



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Würger, Johannes

☐☐☐: 20:48:46

☐☐: Tempo Sport

☐☐: 7.74 km/h

☐☐: 93

☐☐☐☐: 7:43 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 34 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 31 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 7(of 51)

Senioren M50 (50-54 Jahre)

☐☐☐☐☐☐☐: 18:03:51

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	41:37	6:00	14	8:19	77	6.93	41:37	6:00	14	8:19	77	9:21
VP2 - Laufftreff Li	5.70	34:26	6:02	13	6:47	78	12.63	1:16:03	6:01	13	15:06	79	17:51
VP3 - Oranienbur	5.47	32:10	5:52	14	5:58	65	18.10	1:48:13	5:58	12	20:57	71	26:14
VP4 - Naturschut	4.97	28:35	5:45	5	3:44	21	23.07	2:16:48	5:55	11	24:41	49	31:40
VP5 - Frohnau	6.80	38:49	5:42	6	6:05	26	29.87	2:55:37	5:52	10	30:46	44	40:05
VP6 - Ruderclub	4.06	38:22	9:26	40	16:53	190	33.93	3:33:59	6:18	15	47:39	75	59:58
VP7 - Grenzturm	4.75	28:32	6:00	6	3:09	34	38.68	4:02:31	6:16	14	50:48	67	1:07:42
VP8 - Schönwald	7.53	49:45	6:36	8	7:18	48	46.21	4:52:16	6:19	14	58:06	64	1:21:51
VP9 - Falkenseer	5.69	37:32	6:35	7	3:42	38	51.90	5:29:48	6:21	12	1:01:48	58	1:32:15
VP10 - Karolinenl	6.60	41:15	6:15	5	1:03	18	58.50	6:11:03	6:20	9	1:02:34	44	1:43:21
VP11 - Pagel & Fi	4.90	32:57	6:43	6	2:50	24	63.40	6:44:00	6:22	9	1:03:40	39	1:53:33
VP12 - Schloss S	7.62	59:15	7:46	7	11:02	39	71.02	7:43:15	6:31	8	1:14:42	40	2:17:01
VP13 - Revierförs	6.21	45:53	7:23	4	5:04	33	77.23	8:29:08	6:35	8	1:19:36	40	2:33:14
VP14 - Brauhaus	6.00	42:55	7:09	3	0:44	21	83.23	9:12:03	6:37	6	1:19:55	35	2:46:37
VP15 - Gedenkst.	6.90	45:20	6:34	2	0:12	14	90.13	9:57:23	6:37	6	1:15:28	32	2:57:14
VP16 - Königswe	6.87	1:06:53	9:44	27	18:11	128	97.00	11:04:16	6:50	6	1:33:39	34	3:30:23
VP17 - Sportplatz	6.20	1:10:26	11:21	22	25:37	101	103.20	12:14:42	7:07	8	1:58:31	41	4:09:12
VP18 - Osdorfer	6.49	50:20	7:45	5	3:59	36	109.69	13:05:02	7:09	7	2:00:29	39	4:25:35
VP19 - Lichtenra	5.71	40:44	7:08	2	0:46	22	115.40	13:45:46	7:09	7	1:58:11	37	4:37:00
VP20 - Kirchhain	4.35	49:14	11:19	22	17:57	114	119.75	14:35:00	7:18	7	2:11:45	38	5:01:56
VP21 - Buckow	6.15	50:20	8:11	6	7:02	36	125.90	15:25:20	7:20	6	2:16:09	37	5:17:16
VP22 - Rudow	4.97	43:48	8:48	9	6:27	31	130.87	16:09:08	7:24	6	2:18:01	35	5:32:25
VP23 - Johannistl	5.89	51:42	8:46	10	6:00	34	136.76	17:00:50	7:27	6	2:22:17	35	5:50:26
VP24 - Dammwe	5.64	50:08	8:53	6	9:37	38	142.40	17:50:58	7:31	6	2:22:00	32	6:08:32
VP25 - Eas Side	6.33	1:03:35	10:02	14	15:39	65	148.73	18:54:33	7:37	6	2:31:47	33	6:32:03
VP26 - Checkpoir	4.22	36:38	8:40	10	6:58	33	152.95	19:31:11	7:39	7	2:36:24	33	6:44:37
VP27 - Gedenkst.	4.12	37:58	9:12	11	6:51	34	157.07	20:09:09	7:41	7	2:39:38	32	6:56:11
Friedrich-Ludwig	4.78	39:37	8:17	12	11:39	49	161.85	20:48:46	7:42	7	2:44:55	31	7:08:35