



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Sibbing, Markus

☐☐☐: 20:35:44

☐☐: Roadrunner Gescher
☐☐: 255

☐☐: 7.82 km/h
☐☐☐☐: 7:38 min/km

☐☐: 161.85 km
100MeilenBerlin

☐☐☐☐☐/☐☐☐☐: 29 (of 296)
☐☐☐☐☐/☐: 27 (of 247)
☐☐☐☐☐☐: 13:40:11

☐☐☐☐:
Senioren M50 (50-54 Jahre)

☐☐☐☐☐: 6(of 51)
☐☐☐☐☐☐☐: 18:03:51

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐		
VP1 - S-Bahnhof	6.93	43:53	6:19	22	10:35	101	11:37	6.93	43:53	6:19	22	10:35	101	11:37
VP2 - Laufftreff Li	5.70	35:46	6:16	18	8:07	97	9:50	12.63	1:19:39	6:18	19	18:42	98	21:27
VP3 - Oranienbur	5.47	34:56	6:23	22	8:44	99	11:10	18.10	1:54:35	6:19	19	27:19	99	32:36
VP4 - Naturschut	4.97	36:47	7:24	29	11:56	140	13:38	23.07	2:31:22	6:33	20	39:15	100	46:14
VP5 - Frohnau	6.80	42:55	6:18	19	10:11	83	12:37	29.87	3:14:17	6:30	19	49:26	96	58:45
VP6 - Ruderclub	4.06	28:55	7:07	18	7:26	77	10:26	33.93	3:43:12	6:34	19	56:52	92	1:09:11
VP7 - Grenzturm	4.75	31:33	6:38	15	6:10	73	10:45	38.68	4:14:45	6:35	19	1:03:02	91	1:19:56
VP8 - Schönwald	7.53	54:02	7:10	16	11:35	79	18:26	46.21	5:08:47	6:40	18	1:14:37	85	1:38:22
VP9 - Falkenseer	5.69	41:03	7:12	12	7:13	62	13:55	51.90	5:49:50	6:44	17	1:21:50	83	1:52:17
VP10 - Karolinenl	6.60	47:11	7:08	9	6:59	47	17:02	58.50	6:37:01	6:47	15	1:28:32	75	2:09:19
VP11 - Pagel & Fi	4.90	35:48	7:18	10	5:41	42	13:03	63.40	7:12:49	6:49	11	1:32:29	64	2:22:22
VP12 - Schloss S	7.62	1:11:48	9:25	21	23:35	111	36:01	71.02	8:24:37	7:06	11	1:56:04	65	2:58:23
VP13 - Revierförs	6.21	47:22	7:37	10	6:33	48	17:42	77.23	9:11:59	7:08	11	2:02:27	65	3:16:05
VP14 - Brauhaus	6.00	45:55	7:39	6	3:44	36	16:23	83.23	9:57:54	7:11	11	2:05:46	61	3:32:28
VP15 - Gedenkst.	6.90	50:11	7:16	5	5:03	30	15:28	90.13	10:48:05	7:11	11	2:06:10	56	3:47:56
VP16 - Königswe	6.87	1:00:25	8:47	14	11:43	71	26:41	97.00	11:48:30	7:18	10	2:17:53	55	4:14:37
VP17 - Sportplatz	6.20	59:57	9:40	14	15:08	65	28:20	103.20	12:48:27	7:26	10	2:32:16	53	4:42:57
VP18 - Osdorfer	6.49	56:00	8:37	14	9:39	66	22:03	109.69	13:44:27	7:30	10	2:39:54	52	5:05:00
VP19 - Lichtenra	5.71	45:19	7:56	7	5:21	41	16:00	115.40	14:29:46	7:32	10	2:42:11	51	5:21:00
VP20 - Kirchhain	4.35	37:58	8:43	5	6:41	37	13:40	119.75	15:07:44	7:34	10	2:44:29	50	5:34:40
VP21 - Buckow	6.15	49:13	8:00	5	5:55	30	14:13	125.90	15:56:57	7:36	9	2:47:46	48	5:48:53
VP22 - Rudow	4.97	39:39	7:58	2	2:18	15	18:16	130.87	16:36:36	7:36	9	2:45:29	42	5:59:53
VP23 - Johannistl	5.89	45:42	7:45	1	-	14	12:01	136.76	17:22:18	7:37	9	2:43:45	40	6:11:54
VP24 - Dammwe	5.64	42:39	7:33	2	2:08	15	10:58	142.40	18:04:57	7:37	7	2:35:59	37	6:22:31
VP25 - Eas Side	6.33	50:34	7:59	2	2:38	13	13:14	148.73	18:55:31	7:38	7	2:32:45	34	6:33:01
VP26 - Checkpoir	4.22	33:03	7:49	5	3:23	15	10:10	152.95	19:28:34	7:38	6	2:33:47	32	6:42:00
VP27 - Gedenkst.	4.12	31:20	7:36	2	0:13	9	6:37	157.07	19:59:54	7:38	6	2:30:23	29	6:46:56
Friedrich-Ludwig	4.78	35:50	7:29	9	7:52	33	11:27	161.85	20:35:44	7:38	6	2:31:53	27	6:55:33