



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Gröhn, Beate

☐☐☐: 21:24:37

☐☐: 100 Marathon Club

☐☐: 7.52 km/h

☐☐: 318

☐☐☐☐: 7:56 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 43 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 4 (of 49)

☐☐☐☐☐☐: 15:57:39

☐☐☐☐:

☐☐☐☐☐: 3(of 7)

Seniorinnen W50 (50-54 Jahre)

☐☐☐☐☐☐☐: 19:29:40

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐		
VP1 - S-Bahnhof	6.93	44:01	6:21	3	5:30	11	5:52	6.93	44:01	6:21	3	5:30	11	5:52
VP2 - Laufftreff Li	5.70	37:15	6:32	4	5:11	12	5:11	12.63	1:21:16	6:26	3	10:41	13	10:41
VP3 - Oranienbur	5.47	34:15	6:15	4	4:34	9	4:58	18.10	1:55:31	6:22	4	15:15	11	15:28
VP4 - Naturschut	4.97	35:17	7:05	3	6:01	10	7:09	23.07	2:30:48	6:32	3	21:16	11	22:37
VP5 - Frohnau	6.80	45:39	6:42	4	7:42	13	8:56	29.87	3:16:27	6:34	4	28:58	11	31:33
VP6 - Ruderclub	4.06	33:05	8:08	3	7:32	18	11:05	33.93	3:49:32	6:45	3	33:45	10	42:38
VP7 - Grenzturm	4.75	32:00	6:44	3	3:32	7	6:21	38.68	4:21:32	6:45	3	37:17	10	48:59
VP8 - Schönwald	7.53	53:38	7:07	3	5:37	9	12:02	46.21	5:15:10	6:49	3	41:29	10	1:01:01
VP9 - Falkenseer	5.69	44:47	7:52	3	8:15	11	12:50	51.90	5:59:57	6:56	3	43:30	10	1:13:51
VP10 - Karolinenl	6.60	48:28	7:20	2	4:55	4	11:13	58.50	6:48:25	6:58	3	48:25	8	1:25:04
VP11 - Pagel & Fi	4.90	39:48	8:07	3	5:52	7	12:00	63.40	7:28:13	7:04	3	54:02	8	1:37:04
VP12 - Schloss S	7.62	1:07:53	8:54	3	13:57	11	24:07	71.02	8:36:06	7:16	3	1:07:59	8	2:01:11
VP13 - Revierförs	6.21	49:04	7:54	3	7:28	9	12:21	77.23	9:25:10	7:19	3	1:11:03	8	2:13:32
VP14 - Brauhaus	6.00	47:38	7:56	3	8:06	6	10:18	83.23	10:12:48	7:21	3	1:15:44	7	2:23:50
VP15 - Gedenkst.	6.90	55:21	8:01	3	7:23	8	16:46	90.13	11:08:09	7:24	3	1:23:07	7	2:40:36
VP16 - Königswe	6.87	57:42	8:23	3	7:24	8	16:07	97.00	12:05:51	7:28	3	1:30:31	7	2:56:43
VP17 - Sportplatz	6.20	1:01:38	9:56	4	16:10	13	26:39	103.20	13:07:29	7:37	3	1:46:41	7	3:23:22
VP18 - Osdorfer	6.49	45:30	7:00	2	0:15	4	6:02	109.69	13:52:59	7:35	3	1:42:11	6	3:21:55
VP19 - Lichtenra	5.71	45:24	7:57	3	5:18	7	9:19	115.40	14:38:23	7:36	3	1:43:38	6	3:31:14
VP20 - Kirchhain	4.35	41:52	9:37	3	7:34	7	14:59	119.75	15:20:15	7:41	3	1:51:12	6	3:46:13
VP21 - Buckow	6.15	54:40	8:53	3	4:55	9	18:04	125.90	16:14:55	7:44	3	1:56:07	6	4:04:17
VP22 - Rudow	4.97	44:32	8:57	2	1:19	9	12:23	130.87	16:59:27	7:47	3	1:57:26	5	4:16:40
VP23 - Johannistl	5.89	49:00	8:19	2	8:11	3	11:29	136.76	17:48:27	7:48	3	1:56:14	4	4:28:09
VP24 - Dammwe	5.64	46:16	8:12	1	-	2	10:40	142.40	18:34:43	7:49	3	1:56:11	4	4:38:49
VP25 - Eas Side	6.33	58:59	9:19	2	2:04	3	18:53	148.73	19:33:42	7:53	3	1:58:15	4	4:57:42
VP26 - Checkpoir	4.22	37:50	8:57	2	3:00	7	11:41	152.95	20:11:32	7:55	3	2:01:15	4	5:09:23
VP27 - Gedenkst.	4.12	36:33	8:52	1	-	5	9:01	157.07	20:48:05	7:56	3	1:58:13	4	5:18:24
Friedrich-Ludwig	4.78	36:32	7:38	1	-	4	8:34	161.85	21:24:37	7:56	3	1:54:57	4	5:26:58