



100MeilenBerlin Der Mauerweglauf

Berlin / 15.08.2015

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Springfeldt, Maik

□□: TV Fürstenwalde

□□: 294

□□: 161.85 km

100MeilenBerlin

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 20:59:32

□□: 7.67 km/h

□□□□: 7:47 min/km

□□□□□/□□□□: 36 (of 296)

□□□□□/□: 33 (of 247)

□□□□□□: 13:40:11

□□□□□: 7(of 38)

□□□□□□□: 15:35:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - S-Bahnhof	6.93	39:15	5:39	11	6:36	41	6:59	6.93	39:15	5:39	11	6:36	41	6:59
VP2 - Laufftreff Li	5.70	32:05	5:37	8	4:34	33	6:09	12.63	1:11:20	5:38	9	11:10	37	13:08
VP3 - Oranienbur	5.47	30:27	5:34	9	5:29	31	6:41	18.10	1:41:47	5:37	9	16:39	36	19:48
VP4 - Naturschut	4.97	30:12	6:04	6	4:34	32	7:03	23.07	2:11:59	5:43	9	21:13	35	26:51
VP5 - Frohnau	6.80	39:17	5:46	9	7:19	29	8:59	29.87	2:51:16	5:44	9	28:32	30	35:44
VP6 - Ruderclub	4.06	25:50	6:21	9	6:11	36	7:21	33.93	3:17:06	5:48	6	34:43	28	43:05
VP7 - Grenzturm	4.75	29:09	6:08	11	6:31	41	8:21	38.68	3:46:15	5:50	7	41:14	28	51:26
VP8 - Schönwald	7.53	48:01	6:22	10	10:16	36	12:25	46.21	4:34:16	5:56	7	51:30	25	1:03:51
VP9 - Falkenseer	5.69	39:46	6:59	9	9:37	53	12:38	51.90	5:14:02	6:03	8	1:01:07	28	1:16:29
VP10 - Karolinenl	6.60	45:33	6:54	9	11:01	41	15:24	58.50	5:59:35	6:08	8	1:12:08	31	1:31:53
VP11 - Pagel & Fi	4.90	36:14	7:23	9	9:01	45	13:29	63.40	6:35:49	6:14	8	1:21:09	33	1:45:22
VP12 - Schloss S	7.62	57:18	7:31	6	13:31	34	21:31	71.02	7:33:07	6:22	7	1:34:40	31	2:06:53
VP13 - Revierförs	6.21	47:45	7:41	9	10:27	52	18:05	77.23	8:20:52	6:29	7	1:45:07	30	2:24:58
VP14 - Brauhaus	6.00	42:00	7:00	6	4:38	16	12:28	83.23	9:02:52	6:31	7	1:49:45	27	2:37:26
VP15 - Gedenkst.	6.90	46:52	6:47	6	6:58	18	12:09	90.13	9:49:44	6:32	7	1:56:43	25	2:49:35
VP16 - Königswe	6.87	50:43	7:22	6	9:54	19	16:59	97.00	10:40:27	6:36	7	2:06:37	25	3:06:34
VP17 - Sportplatz	6.20	1:14:55	12:05	16	35:43	120	43:18	103.20	11:55:22	6:55	7	2:42:20	31	3:49:52
VP18 - Osdorfer	6.49	45:37	7:01	6	4:35	13	11:40	109.69	12:40:59	6:56	7	2:46:55	29	4:01:32
VP19 - Lichtenra	5.71	39:10	6:51	5	4:04	12	9:51	115.40	13:20:09	6:56	7	2:50:06	28	4:11:23
VP20 - Kirchhain	4.35	39:13	9:00	9	11:33	45	14:55	119.75	13:59:22	7:00	7	2:58:51	28	4:26:18
VP21 - Buckow	6.15	50:17	8:10	8	11:58	35	15:17	125.90	14:49:39	7:03	7	3:08:51	27	4:41:35
VP22 - Rudow	4.97	45:02	9:03	8	14:33	36	23:39	130.87	15:34:41	7:08	7	3:21:21	27	4:57:58
VP23 - Johannistl	5.89	53:53	9:08	9	16:34	43	20:12	136.76	16:28:34	7:13	7	3:36:46	27	5:18:10
VP24 - Dammwe	5.64	56:00	9:55	11	20:04	67	24:19	142.40	17:24:34	7:20	6	3:54:57	28	5:42:08
VP25 - Eas Side	6.33	58:19	9:12	6	15:55	34	20:59	148.73	18:22:53	7:24	6	4:10:06	27	6:00:23
VP26 - Checkpoir	4.22	36:31	8:39	5	11:29	31	13:38	152.95	18:59:24	7:26	6	4:18:25	26	6:12:50
VP27 - Gedenkst.	4.12	57:28	13:56	21	31:36	151	32:45	157.07	19:56:52	7:37	6	4:50:01	27	6:43:54
Friedrich-Ludwig	4.78	1:02:40	13:06	24	34:28	171	38:17	161.85	20:59:32	7:46	7	5:24:29	33	7:19:21