:29	8:58	27	6:07:29	160	7:40:09
VP19 - Schönwal	5.70	1:06:40	11:41	29	32:42	161	37:51	114.78	17:26:09	9:06	27	6:40:11	162	8:18:00
VP20 - Grenzturn	7.53	1:34:33	12:33	28	51:33	166	59:57	122.31	19:00:42	9:19	27	7:31:44	161	9:13:47
VP21 - Ruderclub	4.78	1:12:18	15:07	26	42:13	162	48:57	127.09	20:13:00	9:32	27	8:13:49	161	10:02:44
VP22 - Frohnau (4.03	50:56	12:38	27	26:52	160	29:24	131.12	21:03:56	9:38	27	8:40:03	161	10:32:08
VP23 - Naturschu	6.78	1:57:18	17:18	32	1:16:41	181	1:23:32	137.90	23:01:14	10:00	29	9:55:26	165	11:55:40
VP24 - Oranienbu	4.75	1:06:06	13:54	28	37:03	166	40:14	142.65	24:07:20	10:08	29	10:32:29	164	12:35:20
VP25 - Lübars	5.69	1:08:28	12:01	27	35:35	148	39:08	148.34	25:15:48	10:13	29	11:08:04	165	13:14:28
VP26 - S-Bahnhö	5.71	1:00:51	10:39	19	26:58	109	31:10	154.05	26:16:39	10:14	28	11:35:02	161	13:45:38
VP27 - Wollankst	3.09	27:30	8:53	22	15:09	134	15:09	157.14	26:44:09	10:12	28	11:48:09	162	13:59:23
Friedrich-Ludwig	3.76	53:41	14:16	32	29:55	171	33:04	160.90	27:37:50	10:18	29	12:18:04	164	14:30:58