



# 100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Körting, Axel

00: SC Karamasow

00: 252

00: 160.90 km

100MeilenBerlin

0000:

Senioren M40 (40-44 Jahre)

000: 28:05:57

00: 5.73 km/h

0000: 10:29 min/km

00000/0000: 189 (of 246)

00000/0: 165 (of 211)

000000: 13:06:52

00000: 29(of 36)

0000000: 15:19:46

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
VP1 - Mahnmal P	9.02	1:05:46	7:17	32	20:00	149	24:50	9.02	1:05:46	7:17	32	20:00	149	24:50
VP2 - Schlesische	5.98	39:42	6:38	29	11:18	120	13:36	15.00	1:45:28	7:01	31	31:18	143	38:26
VP3 - Sonnenalle	6.00	42:17	7:02	31	13:10	153	16:39	21.00	2:27:45	7:02	31	44:28	145	55:05
VP4 - Stubenrauc	5.73	42:13	7:22	31	13:37	172	16:58	26.73	3:09:58	7:06	31	57:43	150	1:12:03
VP5 - U-Bahnhof	4.30	38:24	8:55	32	13:57	185	17:17	31.03	3:48:22	7:21	31	1:09:27	161	1:28:14
VP6 - Buckower I	5.40	41:09	7:37	27	11:24	149	15:46	36.43	4:29:31	7:23	31	1:16:41	159	1:43:59
VP7 - Kirchhainer	5.54	46:01	8:18	30	14:56	169	19:50	41.97	5:15:32	7:31	31	1:31:06	160	2:03:12
VP8 - Lichtenradi	4.42	35:16	7:58	28	11:33	149	15:03	46.39	5:50:48	7:33	31	1:40:35	161	2:18:15
VP9 - Osdorfer St	5.77	47:02	8:09	29	16:07	156	20:50	52.16	6:37:50	7:37	31	1:55:56	157	2:38:27
VP10 - Sportplatz	6.41	1:06:22	10:21	30	30:25	167	37:34	58.57	7:44:12	7:55	30	2:26:21	163	3:14:27
VP11 - Königswel	6.18	52:11	8:26	24	18:29	135	23:18	64.75	8:36:23	7:58	29	2:39:42	154	3:36:54
VP12 - Gedenkst	6.18	59:16	9:35	26	25:00	144	27:49	70.93	9:35:39	8:06	29	3:03:23	157	4:04:02
VP13 - Brauhaus	6.84	1:12:30	10:35	30	32:22	173	48:53	77.77	10:48:09	8:20	28	3:32:44	158	4:44:09
VP14 - Revierförs	6.06	53:28	8:49	19	19:58	118	24:04	83.83	11:41:37	8:22	27	3:52:42	158	5:08:13
VP15 - Schloß Sa	6.20	1:22:04	13:14	31	46:36	172	52:17	90.03	13:03:41	8:42	28	4:39:18	163	6:00:30
VP16 - Pagel & Fi	7.63	1:27:51	11:30	31	45:30	177	51:27	97.66	14:31:32	8:55	28	5:24:48	165	6:51:30
VP17 - Wilhelmst	4.84	57:28	11:52	31	28:44	180	32:21	102.50	15:29:00	9:03	28	5:53:32	165	7:23:51
VP18 - Falkensee	6.58	1:13:44	11:12	30	37:12	166	40:16	109.08	16:42:44	9:11	30	6:30:44	169	8:03:24
VP19 - Schönwal	5.70	1:10:22	12:20	30	36:24	170	41:33	114.78	17:53:06	9:20	29	7:07:08	167	8:44:57
VP20 - Grenzturn	7.53	1:29:17	11:51	27	46:17	154	54:41	122.31	19:22:23	9:30	29	7:53:25	167	9:35:28
VP21 - Ruderclub	4.78	1:22:00	17:09	28	51:55	175	58:39	127.09	20:44:23	9:47	30	8:45:12	168	10:34:07
VP22 - Frohnau (	4.03	52:01	12:54	29	27:57	164	30:29	131.12	21:36:24	9:53	30	9:12:31	168	11:04:36
VP23 - Naturschu	6.78	1:36:18	14:12	30	55:41	171	1:02:32	137.90	23:12:42	10:05	30	10:06:54	166	12:07:08
VP24 - Oranienbu	4.75	1:05:04	13:41	26	36:01	163	39:12	142.65	24:17:46	10:13	30	10:42:55	169	12:45:46
VP25 - Lübars	5.69	1:12:50	12:48	29	39:57	166	43:30	148.34	25:30:36	10:19	30	11:22:52	168	13:29:16
VP26 - S-Bahnhö	5.71	1:17:41	13:36	32	43:48	173	48:00	154.05	26:48:17	10:26	30	12:06:40	167	14:17:16
VP27 - Wollankst	3.09	28:59	9:22	29	16:38	159	16:38	157.14	27:17:16	10:25	30	12:21:16	167	14:32:30
Friedrich-Ludwig	3.76	48:41	12:56	28	24:55	156	28:04	160.90	28:05:57	10:28	30	12:46:11	168	14:59:05