



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Weise, Tobi

☐☐: LG Teufelsberg

☐☐: 74

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M35 (35-39 Jahre)

☐☐☐: 21:21:14

☐☐: 7.54 km/h

☐☐☐☐: 7:55 min/km

☐☐☐☐☐/☐☐☐☐: 41 (of 296)

☐☐☐☐☐/☐: 38 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 5(of 22)

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐		
VP1 - S-Bahnhof	6.93	40:31	5:50	7	8:15	60	8:15	6.93	40:31	5:50	7	8:15	60	8:15
VP2 - Lauftreff Li	5.70	34:17	6:00	9	8:21	76	8:21	12.63	1:14:48	5:55	8	16:36	72	16:36
VP3 - Oranienbur	5.47	33:01	6:02	9	9:11	77	9:15	18.10	1:47:49	5:57	8	25:47	68	25:50
VP4 - Naturschut	4.97	31:47	6:23	7	8:35	56	8:38	23.07	2:19:36	6:03	7	34:22	64	34:28
VP5 - Frohnau	6.80	43:36	6:24	10	13:18	91	13:18	29.87	3:03:12	6:07	8	47:40	76	47:40
VP6 - Ruderclub	4.06	28:03	6:54	9	9:34	63	9:34	33.93	3:31:15	6:13	8	57:14	68	57:14
VP7 - Grenzturm	4.75	29:21	6:10	6	8:33	44	8:33	38.68	4:00:36	6:13	7	1:05:47	64	1:05:47
VP8 - Schönwald	7.53	50:00	6:38	7	14:24	49	14:24	46.21	4:50:36	6:17	7	1:20:11	61	1:20:11
VP9 - Falkenseer	5.69	36:16	6:22	5	9:08	26	9:08	51.90	5:26:52	6:17	7	1:29:19	48	1:29:19
VP10 - Karolinenl	6.60	50:03	7:34	10	19:54	67	19:54	58.50	6:16:55	6:26	7	1:49:13	51	1:49:13
VP11 - Pagel & Fi	4.90	31:49	6:29	4	9:04	15	9:04	63.40	6:48:44	6:26	6	1:58:17	45	1:58:17
VP12 - Schloss S	7.62	53:16	6:59	4	17:29	22	17:29	71.02	7:42:00	6:30	5	2:15:46	37	2:15:46
VP13 - Revierförs	6.21	45:30	7:19	4	15:50	29	15:50	77.23	8:27:30	6:34	5	2:31:36	38	2:31:36
VP14 - Brauhaus	6.00	49:44	8:17	6	20:12	71	20:12	83.23	9:17:14	6:41	5	2:51:48	38	2:51:48
VP15 - Gedenkst.	6.90	45:13	6:33	3	10:30	12	10:30	90.13	10:02:27	6:41	4	3:02:18	34	3:02:18
VP16 - Königswe	6.87	55:31	8:04	4	21:47	41	21:47	97.00	10:57:58	6:46	4	3:24:05	33	3:24:05
VP17 - Sportplatz	6.20	46:33	7:30	3	14:56	17	14:56	103.20	11:44:31	6:49	4	3:39:01	28	3:39:01
VP18 - Osdorfer	6.49	54:34	8:24	6	20:37	57	20:37	109.69	12:39:05	6:55	4	3:59:38	28	3:59:38
VP19 - Lichtenra	5.71	43:01	7:32	4	13:42	28	13:42	115.40	13:22:06	6:57	4	4:13:20	29	4:13:20
VP20 - Kirchhain	4.35	38:59	8:57	7	14:41	43	14:41	119.75	14:01:05	7:01	4	4:28:01	29	4:28:01
VP21 - Buckow	6.15	50:21	8:11	4	15:21	37	15:21	125.90	14:51:26	7:04	4	4:43:22	29	4:43:22
VP22 - Rudow	4.97	49:49	10:01	7	21:10	68	28:26	130.87	15:41:15	7:11	3	5:04:32	28	5:04:32
VP23 - Johannistl	5.89	59:05	10:01	8	25:24	83	25:24	136.76	16:40:20	7:18	4	5:29:56	30	5:29:56
VP24 - Dammwe	5.64	51:34	9:08	8	19:32	43	19:53	142.40	17:31:54	7:23	4	5:49:28	29	5:49:28
VP25 - Eas Side	6.33	1:18:27	12:23	13	38:23	138	41:07	148.73	18:50:21	7:36	4	6:27:51	31	6:27:51
VP26 - Checkpoir	4.22	42:32	10:04	6	18:28	82	19:39	152.95	19:32:53	7:40	4	6:46:19	34	6:46:19
VP27 - Gedenkst.	4.12	55:13	13:24	15	28:49	145	30:30	157.07	20:28:06	7:49	4	7:15:08	36	7:15:08
Friedrich-Ludwig	4.78	53:08	11:06	13	25:55	135	28:45	161.85	21:21:14	7:54	5	7:41:03	38	7:41:03