



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

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Crossläufer

□□: LG Mauerweg Berlin e.V.

□□: 4009

□□: 160.90 km

4er Staffel

□□□□:

Staffel 4 x 40 km

□□□: 16:04:57

□□: 9.95 km/h

□□□□: 6:00 min/km

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