



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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Gladasch, Gerd

000: 25:33:56

00: Lg Mauerweg Berlin / memler.de

00: 6.26 km/h

00: 259

0000: 9:32 min/km

00: 160.90 km

00000/000: 157 (of 246)

100MeilenBerlin

00000/0: 140 (of 211)

000000: 13:06:52

0000:

00000: 32(of 46)

Senioren M50 (50-54 Jahre)

0000000: 16:59:41

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| 000 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 000 | 000 | 000 | 00 | 00 | 00 | 00 |
|-------------------|------|---------|--------|----|-------|-----|-------|--------|----------|--------|----|---------|-----|----------|
| | km | 00 | min/km | - | - | 0 | 0 | km | 00 | min/km | - | - | 0 | 0 |
| VP1 - Mahnmal P | 9.02 | 1:11:49 | 7:57 | 39 | 30:46 | 181 | 30:53 | 9.02 | 1:11:49 | 7:57 | 39 | 30:46 | 181 | 30:53 |
| VP2 - Schlesische | 5.98 | 43:29 | 7:16 | 34 | 17:21 | 167 | 17:23 | 15.00 | 1:55:18 | 7:41 | 38 | 48:07 | 179 | 48:16 |
| VP3 - Sonnenalle | 6.00 | 48:38 | 8:06 | 42 | 20:17 | 186 | 23:00 | 21.00 | 2:43:56 | 7:48 | 39 | 1:08:24 | 183 | 1:11:16 |
| VP4 - Stubenrauc | 5.73 | 43:18 | 7:33 | 39 | 14:56 | 180 | 18:03 | 26.73 | 3:27:14 | 7:45 | 40 | 1:23:20 | 183 | 1:29:19 |
| VP5 - U-Bahnhof | 4.30 | 36:22 | 8:27 | 35 | 13:16 | 170 | 15:15 | 31.03 | 4:03:36 | 7:51 | 38 | 1:36:36 | 180 | 1:43:28 |
| VP6 - Buckower I | 5.40 | 44:10 | 8:10 | 38 | 14:38 | 175 | 18:47 | 36.43 | 4:47:46 | 7:53 | 39 | 1:51:14 | 179 | 2:02:14 |
| VP7 - Kirchhainer | 5.54 | 44:18 | 7:59 | 32 | 13:46 | 148 | 18:07 | 41.97 | 5:32:04 | 7:54 | 38 | 2:03:10 | 178 | 2:19:44 |
| VP8 - Lichtenradi | 4.42 | 34:11 | 7:44 | 29 | 10:16 | 138 | 13:58 | 46.39 | 6:06:15 | 7:53 | 38 | 2:10:03 | 176 | 2:33:42 |
| VP9 - Osdorfer St | 5.77 | 45:26 | 7:52 | 31 | 14:27 | 135 | 19:14 | 52.16 | 6:51:41 | 7:53 | 38 | 2:19:12 | 175 | 2:52:18 |
| VP10 - Sportplatz | 6.41 | 56:25 | 8:48 | 22 | 21:35 | 112 | 27:37 | 58.57 | 7:48:06 | 7:59 | 35 | 2:34:03 | 171 | 3:18:21 |
| VP11 - Königswe | 6.18 | 50:18 | 8:08 | 27 | 14:10 | 120 | 21:25 | 64.75 | 8:38:24 | 8:00 | 33 | 2:40:22 | 161 | 3:38:55 |
| VP12 - Gedenkst | 6.18 | 54:02 | 8:44 | 20 | 16:27 | 99 | 22:35 | 70.93 | 9:32:26 | 8:04 | 32 | 2:53:56 | 151 | 4:00:49 |
| VP13 - Brauhaus | 6.84 | 57:12 | 8:21 | 23 | 15:32 | 107 | 33:35 | 77.77 | 10:29:38 | 8:05 | 31 | 3:06:51 | 143 | 4:25:38 |
| VP14 - Revierförs | 6.06 | 48:58 | 8:04 | 14 | 11:37 | 79 | 19:34 | 83.83 | 11:18:36 | 8:05 | 29 | 3:18:28 | 139 | 4:45:12 |
| VP15 - Schloß Sa | 6.20 | 1:16:54 | 12:24 | 38 | 38:09 | 159 | 47:07 | 90.03 | 12:35:30 | 8:23 | 33 | 3:56:37 | 145 | 5:32:19 |
| VP16 - Pagel & Fi | 7.63 | 1:08:13 | 8:56 | 22 | 21:19 | 108 | 31:49 | 97.66 | 13:43:43 | 8:26 | 32 | 4:17:19 | 141 | 6:03:41 |
| VP17 - Wilhelmst | 4.84 | 48:00 | 9:55 | 34 | 16:55 | 150 | 22:53 | 102.50 | 14:31:43 | 8:30 | 32 | 4:34:14 | 141 | 6:26:34 |
| VP18 - Falkensee | 6.58 | 1:02:41 | 9:31 | 29 | 22:47 | 122 | 29:13 | 109.08 | 15:34:24 | 8:33 | 32 | 4:57:01 | 140 | 6:55:04 |
| VP19 - Schönwal | 5.70 | 1:02:54 | 11:02 | 33 | 26:08 | 142 | 34:05 | 114.78 | 16:37:18 | 8:41 | 32 | 5:23:09 | 141 | 7:29:09 |
| VP20 - Grenzturn | 7.53 | 1:17:26 | 10:16 | 21 | 28:10 | 114 | 42:50 | 122.31 | 17:54:44 | 8:47 | 33 | 5:51:19 | 140 | 8:07:49 |
| VP21 - Ruderclub | 4.78 | 58:53 | 12:19 | 24 | 20:57 | 115 | 35:32 | 127.09 | 18:53:37 | 8:55 | 32 | 6:12:01 | 142 | 8:43:21 |
| VP22 - Frohnau (| 4.03 | 43:04 | 10:41 | 24 | 14:43 | 122 | 21:32 | 131.12 | 19:36:41 | 8:58 | 32 | 6:21:59 | 138 | 9:04:53 |
| VP23 - Naturschu | 6.78 | 1:14:36 | 11:00 | 26 | 23:37 | 116 | 40:50 | 137.90 | 20:51:17 | 9:04 | 32 | 6:45:36 | 139 | 9:45:43 |
| VP24 - Oranienbu | 4.75 | 45:06 | 9:29 | 10 | 8:17 | 57 | 19:14 | 142.65 | 21:36:23 | 9:05 | 32 | 6:46:57 | 134 | 10:04:23 |
| VP25 - Lübars | 5.69 | 1:09:32 | 12:13 | 35 | 27:16 | 153 | 40:12 | 148.34 | 22:45:55 | 9:12 | 32 | 7:11:42 | 134 | 10:44:35 |
| VP26 - S-Bahnhö | 5.71 | 1:20:48 | 14:09 | 42 | 43:21 | 178 | 51:07 | 154.05 | 24:06:43 | 9:23 | 32 | 7:53:00 | 138 | 11:35:42 |
| VP27 - Wollankst | 3.09 | 26:45 | 8:39 | 28 | 11:46 | 121 | 14:24 | 157.14 | 24:33:28 | 9:22 | 32 | 8:02:10 | 137 | 11:48:42 |
| Friedrich-Ludwig | 3.76 | 1:00:28 | 16:04 | 40 | 35:08 | 177 | 39:51 | 160.90 | 25:33:56 | 9:32 | 32 | 8:34:15 | 140 | 12:27:04 |