



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

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Prüfer, Gaston

□□□: 18:59:19

□□: LG Mauerweg Berlin e.V.

□□: 8.43 km/h

□□: 307

□□□□: 7:05 min/km

□□: 160.90 km

□□□□□/□□□□: 31 (of 246)

100MeilenBerlin

□□□□□/□: 29 (of 211)

□□□□□□: 13:06:52

□□□□:

□□□□□: 4(of 16)

Senioren M35 (35-39 Jahre)

□□□□□□□: 14:04:27

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□	□□	□□	□□	
VP1 - Mahnmal P	9.02	51:32	5:42	3	9:15	20	10:36	9.02	51:32	5:42	3	9:15	20	10:36
VP2 - Schlesische	5.98	32:59	5:30	3	5:30	34	6:53	15.00	1:24:31	5:38	3	14:45	26	17:29
VP3 - Sonnenalle	6.00	33:26	5:34	3	5:15	33	7:48	21.00	1:57:57	5:37	3	20:00	28	25:17
VP4 - Stubenrauc	5.73	31:26	5:29	2	5:23	23	6:11	26.73	2:29:23	5:35	3	25:23	26	31:28
VP5 - U-Bahnhof	4.30	26:33	6:10	3	5:26	22	5:26	31.03	2:55:56	5:40	3	30:49	23	35:48
VP6 - Buckower I	5.40	32:35	6:02	4	7:12	27	7:12	36.43	3:28:31	5:43	3	38:01	26	42:59
VP7 - Kirchhainer	5.54	32:54	5:56	3	5:40	24	6:43	41.97	4:01:25	5:45	3	43:41	24	49:05
VP8 - Lichtenradi	4.42	26:15	5:56	4	4:57	29	6:02	46.39	4:27:40	5:46	3	48:38	24	55:07
VP9 - Osdorfer St	5.77	34:58	6:03	4	7:42	33	8:46	52.16	5:02:38	5:48	3	56:20	24	1:03:15
VP10 - Sportplatz	6.41	43:47	6:49	4	13:49	37	14:59	58.57	5:46:25	5:54	2	1:10:09	23	1:16:40
VP11 - Königsw	6.18	38:38	6:15	3	6:41	22	9:45	64.75	6:25:03	5:56	2	1:16:50	23	1:25:34
VP12 - Gedenkst	6.18	46:17	7:29	4	13:18	38	14:50	70.93	7:11:20	6:04	3	1:30:08	24	1:39:43
VP13 - Brauhaus	6.84	48:17	7:03	5	11:30	46	24:40	77.77	7:59:37	6:10	3	1:41:38	25	1:55:37
VP14 - Revierförs	6.06	40:27	6:40	3	8:43	22	11:03	83.83	8:40:04	6:12	3	1:50:21	22	2:06:40
VP15 - Schloß Sa	6.20	49:29	7:58	4	12:43	34	19:42	90.03	9:29:33	6:19	3	2:03:04	22	2:26:22
VP16 - Pagel & Fi	7.63	56:03	7:20	5	14:37	35	19:39	97.66	10:25:36	6:24	3	2:17:41	26	2:45:34
VP17 - Wilhelmst	4.84	40:08	8:17	9	12:35	75	15:01	102.50	11:05:44	6:29	3	2:30:16	28	3:00:35
VP18 - Falkensee	6.58	50:34	7:41	7	13:51	44	17:06	109.08	11:56:18	6:34	4	2:44:07	29	3:16:58
VP19 - Schönwal	5.70	44:29	7:48	6	12:47	37	15:40	114.78	12:40:47	6:37	4	2:56:54	30	3:32:38
VP20 - Grenzturn	7.53	1:00:43	8:03	7	19:26	41	26:07	122.31	13:41:30	6:42	4	3:16:20	31	3:54:35
VP21 - Ruderclub	4.78	42:59	8:59	4	15:20	34	19:38	127.09	14:24:29	6:48	4	3:31:40	29	4:14:13
VP22 - Frohnau (4.03	32:25	8:02	5	10:01	26	10:53	131.12	14:56:54	6:50	4	3:41:41	29	4:25:06
VP23 - Naturschu	6.78	58:36	8:38	6	16:51	40	24:50	137.90	15:55:30	6:55	4	3:58:32	30	4:49:56
VP24 - Oranienbu	4.75	40:14	8:28	5	11:20	31	14:22	142.65	16:35:44	6:58	4	4:09:52	29	5:03:44
VP25 - Lübars	5.69	46:13	8:07	5	13:53	32	16:53	148.34	17:21:57	7:01	4	4:23:45	29	5:20:37
VP26 - S-Bahnh	5.71	48:25	8:28	8	16:25	43	18:44	154.05	18:10:22	7:04	4	4:40:10	29	5:39:21
VP27 - Wollankst	3.09	18:40	6:02	4	5:02	28	6:19	157.14	18:29:02	7:03	4	4:45:12	29	5:44:16
Friedrich-Ludwig	3.76	30:17	8:03	4	9:40	25	9:40	160.90	18:59:19	7:04	4	4:54:52	29	5:52:27