



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

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Team Sued-Ost

□□: LG Mauerweg Berlin e.V.

□□: 4002

□□: 160.90 km

4er Staffel

□□□□:

Staffel 4 x 40 km

□□□: 20:14:38

□□: 7.90 km/h

□□□□: 7:33 min/km

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
VP1 - Mahnmal P	9.02	1:08:03	7:32	14	19:59	14	19:59	9.02	1:08:03	7:32	14	19:59	14	19:59
VP2 - Schlesische	5.98	44:51	7:30	14	15:01	14	15:01	15.00	1:52:54	7:31	14	35:00	14	35:00
VP3 - Sonnenalle	6.00	45:01	7:30	14	16:43	14	16:43	21.00	2:37:55	7:31	14	51:43	14	51:43
VP4 - Stubenrauc	5.73	43:08	7:31	15	16:42	15	16:42	26.73	3:21:03	7:31	14	1:08:25	14	1:08:25
VP5 - U-Bahnhof	4.30	43:04	10:00	14	21:12	14	21:12	31.03	4:04:07	7:52	14	1:29:37	14	1:29:37
VP6 - Buckower I	5.40	45:32	8:25	14	20:13	14	20:13	36.43	4:49:39	7:57	14	1:49:50	14	1:49:50
VP7 - Kirchhainer	5.54	46:51	8:27	14	20:45	14	20:45	41.97	5:36:30	8:01	14	2:10:35	14	2:10:35
VP8 - Lichtenradi	4.42	42:05	9:31	14	22:07	14	22:07	46.39	6:18:35	8:09	14	2:32:42	14	2:32:42
VP9 - Osdorfer St	5.77	47:31	8:14	14	21:55	14	21:55	52.16	7:06:06	8:10	14	2:54:37	14	2:54:37
VP10 - Sportplatz	6.41	50:43	7:54	14	22:33	14	22:33	58.57	7:56:49	8:08	14	3:17:10	14	3:17:10
VP11 - Königswe	6.18	47:39	7:42	12	17:54	12	17:54	64.75	8:44:28	8:05	14	3:20:47	14	3:20:47
VP12 - Gedenkst	6.18	43:54	7:06	10	11:00	10	11:00	70.93	9:28:22	8:00	14	3:26:23	14	3:26:23
VP13 - Brauhaus	6.84	45:30	6:39	11	11:29	11	11:29	77.77	10:13:52	7:53	13	3:21:18	13	3:21:18
VP14 - Revierförs	6.06	37:36	6:12	7	6:14	7	6:14	83.83	10:51:28	7:46	12	3:23:44	12	3:23:44
VP15 - Schloß Sa	6.20	39:31	6:22	8	6:32	8	6:32	90.03	11:30:59	7:40	12	3:27:01	12	3:27:01
VP16 - Pagel & Fi	7.63	43:50	5:44	8	7:07	8	7:07	97.66	12:14:49	7:31	12	3:28:58	12	3:28:58
VP17 - Wilhelmst	4.84	31:15	6:27	10	7:00	10	7:00	102.50	12:46:04	7:28	12	3:35:58	12	3:35:58
VP18 - Falkensee	6.58	44:27	6:45	12	9:23	12	9:23	109.08	13:30:31	7:25	12	3:45:21	12	3:45:21
VP19 - Schönwal	5.70	47:37	8:21	13	16:43	13	16:43	114.78	14:18:08	7:28	12	4:02:04	12	4:02:04
VP20 - Grenzturn	7.53	1:01:23	8:09	13	20:57	13	20:57	122.31	15:19:31	7:31	12	4:23:01	12	4:23:01
VP21 - Ruderclub	4.78	35:22	7:23	13	11:34	13	11:34	127.09	15:54:53	7:30	12	4:30:52	12	4:30:52
VP22 - Frohnau (4.03	26:45	6:38	13	10:40	13	10:40	131.12	16:21:38	7:29	12	4:39:17	12	4:39:17
VP23 - Naturschu	6.78	48:37	7:10	12	20:25	12	20:25	137.90	17:10:15	7:28	12	4:55:48	12	4:55:48
VP24 - Oranienbu	4.75	33:30	7:03	11	12:32	11	12:32	142.65	17:43:45	7:27	12	5:06:54	12	5:06:54
VP25 - Lübars	5.69	43:17	7:36	12	17:24	12	17:24	148.34	18:27:02	7:27	12	5:23:18	12	5:23:18
VP26 - S-Bahnho	5.71	50:33	8:51	13	23:59	13	23:59	154.05	19:17:35	7:30	12	5:47:17	12	5:47:17
VP27 - Wollankst	3.09	24:17	7:51	15	12:27	15	12:27	157.14	19:41:52	7:31	13	5:59:44	13	5:59:44
Friedrich-Ludwig	3.03	32:46	10:48	13	13:22	13	13:22	160.90	20:14:38	7:32	13	6:13:06	13	6:13:06