



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Nagata, Tsutomu

□□□: 16:50:59

□□: 239

□□: 9.50 km/h

□□□□: 6:17 min/km

□□: 160.90 km

□□□□□/□□□□: 11 (of 246)

100MeilenBerlin

□□□□□/□: 11 (of 211)

□□□□□□: 13:06:52

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□□□□□: 4(of 16)

Senioren M30 (30-34 Jahre)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Mahnmal P	9.02	40:56	4:32	1	-	1	-	9.02	40:56	4:32	1	-	1	-	
VP2 - Schlesische	5.98	26:06	4:21	1	-	1	-	15.00	1:07:02	4:28	1	-	1	-	
VP3 - Sonnenalle	6.00	25:38	4:16	1	-	1	-	21.00	1:32:40	4:24	1	-	1	-	
VP4 - Stubenrauc	5.73	25:15	4:24	1	-	1	-	26.73	1:57:55	4:24	1	-	1	-	
VP5 - U-Bahnhof	4.30	22:13	5:09	2	0:26	4	1:06	31.03	2:20:08	4:30	1	-	1	-	
VP6 - Buckower I	5.40	25:24	4:42	1	-	2	0:01	36.43	2:45:32	4:32	1	-	1	-	
VP7 - Kirchhainer	5.54	26:48	4:50	2	0:37	2	0:37	41.97	3:12:20	4:34	1	-	1	-	
VP8 - Lichtenradi	4.42	20:13	4:34	1	-	1	-	46.39	3:32:33	4:34	1	-	1	-	
VP9 - Osdorfer St	5.77	26:50	4:39	2	0:38	2	0:38	52.16	3:59:23	4:35	1	-	1	-	
VP10 - Sportplatz	6.41	30:22	4:44	2	1:34	3	1:34	58.57	4:29:45	4:36	1	-	1	-	
VP11 - Königsw	6.18	29:44	4:48	2	0:51	2	0:51	64.75	4:59:29	4:37	1	-	1	-	
VP12 - Gedenkst	6.18	32:08	5:11	2	0:41	2	0:41	70.93	5:31:37	4:40	1	-	1	-	
VP13 - Brauhaus	6.84	34:30	5:02	2	2:28	4	10:53	77.77	6:06:07	4:42	2	2:07	2	2:07	
VP14 - Revierförs	6.06	1:05:05	10:44	9	35:41	179	35:41	83.83	7:11:12	5:08	2	37:48	3	37:48	
VP15 - Schloß Sa	6.20	29:58	4:49	2	0:11	2	0:11	90.03	7:41:10	5:07	2	37:59	3	37:59	
VP16 - Pagel & Fi	7.63	36:24	4:46	1	-	1	-	97.66	8:17:34	5:05	2	37:32	3	37:32	
VP17 - Wilhelmst	4.84	26:32	5:28	2	1:25	2	1:25	102.50	8:44:06	5:06	2	38:57	3	38:57	
VP18 - Falkensee	6.58	1:54:01	17:19	12	1:19:50	187	1:20:33	109.08	10:38:07	5:50	3	1:58:47	11	1:58:47	
VP19 - Schönwal	5.70	1:06:24	11:38	8	37:35	157	37:35	114.78	11:44:31	6:08	4	2:36:22	15	2:36:22	
VP20 - Grenzturn	7.53	1:28:39	11:46	9	49:53	151	54:03	122.31	13:13:10	6:29	4	3:26:15	21	3:26:15	
VP21 - Ruderclub	4.78	35:03	7:19	3	11:42	15	11:42	127.09	13:48:13	6:31	4	3:37:57	21	3:37:57	
VP22 - Frohnau (4.03	25:00	6:12	4	3:28	9	3:28	131.12	14:13:13	6:30	4	3:41:25	20	3:41:25	
VP23 - Naturschu	6.78	37:29	5:31	2	3:43	2	3:43	137.90	14:50:42	6:27	4	3:45:08	19	3:45:08	
VP24 - Oranienbu	4.75	25:52	5:26	1	-	1	-	142.65	15:16:34	6:25	4	3:44:34	18	3:44:34	
VP25 - Lübars	5.69	29:40	5:12	2	0:20	2	0:20	148.34	15:46:14	6:22	4	3:44:54	15	3:44:54	
VP26 - S-Bahnh	5.71	30:04	5:15	2	0:23	2	0:23	154.05	16:16:18	6:20	4	3:45:17	14	3:45:17	
VP27 - Wollankst	3.09	12:34	4:04	1	-	2	0:13	157.14	16:28:52	6:17	4	3:44:06	11	3:44:06	
Friedrich-Ludwig	3.76	22:07	5:52	2	0:01	3	1:30	160.90	16:50:59	6:16	4	3:44:07	11	3:44:07	