



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Keßler, Rolf

00: www.laufmalwieder.de

00: 128

00: 160.90 km

100MeilenBerlin

0000:

Senioren M50 (50-54 Jahre)

000: 28:23:05

00: 5.64 km/h

0000: 10:35 min/km

00000/0000: 194 (of 246)

00000/0: 168 (of 211)

000000: 13:06:52

00000: 38(of 46)

0000000: 16:59:41

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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	1:08:03	7:32	35	27:00	162	27:07	9.02	1:08:03	7:32	35	27:00	162	27:07
VP2 - Schlesische	5.98	41:01	6:51	27	14:53	144	14:55	15.00	1:49:04	7:16	33	41:53	158	42:02
VP3 - Sonnenalle	6.00	42:33	7:05	32	14:12	157	16:55	21.00	2:31:37	7:13	34	56:05	159	58:57
VP4 - Stubenrauc	5.73	40:11	7:00	31	11:49	146	14:56	26.73	3:11:48	7:10	33	1:07:54	158	1:13:53
VP5 - U-Bahnhof	4.30	37:43	8:46	40	14:37	181	16:36	31.03	3:49:31	7:23	35	1:22:31	165	1:29:23
VP6 - Buckower I	5.40	39:58	7:24	27	10:26	119	14:35	36.43	4:29:29	7:23	33	1:32:57	158	1:43:57
VP7 - Kirchhainer	5.54	43:30	7:51	30	12:58	144	17:19	41.97	5:12:59	7:27	33	1:44:05	156	2:00:39
VP8 - Lichtenradi	4.42	35:47	8:05	32	11:52	152	15:34	46.39	5:48:46	7:31	31	1:52:34	154	2:16:13
VP9 - Osdorfer St	5.77	46:11	8:00	35	15:12	146	19:59	52.16	6:34:57	7:34	30	2:02:28	149	2:35:34
VP10 - Sportplatz	6.41	1:15:01	11:42	42	40:11	184	46:13	58.57	7:49:58	8:01	37	2:35:55	174	3:20:13
VP11 - Königsweg	6.18	55:11	8:55	36	19:03	151	26:18	64.75	8:45:09	8:06	37	2:47:07	173	3:45:40
VP12 - Gedenkstr	6.18	1:14:09	11:59	41	36:34	184	42:42	70.93	9:59:18	8:26	38	3:20:48	175	4:27:41
VP13 - Brauhaus	6.84	1:14:58	10:57	41	33:18	176	51:21	77.77	11:14:16	8:40	40	3:51:29	177	5:10:16
VP14 - Revierförs	6.06	1:00:40	10:00	40	23:19	171	31:16	83.83	12:14:56	8:46	40	4:14:48	176	5:41:32
VP15 - Schloß Sa	6.20	1:14:37	12:02	35	35:52	149	44:50	90.03	13:29:33	8:59	39	4:50:40	174	6:26:22
VP16 - Pagel & Fi	7.63	1:19:54	10:28	35	33:00	163	43:30	97.66	14:49:27	9:06	38	5:23:03	175	7:09:25
VP17 - Wilhelmstr	4.84	50:45	10:29	36	19:40	160	25:38	102.50	15:40:12	9:10	38	5:42:43	173	7:35:03
VP18 - Falkensee	6.58	1:16:59	11:41	40	37:05	174	43:31	109.08	16:57:11	9:19	38	6:19:48	173	8:17:51
VP19 - Schönwal	5.70	1:07:06	11:46	36	30:20	163	38:17	114.78	18:04:17	9:26	38	6:50:08	170	8:56:08
VP20 - Grenzturn	7.53	1:30:59	12:04	35	41:43	160	56:23	122.31	19:35:16	9:36	38	7:31:51	169	9:48:21
VP21 - Ruderclub	4.78	1:20:00	16:44	41	42:04	174	56:39	127.09	20:55:16	9:52	38	8:13:40	169	10:45:00
VP22 - Frohnau (4.03	55:09	13:41	42	26:48	173	33:37	131.12	21:50:25	9:59	38	8:35:43	169	11:18:37
VP23 - Naturschu	6.78	1:34:21	13:54	37	43:22	170	1:00:35	137.90	23:24:46	10:11	38	9:19:05	170	12:19:12
VP24 - Oranienbu	4.75	1:03:22	13:20	37	26:33	157	37:30	142.65	24:28:08	10:17	38	9:38:42	170	12:56:08
VP25 - Lübars	5.69	1:14:27	13:05	39	32:11	172	45:07	148.34	25:42:35	10:23	38	10:08:22	171	13:41:15
VP26 - S-Bahnhö	5.71	1:16:09	13:20	40	38:42	170	46:28	154.05	26:58:44	10:30	38	10:45:01	171	14:27:43
VP27 - Wollankst	3.09	31:37	10:13	40	16:38	174	19:16	157.14	27:30:21	10:30	38	10:59:03	170	14:45:35
Friedrich-Ludwig	3.76	52:44	14:01	38	27:24	168	32:07	160.90	28:23:05	10:35	38	11:23:24	171	15:16:13