



# 100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

□□□□

## Grenzgänger 2014

□□: LWV- Potsdam

□□: 4007

□□: 160.90 km

4er Staffel

□□□□:

Staffel 4 x 40 km

□□□: 16:08:15

□□: 9.91 km/h

□□□□: 6:01 min/km

□□□□□/□□□: 6 (of 15)

□□□□□/□□□: 6 (of 15)

□□□□□□: 14:01:32

□□□□□: 6(of 15)

□□□□□□□: 14:01:32

□□□□

□□□□

□□□

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