



# 100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

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de Vries, Bennie

000: 19:51:27

00: Stadskanaal

00: 8.06 km/h

00: 214

0000: 7:24 min/km

00: 160.90 km

00000/0000: 37 (of 246)

100MeilenBerlin

00000/0: 35 (of 211)

000000: 13:06:52

0000:

00000: 6(of 43)

Senioren M45 (45-49 Jahre)

0000000: 16:18:36

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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	1:01:35	6:49	27	19:14	98	20:39	9.02	1:01:35	6:49	27	19:14	98	20:39
VP2 - Schlesische	5.98	41:38	6:57	32	14:10	153	15:32	15.00	1:43:13	6:52	30	33:24	128	36:11
VP3 - Sonnenalle	6.00	39:05	6:30	26	10:52	102	13:27	21.00	2:22:18	6:46	29	44:16	114	49:38
VP4 - Stubenrauc	5.73	37:42	6:34	24	11:03	108	12:27	26.73	3:00:00	6:44	29	55:19	112	1:02:05
VP5 - U-Bahnhof	4.30	32:21	7:31	27	10:38	105	11:14	31.03	3:32:21	6:50	29	1:05:57	111	1:12:13
VP6 - Buckower I	5.40	36:50	6:49	19	9:06	80	11:27	36.43	4:09:11	6:50	24	1:15:03	102	1:23:39
VP7 - Kirchhainer	5.54	38:11	6:53	18	8:20	77	12:00	41.97	4:47:22	6:50	24	1:23:23	100	1:35:02
VP8 - Lichtenradi	4.42	29:43	6:43	15	5:50	63	9:30	46.39	5:17:05	6:50	23	1:29:00	95	1:44:32
VP9 - Osdorfer St	5.77	39:59	6:55	15	9:00	69	13:47	52.16	5:57:04	6:50	22	1:33:41	95	1:57:41
VP10 - Sportplatz	6.41	45:52	7:09	10	11:56	46	17:04	58.57	6:42:56	6:52	19	1:45:37	81	2:13:11
VP11 - Königswel	6.18	42:31	6:52	7	7:58	40	13:38	64.75	7:25:27	6:52	19	1:46:28	74	2:25:58
VP12 - Gedenkst	6.18	48:04	7:46	9	10:05	46	16:37	70.93	8:13:31	6:57	16	1:56:33	73	2:41:54
VP13 - Brauhaus	6.84	45:35	6:39	7	19:38	29	21:58	77.77	8:59:06	6:55	15	1:59:27	66	2:55:06
VP14 - Revierförs	6.06	50:42	8:21	21	13:17	89	21:18	83.83	9:49:48	7:02	14	2:10:51	67	3:16:24
VP15 - Schloß Sa	6.20	45:14	7:17	6	6:33	21	15:27	90.03	10:35:02	7:03	12	2:14:32	56	3:31:51
VP16 - Pagel & Fi	7.63	54:34	7:09	5	7:28	29	18:10	97.66	11:29:36	7:03	10	2:22:00	51	3:49:34
VP17 - Wilhelmst	4.84	35:19	7:17	7	4:17	34	10:12	102.50	12:04:55	7:04	10	2:24:41	48	3:59:46
VP18 - Falkensee	6.58	49:00	7:26	7	15:32	39	15:32	109.08	12:53:55	7:05	8	2:32:44	46	4:14:35
VP19 - Schönwal	5.70	41:31	7:17	4	4:53	27	12:42	114.78	13:35:26	7:06	6	2:35:24	39	4:27:17
VP20 - Grenzturn	7.53	55:45	7:24	7	21:09	28	21:09	122.31	14:31:11	7:07	7	2:40:41	39	4:44:16
VP21 - Ruderclub	4.78	35:47	7:29	2	2:52	16	12:26	127.09	15:06:58	7:08	6	2:43:33	38	4:56:42
VP22 - Frohnau (	4.03	33:41	8:21	6	7:10	33	12:09	131.12	15:40:39	7:10	6	2:50:43	37	5:08:51
VP23 - Naturschu	6.78	53:48	7:56	5	9:42	30	20:02	137.90	16:34:27	7:12	6	3:00:25	36	5:28:53
VP24 - Oranienbu	4.75	35:56	7:33	3	2:41	18	10:04	142.65	17:10:23	7:13	6	3:02:24	35	5:38:23
VP25 - Lübars	5.69	46:43	8:12	7	9:02	35	17:23	148.34	17:57:06	7:15	6	3:11:26	35	5:55:46
VP26 - S-Bahnhö	5.71	55:48	9:46	19	16:14	83	26:07	154.05	18:52:54	7:21	6	3:24:56	35	6:21:53
VP27 - Wollankst	3.09	26:18	8:30	27	9:32	118	13:57	157.14	19:19:12	7:22	6	3:32:20	35	6:34:26
Friedrich-Ludwig	3.76	32:15	8:34	6	7:17	42	11:38	160.90	19:51:27	7:24	6	3:32:51	35	6:44:35