



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Slabon, Raimund

☐☐: Team Erdnger Alkoholfrei
☐☐: 159

☐☐: 161.85 km
100MeilenBerlin

☐☐☐☐:
Senioren M55 (55-59 Jahre)

☐☐☐: 20:44:55

☐☐: 7.76 km/h
☐☐☐☐: 7:41 min/km

☐☐☐☐☐/☐☐☐☐: 33 (of 296)

☐☐☐☐☐/☐: 30 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 3(of 32)

☐☐☐☐☐☐☐: 16:59:31

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	41:18	5:57	7	6:05	70	6.93	41:18	5:57	7	6:05	70	9:02
VP2 - Laufftreff Li	5.70	33:25	5:51	5	3:14	63	12.63	1:14:43	5:54	7	9:19	71	16:31
VP3 - Oranienbur	5.47	31:27	5:44	5	2:46	44	18.10	1:46:10	5:51	6	12:05	55	24:11
VP4 - Naturschut	4.97	32:40	6:34	6	4:16	73	23.07	2:18:50	6:01	6	16:21	54	33:42
VP5 - Frohnau	6.80	40:26	5:56	5	3:59	46	29.87	2:59:16	6:00	5	20:20	52	43:44
VP6 - Ruderclub	4.06	26:24	6:30	2	3:02	44	33.93	3:25:40	6:03	3	23:22	49	51:39
VP7 - Grenzturm	4.75	27:20	5:45	3	0:51	19	38.68	3:53:00	6:01	4	24:13	47	58:11
VP8 - Schönwald	7.53	46:10	6:07	3	3:28	20	46.21	4:39:10	6:02	4	27:41	38	1:08:45
VP9 - Falkenseer	5.69	35:46	6:17	2	2:02	22	51.90	5:14:56	6:04	3	29:43	31	1:17:23
VP10 - Karolinenl	6.60	45:34	6:54	5	7:20	43	58.50	6:00:30	6:09	3	37:03	33	1:32:48
VP11 - Pagel & Fi	4.90	39:28	8:03	6	7:02	65	63.40	6:39:58	6:18	3	43:47	37	1:49:31
VP12 - Schloss S	7.62	58:41	7:42	6	12:56	37	71.02	7:38:39	6:27	3	56:43	34	2:12:25
VP13 - Revierförs	6.21	47:57	7:43	7	6:27	54	77.23	8:26:36	6:33	4	1:03:10	36	2:30:42
VP14 - Brauhaus	6.00	53:56	8:59	13	14:44	116	83.23	9:20:32	6:44	5	1:17:54	41	2:55:06
VP15 - Gedenkst.	6.90	54:14	7:51	6	11:04	52	90.13	10:14:46	6:49	6	1:28:49	39	3:14:37
VP16 - Königswe	6.87	1:00:14	8:46	7	15:17	67	97.00	11:15:00	6:57	5	1:39:53	41	3:41:07
VP17 - Sportplatz	6.20	57:24	9:15	6	14:31	54	103.20	12:12:24	7:05	5	1:52:37	39	4:06:54
VP18 - Osdorfer	6.49	46:19	7:08	3	6:20	17	109.69	12:58:43	7:05	5	1:58:57	37	4:19:16
VP19 - Lichtenra	5.71	41:28	7:15	3	4:49	24	115.40	13:40:11	7:06	4	2:03:46	32	4:31:25
VP20 - Kirchhain	4.35	37:41	8:39	4	9:33	34	119.75	14:17:52	7:09	4	2:13:19	33	4:44:48
VP21 - Buckow	6.15	49:16	8:00	4	8:17	31	125.90	15:07:08	7:12	3	2:21:36	32	4:59:04
VP22 - Rudow	4.97	49:40	9:59	6	17:13	67	130.87	15:56:48	7:18	3	2:38:49	32	5:20:05
VP23 - Johannistl	5.89	53:59	9:09	3	16:09	44	136.76	16:50:47	7:23	3	2:54:58	31	5:40:23
VP24 - Dammwe	5.64	52:18	9:16	4	16:17	46	142.40	17:43:05	7:27	3	3:11:15	31	6:00:39
VP25 - Eas Side	6.33	58:49	9:17	5	13:13	37	148.73	18:41:54	7:32	3	3:24:06	30	6:19:24
VP26 - Checkpoir	4.22	42:12	10:00	8	14:53	80	152.95	19:24:06	7:36	3	3:25:46	31	6:37:32
VP27 - Gedenkst.	4.12	37:39	9:08	4	5:44	33	157.07	20:01:45	7:39	3	3:31:30	30	6:48:47
Friedrich-Ludwig	4.78	43:10	9:01	6	15:37	77	161.85	20:44:55	7:41	3	3:45:24	30	7:04:44