



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

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RundumBerlin-Runners

□□: LG Mauerweg Berlin e.V.

□□: 4010

□□: 160.90 km

4er Staffel

□□□□:

Staffel 4 x 40 km

□□□: 16:58:46

□□: 9.48 km/h

□□□□: 6:20 min/km

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