



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Samuele, Fabrizio

□□: G.P Angolano

□□: 211

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 17:40:38

□□: 9.05 km/h

□□□□: 6:35 min/km

□□□□□/□□□□: 20 (of 246)

□□□□□/□: 20 (of 211)

□□□□□□: 13:06:52

□□□□□: 6(of 36)

□□□□□□□: 15:19:46

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