



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Ruthe, Christopher

□□: Yaxley Runners

□□: 188

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 17:25:31

□□: 9.18 km/h

□□□□: 6:30 min/km

□□□□□/□□□□: 19 (of 246)

□□□□□/□: 19 (of 211)

□□□□□□: 13:06:52

□□□□□: 2(of 16)

□□□□□□□: 14:04:27

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