



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Lingg, Dieter

□□: LG Welfen

□□: 210

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 17:16:43

□□: 9.26 km/h

□□□□: 6:26 min/km

□□□□□/□□□□: 16 (of 246)

□□□□□/□: 16 (of 211)

□□□□□□: 13:06:52

□□□□□: 2(of 25)

□□□□□□□: 17:16:33

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Mahnmal P	9.02	46:19	5:08	1	-	11	5:23	9.02	46:19	5:08	1	-	11	5:23	
VP2 - Schlesische	5.98	30:36	5:07	1	-	9	4:30	15.00	1:16:55	5:07	1	-	9	9:53	
VP3 - Sonnenalle	6.00	30:56	5:09	1	-	11	5:18	21.00	1:47:51	5:08	1	-	9	15:11	
VP4 - Stubenrauc	5.73	28:53	5:02	1	-	9	3:38	26.73	2:16:44	5:06	1	-	9	18:49	
VP5 - U-Bahnhof	4.30	24:36	5:43	1	-	8	3:29	31.03	2:41:20	5:11	1	-	9	21:12	
VP6 - Buckower I	5.40	28:58	5:21	1	-	6	3:35	36.43	3:10:18	5:13	1	-	7	24:46	
VP7 - Kirchhainer	5.54	30:29	5:30	1	-	7	4:18	41.97	3:40:47	5:15	1	-	7	28:27	
VP8 - Lichtenradi	4.42	23:41	5:21	1	-	5	3:28	46.39	4:04:28	5:16	1	-	7	31:55	
VP9 - Osdorfer St	5.77	31:26	5:26	1	-	9	5:14	52.16	4:35:54	5:17	1	-	7	36:31	
VP10 - Sportplatz	6.41	36:53	5:45	1	-	11	8:05	58.57	5:12:47	5:20	1	-	6	43:02	
VP11 - Königswel	6.18	35:59	5:49	1	-	9	7:06	64.75	5:48:46	5:23	1	-	6	49:17	
VP12 - Gedenkst	6.18	39:50	6:26	1	-	12	8:23	70.93	6:28:36	5:28	1	-	5	56:59	
VP13 - Brauhaus	6.84	41:24	6:03	1	-	10	17:47	77.77	7:10:00	5:31	1	-	6	1:06:00	
VP14 - Revierförs	6.06	35:57	5:55	1	-	6	6:33	83.83	7:45:57	5:33	1	-	6	1:12:33	
VP15 - Schloß Sa	6.20	39:28	6:21	1	-	11	9:41	90.03	8:25:25	5:36	1	-	7	1:22:14	
VP16 - Pagel & Fi	7.63	49:31	6:29	1	-	17	13:07	97.66	9:14:56	5:40	1	-	7	1:34:54	
VP17 - Wilhelmst	4.84	32:20	6:40	3	3:23	17	7:13	102.50	9:47:16	5:43	1	-	6	1:42:07	
VP18 - Falkensee	6.58	43:12	6:33	3	1:11	16	9:44	109.08	10:30:28	5:46	1	-	5	1:51:08	
VP19 - Schönwal	5.70	42:30	7:27	4	3:45	33	13:41	114.78	11:12:58	5:51	1	-	6	2:04:49	
VP20 - Grenzturn	7.53	49:06	6:31	1	-	12	14:30	122.31	12:02:04	5:54	1	-	8	2:15:09	
VP21 - Ruderclub	4.78	33:27	6:59	2	0:50	12	10:06	127.09	12:35:31	5:56	1	-	8	2:25:15	
VP22 - Frohnau (4.03	29:48	7:23	2	2:39	18	8:16	131.12	13:05:19	5:59	1	-	8	2:33:31	
VP23 - Naturschu	6.78	47:05	6:56	2	0:20	16	13:19	137.90	13:52:24	6:02	1	-	9	2:46:50	
VP24 - Oranienbu	4.75	37:35	7:54	3	4:21	25	11:43	142.65	14:29:59	6:05	1	-	9	2:57:59	
VP25 - Lübars	5.69	46:06	8:06	3	6:03	31	16:46	148.34	15:16:05	6:10	1	-	11	3:14:45	
VP26 - S-Bahnhö	5.71	48:13	8:26	4	7:02	42	18:32	154.05	16:04:18	6:15	1	-	11	3:33:17	
VP27 - Wollankst	3.09	27:01	8:44	11	9:11	128	14:40	157.14	16:31:19	6:18	1	-	14	3:46:33	
Friedrich-Ludwig	3.76	45:24	12:04	13	15:52	137	24:47	160.90	17:16:43	6:26	2	0:10	16	4:09:51	