



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

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Sauseschritt

□□: LG Mauerweg Berlin e.V.

□□: 2003

□□: 160.90 km

2er Staffel

□□□□:

Staffel 2 x 80 km

□□□: 24:26:50

□□: 6.54 km/h

□□□□: 9:07 min/km

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VP1 - Mahnmal P	9.02	1:08:02	7:32	7	18:12	7	18:12	9.02	1:08:02	7:32	7	18:12	7	18:12
VP2 - Schlesische	5.98	45:08	7:32	7	14:03	7	14:03	15.00	1:53:10	7:32	7	32:15	7	32:15
VP3 - Sonnenalle	6.00	43:09	7:11	7	11:42	7	11:42	21.00	2:36:19	7:26	7	43:57	7	43:57
VP4 - Stubenrauc	5.73	42:57	7:29	6	14:17	6	14:17	26.73	3:19:16	7:27	7	58:14	7	58:14
VP5 - U-Bahnhof	4.30	40:11	9:20	7	14:40	7	14:40	31.03	3:59:27	7:43	7	1:12:54	7	1:12:54
VP6 - Buckower I	5.40	48:07	8:54	7	19:30	7	19:30	36.43	4:47:34	7:53	7	1:32:24	7	1:32:24
VP7 - Kirchhainer	5.54	46:19	8:21	7	19:09	7	19:09	41.97	5:33:53	7:57	7	1:47:20	7	1:47:20
VP8 - Lichtenradi	4.42	37:44	8:32	6	13:23	6	13:23	46.39	6:11:37	8:00	7	2:00:43	7	2:00:43
VP9 - Osdorfer St	5.77	45:38	7:54	7	20:58	7	20:58	52.16	6:57:15	7:59	7	2:14:11	7	2:14:11
VP10 - Sportplatz	6.41	48:02	7:29	3	16:07	3	16:07	58.57	7:45:17	7:56	7	2:23:57	7	2:23:57
VP11 - Königswe	6.18	1:22:13	13:18	7	1:01:36	7	1:01:36	64.75	9:07:30	8:27	7	3:10:42	7	3:10:42
VP12 - Gedenkst	6.18	1:02:58	10:11	6	24:22	6	24:22	70.93	10:10:28	8:36	7	3:35:04	7	3:35:04
VP13 - Brauhaus	6.84	1:01:04	8:55	7	24:38	7	24:38	77.77	11:11:32	8:38	7	3:56:06	7	3:56:06
VP14 - Revierförs	6.06	56:04	9:15	7	19:27	7	19:27	83.83	12:07:36	8:40	7	4:15:33	7	4:15:33
VP15 - Schloß Sa	6.20	1:14:37	12:02	7	39:59	7	39:59	90.03	13:22:13	8:54	7	4:55:04	7	4:55:04
VP16 - Pagel & Fi	7.63	59:42	7:49	6	20:26	6	20:26	97.66	14:21:55	8:49	7	5:15:30	7	5:15:30
VP17 - Wilhelmst	4.84	38:42	7:59	7	13:44	7	13:44	102.50	15:00:37	8:47	7	5:27:09	7	5:27:09
VP18 - Falkensee	6.58	52:53	8:02	7	17:13	7	17:13	109.08	15:53:30	8:44	7	5:43:15	7	5:43:15
VP19 - Schönwal	5.70	49:45	8:43	7	17:28	7	17:28	114.78	16:43:15	8:44	7	6:00:43	7	6:00:43
VP20 - Grenzturn	7.53	1:04:14	8:31	6	21:43	6	21:43	122.31	17:47:29	8:43	7	6:12:30	7	6:12:30
VP21 - Ruderclub	4.78	45:31	9:31	5	17:11	5	17:11	127.09	18:33:00	8:45	7	6:29:41	7	6:29:41
VP22 - Frohnau (4.03	48:56	12:08	7	22:05	7	22:05	131.12	19:21:56	8:51	7	6:50:51	7	6:50:51
VP23 - Naturschu	6.78	1:09:12	10:12	7	25:51	7	25:51	137.90	20:31:08	8:55	7	7:16:42	7	7:16:42
VP24 - Oranienbu	4.75	52:43	11:05	7	24:28	7	24:28	142.65	21:23:51	8:59	7	7:35:02	7	7:35:02
VP25 - Lübars	5.69	59:41	10:29	7	24:50	7	24:50	148.34	22:23:32	9:03	7	7:59:52	7	7:59:52
VP26 - S-Bahnhö	5.71	56:44	9:56	7	20:51	7	20:51	154.05	23:20:16	9:05	7	8:19:42	7	8:19:42
VP27 - Wollankst	3.09	22:25	7:15	7	8:30	7	8:30	157.14	23:42:41	9:03	7	8:28:12	7	8:28:12
Friedrich-Ludwig	3.03	44:09	14:34	7	21:42	7	21:42	160.90	24:26:50	9:06	7	8:48:22	7	8:48:22