



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Dieplinger, Günter

☐☐: CLR Sauwald sportsteam.at
☐☐: 146

☐☐: 161.85 km
100MeilenBerlin

☐☐☐☐:
Senioren M45 (45-49 Jahre)

☐☐☐: 20:49:57

☐☐: 7.73 km/h
☐☐☐☐: 7:43 min/km

☐☐☐☐☐/☐☐☐☐: 35 (of 296)

☐☐☐☐☐/☐: 32 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 9(of 53)

☐☐☐☐☐☐☐: 15:34:05

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	43:30	6:16	22	11:14	93	6.93	43:30	6:16	22	11:14	93	11:14
VP2 - Laufftreff Li	5.70	33:37	5:53	17	7:41	66	12.63	1:17:07	6:06	20	18:54	87	18:55
VP3 - Oranienbur	5.47	31:18	5:43	9	7:32	42	18.10	1:48:25	5:59	17	26:26	74	26:26
VP4 - Naturschut	4.97	32:47	6:35	19	9:38	74	23.07	2:21:12	6:07	17	36:04	74	36:04
VP5 - Frohnau	6.80	40:40	5:58	14	10:14	51	29.87	3:01:52	6:05	15	46:18	64	46:20
VP6 - Ruderclub	4.06	25:56	6:23	11	7:26	37	33.93	3:27:48	6:07	13	53:44	55	53:47
VP7 - Grenzturm	4.75	29:41	6:14	15	7:23	51	38.68	3:57:29	6:08	13	1:01:07	53	1:02:40
VP8 - Schönwald	7.53	47:23	6:17	10	9:38	34	46.21	4:44:52	6:09	12	1:10:45	48	1:14:27
VP9 - Falkenseer	5.69	37:22	6:34	9	6:50	36	51.90	5:22:14	6:12	12	1:17:35	45	1:24:41
VP10 - Karolinenl	6.60	43:23	6:34	7	8:21	27	58.50	6:05:37	6:14	11	1:23:05	40	1:37:55
VP11 - Pagel & Fi	4.90	41:46	8:31	24	15:04	95	63.40	6:47:23	6:25	11	1:38:00	41	1:56:56
VP12 - Schloss S	7.62	51:53	6:48	7	8:27	18	71.02	7:39:16	6:28	10	1:46:18	35	2:13:02
VP13 - Revierförs	6.21	41:55	6:44	5	6:41	16	77.23	8:21:11	6:29	9	1:51:30	31	2:25:17
VP14 - Brauhaus	6.00	43:19	7:13	8	9:07	24	83.23	9:04:30	6:32	8	1:56:54	28	2:39:04
VP15 - Gedenkst.	6.90	47:34	6:53	7	11:26	22	90.13	9:52:04	6:34	8	1:58:28	29	2:51:55
VP16 - Königswe	6.87	52:32	7:38	7	7:43	23	97.00	10:44:36	6:38	8	2:02:43	27	3:10:43
VP17 - Sportplatz	6.20	1:02:48	10:07	21	28:12	74	103.20	11:47:24	6:51	10	2:28:24	29	3:41:54
VP18 - Osdorfer	6.49	53:59	8:19	13	10:43	54	109.69	12:41:23	6:56	10	2:39:07	30	4:01:56
VP19 - Lichtenra	5.71	44:52	7:51	11	9:49	38	115.40	13:26:15	6:59	10	2:44:39	30	4:17:29
VP20 - Kirchhain	4.35	40:04	9:12	13	10:24	48	119.75	14:06:19	7:04	10	2:55:03	30	4:33:15
VP21 - Buckow	6.15	59:55	9:44	21	21:33	78	125.90	15:06:14	7:11	10	3:13:12	30	4:58:10
VP22 - Rudow	4.97	49:36	9:58	16	19:17	66	130.87	15:55:50	7:18	10	3:21:03	31	5:19:07
VP23 - Johannistl	5.89	1:06:07	11:13	26	29:16	111	136.76	17:01:57	7:28	10	3:48:52	36	5:51:33
VP24 - Dammwe	5.64	58:00	10:17	21	26:19	84	142.40	17:59:57	7:35	10	4:15:11	36	6:17:31
VP25 - Eas Side	6.33	1:03:10	9:58	15	25:50	61	148.73	19:03:07	7:41	10	4:41:01	36	6:40:37
VP26 - Checkpoir	4.22	34:23	8:08	5	11:30	20	152.95	19:37:30	7:41	10	4:52:31	35	6:50:56
VP27 - Gedenkst.	4.12	39:02	9:28	8	14:19	41	157.07	20:16:32	7:44	10	5:06:50	34	7:03:34
Friedrich-Ludwig	4.78	33:25	6:59	9	9:02	21	161.85	20:49:57	7:43	9	5:15:52	32	7:09:46