



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

0000

Grossmann, Rainer

000: 19:20:49

00: TV Haibach

00: 8.27 km/h

00: 41

0000: 7:13 min/km

00: 160.90 km

00000/000: 35 (of 246)

100MeilenBerlin

00000/0: 33 (of 211)

000000: 13:06:52

0000:

00000: 5(of 25)

Senioren M55 (55-59 Jahre)

0000000: 17:16:33

0000

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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	52:28	5:49	4	6:09	30	11:32	9.02	52:28	5:49	4	6:09	30	11:32
VP2 - Schlesische	5.98	32:06	5:22	3	1:30	25	6:00	15.00	1:24:34	5:38	3	7:39	27	17:32
VP3 - Sonnenalle	6.00	33:29	5:34	5	2:33	34	7:51	21.00	1:58:03	5:37	4	10:12	29	25:23
VP4 - Stubenrauc	5.73	31:41	5:31	3	2:48	27	6:26	26.73	2:29:44	5:36	3	13:00	28	31:49
VP5 - U-Bahnhof	4.30	26:40	6:12	3	2:04	25	5:33	31.03	2:56:24	5:41	3	15:04	26	36:16
VP6 - Buckower I	5.40	31:49	5:53	3	2:51	21	6:26	36.43	3:28:13	5:42	3	17:55	25	42:41
VP7 - Kirchhainer	5.54	33:15	6:00	2	2:46	28	7:04	41.97	4:01:28	5:45	3	20:41	25	49:08
VP8 - Lichtenradi	4.42	27:21	6:11	5	3:40	43	7:08	46.39	4:28:49	5:47	3	24:21	25	56:16
VP9 - Osdorfer St	5.77	38:30	6:40	5	7:04	53	12:18	52.16	5:07:19	5:53	3	31:25	26	1:07:56
VP10 - Sportplatz	6.41	41:41	6:30	3	4:48	29	12:53	58.57	5:49:00	5:57	3	36:13	28	1:19:15
VP11 - Königswe	6.18	38:16	6:11	2	2:17	17	9:23	64.75	6:27:16	5:58	3	38:30	25	1:27:47
VP12 - Gedenkst	6.18	45:35	7:22	5	5:45	36	14:08	70.93	7:12:51	6:06	3	44:15	25	1:41:14
VP13 - Brauhaus	6.84	46:21	6:46	3	4:57	34	22:44	77.77	7:59:12	6:09	3	49:12	24	1:55:12
VP14 - Revierförs	6.06	43:31	7:10	5	7:34	36	14:07	83.83	8:42:43	6:14	3	56:46	25	2:09:19
VP15 - Schloß Sa	6.20	47:32	7:39	3	8:04	29	17:45	90.03	9:30:15	6:20	3	1:04:50	24	2:27:04
VP16 - Pagel & Fi	7.63	53:43	7:02	3	4:12	26	17:19	97.66	10:23:58	6:23	3	1:09:02	25	2:43:56
VP17 - Wilhelmst	4.84	37:59	7:50	5	9:02	54	12:52	102.50	11:01:57	6:27	3	1:14:41	27	2:56:48
VP18 - Falkensee	6.58	52:48	8:01	5	10:47	55	19:20	109.08	11:54:45	6:33	3	1:24:17	27	3:15:25
VP19 - Schönwal	5.70	39:56	7:00	3	1:11	20	11:07	114.78	12:34:41	6:34	3	1:21:43	27	3:26:32
VP20 - Grenzturn	7.53	57:13	7:35	5	8:07	32	22:37	122.31	13:31:54	6:38	3	1:29:50	27	3:44:59
VP21 - Ruderclub	4.78	58:19	12:12	13	25:42	111	34:58	127.09	14:30:13	6:50	5	1:54:42	32	4:19:57
VP22 - Frohnau (4.03	40:45	10:06	11	13:36	101	19:13	131.12	15:10:58	6:56	5	2:05:39	32	4:39:10
VP23 - Naturschu	6.78	58:23	8:36	5	11:38	39	24:37	137.90	16:09:21	7:01	5	2:16:57	33	5:03:47
VP24 - Oranienbu	4.75	36:52	7:45	2	3:38	22	11:00	142.65	16:46:13	7:03	5	2:16:14	31	5:14:13
VP25 - Lübars	5.69	46:33	8:10	4	6:30	33	17:13	148.34	17:32:46	7:05	5	2:16:41	31	5:31:26
VP26 - S-Bahnhö	5.71	52:38	9:13	8	11:27	67	22:57	154.05	18:25:24	7:10	5	2:21:06	31	5:54:23
VP27 - Wollankst	3.09	22:01	7:07	6	4:11	67	9:40	157.14	18:47:25	7:10	5	2:16:06	32	6:02:39
Friedrich-Ludwig	3.76	33:24	8:52	5	3:52	51	12:47	160.90	19:20:49	7:12	5	2:04:16	33	6:13:57