



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

□□□□

Friedl, Michael Thomas

□□□: 25:09:02

□□: LG Mauerweg Berlin e.V.

□□: 6.40 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

□□□□

□□□□

□□□

□□□	□□ 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