



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

□□□□

Meier, Thomas

□□□: 25:44:05

□□: LG Mauerweg Berlin

□□: 6.22 km/h

□□: 29

□□□□: 9:36 min/km

□□: 160.90 km

□□□□□/□□□: 159 (of 246)

100MeilenBerlin

□□□□□/□: 142 (of 211)

□□□□□□: 13:06:52

□□□□:

□□□□□: 33(of 46)

Senioren M50 (50-54 Jahre)

□□□□□□□: 16:59:41

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Mahnmal P	9.02	1:05:08	7:13	30	24:05	147	24:12	9.02	1:05:08	7:13	30	24:05	147	24:12	
VP2 - Schlesische	5.98	41:04	6:52	28	14:56	145	14:58	15.00	1:46:12	7:04	29	39:01	145	39:10	
VP3 - Sonnenalle	6.00	41:35	6:55	29	13:14	143	15:57	21.00	2:27:47	7:02	29	52:15	146	55:07	
VP4 - Stubenrauc	5.73	40:12	7:00	32	11:50	147	14:57	26.73	3:07:59	7:01	29	1:04:05	146	1:10:04	
VP5 - U-Bahnhof	4.30	34:06	7:55	28	11:00	136	12:59	31.03	3:42:05	7:09	30	1:15:05	147	1:21:57	
VP6 - Buckower I	5.40	40:32	7:30	31	11:00	135	15:09	36.43	4:22:37	7:12	30	1:26:05	142	1:37:05	
VP7 - Kirchhainer	5.54	41:29	7:29	25	10:57	117	15:18	41.97	5:04:06	7:14	27	1:35:12	139	1:51:46	
VP8 - Lichtenradi	4.42	31:53	7:12	21	7:58	99	11:40	46.39	5:35:59	7:14	27	1:39:47	131	2:03:26	
VP9 - Osdorfer St	5.77	41:31	7:11	19	10:32	89	15:19	52.16	6:17:30	7:14	26	1:45:01	124	2:18:07	
VP10 - Sportplatz	6.41	51:26	8:01	15	16:36	85	22:38	58.57	7:08:56	7:19	23	1:54:53	111	2:39:11	
VP11 - Königswel	6.18	47:48	7:44	21	11:40	93	18:55	64.75	7:56:44	7:21	23	1:58:42	112	2:57:15	
VP12 - Gedenkst	6.18	50:26	8:09	12	12:51	63	18:59	70.93	8:47:10	7:25	22	2:08:40	105	3:15:33	
VP13 - Brauhaus	6.84	52:59	7:44	16	11:19	81	29:22	77.77	9:40:09	7:27	22	2:17:22	101	3:36:09	
VP14 - Revierförs	6.06	55:04	9:05	34	17:43	140	25:40	83.83	10:35:13	7:34	23	2:35:05	104	4:01:49	
VP15 - Schloß Sa	6.20	1:12:17	11:39	29	33:32	133	42:30	90.03	11:47:30	7:51	23	3:08:37	104	4:44:19	
VP16 - Pagel & Fi	7.63	1:10:56	9:17	28	24:02	126	34:32	97.66	12:58:26	7:58	23	3:32:02	108	5:18:24	
VP17 - Wilhelmst	4.84	46:15	9:33	31	15:10	135	21:08	102.50	13:44:41	8:02	23	3:47:12	112	5:39:32	
VP18 - Falkensee	6.58	1:03:50	9:42	31	23:56	131	30:22	109.08	14:48:31	8:08	24	4:11:08	116	6:09:11	
VP19 - Schönwal	5.70	1:02:37	10:59	32	25:51	140	33:48	114.78	15:51:08	8:17	26	4:36:59	120	6:42:59	
VP20 - Grenzturn	7.53	1:31:48	12:11	37	42:32	162	57:12	122.31	17:22:56	8:31	26	5:19:31	126	7:36:01	
VP21 - Ruderclub	4.78	57:21	11:59	23	19:25	106	34:00	127.09	18:20:17	8:39	27	5:38:41	123	8:10:01	
VP22 - Frohnau (4.03	45:54	11:23	29	17:33	132	24:22	131.12	19:06:11	8:44	27	5:51:29	125	8:34:23	
VP23 - Naturschu	6.78	2:30:27	22:11	42	1:39:28	183	1:56:41	137.90	21:36:38	9:24	35	7:30:57	153	10:31:04	
VP24 - Oranienbu	4.75	50:39	10:39	22	13:50	97	24:47	142.65	22:27:17	9:26	33	7:37:51	146	10:55:17	
VP25 - Lübars	5.69	1:02:27	10:58	27	20:11	118	33:07	148.34	23:29:44	9:30	33	7:55:31	144	11:28:24	
VP26 - S-Bahnhö	5.71	1:04:13	11:14	28	26:46	129	34:32	154.05	24:33:57	9:34	33	8:20:14	143	12:02:56	
VP27 - Wollankst	3.09	26:28	8:33	27	11:29	119	14:07	157.14	25:00:25	9:32	33	8:29:07	143	12:15:39	
Friedrich-Ludwig	3.76	43:40	11:36	32	18:20	126	23:03	160.90	25:44:05	9:35	33	8:44:24	143	12:37:13	