



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

□□□□

Di Palma, **Ciro**

□□: Reggio Event

□□: 151

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 16:59:41

□□: 9.41 km/h

□□□□: 6:20 min/km

□□□□□/□□□□: 12 (of 246)

□□□□□/□: 12 (of 211)

□□□□□□: 13:06:52

□□□□□: 2(of 43)

□□□□□□□: 16:18:36

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Mahnmal P	9.02	51:26	5:42	4	9:05	17	10:30	9.02	51:26	5:42	4	9:05	17	10:30
VP2 - Schlesische	5.98	31:19	5:14	5	3:51	17	5:13	15.00	1:22:45	5:30	4	12:56	17	15:43
VP3 - Sonnenalle	6.00	30:59	5:09	3	2:46	12	5:21	21.00	1:53:44	5:24	3	15:42	15	21:04
VP4 - Stubenrauc	5.73	29:00	5:03	3	2:21	13	3:45	26.73	2:22:44	5:20	3	18:03	16	24:49
VP5 - U-Bahnhof	4.30	24:40	5:44	3	2:57	12	3:33	31.03	2:47:24	5:23	3	21:00	14	27:16
VP6 - Buckower I	5.40	36:52	6:49	20	9:08	82	11:29	36.43	3:24:16	5:36	5	30:08	19	38:44
VP7 - Kirchhainer	5.54	30:50	5:33	2	0:59	9	4:39	41.97	3:55:06	5:36	5	31:07	19	42:46
VP8 - Lichtenradi	4.42	23:53	5:24	1	-	8	3:40	46.39	4:18:59	5:34	5	30:54	17	46:26
VP9 - Osdorfer St	5.77	30:59	5:22	1	-	5	4:47	52.16	4:49:58	5:33	4	26:35	16	50:35
VP10 - Sportplatz	6.41	34:50	5:26	2	0:54	6	6:02	58.57	5:24:48	5:32	3	27:29	13	55:03
VP11 - Königsw	6.18	34:33	5:35	1	-	5	5:40	64.75	5:59:21	5:32	3	20:22	12	59:52
VP12 - Gedenkst	6.18	39:59	6:28	2	2:00	13	8:32	70.93	6:39:20	5:37	2	22:22	11	1:07:43
VP13 - Brauhaus	6.84	43:27	6:21	3	17:30	17	19:50	77.77	7:22:47	5:41	2	23:08	11	1:18:47
VP14 - Revierförs	6.06	37:25	6:10	1	-	12	8:01	83.83	8:00:12	5:43	2	21:15	12	1:26:48
VP15 - Schloß Sa	6.20	38:41	6:14	1	-	8	8:54	90.03	8:38:53	5:45	2	18:23	9	1:35:42
VP16 - Pagel & Fi	7.63	47:35	6:14	3	0:29	13	11:11	97.66	9:26:28	5:48	2	18:52	11	1:46:26
VP17 - Wilhelmst	4.84	31:02	6:24	1	-	12	5:55	102.50	9:57:30	5:49	2	17:16	11	1:52:21
VP18 - Falkensee	6.58	40:03	6:05	2	6:35	7	6:35	109.08	10:37:33	5:50	2	16:22	9	1:58:13
VP19 - Schönwal	5.70	36:38	6:25	1	-	9	7:49	114.78	11:14:11	5:52	2	14:09	10	2:06:02
VP20 - Grenzturn	7.53	50:01	6:38	3	15:25	14	15:25	122.31	12:04:12	5:55	2	13:42	10	2:17:17
VP21 - Ruderclub	4.78	37:25	7:49	4	4:30	18	14:04	127.09	12:41:37	5:59	2	18:12	10	2:31:21
VP22 - Frohnau (4.03	33:06	8:12	5	6:35	28	11:34	131.12	13:14:43	6:03	2	24:47	11	2:42:55
VP23 - Naturschu	6.78	51:03	7:31	4	6:57	23	17:17	137.90	14:05:46	6:07	2	31:44	13	3:00:12
VP24 - Oranienbu	4.75	43:51	9:13	9	10:36	50	17:59	142.65	14:49:37	6:14	2	41:38	13	3:17:37
VP25 - Lübars	5.69	44:37	7:50	6	6:56	25	15:17	148.34	15:34:14	6:17	2	48:34	13	3:32:54
VP26 - S-Bahnh	5.71	39:34	6:55	1	-	15	9:53	154.05	16:13:48	6:19	2	45:50	13	3:42:47
VP27 - Wollankst	3.09	17:28	5:39	2	0:42	17	5:07	157.14	16:31:16	6:18	2	44:24	12	3:46:30
Friedrich-Ludwig	3.76	28:25	7:33	2	3:27	20	7:48	160.90	16:59:41	6:20	2	41:05	12	3:52:49