



# 100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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**Retzlaff, Harald**

00: BSG Springorum Bochum

00: 85

00: 160.90 km

100MeilenBerlin

0000:

Senioren M50 (50-54 Jahre)

000: 18:47:21

00: 8.52 km/h

0000: 7:01 min/km

00000/0000: 26 (of 246)

00000/0: 25 (of 211)

000000: 13:06:52

00000: 5(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	52:25	5:48	5	11:22	29	11:29	9.02	52:25	5:48	5	11:22	29	11:29
VP2 - Schlesische	5.98	32:18	5:24	5	6:10	27	6:12	15.00	1:24:43	5:38	5	17:32	29	17:41
VP3 - Sonnenalle	6.00	33:03	5:30	6	4:42	28	7:25	21.00	1:57:46	5:36	5	22:14	27	25:06
VP4 - Stubenrauc	5.73	31:38	5:31	5	3:16	26	6:23	26.73	2:29:24	5:35	5	25:30	27	31:29
VP5 - U-Bahnhof	4.30	27:00	6:16	5	3:54	27	5:53	31.03	2:56:24	5:41	5	29:24	26	36:16
VP6 - Buckower I	5.40	33:00	6:06	4	3:28	29	7:37	36.43	3:29:24	5:44	5	32:52	27	43:52
VP7 - Kirchhainer	5.54	35:29	6:24	8	4:57	45	9:18	41.97	4:04:53	5:50	5	35:59	27	52:33
VP8 - Lichtenradi	4.42	27:22	6:11	8	3:27	44	7:09	46.39	4:32:15	5:52	5	36:03	27	59:42
VP9 - Osdorfer St	5.77	34:42	6:00	6	3:43	28	8:30	52.16	5:06:57	5:53	5	34:28	25	1:07:34
VP10 - Sportplatz	6.41	39:46	6:12	2	4:56	21	10:58	58.57	5:46:43	5:55	5	32:40	24	1:16:58
VP11 - Königswe	6.18	38:24	6:12	3	2:16	18	9:31	64.75	6:25:07	5:56	4	27:05	24	1:25:38
VP12 - Gedenkst	6.18	45:28	7:21	7	7:53	35	14:01	70.93	7:10:35	6:04	3	32:05	23	1:38:58
VP13 - Brauhaus	6.84	46:58	6:51	4	5:18	37	23:21	77.77	7:57:33	6:08	3	34:46	22	1:53:33
VP14 - Revierförs	6.06	43:12	7:07	7	5:51	34	13:48	83.83	8:40:45	6:12	3	40:37	23	2:07:21
VP15 - Schloß Sa	6.20	49:19	7:57	6	10:34	33	19:32	90.03	9:30:04	6:19	3	51:11	23	2:26:53
VP16 - Pagel & Fi	7.63	53:01	6:56	3	6:07	25	16:37	97.66	10:23:05	6:22	4	56:41	24	2:43:03
VP17 - Wilhelmst	4.84	33:40	6:57	3	2:35	22	8:33	102.50	10:56:45	6:24	4	59:16	24	2:51:36
VP18 - Falkensee	6.58	45:58	6:59	5	6:04	25	12:30	109.08	11:42:43	6:26	4	1:05:20	24	3:03:23
VP19 - Schönwal	5.70	42:41	7:29	6	5:55	34	13:52	114.78	12:25:24	6:29	4	1:11:15	24	3:17:15
VP20 - Grenzturn	7.53	58:09	7:43	5	8:53	33	23:33	122.31	13:23:33	6:34	5	1:20:08	25	3:36:38
VP21 - Ruderclub	4.78	37:56	7:56	1	-	21	14:35	127.09	14:01:29	6:37	4	1:19:53	23	3:51:13
VP22 - Frohnau (	4.03	35:27	8:47	5	7:06	44	13:55	131.12	14:36:56	6:41	4	1:22:14	24	4:05:08
VP23 - Naturschu	6.78	59:17	8:44	6	8:18	41	25:31	137.90	15:36:13	6:47	5	1:30:32	26	4:30:39
VP24 - Oranienbu	4.75	39:32	8:19	3	2:43	28	13:40	142.65	16:15:45	6:50	4	1:26:19	25	4:43:45
VP25 - Lübars	5.69	48:20	8:29	7	6:04	42	19:00	148.34	17:04:05	6:54	5	1:29:52	26	5:02:45
VP26 - S-Bahnhö	5.71	48:25	8:28	8	10:58	43	18:44	154.05	17:52:30	6:57	5	1:38:47	25	5:21:29
VP27 - Wollankst	3.09	22:40	7:20	15	7:41	80	10:19	157.14	18:15:10	6:58	5	1:43:52	25	5:30:24
Friedrich-Ludwig	3.76	32:11	8:33	8	6:51	41	11:34	160.90	18:47:21	7:00	5	1:47:40	25	5:40:29