



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Mäder, Gawan

□□: Hamburg

□□: 98

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 19:57:41

□□: 8.02 km/h

□□□□: 7:26 min/km

□□□□□/□□□□: 39 (of 246)

□□□□□/□: 37 (of 211)

□□□□□□: 13:06:52

□□□□□: 5(of 16)

□□□□□□□: 14:04:27

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□□□	□□ km	□□ □□ min/km	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Mahnmal P	9.02	1:04:53	7:11	14	22:36	143	23:57	9.02	1:04:53	7:11	14	22:36	143	23:57
VP2 - Schlesische	5.98	40:14	6:43	12	12:45	130	14:08	15.00	1:45:07	7:00	14	35:21	139	38:05
VP3 - Sonnenalle	6.00	40:50	6:48	12	12:39	131	15:12	21.00	2:25:57	6:56	12	48:00	138	53:17
VP4 - Stubenrauc	5.73	39:04	6:49	13	13:01	129	13:49	26.73	3:05:01	6:55	11	1:01:01	138	1:07:06
VP5 - U-Bahnhof	4.30	33:02	7:40	12	11:55	118	11:55	31.03	3:38:03	7:01	12	1:12:56	129	1:17:55
VP6 - Buckower I	5.40	38:53	7:12	12	13:30	107	13:30	36.43	4:16:56	7:03	12	1:26:26	126	1:31:24
VP7 - Kirchhainer	5.54	41:35	7:30	12	14:21	119	15:24	41.97	4:58:31	7:06	11	1:40:47	122	1:46:11
VP8 - Lichtenradi	4.42	27:53	6:18	6	6:35	47	7:40	46.39	5:26:24	7:02	11	1:47:22	110	1:53:51
VP9 - Osdorfer St	5.77	34:21	5:57	2	7:05	21	8:09	52.16	6:00:45	6:54	11	1:54:27	97	2:01:22
VP10 - Sportplatz	6.41	45:52	7:09	6	15:54	46	17:04	58.57	6:46:37	6:56	11	2:10:21	87	2:16:52
VP11 - Königswel	6.18	43:03	6:57	5	11:06	44	14:10	64.75	7:29:40	6:56	10	2:21:27	81	2:30:11
VP12 - Gedenkst	6.18	50:46	8:12	7	17:47	64	19:19	70.93	8:20:26	7:03	10	2:39:14	77	2:48:49
VP13 - Brauhaus	6.84	46:39	6:49	4	9:52	36	23:02	77.77	9:07:05	7:02	9	2:49:06	74	3:03:05
VP14 - Revierförs	6.06	41:30	6:50	4	9:46	24	12:06	83.83	9:48:35	7:01	7	2:58:52	64	3:15:11
VP15 - Schloß Sa	6.20	48:48	7:52	3	12:02	31	19:01	90.03	10:37:23	7:04	6	3:10:54	57	3:34:12
VP16 - Pagel & Fi	7.63	50:02	6:33	2	8:36	19	13:38	97.66	11:27:25	7:02	5	3:19:30	47	3:47:23
VP17 - Wilhelmst	4.84	34:07	7:02	3	6:34	23	9:00	102.50	12:01:32	7:02	5	3:26:04	45	3:56:23
VP18 - Falkensee	6.58	48:55	7:26	6	12:12	38	15:27	109.08	12:50:27	7:03	5	3:38:16	43	4:11:07
VP19 - Schönwal	5.70	47:08	8:16	7	15:26	45	18:19	114.78	13:37:35	7:07	5	3:53:42	42	4:29:26
VP20 - Grenzturn	7.53	1:00:37	8:03	6	19:20	39	26:01	122.31	14:38:12	7:10	6	4:13:02	43	4:51:17
VP21 - Ruderclub	4.78	50:15	10:30	8	22:36	65	26:54	127.09	15:28:27	7:18	6	4:35:38	43	5:18:11
VP22 - Frohnau (4.03	31:52	7:54	3	9:28	23	10:20	131.12	16:00:19	7:19	6	4:45:06	42	5:28:31
VP23 - Naturschu	6.78	52:05	7:40	4	10:20	27	18:19	137.90	16:52:24	7:20	6	4:55:26	41	5:46:50
VP24 - Oranienbu	4.75	37:38	7:55	4	8:44	26	11:46	142.65	17:30:02	7:21	6	5:04:10	39	5:58:02
VP25 - Lübars	5.69	45:09	7:56	4	12:49	29	15:49	148.34	18:15:11	7:22	5	5:16:59	36	6:13:51
VP26 - S-Bahnhö	5.71	46:46	8:11	4	14:46	34	17:05	154.05	19:01:57	7:24	5	5:31:45	37	6:30:56
VP27 - Wollankst	3.09	21:37	6:59	8	7:59	58	9:16	157.14	19:23:34	7:24	5	5:39:44	37	6:38:48
Friedrich-Ludwig	3.76	34:07	9:04	8	13:30	61	13:30	160.90	19:57:41	7:26	5	5:53:14	37	6:50:49