



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Marten, René

☐☐☐: 21:06:40

☐☐: ATSV Espelkamp

☐☐: 7.63 km/h

☐☐: 133

☐☐☐☐: 7:50 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 37 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 34 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 8(of 38)

Senioren M40 (40-44 Jahre)

☐☐☐☐☐☐☐: 15:35:03

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	37:59	5:28	6	5:20	25	5:43	6.93	37:59	5:28	6	5:20	25	5:43
VP2 - Laufftreff Li	5.70	32:28	5:41	12	4:57	44	6:32	12.63	1:10:27	5:34	7	10:17	30	12:15
VP3 - Oranienbur	5.47	30:04	5:29	8	5:06	27	6:18	18.10	1:40:31	5:33	7	15:23	27	18:32
VP4 - Naturschut	4.97	30:23	6:06	8	4:45	35	7:14	23.07	2:10:54	5:40	8	20:08	29	25:46
VP5 - Frohnau	6.80	39:09	5:45	8	7:11	27	8:51	29.87	2:50:03	5:41	6	27:19	24	34:31
VP6 - Ruderclub	4.06	29:59	7:23	18	10:20	92	11:30	33.93	3:20:02	5:53	10	37:39	40	46:01
VP7 - Grenzturm	4.75	28:42	6:02	10	6:04	38	7:54	38.68	3:48:44	5:54	10	43:43	36	53:55
VP8 - Schönwald	7.53	50:02	6:38	12	12:17	51	14:26	46.21	4:38:46	6:01	11	56:00	37	1:08:21
VP9 - Falkenseer	5.69	36:40	6:26	7	6:31	29	9:32	51.90	5:15:26	6:04	11	1:02:31	35	1:17:53
VP10 - Karolinenl	6.60	45:10	6:50	8	10:38	38	15:01	58.50	6:00:36	6:09	9	1:13:09	34	1:32:54
VP11 - Pagel & Fi	4.90	37:53	7:43	11	10:40	59	15:08	63.40	6:38:29	6:17	9	1:23:49	35	1:48:02
VP12 - Schloss S	7.62	1:01:07	8:01	10	17:20	50	25:20	71.02	7:39:36	6:28	8	1:41:09	36	2:13:22
VP13 - Revierförs	6.21	47:39	7:40	8	10:21	50	17:59	77.23	8:27:15	6:34	9	1:51:30	37	2:31:21
VP14 - Brauhaus	6.00	50:36	8:26	12	13:14	79	21:04	83.23	9:17:51	6:42	9	2:04:44	39	2:52:25
VP15 - Gedenkst.	6.90	59:48	8:39	19	19:54	93	25:05	90.13	10:17:39	6:51	9	2:24:38	42	3:17:30
VP16 - Königswe	6.87	1:00:16	8:46	12	19:27	70	26:32	97.00	11:17:55	6:59	9	2:44:05	44	3:44:02
VP17 - Sportplatz	6.20	1:21:31	13:08	24	42:19	150	49:54	103.20	12:39:26	7:21	9	3:26:24	50	4:33:56
VP18 - Osdorfer	6.49	48:01	7:23	8	6:59	21	14:04	109.69	13:27:27	7:21	9	3:33:23	48	4:48:00
VP19 - Lichtenra	5.71	41:42	7:18	6	6:36	25	12:23	115.40	14:09:09	7:21	9	3:39:06	47	5:00:23
VP20 - Kirchhain	4.35	38:31	8:51	8	10:51	41	14:13	119.75	14:47:40	7:24	9	3:47:09	43	5:14:36
VP21 - Buckow	6.15	48:55	7:57	6	10:36	27	13:55	125.90	15:36:35	7:26	9	3:55:47	41	5:28:31
VP22 - Rudow	4.97	40:33	8:09	5	10:04	18	19:10	130.87	16:17:08	7:27	9	4:03:48	38	5:40:25
VP23 - Johannistl	5.89	48:08	8:10	5	10:49	22	14:27	136.76	17:05:16	7:29	9	4:13:28	37	5:54:52
VP24 - Dammwe	5.64	47:58	8:30	5	12:02	30	16:17	142.40	17:53:14	7:32	7	4:23:37	33	6:10:48
VP25 - Eas Side	6.33	1:08:17	10:47	13	25:53	85	30:57	148.73	19:01:31	7:40	8	4:48:44	35	6:39:01
VP26 - Checkpoir	4.22	38:41	9:09	12	13:39	51	15:48	152.95	19:40:12	7:42	8	4:59:13	36	6:53:38
VP27 - Gedenkst.	4.12	44:28	10:47	11	18:36	72	19:45	157.07	20:24:40	7:47	8	5:17:49	35	7:11:42
Friedrich-Ludwig	4.78	42:00	8:47	9	13:48	71	17:37	161.85	21:06:40	7:49	8	5:31:37	34	7:26:29