



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Andersen, Karl

☐☐☐: 21:51:06

☐☐: JSI-løb

☐☐: 7.37 km/h

☐☐: 141

☐☐☐☐: 8:06 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 48 (of 296)

100MeilenBerlin

☐☐☐☐☐☐/☐: 44 (of 247)

☐☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐☐: 5(of 32)

Senioren M55 (55-59 Jahre)

☐☐☐☐☐☐☐☐: 16:59:31

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	42:37	6:08	10	7:24	86	10:21	6.93	42:37	6:08	10	7:24	86	10:21
VP2 - Laufftreff Li	5.70	34:28	6:02	7	4:17	79	8:32	12.63	1:17:05	6:06	9	11:41	86	18:53
VP3 - Oranienbur	5.47	32:08	5:52	6	3:27	64	8:22	18.10	1:49:13	6:02	8	15:08	79	27:14
VP4 - Naturschut	4.97	32:14	6:29	5	3:50	66	9:05	23.07	2:21:27	6:07	8	18:58	76	36:19
VP5 - Frohnau	6.80	39:51	5:51	4	3:24	39	9:33	29.87	3:01:18	6:04	8	22:22	60	45:46
VP6 - Ruderclub	4.06	28:37	7:02	7	5:15	72	10:08	33.93	3:29:55	6:11	7	27:37	62	55:54
VP7 - Grenzturm	4.75	29:31	6:12	4	3:02	49	8:43	38.68	3:59:26	6:11	6	30:39	57	1:04:37
VP8 - Schönwald	7.53	50:04	6:38	6	7:22	52	14:28	46.21	4:49:30	6:15	6	38:01	59	1:19:05
VP9 - Falkenseer	5.69	38:07	6:41	6	4:23	44	10:59	51.90	5:27:37	6:18	5	42:24	51	1:30:04
VP10 - Karolinenl	6.60	45:31	6:53	4	7:17	40	15:22	58.50	6:13:08	6:22	4	49:41	45	1:45:26
VP11 - Pagel & Fi	4.90	34:59	7:08	4	2:33	35	12:14	63.40	6:48:07	6:26	4	51:56	43	1:57:40
VP12 - Schloss S	7.62	58:10	7:38	5	12:25	35	22:23	71.02	7:46:17	6:33	5	1:04:21	46	2:20:03
VP13 - Revierförs	6.21	46:50	7:32	6	5:20	43	17:10	77.23	8:33:07	6:38	5	1:09:41	44	2:37:13
VP14 - Brauhaus	6.00	44:54	7:29	3	5:42	31	15:22	83.23	9:18:01	6:42	4	1:15:23	40	2:52:35
VP15 - Gedenkst.	6.90	55:40	8:04	7	12:30	63	20:57	90.13	10:13:41	6:48	4	1:27:44	37	3:13:32
VP16 - Königswe	6.87	54:14	7:53	4	9:17	35	20:30	97.00	11:07:55	6:53	4	1:32:48	35	3:34:02
VP17 - Sportplatz	6.20	57:20	9:14	5	14:27	52	25:43	103.20	12:05:15	7:01	4	1:45:28	33	3:59:45
VP18 - Osdorfer	6.49	49:03	7:33	5	9:04	31	15:06	109.69	12:54:18	7:03	3	1:54:32	32	4:14:51
VP19 - Lichtenrav	5.71	43:53	7:41	5	7:14	34	14:34	115.40	13:38:11	7:05	3	2:01:46	31	4:29:25
VP20 - Kirchhain	4.35	36:38	8:25	3	8:30	32	12:20	119.75	14:14:49	7:08	3	2:10:16	31	4:41:45
VP21 - Buckow	6.15	54:58	8:56	5	13:59	49	19:58	125.90	15:09:47	7:13	4	2:24:15	33	5:01:43
VP22 - Rudow	4.97	52:00	10:27	8	19:33	84	30:37	130.87	16:01:47	7:20	4	2:43:48	34	5:25:04
VP23 - Johannistl	5.89	58:45	9:58	9	20:55	80	25:04	136.76	17:00:32	7:27	4	3:04:43	34	5:50:08
VP24 - Dammwe	5.64	59:11	10:29	11	23:10	91	27:30	142.40	17:59:43	7:34	4	3:27:53	35	6:17:17
VP25 - Eas Side	6.33	1:21:34	12:53	16	35:58	150	44:14	148.73	19:21:17	7:48	4	4:03:29	37	6:58:47
VP26 - Checkpoir	4.22	45:44	10:50	11	18:25	116	22:51	152.95	20:07:01	7:53	4	4:08:41	40	7:20:27
VP27 - Gedenkst.	4.12	49:13	11:56	13	17:18	111	24:30	157.07	20:56:14	7:59	4	4:25:59	42	7:43:16
Friedrich-Ludwig	4.78	54:52	11:28	14	27:19	147	30:29	161.85	21:51:06	8:06	5	4:51:35	44	8:10:55