



# 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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□□□

| □□□               | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------------------|----------|----------|--------------|---------|---------|---------|---------|--------|----------|------|---------|---------|---------|---------|
| 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 - Königsw    | 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-Bahnh    | 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 |