



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

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SPACEJOGGER

□□□: 15:54:39

□□: 4012

□□: 10.06 km/h

□□□□: 5:56 min/km

□□: 160.90 km

4er Staffel

□□□□□/□□□: 4 (of 15)

□□□□□/□□□: 4 (of 15)

□□□□□□: 14:01:32

□□□□:

Staffel 4 x 40 km

□□□□□: 4(of 15)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□	□□ □□	□□□	□□□	□□□	□□ -	□□ -	□□ □□	□□ □□
VP1 - Mahnmal P	9.02	49:56	5:32	4	1:52	4	1:52	9.02	49:56	5:32	4	1:52	4	1:52
VP2 - Schlesische	5.98	32:36	5:27	3	2:46	3	2:46	15.00	1:22:32	5:30	4	4:38	4	4:38
VP3 - Sonnenalle	6.00	33:11	5:31	6	4:53	6	4:53	21.00	1:55:43	5:30	3	9:31	3	9:31
VP4 - Stubenrauc	5.73	31:52	5:33	5	5:26	5	5:26	26.73	2:27:35	5:31	5	14:57	5	14:57
VP5 - U-Bahnhof	4.30	25:22	5:53	3	3:30	3	3:30	31.03	2:52:57	5:34	3	18:27	3	18:27
VP6 - Buckower I	5.40	34:03	6:18	7	8:44	7	8:44	36.43	3:27:00	5:40	4	27:11	4	27:11
VP7 - Kirchhainer	5.54	34:23	6:12	6	8:17	6	8:17	41.97	4:01:23	5:45	6	35:28	6	35:28
VP8 - Lichtenradi	4.42	27:07	6:08	5	7:09	5	7:09	46.39	4:28:30	5:47	6	42:37	6	42:37
VP9 - Osdorfer St	5.77	33:36	5:49	4	8:00	4	8:00	52.16	5:02:06	5:47	5	50:37	5	50:37
VP10 - Sportplatz	6.41	36:31	5:41	5	8:21	5	8:21	58.57	5:38:37	5:46	5	58:58	5	58:58
VP11 - Königsw	6.18	39:09	6:20	9	9:24	9	9:24	64.75	6:17:46	5:50	6	54:05	6	54:05
VP12 - Gedenkst	6.18	45:32	7:22	11	12:38	11	12:38	70.93	7:03:18	5:58	6	1:01:19	6	1:01:19
VP13 - Brauhaus	6.84	44:01	6:26	10	10:00	10	10:00	77.77	7:47:19	6:00	6	54:45	6	54:45
VP14 - Revierförs	6.06	41:10	6:47	11	9:48	11	9:48	83.83	8:28:29	6:03	6	1:00:45	6	1:00:45
VP15 - Schloß Sa	6.20	40:44	6:34	11	7:45	11	7:45	90.03	9:09:13	6:06	6	1:05:15	6	1:05:15
VP16 - Pagel & Fi	7.63	42:44	5:36	7	6:01	7	6:01	97.66	9:51:57	6:03	6	1:06:06	6	1:06:06
VP17 - Wilhelmst	4.84	26:57	5:34	7	2:42	7	2:42	102.50	10:18:54	6:02	6	1:08:48	6	1:08:48
VP18 - Falkensee	6.58	36:59	5:37	3	1:55	3	1:55	109.08	10:55:53	6:00	5	1:10:43	5	1:10:43
VP19 - Schönwal	5.70	32:08	5:38	3	1:14	3	1:14	114.78	11:28:01	5:59	5	1:11:57	5	1:11:57
VP20 - Grenzturn	7.53	40:40	5:24	2	0:14	2	0:14	122.31	12:08:41	5:57	4	1:12:11	4	1:12:11
VP21 - Ruderclub	4.78	23:48	4:58	1	-	1	-	127.09	12:32:29	5:55	4	1:08:28	4	1:08:28
VP22 - Frohnau (4.03	22:32	5:35	7	6:27	7	6:27	131.12	12:55:01	5:54	4	1:12:40	4	1:12:40
VP23 - Naturschu	6.78	39:49	5:52	7	11:37	7	11:37	137.90	13:34:50	5:54	4	1:20:23	4	1:20:23
VP24 - Oranienbu	4.75	29:56	6:18	6	8:58	6	8:58	142.65	14:04:46	5:55	4	1:27:55	4	1:27:55
VP25 - Lübars	5.69	33:50	5:56	6	7:57	6	7:57	148.34	14:38:36	5:55	4	1:34:52	4	1:34:52
VP26 - S-Bahnhö	5.71	34:57	6:07	6	8:23	6	8:23	154.05	15:13:33	5:55	4	1:43:15	4	1:43:15
VP27 - Wollankst	3.09	14:57	4:50	5	3:07	5	3:07	157.14	15:28:30	5:54	4	1:46:22	4	1:46:22
Friedrich-Ludwig	3.03	26:09	8:37	5	6:45	5	6:45	160.90	15:54:39	5:55	4	1:53:07	4	1:53:07