



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

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Läufer, Besen

□□: Lg Mauerweg Berlin e.V.

□□: 10000

□□: 160.90 km

4er Staffel

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Staffel 4 x 40 km

□□□: 29:01:19

□□: 5.51 km/h

□□□□: 10:49 min/km

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