



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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**ARENAS MARTIN, MIGUEL**

☐☐: A.D. SPRINT  
☐☐: 21

☐☐: 161.85 km  
100MeilenBerlin

☐☐☐☐:  
Senioren M55 (55-59 Jahre)

☐☐☐: 22:00:23

☐☐: 7.32 km/h  
☐☐☐☐: 8:10 min/km

☐☐☐☐☐/☐☐☐☐: 49 (of 296)

☐☐☐☐☐/☐☐: 45 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 6(of 32)

☐☐☐☐☐☐☐: 16:59:31

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	39:52	5:45	6	4:39	46	7:36	6.93	39:52	5:45	6	4:39	46	7:36
VP2 - Laufftreff Li	5.70	33:56	5:57	6	3:45	69	8:00	12.63	1:13:48	5:50	6	8:24	57	15:36
VP3 - Oranienbur	5.47	32:36	5:57	7	3:55	72	8:50	18.10	1:46:24	5:52	7	12:19	61	24:25
VP4 - Naturschut	4.97	33:11	6:40	8	4:47	78	10:02	23.07	2:19:35	6:03	7	17:06	63	34:27
VP5 - Frohnau	6.80	40:49	6:00	6	4:22	55	10:31	29.87	3:00:24	6:02	7	21:28	58	44:52
VP6 - Ruderclub	4.06	26:58	6:38	4	3:36	50	8:29	33.93	3:27:22	6:06	5	25:04	53	53:21
VP7 - Grenzturm	4.75	32:14	6:47	9	5:45	82	11:26	38.68	3:59:36	6:11	7	30:49	61	1:04:47
VP8 - Schönwald	7.53	51:06	6:47	8	8:24	61	15:30	46.21	4:50:42	6:17	7	39:13	62	1:20:17
VP9 - Falkenseer	5.69	41:26	7:16	9	7:42	65	14:18	51.90	5:32:08	6:23	8	46:55	62	1:34:35
VP10 - Karolinenl	6.60	51:19	7:46	8	13:05	79	21:10	58.50	6:23:27	6:33	7	1:00:00	58	1:55:45
VP11 - Pagel & Fi	4.90	37:25	7:38	5	4:59	54	14:40	63.40	7:00:52	6:38	7	1:04:41	57	2:10:25
VP12 - Schloss S	7.62	1:05:38	8:36	9	19:53	73	29:51	71.02	8:06:30	6:51	7	1:24:34	57	2:40:16
VP13 - Revierförs	6.21	46:44	7:31	5	5:14	42	17:04	77.23	8:53:14	6:54	7	1:29:48	53	2:57:20
VP14 - Brauhaus	6.00	47:26	7:54	6	8:14	46	17:54	83.23	9:40:40	6:58	7	1:38:02	53	3:15:14
VP15 - Gedenkst.	6.90	53:49	7:47	5	10:39	50	19:06	90.13	10:34:29	7:02	7	1:48:32	51	3:34:20
VP16 - Königswe	6.87	59:52	8:42	5	14:55	60	26:08	97.00	11:34:21	7:09	7	1:59:14	49	4:00:28
VP17 - Sportplatz	6.20	54:14	8:44	4	11:21	36	22:37	103.20	12:28:35	7:15	7	2:08:48	46	4:23:05
VP18 - Osdorfer	6.49	55:49	8:36	6	15:50	62	21:52	109.69	13:24:24	7:20	7	2:24:38	47	4:44:57
VP19 - Lichtenra	5.71	48:53	8:33	6	12:14	63	19:34	115.40	14:13:17	7:23	7	2:36:52	48	5:04:31
VP20 - Kirchhain	4.35	40:45	9:22	7	12:37	52	16:27	119.75	14:54:02	7:27	6	2:49:29	46	5:20:58
VP21 - Buckow	6.15	57:18	9:19	7	16:19	63	22:18	125.90	15:51:20	7:33	7	3:05:48	46	5:43:16
VP22 - Rudow	4.97	58:03	11:40	12	25:36	125	36:40	130.87	16:49:23	7:42	7	3:31:24	49	6:12:40
VP23 - Johannistl	5.89	55:30	9:25	6	17:40	58	21:49	136.76	17:44:53	7:47	6	3:49:04	49	6:34:29
VP24 - Dammwe	5.64	55:12	9:47	5	19:11	64	23:31	142.40	18:40:05	7:51	6	4:08:15	47	6:57:39
VP25 - Eas Side	6.33	1:07:48	10:42	7	22:12	82	30:28	148.73	19:47:53	7:59	6	4:30:05	48	7:25:23
VP26 - Checkpoir	4.22	40:14	9:32	4	12:55	64	17:21	152.95	20:28:07	8:01	6	4:29:47	46	7:41:33
VP27 - Gedenkst.	4.12	47:06	11:25	9	15:11	90	22:23	157.07	21:15:13	8:07	6	4:44:58	45	8:02:15
Friedrich-Ludwig	4.78	45:10	9:26	9	17:37	88	20:47	161.85	22:00:23	8:09	6	5:00:52	45	8:20:12