



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

□□□□

Wachsmann, Rainer

□□: Marathon Steinfurt

□□: 130

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 22:48:17

□□: 7.06 km/h

□□□□: 8:30 min/km

□□□□□/□□□: 88 (of 246)

□□□□□/□: 82 (of 211)

□□□□□□: 13:06:52

□□□□□: 17(of 43)

□□□□□□□: 16:18:36

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Mahnmäl P	9.02	1:01:28	6:48	24	19:07	94	20:32	9.02	1:01:28	6:48	24	19:07	94	20:32
VP2 - Schlesische	5.98	37:44	6:18	23	10:16	92	11:38	15.00	1:39:12	6:36	25	29:23	96	32:10
VP3 - Sonnenalle	6.00	38:15	6:22	22	10:02	92	12:37	21.00	2:17:27	6:32	24	39:25	96	44:47
VP4 - Stubenrauc	5.73	37:56	6:37	28	11:17	113	12:41	26.73	2:55:23	6:33	24	50:42	97	57:28
VP5 - U-Bahnhof	4.30	32:12	7:29	26	10:29	102	11:05	31.03	3:27:35	6:41	23	1:01:11	98	1:07:27
VP6 - Buckower I	5.40	40:48	7:33	28	13:04	138	15:25	36.43	4:08:23	6:49	23	1:14:15	99	1:22:51
VP7 - Kirchhainer	5.54	37:56	6:50	16	8:05	73	11:45	41.97	4:46:19	6:49	23	1:22:20	97	1:33:59
VP8 - Lichtenradi	4.42	32:28	7:20	23	8:35	113	12:15	46.39	5:18:47	6:52	24	1:30:42	98	1:46:14
VP9 - Osdorfer Si	5.77	42:08	7:18	21	11:09	94	15:56	52.16	6:00:55	6:55	23	1:37:32	98	2:01:32
VP10 - Sportplatz	6.41	50:25	7:51	18	16:29	80	21:37	58.57	6:51:20	7:01	22	1:54:01	95	2:21:35
VP11 - Königswe	6.18	48:46	7:53	22	14:13	106	19:53	64.75	7:40:06	7:06	22	2:01:07	96	2:40:37
VP12 - Gedenkst	6.18	55:03	8:54	23	17:04	111	23:36	70.93	8:35:09	7:15	22	2:18:11	97	3:03:32
VP13 - Brauhaus	6.84	54:38	7:59	20	28:41	94	31:01	77.77	9:29:47	7:19	22	2:30:08	88	3:25:47
VP14 - Revierförs	6.06	48:58	8:04	19	11:33	79	19:34	83.83	10:18:45	7:22	20	2:39:48	85	3:45:21
VP15 - Schloß Sa	6.20	1:08:05	10:58	26	29:24	117	38:18	90.03	11:26:50	7:37	21	3:06:20	87	4:23:39
VP16 - Pagel & Fi	7.63	1:06:07	8:39	19	19:01	91	29:43	97.66	12:32:57	7:42	19	3:25:21	86	4:52:55
VP17 - Wilhelmst	4.84	43:25	8:58	26	12:23	109	18:18	102.50	13:16:22	7:46	21	3:36:08	88	5:11:13
VP18 - Falkensee	6.58	59:33	9:03	22	26:05	99	26:05	109.08	14:15:55	7:50	21	3:54:44	92	5:36:35
VP19 - Schönwal	5.70	53:00	9:17	15	16:22	78	24:11	114.78	15:08:55	7:55	20	4:08:53	90	6:00:46
VP20 - Grenzturn	7.53	1:00:19	8:00	8	25:43	37	25:43	122.31	16:09:14	7:55	19	4:18:44	84	6:22:19
VP21 - Ruderclub	4.78	1:02:32	13:04	24	29:37	144	39:11	127.09	17:11:46	8:07	20	4:48:21	85	7:01:30
VP22 - Frohnau (	4.03	38:38	9:35	17	12:07	73	17:06	131.12	17:50:24	8:09	20	5:00:28	84	7:18:36
VP23 - Naturschu	6.78	1:05:57	9:43	14	21:51	69	32:11	137.90	18:56:21	8:14	19	5:22:19	82	7:50:47
VP24 - Oranienbu	4.75	50:37	10:39	21	17:22	96	24:45	142.65	19:46:58	8:19	18	5:38:59	81	8:14:58
VP25 - Lübars	5.69	1:04:16	11:17	25	26:35	126	34:56	148.34	20:51:14	8:26	18	6:05:34	85	8:49:54
VP26 - S-Bahnhö	5.71	55:32	9:43	17	15:58	80	25:51	154.05	21:46:46	8:28	17	6:18:48	82	9:15:45
VP27 - Wollankst	3.09	23:01	7:26	16	6:15	85	10:40	157.14	22:09:47	8:27	19	6:22:55	84	9:25:01
Friedrich-Ludwig	3.76	38:30	10:14	17	13:32	88	17:53	160.90	22:48:17	8:30	17	6:29:41	82	9:41:25