



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Gräßler, Jens

☐☐☐: 22:00:48

☐☐: Laufrüpel

☐☐: 7.31 km/h

☐☐: 228

☐☐☐☐: 8:10 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 50 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 46 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 13(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	43:52	6:19	23	11:36	100	11:36	6.93	43:52	6:19	23	11:36	100	11:36
VP2 - Lauftreff Li	5.70	35:46	6:16	24	9:50	97	9:50	12.63	1:19:38	6:18	23	21:25	97	21:26
VP3 - Oranienbur	5.47	34:57	6:23	22	11:11	100	11:11	18.10	1:54:35	6:19	24	32:36	99	32:36
VP4 - Naturschut	4.97	34:52	7:00	25	11:43	93	11:43	23.07	2:29:27	6:28	24	44:19	97	44:19
VP5 - Frohnau	6.80	44:50	6:35	25	14:24	105	14:32	29.87	3:14:17	6:30	23	58:43	96	58:45
VP6 - Ruderclub	4.06	28:57	7:07	20	10:27	79	10:28	33.93	3:43:14	6:34	22	1:09:10	93	1:09:13
VP7 - Grenzturm	4.75	31:31	6:38	19	9:13	72	10:43	38.68	4:14:45	6:35	21	1:18:23	91	1:19:56
VP8 - Schönwald	7.53	54:02	7:10	20	16:17	79	18:26	46.21	5:08:47	6:40	22	1:34:40	85	1:38:22
VP9 - Falkenseer	5.69	41:01	7:12	16	10:29	61	13:53	51.90	5:49:48	6:44	21	1:45:09	82	1:52:15
VP10 - Karolinenl	6.60	47:13	7:09	14	12:11	49	17:04	58.50	6:37:01	6:47	20	1:54:29	75	2:09:19
VP11 - Pagel & Fi	4.90	35:48	7:18	11	9:06	42	13:03	63.40	7:12:49	6:49	18	2:03:26	64	2:22:22
VP12 - Schloss S	7.62	1:11:48	9:25	28	28:22	111	36:01	71.02	8:24:37	7:06	18	2:31:39	65	2:58:23
VP13 - Revierförs	6.21	47:12	7:36	14	11:58	45	17:32	77.23	9:11:49	7:08	18	2:42:08	64	3:15:55
VP14 - Brauhaus	6.00	46:05	7:40	11	11:53	37	16:33	83.23	9:57:54	7:11	17	2:50:18	61	3:32:28
VP15 - Gedenkst.	6.90	54:15	7:51	13	18:07	53	19:32	90.13	10:52:09	7:14	15	2:58:33	57	3:52:00
VP16 - Königswe	6.87	55:45	8:06	15	10:56	43	22:01	97.00	11:47:54	7:17	15	3:06:01	53	4:14:01
VP17 - Sportplatz	6.20	1:00:34	9:46	19	25:58	67	28:57	103.20	12:48:28	7:26	15	3:29:28	54	4:42:58
VP18 - Osdorfer	6.49	55:58	8:37	17	12:42	64	22:01	109.69	13:44:26	7:30	14	3:42:10	51	5:04:59
VP19 - Lichtenra	5.71	45:21	7:56	12	10:18	42	16:02	115.40	14:29:47	7:32	15	3:48:11	52	5:21:01
VP20 - Kirchhain	4.35	37:57	8:43	10	8:17	36	13:39	119.75	15:07:44	7:34	14	3:56:28	50	5:34:40
VP21 - Buckow	6.15	49:06	7:59	10	10:44	28	14:06	125.90	15:56:50	7:35	12	4:03:48	47	5:48:46
VP22 - Rudow	4.97	47:23	9:32	12	17:04	52	26:00	130.87	16:44:13	7:40	12	4:09:26	47	6:07:30
VP23 - Johannistl	5.89	55:51	9:28	16	19:00	63	22:10	136.76	17:40:04	7:45	12	4:26:59	44	6:29:40
VP24 - Dammwe	5.64	54:04	9:35	14	22:23	57	22:23	142.40	18:34:08	7:49	13	4:49:22	45	6:51:42
VP25 - Eas Side	6.33	1:09:25	10:57	22	32:05	88	32:05	148.73	19:43:33	7:57	12	5:21:27	45	7:21:03
VP26 - Checkpoir	4.22	41:02	9:43	17	18:09	74	18:09	152.95	20:24:35	8:00	12	5:39:36	45	7:38:01
VP27 - Gedenkst.	4.12	50:40	12:17	27	25:57	122	25:57	157.07	21:15:15	8:07	13	6:05:33	46	8:02:17
Friedrich-Ludwig	4.78	45:33	9:31	21	21:10	90	21:10	161.85	22:00:48	8:09	13	6:26:43	46	8:20:37