



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

0000

Podell, Thomas

000: 17:56:43

00: RunFit Endurance Coaching

00: 8.92 km/h

00: 126

0000: 6:41 min/km

00: 160.90 km

00000/000: 21 (of 246)

100MeilenBerlin

00000/0: 21 (of 211)

000000: 13:06:52

0000:

00000: 3(of 16)

Senioren M35 (35-39 Jahre)

0000000: 14:04:27

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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	54:36	6:03	4	12:19	37	13:40	9.02	54:36	6:03	4	12:19	37	13:40
VP2 - Schlesische	5.98	33:55	5:40	4	6:26	41	7:49	15.00	1:28:31	5:54	4	18:45	35	21:29
VP3 - Sonnenalle	6.00	35:04	5:50	5	6:53	45	9:26	21.00	2:03:35	5:53	4	25:38	35	30:55
VP4 - Stubenrauc	5.73	35:34	6:12	7	9:31	76	10:19	26.73	2:39:09	5:57	5	35:09	45	41:14
VP5 - U-Bahnhof	4.30	27:42	6:26	5	6:35	37	6:35	31.03	3:06:51	6:01	5	41:44	43	46:43
VP6 - Buckower I	5.40	34:37	6:24	6	9:14	47	9:14	36.43	3:41:28	6:04	5	50:58	42	55:56
VP7 - Kirchhainer	5.54	34:57	6:18	5	7:43	42	8:46	41.97	4:16:25	6:06	5	58:41	42	1:04:05
VP8 - Lichtenradi	4.42	26:09	5:54	3	4:51	27	5:56	46.39	4:42:34	6:05	5	1:03:32	38	1:10:01
VP9 - Osdorfer St	5.77	38:59	6:45	6	11:43	59	12:47	52.16	5:21:33	6:09	5	1:15:15	42	1:22:10
VP10 - Sportplatz	6.41	42:09	6:34	3	12:11	32	13:21	58.57	6:03:42	6:12	5	1:27:26	39	1:33:57
VP11 - Königswel	6.18	39:19	6:21	4	7:22	25	10:26	64.75	6:43:01	6:13	5	1:34:48	36	1:43:32
VP12 - Gedenkst	6.18	43:53	7:06	3	10:54	25	12:26	70.93	7:26:54	6:18	5	1:45:42	34	1:55:17
VP13 - Brauhaus	6.84	44:10	6:27	3	7:23	21	20:33	77.77	8:11:04	6:18	4	1:53:05	33	2:07:04
VP14 - Revierförs	6.06	43:33	7:11	5	11:49	37	14:09	83.83	8:54:37	6:22	4	2:04:54	32	2:21:13
VP15 - Schloß Sa	6.20	53:12	8:34	5	16:26	44	23:25	90.03	9:47:49	6:31	4	2:21:20	32	2:44:38
VP16 - Pagel & Fi	7.63	50:02	6:33	2	8:36	19	13:38	97.66	10:37:51	6:31	4	2:29:56	30	2:57:49
VP17 - Wilhelmst	4.84	35:00	7:13	4	7:27	33	9:53	102.50	11:12:51	6:33	4	2:37:23	30	3:07:42
VP18 - Falkensee	6.58	43:24	6:35	2	6:41	18	9:56	109.08	11:56:15	6:33	3	2:44:04	28	3:16:55
VP19 - Schönwal	5.70	37:24	6:33	2	5:42	11	8:35	114.78	12:33:39	6:33	3	2:49:46	26	3:25:30
VP20 - Grenzturn	7.53	55:05	7:18	4	13:48	26	20:29	122.31	13:28:44	6:36	3	3:03:34	26	3:41:49
VP21 - Ruderclub	4.78	33:35	7:01	3	5:56	13	10:14	127.09	14:02:19	6:37	3	3:09:30	24	3:52:03
VP22 - Frohnau (4.03	31:55	7:55	4	9:31	24	10:23	131.12	14:34:14	6:40	3	3:19:01	23	4:02:26
VP23 - Naturschu	6.78	49:41	7:19	3	7:56	20	15:55	137.90	15:23:55	6:41	3	3:26:57	23	4:18:21
VP24 - Oranienbu	4.75	35:14	7:25	2	6:20	14	9:22	142.65	15:59:09	6:43	3	3:33:17	22	4:27:09
VP25 - Lübars	5.69	36:29	6:24	2	4:09	10	7:09	148.34	16:35:38	6:42	3	3:37:26	22	4:34:18
VP26 - S-Bahnhö	5.71	37:50	6:37	2	5:50	10	8:09	154.05	17:13:28	6:42	3	3:43:16	21	4:42:27
VP27 - Wollankst	3.09	19:26	6:17	6	5:48	37	7:05	157.14	17:32:54	6:42	3	3:49:04	21	4:48:08
Friedrich-Ludwig	3.76	23:49	6:20	2	3:12	5	3:12	160.90	17:56:43	6:41	3	3:52:16	21	4:49:51