



# 100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

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Wadehn, Jan-Olof

□□: Peroni-Moretti-Team

□□: 248

□□: 160.90 km

100MeilenBerlin

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 21:09:26

□□: 7.56 km/h

□□□□: 7:53 min/km

□□□□□/□□□□: 50 (of 246)

□□□□□/□: 48 (of 211)

□□□□□□: 13:06:52

□□□□□: 14(of 36)

□□□□□□□: 15:19:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Mahnmal P	9.02	57:42	6:23	13	11:56	51	16:46	9.02	57:42	6:23	13	11:56	51	16:46
VP2 - Schlesische	5.98	35:24	5:55	17	7:00	66	9:18	15.00	1:33:06	6:12	14	18:56	54	26:04
VP3 - Sonnenalle	6.00	35:24	5:53	15	6:17	52	9:46	21.00	2:08:30	6:07	14	25:13	55	35:50
VP4 - Stubenrauc	5.73	34:55	6:05	17	6:19	65	9:40	26.73	2:43:25	6:06	15	31:10	57	45:30
VP5 - U-Bahnhof	4.30	30:47	7:09	22	6:20	80	9:40	31.03	3:14:12	6:15	16	35:17	62	54:04
VP6 - Buckower I	5.40	34:27	6:22	12	4:42	43	9:04	36.43	3:48:39	6:16	16	35:49	58	1:03:07
VP7 - Kirchhainer	5.54	38:14	6:54	21	7:09	78	12:03	41.97	4:26:53	6:21	17	42:27	60	1:14:33
VP8 - Lichtenradi	4.42	30:55	6:59	19	7:12	82	10:42	46.39	4:57:48	6:25	17	47:35	61	1:25:15
VP9 - Osdorfer St	5.77	42:00	7:16	22	11:05	93	15:48	52.16	5:39:48	6:30	17	57:54	64	1:40:25
VP10 - Sportplatz	6.41	57:37	8:59	22	21:40	120	28:49	58.57	6:37:25	6:47	19	1:19:34	73	2:07:40
VP11 - Königswel	6.18	51:47	8:22	23	18:05	131	22:54	64.75	7:29:12	6:56	20	1:32:31	80	2:29:43
VP12 - Gedenkst	6.18	51:20	8:18	18	17:04	70	19:53	70.93	8:20:32	7:03	19	1:48:16	78	2:48:55
VP13 - Brauhaus	6.84	44:18	6:28	7	4:10	23	20:41	77.77	9:04:50	7:00	19	1:49:25	73	3:00:50
VP14 - Revierförs	6.06	47:09	7:46	12	13:39	55	17:45	83.83	9:51:59	7:03	19	2:03:04	71	3:18:35
VP15 - Schloß Sa	6.20	57:20	9:14	15	21:52	66	27:33	90.03	10:49:19	7:12	17	2:24:56	65	3:46:08
VP16 - Pagel & Fi	7.63	1:00:51	7:58	13	18:30	60	24:27	97.66	11:50:10	7:16	17	2:43:26	61	4:10:08
VP17 - Wilhelmst	4.84	33:36	6:56	6	4:52	21	8:29	102.50	12:23:46	7:15	17	2:48:18	61	4:18:37
VP18 - Falkensee	6.58	46:59	7:08	8	10:27	33	13:31	109.08	13:10:45	7:14	13	2:58:45	53	4:31:25
VP19 - Schönwal	5.70	40:49	7:09	6	6:51	24	12:00	114.78	13:51:34	7:14	12	3:05:36	50	4:43:25
VP20 - Grenzturn	7.53	1:01:04	8:06	10	18:04	44	26:28	122.31	14:52:38	7:17	11	3:23:40	45	5:05:43
VP21 - Ruderclub	4.78	49:59	10:27	14	19:54	61	26:38	127.09	15:42:37	7:25	13	3:43:26	48	5:32:21
VP22 - Frohnau (	4.03	34:38	8:35	10	10:34	37	13:06	131.12	16:17:15	7:27	12	3:53:22	45	5:45:27
VP23 - Naturschu	6.78	51:49	7:38	8	11:12	26	18:03	137.90	17:09:04	7:27	11	4:03:16	43	6:03:30
VP24 - Oranienbu	4.75	37:07	7:48	8	8:04	23	11:15	142.65	17:46:11	7:28	11	4:11:20	43	6:14:11
VP25 - Lübars	5.69	49:47	8:44	11	16:54	44	20:27	148.34	18:35:58	7:31	11	4:28:14	41	6:34:38
VP26 - S-Bahnhö	5.71	1:15:38	13:14	30	41:45	169	45:57	154.05	19:51:36	7:44	14	5:09:59	47	7:20:35
VP27 - Wollankst	3.09	36:07	11:41	32	23:46	181	23:46	157.14	20:27:43	7:48	14	5:31:43	47	7:42:57
Friedrich-Ludwig	3.76	41:43	11:05	23	17:57	113	21:06	160.90	21:09:26	7:53	14	5:49:40	48	8:02:34