



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

□□□□

Die 4 Radiergummis

□□: Radiergummi-Liga

□□: 4008

□□: 160.90 km

4er Staffel

□□□□:

Staffel 4 x 40 km

□□□: 18:40:51

□□: 8.56 km/h

□□□□: 6:58 min/km

□□□□□/□□□: 11 (of 15)

□□□□□/□□□: 11 (of 15)

□□□□□□: 14:01:32

□□□□□: 11(of 15)

□□□□□□□: 14:01:32

□□□□

□□□□

□□□

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