



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Bitzer, Thomas

□□: LT Ansbach Nord

□□: 240

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 29:30:18

□□: 5.42 km/h

□□□□: 11:00 min/km

□□□□□/□□□□: 203 (of 246)

□□□□□/□: 176 (of 211)

□□□□□□: 13:06:52

□□□□□: 41(of 46)

□□□□□□□: 16:59:41

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□□□	□□ km	□□ □□ min/km	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Mahnmal P	9.02	1:12:45	8:03	40	31:42	182	31:49	9.02	1:12:45	8:03	40	31:42	182	31:49
VP2 - Schlesische	5.98	46:07	7:42	39	19:59	182	20:01	15.00	1:58:52	7:55	40	51:41	183	51:50
VP3 - Sonnenalle	6.00	46:15	7:42	40	17:54	183	20:37	21.00	2:45:07	7:51	40	1:09:35	184	1:12:27
VP4 - Stubenrauc	5.73	45:18	7:54	42	16:56	185	20:03	26.73	3:30:25	7:52	41	1:26:31	185	1:32:30
VP5 - U-Bahnhof	4.30	46:47	10:52	44	23:41	194	25:40	31.03	4:17:12	8:17	42	1:50:12	190	1:57:04
VP6 - Buckower I	5.40	46:26	8:35	41	16:54	184	21:03	36.43	5:03:38	8:20	42	2:07:06	189	2:18:06
VP7 - Kirchhainer	5.54	47:20	8:32	39	16:48	174	21:09	41.97	5:50:58	8:21	42	2:22:04	188	2:38:38
VP8 - Lichtenradi	4.42	40:29	9:09	41	16:34	184	20:16	46.39	6:31:27	8:26	42	2:35:15	188	2:58:54
VP9 - Osdorfer St	5.77	52:37	9:07	39	21:38	178	26:25	52.16	7:24:04	8:30	41	2:51:35	187	3:24:41
VP10 - Sportplatz	6.41	1:09:38	10:51	40	34:48	178	40:50	58.57	8:33:42	8:46	42	3:19:39	185	4:03:57
VP11 - Königsw	6.18	58:05	9:23	39	21:57	162	29:12	64.75	9:31:47	8:49	42	3:33:45	184	4:32:18
VP12 - Gedenkst	6.18	1:19:26	12:51	43	41:51	188	47:59	70.93	10:51:13	9:10	42	4:12:43	184	5:19:36
VP13 - Brauhaus	6.84	1:12:26	10:35	39	30:46	171	48:49	77.77	12:03:39	9:18	42	4:40:52	183	5:59:39
VP14 - Revierförs	6.06	1:00:40	10:00	40	23:19	171	31:16	83.83	13:04:19	9:21	42	5:04:11	182	6:30:55
VP15 - Schloß Sa	6.20	1:20:53	13:02	40	42:08	167	51:06	90.03	14:25:12	9:36	42	5:46:19	181	7:22:01
VP16 - Pagel & Fi	7.63	1:29:27	11:43	39	42:33	178	53:03	97.66	15:54:39	9:46	41	6:28:15	180	8:14:37
VP17 - Wilhelmst	4.84	54:36	11:16	41	23:31	174	29:29	102.50	16:49:15	9:50	41	6:51:46	180	8:44:06
VP18 - Falkensee	6.58	1:17:02	11:42	41	37:08	175	43:34	109.08	18:06:17	9:57	41	7:28:54	179	9:26:57
VP19 - Schönwal	5.70	1:11:53	12:36	39	35:07	172	43:04	114.78	19:18:10	10:05	41	8:04:01	178	10:10:01
VP20 - Grenzturn	7.53	1:29:52	11:56	33	40:36	158	55:16	122.31	20:48:02	10:12	41	8:44:37	178	11:01:07
VP21 - Ruderclub	4.78	1:26:36	18:07	42	48:40	178	1:03:15	127.09	22:14:38	10:30	41	9:33:02	178	12:04:22
VP22 - Frohnau (4.03	53:19	13:13	41	24:58	169	31:47	131.12	23:07:57	10:35	41	9:53:15	178	12:36:09
VP23 - Naturschu	6.78	1:26:06	12:41	32	35:07	157	52:20	137.90	24:34:03	10:41	41	10:28:22	178	13:28:29
VP24 - Oranienbu	4.75	1:01:10	12:52	35	24:21	152	35:18	142.65	25:35:13	10:45	41	10:45:47	178	14:03:13
VP25 - Lübars	5.69	1:08:57	12:07	34	26:41	151	39:37	148.34	26:44:10	10:48	41	11:09:57	178	14:42:50
VP26 - S-Bahnh	5.71	1:12:01	12:36	38	34:34	165	42:20	154.05	27:56:11	10:52	41	11:42:28	179	15:25:10
VP27 - Wollankst	3.09	33:08	10:43	41	18:09	177	20:47	157.14	28:29:19	10:52	41	11:58:01	178	15:44:33
Friedrich-Ludwig	3.76	1:00:59	16:13	41	35:39	178	40:22	160.90	29:30:18	11:00	41	12:30:37	179	16:23:26