



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Landwehr, Matthias

☐☐☐: 21:49:11

☐☐: LC Solbad Ravensberg

☐☐: 7.38 km/h

☐☐: 327

☐☐☐☐: 8:05 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 47 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 43 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 12(of 53)

Senioren M45 (45-49 Jahre)

☐☐☐☐☐☐☐: 15:34:05

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	44:58	6:29	31	12:42	127	12:42	6.93	44:58	6:29	31	12:42	127	12:42
VP2 - Laufftreff Li	5.70	38:20	6:43	34	12:24	143	12:24	12.63	1:23:18	6:35	33	25:05	136	25:06
VP3 - Oranienbur	5.47	36:17	6:37	32	12:31	135	12:31	18.10	1:59:35	6:36	33	37:36	132	37:36
VP4 - Naturschut	4.97	36:16	7:17	31	13:07	126	13:07	23.07	2:35:51	6:45	32	50:43	129	50:43
VP5 - Frohnau	6.80	44:37	6:33	24	14:11	102	14:19	29.87	3:20:28	6:42	29	1:04:54	118	1:04:56
VP6 - Ruderclub	4.06	33:53	8:20	31	15:23	137	15:24	33.93	3:54:21	6:54	29	1:20:17	118	1:20:20
VP7 - Grenzturm	4.75	34:49	7:19	33	12:31	135	14:01	38.68	4:29:10	6:57	29	1:32:48	123	1:34:21
VP8 - Schönwald	7.53	53:08	7:03	18	15:23	71	17:32	46.21	5:22:18	6:58	28	1:48:11	110	1:51:53
VP9 - Falkenseer	5.69	42:58	7:33	20	12:26	79	15:50	51.90	6:05:16	7:02	26	2:00:37	103	2:07:43
VP10 - Karolinenl	6.60	51:25	7:47	21	16:23	81	21:16	58.50	6:56:41	7:07	26	2:14:09	100	2:28:59
VP11 - Pagel & Fi	4.90	37:04	7:33	12	10:22	51	14:19	63.40	7:33:45	7:09	24	2:24:22	91	2:43:18
VP12 - Schloss S	7.62	59:10	7:45	11	15:44	38	23:23	71.02	8:32:55	7:13	20	2:39:57	77	3:06:41
VP13 - Revierförs	6.21	49:03	7:53	17	13:49	60	19:23	77.23	9:21:58	7:16	19	2:52:17	72	3:26:04
VP14 - Brauhaus	6.00	49:28	8:14	21	15:16	65	19:56	83.23	10:11:26	7:20	19	3:03:50	69	3:46:00
VP15 - Gedenkst.	6.90	59:21	8:36	24	23:13	89	24:38	90.13	11:10:47	7:26	19	3:17:11	71	4:10:38
VP16 - Königswe	6.87	1:00:50	8:51	19	16:01	74	27:06	97.00	12:11:37	7:32	19	3:29:44	72	4:37:44
VP17 - Sportplatz	6.20	53:39	8:39	11	19:03	34	22:02	103.20	13:05:16	7:36	18	3:46:16	61	4:59:46
VP18 - Osdorfer	6.49	55:37	8:34	16	12:21	61	21:40	109.69	14:00:53	7:39	18	3:58:37	62	5:21:26
VP19 - Lichtenra	5.71	40:16	7:03	4	5:13	16	10:57	115.40	14:41:09	7:38	18	3:59:33	60	5:32:23
VP20 - Kirchhain	4.35	35:28	8:09	9	5:48	30	11:10	119.75	15:16:37	7:39	16	4:05:21	54	5:43:33
VP21 - Buckow	6.15	1:06:19	10:46	28	27:57	112	31:19	125.90	16:22:56	7:48	16	4:29:54	58	6:14:52
VP22 - Rudow	4.97	54:26	10:57	22	24:07	103	33:03	130.87	17:17:22	7:55	16	4:42:35	60	6:40:39
VP23 - Johannistl	5.89	48:21	8:12	8	11:30	24	14:40	136.76	18:05:43	7:56	15	4:52:38	56	6:55:19
VP24 - Dammwe	5.64	55:40	9:52	18	23:59	65	23:59	142.40	19:01:23	8:00	15	5:16:37	53	7:18:57
VP25 - Eas Side	6.33	58:12	9:11	10	20:52	33	20:52	148.73	19:59:35	8:03	14	5:37:29	51	7:37:05
VP26 - Checkpoir	4.22	37:25	8:51	11	14:32	39	14:32	152.95	20:37:00	8:05	13	5:52:01	49	7:50:26
VP27 - Gedenkst.	4.12	36:18	8:48	5	11:35	27	11:35	157.07	21:13:18	8:06	12	6:03:36	44	8:00:20
Friedrich-Ludwig	4.78	35:53	7:30	10	11:30	34	11:30	161.85	21:49:11	8:05	12	6:15:06	43	8:09:00