



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

0000

Steinebach, André

000: 20:40:10

00: Endorphinjunkies Dortmund

00: 7.74 km/h

00: 271

0000: 7:43 min/km

00: 160.90 km

00000/0000: 45 (of 246)

100MeilenBerlin

00000/0: 42 (of 211)

0000:

00000: 12(of 36)

Senioren M40 (40-44 Jahre)

0000000: 15:19:46

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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	59:55	6:38	17	14:09	75	18:59	9.02	59:55	6:38	17	14:09	75	18:59
VP2 - Schlesische	5.98	37:13	6:13	21	8:49	87	11:07	15.00	1:37:08	6:28	21	22:58	86	30:06
VP3 - Sonnenalle	6.00	35:38	5:56	16	6:31	56	10:00	21.00	2:12:46	6:19	18	29:29	72	40:06
VP4 - Stubenrauc	5.73	35:03	6:07	19	6:27	67	9:48	26.73	2:47:49	6:16	18	35:34	70	49:54
VP5 - U-Bahnhof	4.30	29:46	6:55	17	5:19	61	8:39	31.03	3:17:35	6:22	20	38:40	71	57:27
VP6 - Buckower I	5.40	35:58	6:39	16	6:13	65	10:35	36.43	3:53:33	6:24	19	40:43	71	1:08:01
VP7 - Kirchhainer	5.54	37:11	6:42	16	6:06	64	11:00	41.97	4:30:44	6:27	18	46:18	67	1:18:24
VP8 - Lichtenradi	4.42	30:22	6:52	16	6:39	73	10:09	46.39	5:01:06	6:29	18	50:53	68	1:28:33
VP9 - Osdorfer St	5.77	39:04	6:46	15	8:09	60	12:52	52.16	5:40:10	6:31	18	58:16	66	1:40:47
VP10 - Sportplatz	6.41	48:46	7:36	17	12:49	67	19:58	58.57	6:28:56	6:38	17	1:11:05	64	1:59:11
VP11 - Königswel	6.18	42:46	6:55	11	9:04	42	13:53	64.75	7:11:42	6:40	16	1:15:01	62	2:12:13
VP12 - Gedenkst	6.18	49:52	8:04	16	15:36	61	18:25	70.93	8:01:34	6:47	16	1:29:18	60	2:29:57
VP13 - Brauhaus	6.84	47:05	6:53	11	6:57	39	23:28	77.77	8:48:39	6:47	15	1:33:14	56	2:44:39
VP14 - Revierförs	6.06	48:09	7:56	13	14:39	62	18:45	83.83	9:36:48	6:52	15	1:47:53	56	3:03:24
VP15 - Schloß Sa	6.20	53:58	8:42	13	18:30	48	24:11	90.03	10:30:46	7:00	15	2:06:23	52	3:27:35
VP16 - Pagel & Fi	7.63	1:04:23	8:26	17	22:02	77	27:59	97.66	11:35:09	7:07	14	2:28:25	54	3:55:07
VP17 - Wilhelmst	4.84	39:08	8:05	14	10:24	68	14:01	102.50	12:14:17	7:09	13	2:38:49	51	4:09:08
VP18 - Falkensee	6.58	58:09	8:50	17	21:37	94	24:41	109.08	13:12:26	7:15	15	3:00:26	56	4:33:06
VP19 - Schönwal	5.70	45:57	8:03	10	11:59	41	17:08	114.78	13:58:23	7:18	14	3:12:25	54	4:50:14
VP20 - Grenzturn	7.53	1:00:27	8:01	8	17:27	38	25:51	122.31	14:58:50	7:20	13	3:29:52	51	5:11:55
VP21 - Ruderclub	4.78	42:17	8:50	9	12:12	31	18:56	127.09	15:41:07	7:24	11	3:41:56	45	5:30:51
VP22 - Frohnau (4.03	33:34	8:19	8	9:30	32	12:02	131.12	16:14:41	7:26	11	3:50:48	44	5:42:53
VP23 - Naturschu	6.78	1:08:56	10:10	20	28:19	92	35:10	137.90	17:23:37	7:34	14	4:17:49	48	6:18:03
VP24 - Oranienbu	4.75	45:00	9:28	12	15:57	55	19:08	142.65	18:08:37	7:37	14	4:33:46	48	6:36:37
VP25 - Lübars	5.69	43:14	7:35	6	10:21	21	13:54	148.34	18:51:51	7:37	14	4:44:07	47	6:50:31
VP26 - S-Bahnhö	5.71	53:47	9:25	15	19:54	73	24:06	154.05	19:45:38	7:41	13	5:04:01	46	7:14:37
VP27 - Wollankst	3.09	19:41	6:22	12	7:20	39	7:20	157.14	20:05:19	7:40	13	5:09:19	45	7:20:33
Friedrich-Ludwig	3.76	34:51	9:16	11	11:05	63	14:14	160.90	20:40:10	7:42	12	5:20:24	42	7:33:18