



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

0000

Matthes, Bodo

00: LC RON-HILL Berlin e.V.

00: 156

00: 160.90 km

100MeilenBerlin

0000:

Senioren M50 (50-54 Jahre)

000: 29:49:55

00: 5.36 km/h

0000: 11:07 min/km

00000/0000: 206 (of 246)

00000/0: 179 (of 211)

000000: 13:06:52

00000: 42(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	1:18:37	8:42	44	37:34	194	37:41	9.02	1:18:37	8:42	44	37:34	194	37:41
VP2 - Schlesische	5.98	59:03	9:52	44	32:55	194	32:57	15.00	2:17:40	9:10	44	1:10:29	194	1:10:38
VP3 - Sonnenalle	6.00	53:47	8:57	43	25:26	191	28:09	21.00	3:11:27	9:06	44	1:35:55	194	1:38:47
VP4 - Stubenrauc	5.73	56:46	9:54	44	28:24	194	31:31	26.73	4:08:13	9:17	44	2:04:19	194	2:10:18
VP5 - U-Bahnhof	4.30	46:39	10:50	43	23:33	193	25:32	31.03	4:54:52	9:30	44	2:27:52	194	2:34:44
VP6 - Buckower I	5.40	55:04	10:11	43	25:32	190	29:41	36.43	5:49:56	9:36	44	2:53:24	193	3:04:24
VP7 - Kirchhainer	5.54	51:21	9:16	41	20:49	186	25:10	41.97	6:41:17	9:33	44	3:12:23	193	3:28:57
VP8 - Lichtenradi	4.42	40:57	9:15	43	17:02	187	20:44	46.39	7:22:14	9:31	44	3:26:02	193	3:49:41
VP9 - Osdorfer St	5.77	1:03:54	11:04	44	32:55	193	37:42	52.16	8:26:08	9:42	44	3:53:39	193	4:26:45
VP10 - Sportplatz	6.41	1:07:05	10:27	38	32:15	171	38:17	58.57	9:33:13	9:47	44	4:19:10	190	5:03:28
VP11 - Königswe	6.18	1:25:13	13:47	44	49:05	189	56:20	64.75	10:58:26	10:10	44	5:00:24	189	5:58:57
VP12 - Gedenkst	6.18	1:17:21	12:30	42	39:46	186	45:54	70.93	12:15:47	10:22	44	5:37:17	189	6:44:10
VP13 - Brauhaus	6.84	1:19:40	11:38	43	38:00	180	56:03	77.77	13:35:27	10:29	43	6:12:40	187	7:31:27
VP14 - Revierförs	6.06	1:04:15	10:36	43	26:54	178	34:51	83.83	14:39:42	10:29	43	6:39:34	187	8:06:18
VP15 - Schloß Sa	6.20	1:31:09	14:42	43	52:24	181	1:01:22	90.03	16:10:51	10:47	43	7:31:58	185	9:07:40
VP16 - Pagel & Fi	7.63	1:45:48	13:51	42	58:54	186	1:09:24	97.66	17:56:39	11:01	42	8:30:15	185	10:16:37
VP17 - Wilhelmst	4.84	47:26	9:48	32	16:21	147	22:19	102.50	18:44:05	10:57	42	8:46:36	184	10:38:56
VP18 - Falkensee	6.58	1:15:58	11:32	38	36:04	172	42:30	109.08	20:00:03	11:00	42	9:22:40	184	11:20:43
VP19 - Schönwal	5.70	1:16:26	13:24	41	39:40	178	47:37	114.78	21:16:29	11:07	42	10:02:20	183	12:08:20
VP20 - Grenzturn	7.53	1:28:50	11:47	30	39:34	152	54:14	122.31	22:45:19	11:09	42	10:41:54	184	12:58:24
VP21 - Ruderclub	4.78	1:00:51	12:43	27	22:55	127	37:30	127.09	23:46:10	11:13	42	11:04:34	184	13:35:54
VP22 - Frohnau (4.03	49:58	12:23	35	21:37	157	28:26	131.12	24:36:08	11:15	42	11:21:26	183	14:04:20
VP23 - Naturschu	6.78	1:19:05	11:39	29	28:06	133	45:19	137.90	25:55:13	11:16	42	11:49:32	182	14:49:39
VP24 - Oranienbu	4.75	57:21	12:04	33	20:32	143	31:29	142.65	26:52:34	11:18	42	12:03:08	182	15:20:34
VP25 - Lübars	5.69	59:37	10:28	22	17:21	108	30:17	148.34	27:52:11	11:16	42	12:17:58	182	15:50:51
VP26 - S-Bahnhö	5.71	1:04:30	11:17	29	27:03	132	34:49	154.05	28:56:41	11:16	42	12:42:58	182	16:25:40
VP27 - Wollankst	3.09	20:13	6:32	10	5:14	46	7:52	157.14	29:16:54	11:10	42	12:45:36	181	16:32:08
Friedrich-Ludwig	3.76	33:01	8:46	10	7:41	50	12:24	160.90	29:49:55	11:07	42	12:50:14	182	16:43:03