



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Friedl, Michael Thomas

□□□: 25:09:02

□□: LG Mauerweg Berlin e.V.

□□: 6.36 km/h

□□: 28

□□□□: 9:23 min/km

□□: 160.90 km

□□□□□/□□□□: 148 (of 246)

100MeilenBerlin

□□□□□/□: 134 (of 211)

□□□□□□: 13:06:52

□□□□:

□□□□□: 8(of 18)

Senioren M60 (60-64 Jahre)

□□□□□□□: 17:18:55

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□□□□

□□□

| □□□ | □□ km | □□ □□ min/km | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------------------|----------|-----------------|--------------|---------|---------|---------|---------|--------|-----------|------------------|---------|---------|---------|----------|
| VP1 - Mahnmal P | 9.02 | 1:08:48 | 7:37 | 12 | 22:29 | 166 | 27:52 | 9.02 | 1:08:48 | 7:37 | 12 | 22:29 | 166 | 27:52 |
| VP2 - Schlesische | 5.98 | 42:06 | 7:02 | 11 | 7:50 | 158 | 16:00 | 15.00 | 1:50:54 | 7:23 | 12 | 20:33 | 165 | 43:52 |
| VP3 - Sonnenalle | 6.00 | 42:57 | 7:09 | 10 | 7:42 | 163 | 17:19 | 21.00 | 2:33:51 | 7:19 | 12 | 26:29 | 163 | 1:01:11 |
| VP4 - Stubenrauc | 5.73 | 41:20 | 7:12 | 12 | 8:35 | 162 | 16:05 | 26.73 | 3:15:11 | 7:18 | 12 | 35:04 | 165 | 1:17:16 |
| VP5 - U-Bahnhof | 4.30 | 36:48 | 8:33 | 14 | 9:23 | 176 | 15:41 | 31.03 | 3:51:59 | 7:28 | 12 | 44:27 | 167 | 1:31:51 |
| VP6 - Buckower I | 5.40 | 41:50 | 7:44 | 11 | 8:26 | 157 | 16:27 | 36.43 | 4:33:49 | 7:30 | 12 | 52:18 | 165 | 1:48:17 |
| VP7 - Kirchhainer | 5.54 | 45:30 | 8:12 | 10 | 11:47 | 159 | 19:19 | 41.97 | 5:19:19 | 7:36 | 12 | 1:04:05 | 164 | 2:06:59 |
| VP8 - Lichtenradi | 4.42 | 36:36 | 8:16 | 11 | 10:14 | 163 | 16:23 | 46.39 | 5:55:55 | 7:40 | 12 | 1:14:19 | 167 | 2:23:22 |
| VP9 - Osdorfer St | 5.77 | 45:27 | 7:52 | 8 | 10:50 | 136 | 19:15 | 52.16 | 6:41:22 | 7:41 | 12 | 1:25:09 | 165 | 2:41:59 |
| VP10 - Sportplatz | 6.41 | 1:00:53 | 9:29 | 7 | 20:51 | 150 | 32:05 | 58.57 | 7:42:15 | 7:53 | 12 | 1:46:00 | 161 | 3:12:30 |
| VP11 - Königsw | 6.18 | 46:18 | 7:29 | 6 | 7:51 | 81 | 17:25 | 64.75 | 8:28:33 | 7:51 | 9 | 1:53:51 | 146 | 3:29:04 |
| VP12 - Gedenkst | 6.18 | 1:05:02 | 10:31 | 13 | 16:42 | 167 | 33:35 | 70.93 | 9:33:35 | 8:05 | 11 | 2:10:33 | 155 | 4:01:58 |
| VP13 - Brauhaus | 6.84 | 50:32 | 7:23 | 3 | 26:55 | 62 | 26:55 | 77.77 | 10:24:07 | 8:01 | 8 | 2:16:15 | 139 | 4:20:07 |
| VP14 - Revierförs | 6.06 | 47:57 | 7:54 | 4 | 8:43 | 61 | 18:33 | 83.83 | 11:12:04 | 8:01 | 8 | 2:24:58 | 134 | 4:38:40 |
| VP15 - Schloß Sa | 6.20 | 1:09:29 | 11:12 | 8 | 31:32 | 126 | 39:42 | 90.03 | 12:21:33 | 8:14 | 7 | 2:56:30 | 134 | 5:18:22 |
| VP16 - Pagel & Fi | 7.63 | 1:13:53 | 9:40 | 9 | 30:39 | 138 | 37:29 | 97.66 | 13:35:26 | 8:20 | 8 | 3:17:30 | 135 | 5:55:24 |
| VP17 - Wilhelmst | 4.84 | 45:45 | 9:27 | 8 | 15:18 | 131 | 20:38 | 102.50 | 14:21:11 | 8:24 | 8 | 3:32:48 | 135 | 6:16:02 |
| VP18 - Falkensee | 6.58 | 1:11:06 | 10:48 | 14 | 28:08 | 158 | 37:38 | 109.08 | 15:32:17 | 8:32 | 8 | 4:00:56 | 139 | 6:52:57 |
| VP19 - Schönwal | 5.70 | 1:03:31 | 11:08 | 12 | 26:59 | 145 | 34:42 | 114.78 | 16:35:48 | 8:40 | 8 | 4:27:55 | 139 | 7:27:39 |
| VP20 - Grenzturn | 7.53 | 1:20:57 | 10:45 | 11 | 26:44 | 132 | 46:21 | 122.31 | 17:56:45 | 8:48 | 8 | 4:54:39 | 141 | 8:09:50 |
| VP21 - Ruderclub | 4.78 | 55:56 | 11:42 | 10 | 24:26 | 97 | 32:35 | 127.09 | 18:52:41 | 8:54 | 8 | 5:19:05 | 141 | 8:42:25 |
| VP22 - Frohnau (| 4.03 | 44:04 | 10:56 | 10 | 19:15 | 126 | 22:32 | 131.12 | 19:36:45 | 8:58 | 7 | 5:38:20 | 139 | 9:04:57 |
| VP23 - Naturschu | 6.78 | 1:23:20 | 12:17 | 12 | 39:18 | 145 | 49:34 | 137.90 | 21:00:05 | 9:08 | 9 | 6:17:38 | 140 | 9:54:31 |
| VP24 - Oranienbu | 4.75 | 56:21 | 11:51 | 9 | 24:00 | 136 | 30:29 | 142.65 | 21:56:26 | 9:13 | 9 | 6:41:38 | 140 | 10:24:26 |
| VP25 - Lübars | 5.69 | 1:05:09 | 11:26 | 10 | 27:19 | 135 | 35:49 | 148.34 | 23:01:35 | 9:18 | 9 | 7:08:57 | 139 | 11:00:15 |
| VP26 - S-Bahnh | 5.71 | 1:02:50 | 11:00 | 10 | 24:15 | 120 | 33:09 | 154.05 | 24:04:25 | 9:22 | 9 | 7:33:12 | 137 | 11:33:24 |
| VP27 - Wollankst | 3.09 | 25:34 | 8:16 | 6 | 9:29 | 109 | 13:13 | 157.14 | 24:29:59 | 9:21 | 9 | 7:42:41 | 136 | 11:45:13 |
| Friedrich-Ludwig | 3.76 | 39:03 | 10:23 | 4 | 9:17 | 94 | 18:26 | 160.90 | 25:09:02 | 9:22 | 8 | 7:50:07 | 134 | 12:02:10 |