



# 100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Loy, Stefan

□□: RSV Sugenheim

□□: 108

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 22:45:35

□□: 7.03 km/h

□□□□: 8:29 min/km

□□□□□/□□□□: 85 (of 246)

□□□□□/□: 80 (of 211)

□□□□□□: 13:06:52

□□□□□: 20(of 36)

□□□□□□□: 15:19:46

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□□□□

□□□

| □□□               | □□<br>km | □□<br>□□ min/km | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□<br>km | □□□<br>□□ min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------------------|----------|-----------------|--------------|---------|---------|---------|---------|--------|-----------|------------------|---------|---------|---------|---------|
| VP1 - Mahnmal P   | 9.02     | 1:01:22         | 6:48         | 22      | 15:36   | 92      | 20:26   | 9.02   | 1:01:22   | 6:48             | 22      | 15:36   | 92      | 20:26   |
| VP2 - Schlesische | 5.98     | 35:23           | 5:55         | 16      | 6:59    | 64      | 9:17    | 15.00  | 1:36:45   | 6:27             | 19      | 22:35   | 81      | 29:43   |
| VP3 - Sonnenalle  | 6.00     | 37:06           | 6:11         | 24      | 7:59    | 80      | 11:28   | 21.00  | 2:13:51   | 6:22             | 21      | 30:34   | 78      | 41:11   |
| VP4 - Stubenrauc  | 5.73     | 35:38           | 6:13         | 20      | 7:02    | 77      | 10:23   | 26.73  | 2:49:29   | 6:20             | 21      | 37:14   | 77      | 51:34   |
| VP5 - U-Bahnhof   | 4.30     | 30:36           | 7:06         | 21      | 6:09    | 77      | 9:29    | 31.03  | 3:20:05   | 6:26             | 21      | 41:10   | 79      | 59:57   |
| VP6 - Buckower I  | 5.40     | 37:35           | 6:57         | 21      | 7:50    | 90      | 12:12   | 36.43  | 3:57:40   | 6:31             | 21      | 44:50   | 79      | 1:12:08 |
| VP7 - Kirchhainer | 5.54     | 40:34           | 7:19         | 24      | 9:29    | 110     | 14:23   | 41.97  | 4:38:14   | 6:37             | 21      | 53:48   | 83      | 1:25:54 |
| VP8 - Lichtenradi | 4.42     | 32:02           | 7:14         | 22      | 8:19    | 102     | 11:49   | 46.39  | 5:10:16   | 6:41             | 21      | 1:00:03 | 84      | 1:37:43 |
| VP9 - Osdorfer St | 5.77     | 46:18           | 8:01         | 28      | 15:23   | 149     | 20:06   | 52.16  | 5:56:34   | 6:50             | 23      | 1:14:40 | 91      | 1:57:11 |
| VP10 - Sportplatz | 6.41     | 58:11           | 9:04         | 24      | 22:14   | 127     | 29:23   | 58.57  | 6:54:45   | 7:04             | 24      | 1:36:54 | 100     | 2:25:00 |
| VP11 - Königswel  | 6.18     | 51:41           | 8:21         | 22      | 17:59   | 129     | 22:48   | 64.75  | 7:46:26   | 7:12             | 24      | 1:49:45 | 100     | 2:46:57 |
| VP12 - Gedenkst   | 6.18     | 1:11:43         | 11:36        | 32      | 37:27   | 179     | 40:16   | 70.93  | 8:58:09   | 7:35             | 25      | 2:25:53 | 120     | 3:26:32 |
| VP13 - Brauhaus   | 6.84     | 57:44           | 8:26         | 20      | 17:36   | 110     | 34:07   | 77.77  | 9:55:53   | 7:39             | 25      | 2:40:28 | 117     | 3:51:53 |
| VP14 - Revierförs | 6.06     | 48:35           | 8:01         | 15      | 15:05   | 72      | 19:11   | 83.83  | 10:44:28  | 7:41             | 25      | 2:55:33 | 117     | 4:11:04 |
| VP15 - Schloß Sa  | 6.20     | 1:08:36         | 11:03        | 23      | 33:08   | 121     | 38:49   | 90.03  | 11:53:04  | 7:55             | 24      | 3:28:41 | 113     | 4:49:53 |
| VP16 - Pagel & Fi | 7.63     | 1:07:01         | 8:46         | 20      | 24:40   | 99      | 30:37   | 97.66  | 13:00:05  | 7:59             | 24      | 3:53:21 | 111     | 5:20:03 |
| VP17 - Wilhelmst  | 4.84     | 43:03           | 8:53         | 19      | 14:19   | 102     | 17:56   | 102.50 | 13:43:08  | 8:01             | 22      | 4:07:40 | 106     | 5:37:59 |
| VP18 - Falkensee  | 6.58     | 56:05           | 8:31         | 14      | 19:33   | 78      | 22:37   | 109.08 | 14:39:13  | 8:03             | 21      | 4:27:13 | 103     | 5:59:53 |
| VP19 - Schönwal   | 5.70     | 52:29           | 9:12         | 19      | 18:31   | 71      | 23:40   | 114.78 | 15:31:42  | 8:07             | 21      | 4:45:44 | 100     | 6:23:33 |
| VP20 - Grenzturn  | 7.53     | 1:08:27         | 9:05         | 16      | 25:27   | 70      | 33:51   | 122.31 | 16:40:09  | 8:10             | 21      | 5:11:11 | 93      | 6:53:14 |
| VP21 - Ruderclub  | 4.78     | 56:57           | 11:54        | 24      | 26:52   | 104     | 33:36   | 127.09 | 17:37:06  | 8:19             | 20      | 5:37:55 | 93      | 7:26:50 |
| VP22 - Frohnau (  | 4.03     | 38:50           | 9:38         | 17      | 14:46   | 78      | 17:18   | 131.12 | 18:15:56  | 8:21             | 20      | 5:52:03 | 93      | 7:44:08 |
| VP23 - Naturschu  | 6.78     | 1:03:18         | 9:20         | 13      | 22:41   | 54      | 29:32   | 137.90 | 19:19:14  | 8:24             | 20      | 6:13:26 | 90      | 8:13:40 |
| VP24 - Oranienbu  | 4.75     | 46:40           | 9:49         | 16      | 17:37   | 69      | 20:48   | 142.65 | 20:05:54  | 8:27             | 20      | 6:31:03 | 90      | 8:33:54 |
| VP25 - Lübars     | 5.69     | 51:32           | 9:03         | 15      | 18:39   | 60      | 22:12   | 148.34 | 20:57:26  | 8:28             | 20      | 6:49:42 | 89      | 8:56:06 |
| VP26 - S-Bahnhö   | 5.71     | 51:29           | 9:00         | 13      | 17:36   | 60      | 21:48   | 154.05 | 21:48:55  | 8:29             | 20      | 7:07:18 | 85      | 9:17:54 |
| VP27 - Wollankst  | 3.09     | 21:43           | 7:01         | 15      | 9:22    | 60      | 9:22    | 157.14 | 22:10:38  | 8:28             | 20      | 7:14:38 | 85      | 9:25:52 |
| Friedrich-Ludwig  | 3.76     | 34:57           | 9:17         | 12      | 11:11   | 65      | 14:20   | 160.90 | 22:45:35  | 8:29             | 20      | 7:25:49 | 80      | 9:38:43 |