



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

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Liebert, Oliver

□□: LG Mauerweg Berlin e.V.

□□: 17

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 20:18:35

□□: 7.88 km/h

□□□□: 7:34 min/km

□□□□□/□□□□: 41 (of 246)

□□□□□/□: 39 (of 211)

□□□□□□: 13:06:52

□□□□□: 10(of 36)

□□□□□□□: 15:19:46

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □		
VP1 - Mahnmal P	9.02	57:35	6:23	12	11:49	49	16:39	9.02	57:35	6:23	12	11:49	49	16:39
VP2 - Schlesische	5.98	33:53	5:39	10	5:29	39	7:47	15.00	1:31:28	6:05	12	17:18	47	24:26
VP3 - Sonnenalle	6.00	36:12	6:02	18	7:05	61	10:34	21.00	2:07:40	6:04	13	24:23	51	35:00
VP4 - Stubenrauc	5.73	35:56	6:16	22	7:20	81	10:41	26.73	2:43:36	6:07	16	31:21	58	45:41
VP5 - U-Bahnhof	4.30	31:24	7:18	25	6:57	89	10:17	31.03	3:15:00	6:17	17	36:05	65	54:52
VP6 - Buckower I	5.40	35:06	6:30	14	5:21	53	9:43	36.43	3:50:06	6:18	17	37:16	60	1:04:34
VP7 - Kirchhainer	5.54	35:46	6:27	13	4:41	47	9:35	41.97	4:25:52	6:20	16	41:26	59	1:13:32
VP8 - Lichtenradi	4.42	28:36	6:28	14	4:53	52	8:23	46.39	4:54:28	6:20	16	44:15	59	1:21:55
VP9 - Osdorfer St	5.77	44:20	7:41	23	13:25	123	18:08	52.16	5:38:48	6:29	16	56:54	61	1:39:25
VP10 - Sportplatz	6.41	47:22	7:23	13	11:25	59	18:34	58.57	6:26:10	6:35	15	1:08:19	59	1:56:25
VP11 - Königsw	6.18	41:15	6:40	8	7:33	35	12:22	64.75	7:07:25	6:36	15	1:10:44	56	2:07:56
VP12 - Gedenkst	6.18	48:37	7:52	13	14:21	49	17:10	70.93	7:56:02	6:42	15	1:23:46	55	2:24:25
VP13 - Brauhaus	6.84	50:11	7:20	16	10:03	60	26:34	77.77	8:46:13	6:45	14	1:30:48	53	2:42:13
VP14 - Revierförs	6.06	46:47	7:43	11	13:17	52	17:23	83.83	9:33:00	6:50	14	1:44:05	51	2:59:36
VP15 - Schloß Sa	6.20	57:18	9:14	14	21:50	65	27:31	90.03	10:30:18	7:00	14	2:05:55	51	3:27:07
VP16 - Pagel & Fi	7.63	57:15	7:30	10	14:54	43	20:51	97.66	11:27:33	7:02	12	2:20:49	48	3:47:31
VP17 - Wilhelmst	4.84	39:12	8:05	15	10:28	69	14:05	102.50	12:06:45	7:05	12	2:31:17	49	4:01:36
VP18 - Falkensee	6.58	56:43	8:37	16	20:11	84	23:15	109.08	13:03:28	7:10	12	2:51:28	51	4:24:08
VP19 - Schönwal	5.70	48:40	8:32	12	14:42	48	19:51	114.78	13:52:08	7:14	13	3:06:10	51	4:43:59
VP20 - Grenzturn	7.53	1:07:08	8:54	14	24:08	63	32:32	122.31	14:59:16	7:21	14	3:30:18	52	5:12:21
VP21 - Ruderclub	4.78	52:24	10:57	19	22:19	76	29:03	127.09	15:51:40	7:29	15	3:52:29	51	5:41:24
VP22 - Frohnau (4.03	31:41	7:51	7	7:37	20	10:09	131.12	16:23:21	7:29	14	3:59:28	49	5:51:33
VP23 - Naturschu	6.78	54:01	7:58	10	13:24	31	20:15	137.90	17:17:22	7:31	13	4:11:34	46	6:11:48
VP24 - Oranienbu	4.75	42:11	8:52	10	13:08	40	16:19	142.65	17:59:33	7:34	13	4:24:42	45	6:27:33
VP25 - Lübars	5.69	44:04	7:44	7	11:11	23	14:44	148.34	18:43:37	7:34	13	4:35:53	45	6:42:17
VP26 - S-Bahnh	5.71	46:11	8:05	9	12:18	31	16:30	154.05	19:29:48	7:35	11	4:48:11	40	6:58:47
VP27 - Wollankst	3.09	18:16	5:54	6	5:55	22	5:55	157.14	19:48:04	7:33	11	4:52:04	40	7:03:18
Friedrich-Ludwig	3.76	30:31	8:06	7	6:45	28	9:54	160.90	20:18:35	7:34	10	4:58:49	39	7:11:43