



# 100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

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**König, Lars**

□□: TuS Neukölln Berlin

□□: 92

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 29:47:46

□□: 5.37 km/h

□□□□: 11:07 min/km

□□□□□/□□□□: 205 (of 246)

□□□□□/□: 178 (of 211)

□□□□□□: 13:06:52

□□□□□: 31(of 36)

□□□□□□□: 15:19:46

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□□□	□□ km	□□ □□ min/km	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Mahnmal P	9.02	1:03:28	7:02	30	17:42	135	22:32	9.02	1:03:28	7:02	30	17:42	135	22:32
VP2 - Schlesische	5.98	41:47	6:59	30	13:23	156	15:41	15.00	1:45:15	7:00	30	31:05	142	38:13
VP3 - Sonnenalle	6.00	40:43	6:47	28	11:36	128	15:05	21.00	2:25:58	6:57	30	42:41	139	53:18
VP4 - Stubenrauc	5.73	37:30	6:32	24	8:54	104	12:15	26.73	3:03:28	6:51	27	51:13	125	1:05:33
VP5 - U-Bahnhof	4.30	32:16	7:30	26	7:49	103	11:09	31.03	3:35:44	6:57	27	56:49	120	1:15:36
VP6 - Buckower I	5.40	39:46	7:21	25	10:01	117	14:23	36.43	4:15:30	7:00	27	1:02:40	119	1:29:58
VP7 - Kirchhainer	5.54	43:39	7:52	28	12:34	145	17:28	41.97	4:59:09	7:07	28	1:14:43	125	1:46:49
VP8 - Lichtenradi	4.42	31:44	7:10	21	8:01	95	11:31	46.39	5:30:53	7:07	27	1:20:40	119	1:58:20
VP9 - Osdorfer St	5.77	45:39	7:54	25	14:44	140	19:27	52.16	6:16:32	7:13	27	1:34:38	122	2:17:09
VP10 - Sportplatz	6.41	1:13:50	11:31	32	37:53	183	45:02	58.57	7:30:22	7:41	27	2:12:31	139	3:00:37
VP11 - Königsweg	6.18	1:00:11	9:44	32	26:29	176	31:18	64.75	8:30:33	7:53	27	2:33:52	150	3:31:04
VP12 - Gedenkst	6.18	1:13:52	11:57	33	39:36	183	42:25	70.93	9:44:25	8:14	31	3:12:09	166	4:12:48
VP13 - Brauhaus	6.84	1:24:21	12:19	32	44:13	183	1:00:44	77.77	11:08:46	8:35	30	3:53:21	172	5:04:46
VP14 - Revierförs	6.06	1:07:23	11:07	32	33:53	180	37:59	83.83	12:16:09	8:46	30	4:27:14	177	5:42:45
VP15 - Schloß Sa	6.20	1:18:37	12:40	28	43:09	162	48:50	90.03	13:34:46	9:02	30	5:10:23	176	6:31:35
VP16 - Pagel & Fi	7.63	1:39:18	13:00	32	56:57	182	1:02:54	97.66	15:14:04	9:21	31	6:07:20	178	7:34:02
VP17 - Wilhelmst	4.84	1:10:24	14:32	32	41:40	184	45:17	102.50	16:24:28	9:36	31	6:49:00	179	8:19:19
VP18 - Falkensee	6.58	1:50:59	16:52	32	1:14:27	186	1:17:31	109.08	18:15:27	10:02	31	8:03:27	180	9:36:07
VP19 - Schönwal	5.70	1:24:58	14:54	31	51:00	181	56:09	114.78	19:40:25	10:17	31	8:54:27	179	10:32:16
VP20 - Grenzturn	7.53	1:52:22	14:55	31	1:09:22	184	1:17:46	122.31	21:32:47	10:34	31	10:03:49	180	11:45:52
VP21 - Ruderclub	4.78	1:26:41	18:08	30	56:36	179	1:03:20	127.09	22:59:28	10:51	32	11:00:17	180	12:49:12
VP22 - Frohnau (	4.03	59:07	14:40	32	35:03	180	37:35	131.12	23:58:35	10:58	32	11:34:42	180	13:26:47
VP23 - Naturschu	6.78	1:19:20	11:42	26	38:43	135	45:34	137.90	25:17:55	11:00	32	12:12:07	180	14:12:21
VP24 - Oranienbu	4.75	54:43	11:31	22	25:40	129	28:51	142.65	26:12:38	11:01	32	12:37:47	180	14:40:38
VP25 - Lübars	5.69	1:04:34	11:20	24	31:41	130	35:14	148.34	27:17:12	11:02	32	13:09:28	181	15:15:52
VP26 - S-Bahnhö	5.71	1:09:53	12:14	28	36:00	155	40:12	154.05	28:27:05	11:04	32	13:45:28	180	15:56:04
VP27 - Wollankst	3.09	27:29	8:53	21	15:08	133	15:08	157.14	28:54:34	11:02	32	13:58:34	179	16:09:48
Friedrich-Ludwig	3.76	53:12	14:08	31	29:26	169	32:35	160.90	29:47:46	11:06	32	14:28:00	181	16:40:54