



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Weiß, Hermann

□□: Lauffreunde Emsland

□□: 267

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 17:10:40

□□: 9.31 km/h

□□□□: 6:25 min/km

□□□□□/□□□□: 14 (of 246)

□□□□□/□: 14 (of 211)

□□□□□□: 13:06:52

□□□□□: 3(of 43)

□□□□□□□: 16:18:36

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Mahnmal P	9.02	51:54	5:45	5	9:33	23	10:58	9.02	51:54	5:45	5	9:33	23	10:58	
VP2 - Schlesische	5.98	30:54	5:10	3	3:26	11	4:48	15.00	1:22:48	5:31	5	12:59	19	15:46	
VP3 - Sonnenalle	6.00	31:23	5:13	4	3:10	15	5:45	21.00	1:54:11	5:26	4	16:09	17	21:31	
VP4 - Stubenrauc	5.73	31:19	5:27	6	4:40	22	6:04	26.73	2:25:30	5:26	5	20:49	21	27:35	
VP5 - U-Bahnhof	4.30	24:33	5:42	2	2:50	7	3:26	31.03	2:50:03	5:28	5	23:39	21	29:55	
VP6 - Buckower I	5.40	29:51	5:31	3	2:07	10	4:28	36.43	3:19:54	5:29	4	25:46	14	34:22	
VP7 - Kirchhainer	5.54	31:07	5:37	4	1:16	12	4:56	41.97	3:51:01	5:30	4	27:02	12	38:41	
VP8 - Lichtenradi	4.42	24:22	5:30	4	0:29	13	4:09	46.39	4:15:23	5:30	3	27:18	11	42:50	
VP9 - Osdorfer St	5.77	31:25	5:26	2	0:26	8	5:13	52.16	4:46:48	5:29	3	23:25	11	47:25	
VP10 - Sportplatz	6.41	38:18	5:58	4	4:22	17	9:30	58.57	5:25:06	5:33	4	27:47	14	55:21	
VP11 - Königsw	6.18	34:56	5:39	2	0:23	6	6:03	64.75	6:00:02	5:33	4	21:03	13	1:00:33	
VP12 - Gedenkst	6.18	42:53	6:56	4	4:54	22	11:26	70.93	6:42:55	5:40	4	25:57	15	1:11:18	
VP13 - Brauhaus	6.84	52:42	7:42	16	26:45	76	29:05	77.77	7:35:37	5:51	4	35:58	16	1:31:37	
VP14 - Revierförs	6.06	42:59	7:05	6	5:34	32	13:35	83.83	8:18:36	5:56	4	39:39	15	1:45:12	
VP15 - Schloß Sa	6.20	46:04	7:25	7	7:23	25	16:17	90.03	9:04:40	6:02	4	44:10	18	2:01:29	
VP16 - Pagel & Fi	7.63	47:13	6:11	2	0:07	11	10:49	97.66	9:51:53	6:03	4	44:17	16	2:11:51	
VP17 - Wilhelmst	4.84	34:29	7:07	4	3:27	28	9:22	102.50	10:26:22	6:06	4	46:08	16	2:21:13	
VP18 - Falkensee	6.58	46:57	7:08	5	13:29	30	13:29	109.08	11:13:19	6:10	4	52:08	16	2:33:59	
VP19 - Schönwal	5.70	41:42	7:18	5	5:04	29	12:53	114.78	11:55:01	6:13	4	54:59	16	2:46:52	
VP20 - Grenzturn	7.53	46:51	6:13	2	12:15	9	12:15	122.31	12:41:52	6:13	4	51:22	15	2:54:57	
VP21 - Ruderclub	4.78	37:29	7:50	5	4:34	19	14:08	127.09	13:19:21	6:17	4	55:56	15	3:09:05	
VP22 - Frohnau (4.03	28:38	7:06	2	2:07	15	7:06	131.12	13:47:59	6:18	4	58:03	16	3:16:11	
VP23 - Naturschu	6.78	46:42	6:53	2	2:36	14	12:56	137.90	14:34:41	6:20	4	1:00:39	15	3:29:07	
VP24 - Oranienbu	4.75	33:15	7:00	1	-	12	7:23	142.65	15:07:56	6:21	4	59:57	15	3:35:56	
VP25 - Lübars	5.69	39:57	7:01	2	2:16	13	10:37	148.34	15:47:53	6:23	4	1:02:13	16	3:46:33	
VP26 - S-Bahnho	5.71	41:03	7:11	2	1:29	17	11:22	154.05	16:28:56	6:25	4	1:00:58	16	3:57:55	
VP27 - Wollankst	3.09	16:46	5:25	1	-	13	4:25	157.14	16:45:42	6:24	4	58:50	16	4:00:56	
Friedrich-Ludwig	3.76	24:58	6:38	1	-	9	4:21	160.90	17:10:40	6:24	3	52:04	14	4:03:48	