



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

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Kohlsdorf, Detlef

00: LG Neuruppin

00: 101

00: 160.90 km

100MeilenBerlin

0000:

Senioren M50 (50-54 Jahre)

000: 18:38:28

00: 8.58 km/h

0000: 6:57 min/km

00000/0000: 25 (of 246)

00000/0: 24 (of 211)

000000: 13:06:52

00000: 4(of 46)

0000000: 16:59:41

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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	52:49	5:51	6	11:46	32	11:53	9.02	52:49	5:51	6	11:46	32	11:53
VP2 - Schlesische	5.98	32:51	5:29	7	6:43	32	6:45	15.00	1:25:40	5:42	7	18:29	33	18:38
VP3 - Sonnenalle	6.00	34:23	5:43	7	6:02	39	8:45	21.00	2:00:03	5:43	7	24:31	33	27:23
VP4 - Stubenrauc	5.73	32:51	5:43	7	4:29	43	7:36	26.73	2:32:54	5:43	7	29:00	34	34:59
VP5 - U-Bahnhof	4.30	28:16	6:34	7	5:10	43	7:09	31.03	3:01:10	5:50	7	34:10	32	41:02
VP6 - Buckower I	5.40	34:27	6:22	6	4:55	43	9:04	36.43	3:35:37	5:55	7	39:05	31	50:05
VP7 - Kirchhainer	5.54	35:11	6:21	7	4:39	44	9:00	41.97	4:10:48	5:58	6	41:54	33	58:28
VP8 - Lichtenradi	4.42	26:38	6:01	6	2:43	34	6:25	46.39	4:37:26	5:58	6	41:14	34	1:04:53
VP9 - Osdorfer St	5.77	34:38	6:00	5	3:39	27	8:26	52.16	5:12:04	5:58	6	39:35	33	1:12:41
VP10 - Sportplatz	6.41	42:40	6:39	5	7:50	34	13:52	58.57	5:54:44	6:03	6	40:41	31	1:24:59
VP11 - Königswel	6.18	39:24	6:22	4	3:16	26	10:31	64.75	6:34:08	6:05	5	36:06	28	1:34:39
VP12 - Gedenkst	6.18	44:18	7:10	5	6:43	29	12:51	70.93	7:18:26	6:10	5	39:56	28	1:46:49
VP13 - Brauhaus	6.84	44:44	6:32	3	3:04	26	21:07	77.77	8:03:10	6:12	5	40:23	28	1:59:10
VP14 - Revierförs	6.06	41:34	6:51	4	4:13	25	12:10	83.83	8:44:44	6:15	5	44:36	27	2:11:20
VP15 - Schloß Sa	6.20	46:20	7:28	2	7:35	26	16:33	90.03	9:31:04	6:20	4	52:11	25	2:27:53
VP16 - Pagel & Fi	7.63	56:24	7:23	5	9:30	37	20:00	97.66	10:27:28	6:25	5	1:01:04	28	2:47:26
VP17 - Wilhelmst	4.84	33:05	6:50	2	2:00	19	7:58	102.50	11:00:33	6:26	5	1:03:04	25	2:55:24
VP18 - Falkensee	6.58	45:45	6:57	4	5:51	24	12:17	109.08	11:46:18	6:28	5	1:08:55	25	3:06:58
VP19 - Schönwal	5.70	40:26	7:05	3	3:40	23	11:37	114.78	12:26:44	6:30	5	1:12:35	25	3:18:35
VP20 - Grenzturn	7.53	53:48	7:08	3	4:32	22	19:12	122.31	13:20:32	6:32	4	1:17:07	24	3:33:37
VP21 - Ruderclub	4.78	42:56	8:58	4	5:00	33	19:35	127.09	14:03:28	6:38	5	1:21:52	25	3:53:12
VP22 - Frohnau (4.03	34:45	8:37	4	6:24	38	13:13	131.12	14:38:13	6:41	5	1:23:31	25	4:06:25
VP23 - Naturschu	6.78	56:48	8:22	4	5:49	37	23:02	137.90	15:35:01	6:46	4	1:29:20	25	4:29:27
VP24 - Oranienbu	4.75	41:03	8:38	5	4:14	37	15:11	142.65	16:16:04	6:50	5	1:26:38	26	4:44:04
VP25 - Lübars	5.69	46:40	8:12	5	4:24	34	17:20	148.34	17:02:44	6:53	4	1:28:31	25	5:01:24
VP26 - S-Bahnhö	5.71	42:26	7:25	4	4:59	24	12:45	154.05	17:45:10	6:54	4	1:31:27	24	5:14:09
VP27 - Wollankst	3.09	19:13	6:13	4	4:14	33	6:52	157.14	18:04:23	6:54	4	1:33:05	24	5:19:37
Friedrich-Ludwig	3.76	34:05	9:03	12	8:45	60	13:28	160.90	18:38:28	6:57	4	1:38:47	24	5:31:36