



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

0000

Reintjes, Frank

00: Friends for Life

00: 118

00: 160.90 km

100MeilenBerlin

0000:

Senioren M45 (45-49 Jahre)

000: 17:19:40

00: 9.23 km/h

0000: 6:28 min/km

00000/0000: 18 (of 246)

00000/0: 18 (of 211)

000000: 13:06:52

00000: 4(of 43)

0000000: 16:18:36

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