



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

□□□□

Schacht, Frank

□□□: 23:36:38

□□: Leitstelle-EN

□□: 6.78 km/h

□□: 69

□□□□: 8:48 min/km

□□: 160.90 km

□□□□□/□□□: 119 (of 246)

100MeilenBerlin

□□□□□/□: 110 (of 211)

□□□□□□: 13:06:52

□□□□:

□□□□□: 24(of 43)

Senioren M45 (45-49 Jahre)

□□□□□□□: 16:18:36

□□□□

□□□□

□□□

□□□	□□	□□	□□	□□	□□	□□	□□	□□□	□□□	□□□	□□	□□	□□	□□
	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
VP1 - Mahnmal P	9.02	1:03:00	6:59	29	20:39	127	22:04	9.02	1:03:00	6:59	29	20:39	127	22:04
VP2 - Schlesische	5.98	39:50	6:39	30	12:22	122	13:44	15.00	1:42:50	6:51	28	33:01	119	35:48
VP3 - Sonnenalle	6.00	40:59	6:49	30	12:46	133	15:21	21.00	2:23:49	6:50	30	45:47	124	51:09
VP4 - Stubenrauc	5.73	38:00	6:37	29	11:21	114	12:45	26.73	3:01:49	6:48	30	57:08	115	1:03:54
VP5 - U-Bahnhof	4.30	33:22	7:45	31	11:39	124	12:15	31.03	3:35:11	6:56	30	1:08:47	116	1:15:03
VP6 - Buckower I	5.40	40:01	7:24	24	12:17	120	14:38	36.43	4:15:12	7:00	30	1:21:04	117	1:29:40
VP7 - Kirchhainer	5.54	40:57	7:23	25	11:06	113	14:46	41.97	4:56:09	7:03	28	1:32:10	116	1:43:49
VP8 - Lichtenradi	4.42	32:33	7:21	25	8:40	117	12:20	46.39	5:28:42	7:05	27	1:40:37	116	1:56:09
VP9 - Osdorfer St	5.77	42:45	7:24	25	11:46	105	16:33	52.16	6:11:27	7:07	26	1:48:04	113	2:12:04
VP10 - Sportplatz	6.41	56:54	8:52	27	22:58	116	28:06	58.57	7:08:21	7:18	26	2:11:02	110	2:38:36
VP11 - Königswe	6.18	50:32	8:10	26	15:59	123	21:39	64.75	7:58:53	7:23	27	2:19:54	113	2:59:24
VP12 - Gedenkst	6.18	58:39	9:29	26	20:40	138	27:12	70.93	8:57:32	7:34	27	2:40:34	118	3:25:55
VP13 - Brauhaus	6.84	1:00:01	8:46	26	34:04	122	36:24	77.77	9:57:33	7:41	27	2:57:54	123	3:53:33
VP14 - Revierförs	6.06	51:12	8:26	25	13:47	98	21:48	83.83	10:48:45	7:44	27	3:09:48	122	4:15:21
VP15 - Schloß Sa	6.20	1:08:37	11:04	27	29:56	122	38:50	90.03	11:57:22	7:58	27	3:36:52	118	4:54:11
VP16 - Pagel & Fi	7.63	1:06:03	8:39	18	18:57	89	29:39	97.66	13:03:25	8:01	27	3:55:49	117	5:23:23
VP17 - Wilhelmst	4.84	42:02	8:41	21	11:00	92	16:55	102.50	13:45:27	8:03	27	4:05:13	113	5:40:18
VP18 - Falkensee	6.58	1:02:43	9:31	28	29:15	123	29:15	109.08	14:48:10	8:08	27	4:26:59	114	6:08:50
VP19 - Schönwal	5.70	56:10	9:51	21	19:32	105	27:21	114.78	15:44:20	8:13	25	4:44:18	112	6:36:11
VP20 - Grenzturn	7.53	1:17:27	10:17	25	42:51	115	42:51	122.31	17:01:47	8:21	25	5:11:17	112	7:14:52
VP21 - Ruderclub	4.78	56:16	11:46	17	23:21	98	32:55	127.09	17:58:03	8:28	24	5:34:38	109	7:47:47
VP22 - Frohnau (4.03	42:32	10:33	23	16:01	118	21:00	131.12	18:40:35	8:32	25	5:50:39	112	8:08:47
VP23 - Naturschu	6.78	1:09:20	10:13	19	25:14	93	35:34	137.90	19:49:55	8:37	25	6:15:53	111	8:44:21
VP24 - Oranienbu	4.75	46:28	9:46	14	13:13	67	20:36	142.65	20:36:23	8:40	25	6:28:24	110	9:04:23
VP25 - Lübars	5.69	56:10	9:52	19	18:29	91	26:50	148.34	21:32:33	8:42	25	6:46:53	111	9:31:13
VP26 - S-Bahnhö	5.71	55:35	9:44	18	16:01	82	25:54	154.05	22:28:08	8:45	24	7:00:10	106	9:57:07
VP27 - Wollankst	3.09	25:34	8:16	22	8:48	109	13:13	157.14	22:53:42	8:44	23	7:06:50	107	10:08:56
Friedrich-Ludwig	3.76	42:56	11:25	24	17:58	118	22:19	160.90	23:36:38	8:48	24	7:18:02	110	10:29:46