



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

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Deifuß, Holger

□□: FC Nordkirchen

□□: 225

□□: 160.90 km
100MeilenBerlin

□□□□:
Senioren M45 (45-49 Jahre)

□□□□□/□□□□: DNF (of 246)

□□□□□□/□: DNF (of 211)

□□□□□□□: 13:06:52

□□□□□□: DNF(of 43)

□□□□□□□□: 16:18:36

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Mahnmal P	9.02	58:12	6:27	12	15:51	59	17:16	9.02	58:12	6:27	12	15:51	59	17:16	
VP2 - Schlesische	5.98	35:23	5:55	12	7:55	64	9:17	15.00	1:33:35	6:14	12	23:46	60	26:33	
VP3 - Sonnenalle	6.00	35:38	5:56	11	7:25	56	10:00	21.00	2:09:13	6:09	11	31:11	56	36:33	
VP4 - Stubenrauc	5.73	33:22	5:49	10	6:43	48	8:07	26.73	2:42:35	6:04	10	37:54	54	44:40	
VP5 - U-Bahnhof	4.30	28:12	6:33	8	6:29	40	7:05	31.03	3:10:47	6:08	10	44:23	52	50:39	
VP6 - Buckower I	5.40	34:13	6:20	8	6:29	42	8:50	36.43	3:45:00	6:10	9	50:52	51	59:28	
VP7 - Kirchhainer	5.54	34:12	6:10	7	4:21	37	8:01	41.97	4:19:12	6:10	8	55:13	50	1:06:52	
VP8 - Lichtenradi	4.42	27:51	6:18	7	3:58	46	7:38	46.39	4:47:03	6:11	8	58:58	48	1:14:30	
VP9 - Osdorfer St	5.77	35:48	6:12	6	4:49	37	9:36	52.16	5:22:51	6:11	8	59:28	45	1:23:28	
VP10 - Sportplatz	6.41	42:19	6:36	7	8:23	33	13:31	58.57	6:05:10	6:14	7	1:07:51	40	1:35:25	
VP11 - Königsw	6.18	38:53	6:17	4	4:20	24	10:00	64.75	6:44:03	6:14	7	1:05:04	38	1:44:34	
VP12 - Gedenkst	6.18	44:02	7:07	5	6:03	26	12:35	70.93	7:28:05	6:19	6	1:11:07	35	1:56:28	
VP13 - Brauhaus	6.84	43:50	6:24	4	17:53	19	20:13	77.77	8:11:55	6:19	6	1:12:16	34	2:07:55	
VP14 - Revierförs	6.06	41:43	6:53	4	4:18	26	12:19	83.83	8:53:38	6:21	5	1:14:41	31	2:20:14	
VP15 - Schloß Sa	6.20	42:39	6:52	4	3:58	17	12:52	90.03	9:36:17	6:24	5	1:15:47	29	2:33:06	
VP16 - Pagel & Fi	7.63	56:25	7:23	8	9:19	38	20:01	97.66	10:32:42	6:28	5	1:25:06	29	2:52:40	
VP17 - Wilhelmst	4.84	37:39	7:46	9	6:37	47	12:32	102.50	11:10:21	6:32	5	1:30:07	29	3:05:12	
VP18 - Falkensee	6.58	54:31	8:17	12	21:03	65	21:03	109.08	12:04:52	6:38	6	1:43:41	33	3:25:32	
VP19 - Schönwal	5.70	fehlt!	-	-	-	-	-	114.78	-	-	-	-	-	-	
VP20 - Grenzturn	7.53	fehlt!	-	-	-	-	-	122.31	-	-	-	-	-	-	
VP21 - Ruderclub	4.78	fehlt!	-	-	-	-	-	127.09	-	-	-	-	-	-	
VP22 - Frohnau (4.03	fehlt!	-	-	-	-	-	131.12	-	-	-	-	-	-	
VP23 - Naturschu	6.78	fehlt!	-	-	-	-	-	137.90	-	-	-	-	-	-	
VP24 - Oranienbu	4.75	fehlt!	-	-	-	-	-	142.65	-	-	-	-	-	-	
VP25 - Lübars	5.69	fehlt!	-	-	-	-	-	148.34	-	-	-	-	-	-	
VP26 - S-Bahnh	5.71	fehlt!	-	-	-	-	-	154.05	-	-	-	-	-	-	
VP27 - Wollankst	3.09	fehlt!	-	-	-	-	-	157.14	-	-	-	-	-	-	
Friedrich-Ludwig	3.76	fehlt!	-	-	-	-	-	160.90	-	-	-	-	-	-	