



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Junker, Bo

□□□: 20:53:40

□□: AAIG motion /klub 100 marathon DK

□□: 7.66 km/h

□□: 231

□□□□: 7:47 min/km

□□: 160.90 km

□□□□□/□□□: 48 (of 246)

100MeilenBerlin

□□□□□/□: 46 (of 211)

□□□□□□: 13:06:52

□□□□:

□□□□□: 8(of 43)

Senioren M45 (45-49 Jahre)

□□□□□□□: 16:18:36

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Mahnmal P	9.02	57:49	6:24	10	15:28	54	16:53	9.02	57:49	6:24	10	15:28	54	16:53	
VP2 - Schlesische	5.98	34:07	5:42	10	6:39	46	8:01	15.00	1:31:56	6:07	10	22:07	49	24:54	
VP3 - Sonnenalle	6.00	34:47	5:47	9	6:34	43	9:09	21.00	2:06:43	6:02	10	28:41	48	34:03	
VP4 - Stubenrauc	5.73	33:40	5:52	11	7:01	51	8:25	26.73	2:40:23	6:00	9	35:42	47	42:28	
VP5 - U-Bahnhof	4.30	28:12	6:33	8	6:29	40	7:05	31.03	3:08:35	6:04	9	42:11	47	48:27	
VP6 - Buckower I	5.40	36:25	6:44	16	8:41	74	11:02	36.43	3:45:00	6:10	9	50:52	51	59:28	
VP7 - Kirchhainer	5.54	35:10	6:20	8	5:19	43	8:59	41.97	4:20:10	6:11	9	56:11	53	1:07:50	
VP8 - Lichtenradi	4.42	28:45	6:30	10	4:52	53	8:32	46.39	4:48:55	6:13	10	1:00:50	54	1:16:22	
VP9 - Osdorfer St	5.77	35:53	6:13	7	4:54	38	9:41	52.16	5:24:48	6:13	10	1:01:25	50	1:25:25	
VP10 - Sportplatz	6.41	48:45	7:36	15	14:49	66	19:57	58.57	6:13:33	6:22	12	1:16:14	53	1:43:48	
VP11 - Königswe	6.18	44:51	7:15	16	10:18	67	15:58	64.75	6:58:24	6:27	11	1:19:25	50	1:58:55	
VP12 - Gedenkst	6.18	56:16	9:06	24	18:17	120	24:49	70.93	7:54:40	6:41	11	1:37:42	52	2:23:03	
VP13 - Brauhaus	6.84	55:56	8:10	24	29:59	101	32:19	77.77	8:50:36	6:49	13	1:50:57	59	2:46:36	
VP14 - Revierförs	6.06	46:08	7:36	10	8:43	47	16:44	83.83	9:36:44	6:52	12	1:57:47	55	3:03:20	
VP15 - Schloß Sa	6.20	55:43	8:59	11	17:02	56	25:56	90.03	10:32:27	7:01	11	2:11:57	55	3:29:16	
VP16 - Pagel & Fi	7.63	54:55	7:11	7	7:49	32	18:31	97.66	11:27:22	7:02	9	2:19:46	46	3:47:20	
VP17 - Wilhelmst	4.84	34:56	7:13	6	3:54	32	9:49	102.50	12:02:18	7:02	9	2:22:04	47	3:57:09	
VP18 - Falkensee	6.58	51:59	7:54	8	18:31	51	18:31	109.08	12:54:17	7:05	9	2:33:06	47	4:14:57	
VP19 - Schönwal	5.70	44:54	7:52	7	8:16	39	16:05	114.78	13:39:11	7:08	8	2:39:09	44	4:31:02	
VP20 - Grenzturn	7.53	34:36	4:35	1	-	1	-	122.31	14:13:47	6:58	6	2:23:17	37	4:26:52	
VP21 - Ruderclub	4.78	1:08:41	14:22	30	35:46	159	45:20	127.09	15:22:28	7:15	7	2:59:03	41	5:12:12	
VP22 - Frohnau (4.03	37:04	9:11	10	10:33	54	15:32	131.12	15:59:32	7:19	7	3:09:36	40	5:27:44	
VP23 - Naturschu	6.78	55:44	8:13	7	11:38	35	21:58	137.90	16:55:16	7:21	7	3:21:14	42	5:49:42	
VP24 - Oranienbu	4.75	45:35	9:35	12	12:20	60	19:43	142.65	17:40:51	7:26	7	3:32:52	42	6:08:51	
VP25 - Lübars	5.69	58:50	10:20	20	21:09	102	29:30	148.34	18:39:41	7:32	7	3:54:01	44	6:38:21	
VP26 - S-Bahnhö	5.71	1:03:02	11:02	25	23:28	122	33:21	154.05	19:42:43	7:40	7	4:14:45	44	7:11:42	
VP27 - Wollankst	3.09	26:03	8:25	25	9:17	114	13:42	157.14	20:08:46	7:41	8	4:21:54	46	7:24:00	
Friedrich-Ludwig	3.76	44:54	11:56	28	19:56	133	24:17	160.90	20:53:40	7:47	8	4:35:04	46	7:46:48	