



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

□□□□

Pat & Alf

□□: Berlin

□□: 2005

□□: 160.90 km

2er Staffel

□□□□:

Staffel 2 x 80 km

□□□: 16:35:55

□□: 9.64 km/h

□□□□: 6:11 min/km

□□□□□/□□□: 2 (of 7)

□□□□□/□□□: 2 (of 7)

□□□□□□: 15:38:28

□□□□□: 2(of 7)

□□□□□□□: 15:38:28

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
VP1 - Mahnmal P	9.02	1:06:58	7:25	6	17:08	6	17:08	9.02	1:06:58	7:25	6	17:08	6	17:08
VP2 - Schlesische	5.98	42:39	7:07	6	11:34	6	11:34	15.00	1:49:37	7:18	6	28:42	6	28:42
VP3 - Sonnenalle	6.00	42:16	7:02	6	10:49	6	10:49	21.00	2:31:53	7:13	6	39:31	6	39:31
VP4 - Stubenrauc	5.73	44:36	7:47	7	15:56	7	15:56	26.73	3:16:29	7:21	6	55:27	6	55:27
VP5 - U-Bahnhof	4.30	37:40	8:45	5	12:09	5	12:09	31.03	3:54:09	7:32	6	1:07:36	6	1:07:36
VP6 - Buckower I	5.40	34:29	6:23	3	5:52	3	5:52	36.43	4:28:38	7:22	6	1:13:28	6	1:13:28
VP7 - Kirchhainer	5.54	27:10	4:54	1	-	1	-	41.97	4:55:48	7:02	5	1:09:15	5	1:09:15
VP8 - Lichtenradi	4.42	38:51	8:47	7	14:30	7	14:30	46.39	5:34:39	7:12	5	1:23:45	5	1:23:45
VP9 - Osdorfer St	5.77	24:40	4:16	1	-	1	-	52.16	5:59:19	6:53	5	1:16:15	5	1:16:15
VP10 - Sportplatz	6.41	31:55	4:58	1	-	1	-	58.57	6:31:14	6:40	4	1:09:54	4	1:09:54
VP11 - Königswel	6.18	20:37	3:20	1	-	1	-	64.75	6:51:51	6:21	3	55:03	3	55:03
VP12 - Gedenkst	6.18	43:54	7:06	3	5:18	3	5:18	70.93	7:35:45	6:25	3	1:00:21	3	1:00:21
VP13 - Brauhaus	6.84	36:26	5:19	1	-	1	-	77.77	8:12:11	6:19	2	56:45	2	56:45
VP14 - Revierförs	6.06	42:15	6:58	2	5:38	2	5:38	83.83	8:54:26	6:22	2	1:02:23	2	1:02:23
VP15 - Schloß Sa	6.20	36:03	5:48	3	1:25	3	1:25	90.03	9:30:29	6:20	2	1:03:20	2	1:03:20
VP16 - Pagel & Fi	7.63	39:49	5:13	2	0:33	2	0:33	97.66	10:10:18	6:14	2	1:03:53	2	1:03:53
VP17 - Wilhelmst	4.84	27:52	5:45	4	2:54	4	2:54	102.50	10:38:10	6:13	2	1:04:42	2	1:04:42
VP18 - Falkensee	6.58	41:13	6:15	4	5:33	4	5:33	109.08	11:19:23	6:13	2	1:09:08	2	1:09:08
VP19 - Schönwal	5.70	37:31	6:34	3	5:14	3	5:14	114.78	11:56:54	6:14	2	1:14:22	2	1:14:22
VP20 - Grenzturn	7.53	42:31	5:38	1	-	1	-	122.31	12:39:25	6:12	2	1:04:26	2	1:04:26
VP21 - Ruderclub	4.78	28:43	6:00	2	0:23	2	0:23	127.09	13:08:08	6:12	2	1:04:49	2	1:04:49
VP22 - Frohnau (4.03	26:51	6:39	1	-	1	-	131.12	13:34:59	6:12	2	1:03:54	2	1:03:54
VP23 - Naturschu	6.78	44:42	6:35	2	1:21	2	1:21	137.90	14:19:41	6:14	2	1:05:15	2	1:05:15
VP24 - Oranienbu	4.75	28:15	5:56	1	-	1	-	142.65	14:47:56	6:13	2	59:07	2	59:07
VP25 - Lübars	5.69	35:35	6:15	2	0:44	2	0:44	148.34	15:23:31	6:13	2	59:51	2	59:51
VP26 - S-Bahnhö	5.71	35:53	6:17	1	-	1	-	154.05	15:59:24	6:13	2	58:50	2	58:50
VP27 - Wollankst	3.09	14:04	4:33	2	0:09	2	0:09	157.14	16:13:28	6:11	2	58:59	2	58:59
Friedrich-Ludwig	3.03	22:27	7:24	1	-	1	-	160.90	16:35:55	6:11	2	57:27	2	57:27