



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Zöllner, Marcel

☐☐☐: 21:09:56

☐☐: Lt-Bittermark

☐☐: 7.61 km/h

☐☐: 256

☐☐☐☐: 7:51 min/km

☐☐: 161.85 km

☐☐☐☐/☐☐☐☐: 38 (of 296)

100MeilenBerlin

☐☐☐☐/☐☐: 35 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 3(of 12)

Senioren M30 (30-34 Jahre)

☐☐☐☐☐☐☐: 18:26:45

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☐☐☐	☐☐ km	☐☐ ☐☐ min	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	39:35	5:42	4	6:59	45	7:19	6.93	39:35	5:42	4	6:59	45	7:19
VP2 - Laufftreff Li	5.70	32:02	5:37	4	4:52	31	6:06	12.63	1:11:37	5:40	4	11:51	41	13:25
VP3 - Oranienbur	5.47	30:52	5:38	4	4:54	35	7:06	18.10	1:42:29	5:39	4	16:45	38	20:30
VP4 - Naturschut	4.97	30:24	6:07	4	5:46	36	7:15	23.07	2:12:53	5:45	4	22:31	37	27:45
VP5 - Frohnau	6.80	39:20	5:47	3	4:19	30	9:02	29.87	2:52:13	5:45	4	26:36	34	36:41
VP6 - Ruderclub	4.06	27:34	6:47	4	5:18	56	9:05	33.93	3:19:47	5:53	4	31:54	37	45:46
VP7 - Grenzturm	4.75	28:25	5:58	2	3:40	32	7:37	38.68	3:48:12	5:53	4	29:26	35	53:23
VP8 - Schönwald	7.53	51:00	6:46	4	10:35	60	15:24	46.21	4:39:12	6:02	3	37:49	39	1:08:47
VP9 - Falkenseer	5.69	50:06	8:48	10	17:19	159	22:58	51.90	5:29:18	6:20	3	55:08	56	1:31:45
VP10 - Karolinenl	6.60	48:32	7:21	5	10:04	59	18:23	58.50	6:17:50	6:27	3	1:05:12	53	1:50:08
VP11 - Pagel & Fi	4.90	35:34	7:15	3	5:51	39	12:49	63.40	6:53:24	6:31	3	1:11:03	53	2:02:57
VP12 - Schloss S	7.62	1:04:34	8:28	3	11:26	65	28:47	71.02	7:57:58	6:43	3	1:22:29	52	2:31:44
VP13 - Revierförs	6.21	48:34	7:49	5	7:06	57	18:54	77.23	8:46:32	6:49	3	1:29:35	51	2:50:38
VP14 - Brauhaus	6.00	48:06	8:01	3	5:41	50	18:34	83.23	9:34:38	6:54	3	1:35:16	51	3:09:12
VP15 - Gedenkst.	6.90	1:04:01	9:16	6	18:13	121	29:18	90.13	10:38:39	7:05	3	1:53:29	53	3:38:30
VP16 - Königswe	6.87	56:19	8:11	4	8:28	45	22:35	97.00	11:34:58	7:09	3	1:57:22	50	4:01:05
VP17 - Sportplatz	6.20	55:27	8:56	3	12:09	44	23:50	103.20	12:30:25	7:16	3	2:09:31	47	4:24:55
VP18 - Osdorfer	6.49	49:23	7:36	4	8:22	33	15:26	109.69	13:19:48	7:17	3	2:13:44	45	4:40:21
VP19 - Lichtenrav	5.71	45:31	7:58	3	10:24	43	16:12	115.40	14:05:19	7:19	3	2:12:22	43	4:56:33
VP20 - Kirchhain	4.35	42:12	9:42	4	11:56	65	17:54	119.75	14:47:31	7:24	3	2:23:01	42	5:14:27
VP21 - Buckow	6.15	49:20	8:01	4	6:41	32	14:20	125.90	15:36:51	7:26	3	2:27:45	42	5:28:47
VP22 - Rudow	4.97	55:50	11:14	8	20:27	116	34:27	130.87	16:32:41	7:35	3	2:41:20	41	5:55:58
VP23 - Johannistl	5.89	59:51	10:09	5	13:03	86	26:10	136.76	17:32:32	7:41	3	2:45:55	43	6:22:08
VP24 - Dammwe	5.64	52:57	9:23	5	8:49	51	21:16	142.40	18:25:29	7:45	3	2:52:51	40	6:43:03
VP25 - Eas Side	6.33	56:10	8:52	4	2:10	29	18:50	148.73	19:21:39	7:48	3	2:55:01	38	6:59:09
VP26 - Checkpoir	4.22	36:50	8:43	3	3:28	34	13:57	152.95	19:58:29	7:50	3	2:51:28	37	7:11:55
VP27 - Gedenkst.	4.12	34:52	8:27	1	-	20	10:09	157.07	20:33:21	7:51	3	2:43:51	37	7:20:23
Friedrich-Ludwig	4.78	36:35	7:39	2	1:18	39	12:12	161.85	21:09:56	7:50	3	2:43:11	35	7:29:45