



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Krüger, Marcus

☐☐☐: 20:36:45

☐☐: Ig eXa Leipzig

☐☐: 7.81 km/h

☐☐: 69

☐☐☐☐: 7:38 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 31 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 29 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 3(of 22)

Senioren M35 (35-39 Jahre)

☐☐☐☐☐☐☐: 13:40:11

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐		
VP1 - S-Bahnhof	6.93	39:17	5:40	4	7:01	42	7:01	6.93	39:17	5:40	4	7:01	42	7:01
VP2 - Laufftreff Li	5.70	32:06	5:37	4	6:10	34	6:10	12.63	1:11:23	5:39	4	13:11	38	13:11
VP3 - Oranienbur	5.47	29:15	5:20	3	5:25	19	5:29	18.10	1:40:38	5:33	4	18:36	33	18:39
VP4 - Naturschut	4.97	29:08	5:51	3	5:56	24	5:59	23.07	2:09:46	5:37	3	24:32	23	24:38
VP5 - Frohnau	6.80	37:58	5:35	3	7:40	21	7:40	29.87	2:47:44	5:36	3	32:12	20	32:12
VP6 - Ruderclub	4.06	24:20	5:59	3	5:51	20	5:51	33.93	3:12:04	5:39	3	38:03	20	38:03
VP7 - Grenzturm	4.75	28:24	5:58	5	7:36	31	7:36	38.68	3:40:28	5:41	3	45:39	19	45:39
VP8 - Schönwald	7.53	46:28	6:10	3	10:52	22	10:52	46.21	4:26:56	5:46	3	56:31	20	56:31
VP9 - Falkenseer	5.69	35:32	6:14	4	8:24	19	8:24	51.90	5:02:28	5:49	3	1:04:55	20	1:04:55
VP10 - Karolinenl	6.60	44:45	6:46	6	14:36	34	14:36	58.50	5:47:13	5:56	3	1:19:31	20	1:19:31
VP11 - Pagel & Fi	4.90	35:48	7:18	5	13:03	42	13:03	63.40	6:23:01	6:02	3	1:32:34	19	1:32:34
VP12 - Schloss S	7.62	56:25	7:24	5	20:38	30	20:38	71.02	7:19:26	6:11	4	1:53:12	21	1:53:12
VP13 - Revierförs	6.21	47:50	7:42	6	18:10	53	18:10	77.23	8:07:16	6:18	4	2:11:22	22	2:11:22
VP14 - Brauhaus	6.00	41:17	6:52	3	11:45	12	11:45	83.23	8:48:33	6:21	3	2:23:07	21	2:23:07
VP15 - Gedenkst.	6.90	1:18:31	11:22	18	43:48	193	43:48	90.13	10:07:04	6:44	5	3:06:55	36	3:06:55
VP16 - Königswe	6.87	48:11	7:00	3	14:27	12	14:27	97.00	10:55:15	6:45	3	3:21:22	31	3:21:22
VP17 - Sportplatz	6.20	44:43	7:12	2	13:06	13	13:06	103.20	11:39:58	6:46	3	3:34:28	27	3:34:28
VP18 - Osdorfer	6.49	49:36	7:38	3	15:39	34	15:39	109.69	12:29:34	6:50	3	3:50:07	27	3:50:07
VP19 - Lichtenra	5.71	40:21	7:03	3	11:02	19	11:02	115.40	13:09:55	6:50	3	4:01:09	27	4:01:09
VP20 - Kirchhain	4.35	42:19	9:43	11	18:01	68	18:01	119.75	13:52:14	6:56	3	4:19:10	27	4:19:10
VP21 - Buckow	6.15	58:26	9:30	8	23:26	69	23:26	125.90	14:50:40	7:04	3	4:42:36	28	4:42:36
VP22 - Rudow	4.97	52:45	10:36	9	24:06	90	31:22	130.87	15:43:25	7:12	4	5:06:42	29	5:06:42
VP23 - Johannistl	5.89	49:50	8:27	5	16:09	30	16:09	136.76	16:33:15	7:15	3	5:22:51	28	5:22:51
VP24 - Dammwe	5.64	47:04	8:20	5	15:02	25	15:23	142.40	17:20:19	7:18	3	5:37:53	26	5:37:53
VP25 - Eas Side	6.33	59:13	9:21	5	19:09	42	21:53	148.73	18:19:32	7:23	3	5:57:02	26	5:57:02
VP26 - Checkpoir	4.22	43:11	10:13	9	19:07	94	20:18	152.95	19:02:43	7:28	3	6:16:09	27	6:16:09
VP27 - Gedenkst.	4.12	49:37	12:02	8	23:13	113	24:54	157.07	19:52:20	7:35	3	6:39:22	26	6:39:22
Friedrich-Ludwig	4.78	44:25	9:17	8	17:12	82	20:02	161.85	20:36:45	7:38	3	6:56:34	29	6:56:34