



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

□□□□

Seher, Eckhardt

□□: LG Mauerweg Berlin e.V.

□□: 236

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 22:46:44

□□: 7.02 km/h

□□□□: 8:29 min/km

□□□□□/□□□□: 87 (of 246)

□□□□□/□: 81 (of 211)

□□□□□□: 13:06:52

□□□□□: 17(of 46)

□□□□□□□: 16:59:41

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□□□□

□□□

| □□□ | □□ km | □□ □□ min/km | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------------------|----------|-----------------|--------------|---------|---------|---------|---------|--------|-----------|------------------|---------|---------|---------|---------|
| VP1 - Mahnmal P | 9.02 | 1:07:59 | 7:32 | 34 | 26:56 | 161 | 27:03 | 9.02 | 1:07:59 | 7:32 | 34 | 26:56 | 161 | 27:03 |
| VP2 - Schlesische | 5.98 | 45:10 | 7:33 | 38 | 19:02 | 179 | 19:04 | 15.00 | 1:53:09 | 7:32 | 37 | 45:58 | 170 | 46:07 |
| VP3 - Sonnenalle | 6.00 | 46:09 | 7:41 | 39 | 17:48 | 182 | 20:31 | 21.00 | 2:39:18 | 7:35 | 38 | 1:03:46 | 176 | 1:06:38 |
| VP4 - Stubenrauc | 5.73 | 42:59 | 7:30 | 38 | 14:37 | 178 | 17:44 | 26.73 | 3:22:17 | 7:34 | 38 | 1:18:23 | 175 | 1:24:22 |
| VP5 - U-Bahnhof | 4.30 | 44:49 | 10:25 | 41 | 21:43 | 191 | 23:42 | 31.03 | 4:07:06 | 7:57 | 40 | 1:40:06 | 183 | 1:46:58 |
| VP6 - Buckower I | 5.40 | 44:10 | 8:10 | 38 | 14:38 | 175 | 18:47 | 36.43 | 4:51:16 | 7:59 | 40 | 1:54:44 | 180 | 2:05:44 |
| VP7 - Kirchhainer | 5.54 | 51:43 | 9:20 | 42 | 21:11 | 187 | 25:32 | 41.97 | 5:42:59 | 8:10 | 41 | 2:14:05 | 183 | 2:30:39 |
| VP8 - Lichtenradi | 4.42 | 48:09 | 10:53 | 44 | 24:14 | 192 | 27:56 | 46.39 | 6:31:08 | 8:25 | 41 | 2:34:56 | 187 | 2:58:35 |
| VP9 - Osdorfer St | 5.77 | 1:03:07 | 10:56 | 43 | 32:08 | 192 | 36:55 | 52.16 | 7:34:15 | 8:42 | 42 | 3:01:46 | 188 | 3:34:52 |
| VP10 - Sportplatz | 6.41 | 58:48 | 9:10 | 27 | 23:58 | 135 | 30:00 | 58.57 | 8:33:03 | 8:45 | 41 | 3:19:00 | 184 | 4:03:18 |
| VP11 - Königsw | 6.18 | 47:09 | 7:37 | 20 | 11:01 | 88 | 18:16 | 64.75 | 9:20:12 | 8:39 | 41 | 3:22:10 | 183 | 4:20:43 |
| VP12 - Gedenkst | 6.18 | 39:34 | 6:24 | 2 | 1:59 | 10 | 8:07 | 70.93 | 9:59:46 | 8:27 | 39 | 3:21:16 | 176 | 4:28:09 |
| VP13 - Brauhaus | 6.84 | 50:36 | 7:23 | 11 | 8:56 | 64 | 26:59 | 77.77 | 10:50:22 | 8:21 | 36 | 3:27:35 | 161 | 4:46:22 |
| VP14 - Revierförs | 6.06 | 40:25 | 6:40 | 3 | 3:04 | 21 | 11:01 | 83.83 | 11:30:47 | 8:14 | 34 | 3:30:39 | 149 | 4:57:23 |
| VP15 - Schloß Sa | 6.20 | 49:50 | 8:02 | 8 | 11:05 | 36 | 20:03 | 90.03 | 12:20:37 | 8:13 | 28 | 3:41:44 | 132 | 5:17:26 |
| VP16 - Pagel & Fi | 7.63 | 1:10:09 | 9:11 | 26 | 23:15 | 121 | 33:45 | 97.66 | 13:30:46 | 8:18 | 28 | 4:04:22 | 132 | 5:50:44 |
| VP17 - Wilhelmst | 4.84 | 49:30 | 10:13 | 35 | 18:25 | 156 | 24:23 | 102.50 | 14:20:16 | 8:23 | 28 | 4:22:47 | 133 | 6:15:07 |
| VP18 - Falkensee | 6.58 | 53:53 | 8:11 | 12 | 13:59 | 62 | 20:25 | 109.08 | 15:14:09 | 8:22 | 27 | 4:36:46 | 129 | 6:34:49 |
| VP19 - Schönwal | 5.70 | 57:21 | 10:03 | 25 | 20:35 | 112 | 28:32 | 114.78 | 16:11:30 | 8:27 | 27 | 4:57:21 | 126 | 7:03:21 |
| VP20 - Grenzturn | 7.53 | 1:05:09 | 8:39 | 11 | 15:53 | 52 | 30:33 | 122.31 | 17:16:39 | 8:28 | 25 | 5:13:14 | 119 | 7:29:44 |
| VP21 - Ruderclub | 4.78 | 54:47 | 11:27 | 20 | 16:51 | 90 | 31:26 | 127.09 | 18:11:26 | 8:35 | 25 | 5:29:50 | 119 | 8:01:10 |
| VP22 - Frohnau (| 4.03 | 36:25 | 9:02 | 9 | 8:04 | 50 | 14:53 | 131.12 | 18:47:51 | 8:36 | 25 | 5:33:09 | 114 | 8:16:03 |
| VP23 - Naturschu | 6.78 | 1:10:57 | 10:27 | 21 | 19:58 | 100 | 37:11 | 137.90 | 19:58:48 | 8:41 | 25 | 5:53:07 | 114 | 8:53:14 |
| VP24 - Oranienbu | 4.75 | 44:42 | 9:24 | 9 | 7:53 | 53 | 18:50 | 142.65 | 20:43:30 | 8:43 | 24 | 5:54:04 | 113 | 9:11:30 |
| VP25 - Lübars | 5.69 | 45:28 | 7:59 | 4 | 3:12 | 30 | 16:08 | 148.34 | 21:28:58 | 8:41 | 21 | 5:54:45 | 107 | 9:27:38 |
| VP26 - S-Bahnh | 5.71 | 37:27 | 6:33 | 1 | - | 9 | 7:46 | 154.05 | 22:06:25 | 8:36 | 18 | 5:52:42 | 93 | 9:35:24 |
| VP27 - Wollankst | 3.09 | 14:59 | 4:50 | 1 | - | 8 | 2:38 | 157.14 | 22:21:24 | 8:32 | 18 | 5:50:06 | 90 | 9:36:38 |
| Friedrich-Ludwig | 3.76 | 25:20 | 6:44 | 1 | - | 11 | 4:43 | 160.90 | 22:46:44 | 8:29 | 17 | 5:47:03 | 81 | 9:39:52 |