



# 100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

0000

Lang, Stefan

00: LG MuLi

00: 146

00: 160.90 km

100MeilenBerlin

0000:

Senioren M50 (50-54 Jahre)

000: 18:27:21

00: 8.67 km/h

0000: 6:53 min/km

00000/0000: 24 (of 246)

00000/0: 23 (of 211)

000000: 13:06:52

00000: 3(of 46)

0000000: 16:59:41

0000

0000

000

| 000               | 00<br>km | 00<br>00 | 00<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000    | 000<br>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|-------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|---------------|---------|---------|---------|---------|
| VP1 - Mahnmal P   | 9.02     | 57:32    | 6:22         | 9       | 16:29   | 48      | 16:36   | 9.02   | 57:32     | 6:22          | 9       | 16:29   | 48      | 16:36   |
| VP2 - Schlesische | 5.98     | 35:36    | 5:57         | 15      | 9:28    | 71      | 9:30    | 15.00  | 1:33:08   | 6:12          | 10      | 25:57   | 55      | 26:06   |
| VP3 - Sonnenalle  | 6.00     | 35:17    | 5:52         | 9       | 6:56    | 49      | 9:39    | 21.00  | 2:08:25   | 6:06          | 10      | 32:53   | 54      | 35:45   |
| VP4 - Stubenrauc  | 5.73     | 33:46    | 5:53         | 9       | 5:24    | 52      | 8:31    | 26.73  | 2:42:11   | 6:04          | 9       | 38:17   | 51      | 44:16   |
| VP5 - U-Bahnhof   | 4.30     | 28:40    | 6:40         | 10      | 5:34    | 51      | 7:33    | 31.03  | 3:10:51   | 6:09          | 9       | 43:51   | 53      | 50:43   |
| VP6 - Buckower I  | 5.40     | 34:27    | 6:22         | 6       | 4:55    | 43      | 9:04    | 36.43  | 3:45:18   | 6:11          | 9       | 48:46   | 53      | 59:46   |
| VP7 - Kirchhainer | 5.54     | 34:48    | 6:16         | 6       | 4:16    | 40      | 8:37    | 41.97  | 4:20:06   | 6:11          | 10      | 51:12   | 52      | 1:07:46 |
| VP8 - Lichtenradi | 4.42     | 26:20    | 5:57         | 5       | 2:25    | 31      | 6:07    | 46.39  | 4:46:26   | 6:10          | 9       | 50:14   | 46      | 1:13:53 |
| VP9 - Osdorfer St | 5.77     | 34:00    | 5:53         | 4       | 3:01    | 19      | 7:48    | 52.16  | 5:20:26   | 6:08          | 8       | 47:57   | 41      | 1:21:03 |
| VP10 - Sportplatz | 6.41     | 41:34    | 6:29         | 3       | 6:44    | 27      | 12:46   | 58.57  | 6:02:00   | 6:10          | 7       | 47:57   | 35      | 1:32:15 |
| VP11 - Königsw    | 6.18     | 36:53    | 5:58         | 2       | 0:45    | 13      | 8:00    | 64.75  | 6:38:53   | 6:09          | 7       | 40:51   | 34      | 1:39:24 |
| VP12 - Gedenkst   | 6.18     | 43:19    | 7:00         | 4       | 5:44    | 23      | 11:52   | 70.93  | 7:22:12   | 6:14          | 6       | 43:42   | 30      | 1:50:35 |
| VP13 - Brauhaus   | 6.84     | 41:40    | 6:05         | 1       | -       | 11      | 18:03   | 77.77  | 8:03:52   | 6:13          | 6       | 41:05   | 29      | 1:59:52 |
| VP14 - Revierförs | 6.06     | 40:03    | 6:36         | 2       | 2:42    | 19      | 10:39   | 83.83  | 8:43:55   | 6:14          | 4       | 43:47   | 26      | 2:10:31 |
| VP15 - Schloß Sa  | 6.20     | 48:31    | 7:49         | 4       | 9:46    | 30      | 18:44   | 90.03  | 9:32:26   | 6:21          | 5       | 53:33   | 28      | 2:29:15 |
| VP16 - Pagel & Fi | 7.63     | 46:54    | 6:08         | 1       | -       | 8       | 10:30   | 97.66  | 10:19:20  | 6:20          | 3       | 52:56   | 23      | 2:39:18 |
| VP17 - Wilhelmst  | 4.84     | 36:47    | 7:35         | 8       | 5:42    | 42      | 11:40   | 102.50 | 10:56:07  | 6:24          | 3       | 58:38   | 23      | 2:50:58 |
| VP18 - Falkensee  | 6.58     | 46:35    | 7:04         | 6       | 6:41    | 27      | 13:07   | 109.08 | 11:42:42  | 6:26          | 3       | 1:05:19 | 23      | 3:03:22 |
| VP19 - Schönwal   | 5.70     | 41:45    | 7:19         | 4       | 4:59    | 30      | 12:56   | 114.78 | 12:24:27  | 6:29          | 3       | 1:10:18 | 23      | 3:16:18 |
| VP20 - Grenzturn  | 7.53     | 50:04    | 6:38         | 2       | 0:48    | 15      | 15:28   | 122.31 | 13:14:31  | 6:29          | 3       | 1:11:06 | 22      | 3:27:36 |
| VP21 - Ruderclub  | 4.78     | 44:20    | 9:16         | 7       | 6:24    | 38      | 20:59   | 127.09 | 13:58:51  | 6:36          | 3       | 1:17:15 | 22      | 3:48:35 |
| VP22 - Frohnau (  | 4.03     | 28:21    | 7:02         | 1       | -       | 14      | 6:49    | 131.12 | 14:27:12  | 6:36          | 3       | 1:12:30 | 22      | 3:55:24 |
| VP23 - Naturschu  | 6.78     | 51:43    | 7:37         | 2       | 0:44    | 25      | 17:57   | 137.90 | 15:18:55  | 6:39          | 3       | 1:13:14 | 22      | 4:13:21 |
| VP24 - Oranienbu  | 4.75     | 42:12    | 8:53         | 7       | 5:23    | 41      | 16:20   | 142.65 | 16:01:07  | 6:44          | 3       | 1:11:41 | 23      | 4:29:07 |
| VP25 - Lübars     | 5.69     | 44:52    | 7:53         | 3       | 2:36    | 28      | 15:32   | 148.34 | 16:45:59  | 6:46          | 3       | 1:11:46 | 23      | 4:44:39 |
| VP26 - S-Bahnh    | 5.71     | 46:16    | 8:06         | 6       | 8:49    | 32      | 16:35   | 154.05 | 17:32:15  | 6:49          | 3       | 1:18:32 | 23      | 5:01:14 |
| VP27 - Wollankst  | 3.09     | 20:08    | 6:30         | 9       | 5:09    | 45      | 7:47    | 157.14 | 17:52:23  | 6:49          | 3       | 1:21:05 | 23      | 5:07:37 |
| Friedrich-Ludwig  | 3.76     | 34:58    | 9:17         | 13      | 9:38    | 66      | 14:21   | 160.90 | 18:27:21  | 6:52          | 3       | 1:27:40 | 23      | 5:20:29 |