



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Jones, Tia

☐☐: Dubai Road Runners

☐☐: 157

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Seniorinnen W50 (50-54 Jahre)

☐☐☐: 20:39:36

☐☐: 7.79 km/h

☐☐☐☐: 7:40 min/km

☐☐☐☐☐/☐☐☐☐: 32 (of 296)

☐☐☐☐☐/☐☐: 3 (of 49)

☐☐☐☐☐☐: 15:57:39

☐☐☐☐☐: 2(of 7)

☐☐☐☐☐☐☐: 19:29:40

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