



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Krüger, Marcus

☐☐: Ig eXa Leipzig

☐☐: 69

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M35 (35-39 Jahre)

☐☐☐: 20:36:45

☐☐: 7.81 km/h

☐☐☐☐: 7:38 min/km

☐☐☐☐☐/☐☐☐☐: 31 (of 296)

☐☐☐☐☐/☐: 29 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 3(of 22)

☐☐☐☐☐☐☐: 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 |