



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Grossmann, Rainer

☐☐: TV Haibach

☐☐: 75

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M55 (55-59 Jahre)

☐☐☐: 21:39:50

☐☐: 7.43 km/h

☐☐☐☐: 8:02 min/km

☐☐☐☐☐/☐☐☐☐: 45 (of 296)

☐☐☐☐☐/☐: 41 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 4(of 32)

☐☐☐☐☐☐☐: 16:59:31

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐		
VP1 - S-Bahnhof	6.93	37:48	5:27	2	2:35	21	5:32	6.93	37:48	5:27	2	2:35	21	5:32
VP2 - Laufftreff Li	5.70	31:36	5:32	2	1:25	24	5:40	12.63	1:09:24	5:29	2	4:00	23	11:12
VP3 - Oranienbur	5.47	29:48	5:26	3	1:07	22	6:02	18.10	1:39:12	5:28	2	5:07	22	17:13
VP4 - Naturschut	4.97	36:33	7:21	14	8:09	130	13:24	23.07	2:15:45	5:53	5	13:16	43	30:37
VP5 - Frohnau	6.80	43:53	6:27	10	7:26	96	13:35	29.87	2:59:38	6:00	6	20:42	56	44:06
VP6 - Ruderclub	4.06	27:48	6:50	5	4:26	59	9:19	33.93	3:27:26	6:06	6	25:08	54	53:25
VP7 - Grenzturm	4.75	30:11	6:21	7	3:42	62	9:23	38.68	3:57:37	6:08	5	28:50	55	1:02:48
VP8 - Schönwald	7.53	49:20	6:33	4	6:38	43	13:44	46.21	4:46:57	6:12	5	35:28	51	1:16:32
VP9 - Falkenseer	5.69	41:14	7:14	7	7:30	63	14:06	51.90	5:28:11	6:19	6	42:58	54	1:30:38
VP10 - Karolinenl	6.60	52:14	7:54	9	14:00	88	22:05	58.50	6:20:25	6:30	6	56:58	56	1:52:43
VP11 - Pagel & Fi	4.90	40:06	8:11	8	7:40	75	17:21	63.40	7:00:31	6:37	6	1:04:20	55	2:10:04
VP12 - Schloss S	7.62	54:56	7:12	3	9:11	25	19:09	71.02	7:55:27	6:41	6	1:13:31	49	2:29:13
VP13 - Revierförs	6.21	43:40	7:01	3	2:10	19	14:00	77.23	8:39:07	6:43	6	1:15:41	49	2:43:13
VP14 - Brauhaus	6.00	45:03	7:30	4	5:51	32	15:31	83.23	9:24:10	6:46	6	1:21:32	44	2:58:44
VP15 - Gedenkst.	6.90	49:36	7:11	3	6:26	27	14:53	90.13	10:13:46	6:48	5	1:27:49	38	3:13:37
VP16 - Königswe	6.87	1:02:27	9:05	9	17:30	86	28:43	97.00	11:16:13	6:58	6	1:41:06	42	3:42:20
VP17 - Sportplatz	6.20	57:41	9:18	7	14:48	56	26:04	103.20	12:13:54	7:06	6	1:54:07	40	4:08:24
VP18 - Osdorfer	6.49	47:50	7:22	4	7:51	20	13:53	109.69	13:01:44	7:07	6	2:01:58	38	4:22:17
VP19 - Lichtenrav	5.71	54:05	9:28	10	17:26	103	24:46	115.40	13:55:49	7:14	6	2:19:24	39	4:47:03
VP20 - Kirchhain	4.35	58:28	13:26	19	30:20	168	34:10	119.75	14:54:17	7:28	7	2:49:44	47	5:21:13
VP21 - Buckow	6.15	56:41	9:13	6	15:42	59	21:41	125.90	15:50:58	7:33	6	3:05:26	45	5:42:54
VP22 - Rudow	4.97	46:36	9:22	5	14:09	44	25:13	130.87	16:37:34	7:37	6	3:19:35	44	6:00:51
VP23 - Johannistl	5.89	54:00	9:10	4	16:10	45	20:19	136.76	17:31:34	7:41	5	3:35:45	42	6:21:10
VP24 - Dammwe	5.64	58:19	10:20	10	22:18	89	26:38	142.40	18:29:53	7:47	5	3:58:03	43	6:47:27
VP25 - Eas Side	6.33	57:55	9:08	4	12:19	31	20:35	148.73	19:27:48	7:51	5	4:10:00	43	7:05:18
VP26 - Checkpoir	4.22	41:14	9:46	7	13:55	75	18:21	152.95	20:09:02	7:54	5	4:10:42	42	7:22:28
VP27 - Gedenkst.	4.12	47:14	11:27	10	15:19	91	22:31	157.07	20:56:16	7:59	5	4:26:01	43	7:43:18
Friedrich-Ludwig	4.78	43:34	9:06	7	16:01	80	19:11	161.85	21:39:50	8:01	4	4:40:19	41	7:59:39