



# 100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

□□□□

## Energiebündel

□□: Energiebündel

□□: 4001

□□: 160.90 km

4er Staffel

□□□□:

Staffel 4 x 40 km

□□□: 14:48:25

□□: 10.81 km/h

□□□□: 5:31 min/km

□□□□□/□□□: 2 (of 15)

□□□□□/□□□: 2 (of 15)

□□□□□□: 14:01:32

□□□□□: 2(of 15)

□□□□□□□: 14:01:32

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
VP1 - Mahnmal P	9.02	53:20	5:54	6	5:16	6	5:16	9.02	53:20	5:54	6	5:16	6	5:16
VP2 - Schlesische	5.98	31:29	5:15	2	1:39	2	1:39	15.00	1:24:49	5:39	5	6:55	5	6:55
VP3 - Sonnenalle	6.00	31:56	5:19	3	3:38	3	3:38	21.00	1:56:45	5:33	5	10:33	5	10:33
VP4 - Stubenrauc	5.73	30:47	5:22	3	4:21	3	4:21	26.73	2:27:32	5:31	3	14:54	3	14:54
VP5 - U-Bahnhof	4.30	25:32	5:56	5	3:40	5	3:40	31.03	2:53:04	5:34	5	18:34	5	18:34
VP6 - Buckower I	5.40	32:03	5:56	4	6:44	4	6:44	36.43	3:25:07	5:37	3	25:18	3	25:18
VP7 - Kirchhainer	5.54	31:12	5:37	3	5:06	3	5:06	41.97	3:56:19	5:37	3	30:24	3	30:24
VP8 - Lichtenradi	4.42	25:38	5:47	4	5:40	4	5:40	46.39	4:21:57	5:38	3	36:04	3	36:04
VP9 - Osdorfer St	5.77	31:05	5:23	3	5:29	3	5:29	52.16	4:53:02	5:37	3	41:33	3	41:33
VP10 - Sportplatz	6.41	33:48	5:16	3	5:38	3	5:38	58.57	5:26:50	5:34	3	47:11	3	47:11
VP11 - Königswel	6.18	34:03	5:30	3	4:18	3	4:18	64.75	6:00:53	5:34	3	37:12	3	37:12
VP12 - Gedenkst	6.18	37:49	6:07	4	4:55	4	4:55	70.93	6:38:42	5:37	3	36:43	3	36:43
VP13 - Brauhaus	6.84	41:07	6:00	7	7:06	7	7:06	77.77	7:19:49	5:39	3	27:15	3	27:15
VP14 - Revierförs	6.06	42:31	7:00	12	11:09	12	11:09	83.83	8:02:20	5:45	4	34:36	4	34:36
VP15 - Schloß Sa	6.20	48:55	7:53	12	15:56	12	15:56	90.03	8:51:15	5:54	4	47:17	4	47:17
VP16 - Pagel & Fi	7.63	37:21	4:53	2	0:38	2	0:38	97.66	9:28:36	5:49	4	42:45	4	42:45
VP17 - Wilhelmst	4.84	25:05	5:10	2	0:50	2	0:50	102.50	9:53:41	5:47	4	43:35	4	43:35
VP18 - Falkensee	6.58	37:00	5:37	4	1:56	4	1:56	109.08	10:30:41	5:46	4	45:31	4	45:31
VP19 - Schönwal	5.70	32:10	5:38	4	1:16	4	1:16	114.78	11:02:51	5:46	3	46:47	3	46:47
VP20 - Grenzturn	7.53	42:15	5:36	3	1:49	3	1:49	122.31	11:45:06	5:45	3	48:36	3	48:36
VP21 - Ruderclub	4.78	29:01	6:04	6	5:13	6	5:13	127.09	12:14:07	5:46	3	50:06	3	50:06
VP22 - Frohnau (	4.03	16:05	3:59	1	-	1	-	131.12	12:30:12	5:43	2	47:51	2	47:51
VP23 - Naturschu	6.78	28:12	4:09	1	-	1	-	137.90	12:58:24	5:38	2	43:57	2	43:57
VP24 - Oranienbu	4.75	20:58	4:24	1	-	1	-	142.65	13:19:22	5:36	2	42:31	2	42:31
VP25 - Lübars	5.69	25:53	4:32	1	-	1	-	148.34	13:45:15	5:33	2	41:31	2	41:31
VP26 - S-Bahnhö	5.71	29:43	5:12	2	3:09	2	3:09	154.05	14:14:58	5:32	2	44:40	2	44:40
VP27 - Wollankst	3.09	12:45	4:07	2	0:55	2	0:55	157.14	14:27:43	5:31	2	45:35	2	45:35
Friedrich-Ludwig	3.03	20:42	6:49	2	1:18	2	1:18	160.90	14:48:25	5:31	2	46:53	2	46:53