



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Conradt, Bernhard

□□□: 28:17:05

□□: Coolrunners-Germany

□□: 5.66 km/h

□□: 276

□□□□: 10:33 min/km

□□: 160.90 km

□□□□□/□□□□: 193 (of 246)

100MeilenBerlin

□□□□□/□: 167 (of 211)

□□□□:

□□□□□: 32(of 43)

Senioren M45 (45-49 Jahre)

□□□□□□□: 16:18:36

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
VP1 - Mahnmal P	9.02	1:10:20	7:47	34	27:59	173	29:24	9.02	1:10:20	7:47	34	27:59	173	29:24
VP2 - Schlesische	5.98	44:56	7:30	35	17:28	177	18:50	15.00	1:55:16	7:41	34	45:27	178	48:14
VP3 - Sonnenalle	6.00	44:57	7:29	36	16:44	178	19:19	21.00	2:40:13	7:37	35	1:02:11	180	1:07:33
VP4 - Stubenrauc	5.73	42:27	7:24	36	15:48	175	17:12	26.73	3:22:40	7:34	35	1:17:59	177	1:24:45
VP5 - U-Bahnhof	4.30	36:03	8:23	37	14:20	164	14:56	31.03	3:58:43	7:41	36	1:32:19	177	1:38:35
VP6 - Buckower I	5.40	42:08	7:48	35	14:24	160	16:45	36.43	4:40:51	7:42	36	1:46:43	174	1:55:19
VP7 - Kirchhainer	5.54	45:15	8:10	32	15:24	154	19:04	41.97	5:26:06	7:46	36	2:02:07	173	2:13:46
VP8 - Lichtenradi	4.42	34:44	7:51	32	10:51	146	14:31	46.39	6:00:50	7:46	35	2:12:45	172	2:28:17
VP9 - Osdorfer St	5.77	47:54	8:18	35	16:55	162	21:42	52.16	6:48:44	7:50	35	2:25:21	172	2:49:21
VP10 - Sportplatz	6.41	58:35	9:08	30	24:39	132	29:47	58.57	7:47:19	7:58	34	2:50:00	168	3:17:34
VP11 - Königswel	6.18	53:11	8:36	29	18:38	142	24:18	64.75	8:40:30	8:02	33	3:01:31	167	3:41:01
VP12 - Gedenkst	6.18	1:03:55	10:20	33	25:56	163	32:28	70.93	9:44:25	8:14	33	3:27:27	166	4:12:48
VP13 - Brauhaus	6.84	1:13:42	10:46	35	47:45	174	50:05	77.77	10:58:07	8:27	34	3:58:28	169	4:54:07
VP14 - Revierförs	6.06	52:33	8:40	27	15:08	111	23:09	83.83	11:50:40	8:28	34	4:11:43	165	5:17:16
VP15 - Schloß Sa	6.20	1:18:01	12:34	31	39:20	161	48:14	90.03	13:08:41	8:45	34	4:48:11	164	6:05:30
VP16 - Pagel & Fi	7.63	1:31:44	12:01	35	44:38	180	55:20	97.66	14:40:25	9:00	34	5:32:49	170	7:00:23
VP17 - Wilhelmst	4.84	56:49	11:44	35	25:47	179	31:42	102.50	15:37:14	9:08	34	5:57:00	172	7:32:05
VP18 - Falkensee	6.58	1:20:25	12:13	35	46:57	179	46:57	109.08	16:57:39	9:19	34	6:36:28	174	8:18:19
VP19 - Schönwal	5.70	1:20:30	14:07	33	43:52	180	51:41	114.78	18:18:09	9:34	33	7:18:07	173	9:10:00
VP20 - Grenzturn	7.53	1:40:14	13:18	34	1:05:38	177	1:05:38	122.31	19:58:23	9:47	33	8:07:53	175	10:11:28
VP21 - Ruderclub	4.78	1:06:20	13:52	29	33:25	157	42:59	127.09	21:04:43	9:57	33	8:41:18	172	10:54:27
VP22 - Frohnau (4.03	1:02:25	15:29	35	35:54	183	40:53	131.12	22:07:08	10:07	33	9:17:12	173	11:35:20
VP23 - Naturschu	6.78	1:27:36	12:55	32	43:30	159	53:50	137.90	23:34:44	10:15	33	10:00:42	172	12:29:10
VP24 - Oranienbu	4.75	54:35	11:29	27	21:20	127	28:43	142.65	24:29:19	10:18	33	10:21:20	171	12:57:19
VP25 - Lübars	5.69	1:11:57	12:38	30	34:16	163	42:37	148.34	25:41:16	10:23	32	10:55:36	169	13:39:56
VP26 - S-Bahnhö	5.71	1:12:46	12:44	31	33:12	168	43:05	154.05	26:54:02	10:28	32	11:26:04	168	14:23:01
VP27 - Wollankst	3.09	29:44	9:37	33	12:58	165	17:23	157.14	27:23:46	10:27	32	11:36:54	169	14:39:00
Friedrich-Ludwig	3.76	53:19	14:10	32	28:21	170	32:42	160.90	28:17:05	10:32	32	11:58:29	170	15:10:13