



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Wadehn, Jan-Olof

☐☐: Spenden-Ultra.de

☐☐: 163

☐☐: 161.85 km
100MeilenBerlin

☐☐☐☐:
Senioren M40 (40-44 Jahre)

☐☐☐☐☐/☐☐☐☐: DNF (of 296)

☐☐☐☐☐/☐☐: DNF (of 247)

☐☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐☐: DNF(of 38)

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☐☐☐	☐☐ km	☐☐ ☐☐ min	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐	☐☐☐ ☐☐ min	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	41:02	5:55	17	8:23	63	8:46	6.93	41:02	5:55	17	8:23	63	8:46
VP2 - Laufftreff Li	5.70	32:20	5:40	9	4:49	40	6:24	12.63	1:13:22	5:48	15	13:12	55	15:10
VP3 - Oranienbur	5.47	30:56	5:39	10	5:58	36	7:10	18.10	1:44:18	5:45	11	19:10	44	22:19
VP4 - Naturschut	4.97	32:10	6:28	14	6:32	63	9:01	23.07	2:16:28	5:54	11	25:42	47	31:20
VP5 - Frohnau	6.80	40:08	5:54	13	8:10	43	9:50	29.87	2:56:36	5:54	12	33:52	48	41:04
VP6 - Ruderclub	4.06	28:35	7:02	12	8:56	71	10:06	33.93	3:25:11	6:02	13	42:48	46	51:10
VP7 - Grenzturm	4.75	32:50	6:54	16	10:12	93	12:02	38.68	3:58:01	6:09	14	53:00	56	1:03:12
VP8 - Schönwald	7.53	59:21	7:52	23	21:36	133	23:45	46.21	4:57:22	6:26	16	1:14:36	72	1:26:57
VP9 - Falkenseer	5.69	46:10	8:06	19	16:01	109	19:02	51.90	5:43:32	6:37	16	1:30:37	73	1:45:59
VP10 - Karolinenl	6.60	52:26	7:56	18	17:54	90	22:17	58.50	6:35:58	6:46	15	1:48:31	72	2:08:16
VP11 - Pagel & Fi	4.90	37:39	7:41	10	10:26	56	14:54	63.40	7:13:37	6:50	15	1:58:57	67	2:23:10
VP12 - Schloss S	7.62	1:17:39	10:11	26	33:52	142	41:52	71.02	8:31:16	7:11	15	2:32:49	75	3:05:02
VP13 - Revierförs	6.21	49:53	8:01	12	12:35	71	20:13	77.23	9:21:09	7:15	15	2:45:24	71	3:25:15
VP14 - Brauhaus	6.00	58:58	9:49	28	21:36	157	29:26	83.23	10:20:07	7:27	15	3:07:00	77	3:54:41
VP15 - Gedenkst.	6.90	57:00	8:15	11	17:06	71	22:17	90.13	11:17:07	7:30	15	3:24:06	77	4:16:58
VP16 - Königswe	6.87	54:20	7:54	8	13:31	36	20:36	97.00	12:11:27	7:32	14	3:37:37	71	4:37:34
VP17 - Sportplatz	6.20	1:15:44	12:12	17	36:32	126	44:07	103.20	13:27:11	7:49	14	4:14:09	74	5:21:41
VP18 - Osdorfer	6.49	1:06:59	10:19	21	25:57	130	33:02	109.69	14:34:10	7:58	14	4:40:06	77	5:54:43
VP19 - Lichtenra	5.71	56:59	9:58	20	21:53	122	27:40	115.40	15:31:09	8:04	14	5:01:06	80	6:22:23
VP20 - Kirchhain	4.35	53:10	12:13	22	25:30	139	28:52	119.75	16:24:19	8:13	16	5:23:48	86	6:51:15
VP21 - Buckow	6.15	3:20:50	32:39	32	2:42:31	192	2:45:50	125.90	19:45:09	9:24	25	8:04:21	145	9:37:05
VP22 - Rudow	4.97	fehlt!	-	-	-	-	-	130.87	-	-	-	-	-	-
VP23 - Johannistl	5.89	fehlt!	-	-	-	-	-	136.76	-	-	-	-	-	-
VP24 - Dammwe	5.64	fehlt!	-	-	-	-	-	142.40	-	-	-	-	-	-
VP25 - Eas Side	6.33	fehlt!	-	-	-	-	-	148.73	-	-	-	-	-	-
VP26 - Checkpoir	4.22	fehlt!	-	-	-	-	-	152.95	-	-	-	-	-	-
VP27 - Gedenkst.	4.12	fehlt!	-	-	-	-	-	157.07	-	-	-	-	-	-
Friedrich-Ludwig	4.78	fehlt!	-	-	-	-	-	161.85	-	-	-	-	-	-