



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Vollmer, Ralf

☐☐☐: 21:24:36

☐☐: 100 Marathon Club

☐☐: 7.52 km/h

☐☐: 317

☐☐☐☐: 7:56 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 42 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 39 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 8(of 51)

Senioren M50 (50-54 Jahre)

☐☐☐☐☐☐☐: 18:03:51

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	44:01	6:21	23	10:43	107	11:45	6.93	44:01	6:21	23	10:43	107	11:45
VP2 - Laufftreff Li	5.70	37:14	6:31	24	9:35	123	11:18	12.63	1:21:15	6:25	22	20:18	106	23:03
VP3 - Oranienbur	5.47	34:13	6:15	19	8:01	92	10:27	18.10	1:55:28	6:22	20	28:12	102	33:29
VP4 - Naturschut	4.97	35:22	7:06	22	10:31	100	12:13	23.07	2:30:50	6:32	19	38:43	98	45:42
VP5 - Frohnau	6.80	45:38	6:42	22	12:54	111	15:20	29.87	3:16:28	6:34	21	51:37	104	1:00:56
VP6 - Ruderclub	4.06	33:04	8:08	30	11:35	124	14:35	33.93	3:49:32	6:45	22	1:03:12	109	1:15:31
VP7 - Grenzturm	4.75	31:58	6:43	17	6:35	79	11:10	38.68	4:21:30	6:45	20	1:09:47	98	1:26:41
VP8 - Schönwald	7.53	53:40	7:07	14	11:13	76	18:04	46.21	5:15:10	6:49	20	1:21:00	93	1:44:45
VP9 - Falkenseer	5.69	44:45	7:51	22	10:55	99	17:37	51.90	5:59:55	6:56	19	1:31:55	92	2:02:22
VP10 - Karolinenl	6.60	48:30	7:20	12	8:18	57	18:21	58.50	6:48:25	6:58	17	1:39:56	85	2:20:43
VP11 - Pagel & Fi	4.90	39:47	8:07	12	9:40	69	17:02	63.40	7:28:12	7:04	15	1:47:52	80	2:37:45
VP12 - Schloss S	7.62	1:07:53	8:54	16	19:40	89	32:06	71.02	8:36:05	7:16	15	2:07:32	81	3:09:51
VP13 - Revierförs	6.21	49:04	7:54	14	8:15	61	19:24	77.23	9:25:09	7:19	14	2:15:37	75	3:29:15
VP14 - Brauhaus	6.00	48:10	8:01	11	5:59	51	18:38	83.23	10:13:19	7:22	14	2:21:11	72	3:47:53
VP15 - Gedenkst.	6.90	51:09	7:24	9	6:01	36	16:26	90.13	11:04:28	7:22	14	2:22:33	67	4:04:19
VP16 - Königswe	6.87	1:01:48	8:59	16	13:06	80	28:04	97.00	12:06:16	7:29	12	2:35:39	65	4:32:23
VP17 - Sportplatz	6.20	1:01:12	9:52	15	16:23	68	29:35	103.20	13:07:28	7:37	11	2:51:17	62	5:01:58
VP18 - Osdorfer	6.49	46:21	7:08	1	-	18	12:24	109.69	13:53:49	7:36	11	2:49:16	60	5:14:22
VP19 - Lichtenra	5.71	44:32	7:47	6	4:34	36	15:13	115.40	14:38:21	7:36	11	2:50:46	55	5:29:35
VP20 - Kirchhain	4.35	41:51	9:37	10	10:34	61	17:33	119.75	15:20:12	7:41	11	2:56:57	57	5:47:08
VP21 - Buckow	6.15	55:40	9:03	8	12:22	53	20:40	125.90	16:15:52	7:45	11	3:06:41	56	6:07:48
VP22 - Rudow	4.97	43:35	8:46	8	6:14	30	22:12	130.87	16:59:27	7:47	11	3:08:20	54	6:22:44
VP23 - Johannistl	5.89	49:08	8:20	6	3:26	28	15:27	136.76	17:48:35	7:48	10	3:10:02	50	6:38:11
VP24 - Dammwe	5.64	46:07	8:10	4	5:36	23	14:26	142.40	18:34:42	7:49	10	3:05:44	46	6:52:16
VP25 - Eas Side	6.33	59:03	9:19	6	11:07	39	21:43	148.73	19:33:45	7:53	10	3:10:59	44	7:11:15
VP26 - Checkpoir	4.22	36:59	8:45	11	7:19	35	14:06	152.95	20:10:44	7:54	9	3:15:57	43	7:24:10
VP27 - Gedenkst.	4.12	37:20	9:03	10	6:13	32	12:37	157.07	20:48:04	7:56	8	3:18:33	39	7:35:06
Friedrich-Ludwig	4.78	36:32	7:38	10	8:34	37	12:09	161.85	21:24:36	7:56	8	3:20:45	39	7:44:25