



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Schäffer, Beat

☐☐☐: 22:09:05

☐☐: -

☐☐: 7.27 km/h

☐☐: 104

☐☐☐☐: 8:13 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 52 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 48 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 9(of 38)

Senioren M40 (40-44 Jahre)

☐☐☐☐☐☐☐: 15:35:03

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	44:00	6:20	22	11:21	105	6.93	44:00	6:20	22	11:21	105	11:44
VP2 - Laufftreff Li	5.70	34:35	6:04	20	7:04	84	12.63	1:18:35	6:13	21	18:25	93	20:23
VP3 - Oranienbur	5.47	32:00	5:51	17	7:02	62	18.10	1:50:35	6:06	20	25:27	88	28:36
VP4 - Naturschut	4.97	32:17	6:29	16	6:39	68	23.07	2:22:52	6:11	20	32:06	83	37:44
VP5 - Frohnau	6.80	41:31	6:06	16	9:33	64	29.87	3:04:23	6:10	19	41:39	80	48:51
VP6 - Ruderclub	4.06	26:20	6:29	10	6:41	43	33.93	3:30:43	6:12	15	48:20	67	56:42
VP7 - Grenzturm	4.75	31:28	6:37	14	8:50	71	38.68	4:02:11	6:15	15	57:10	66	1:07:22
VP8 - Schönwald	7.53	52:19	6:56	14	14:34	69	46.21	4:54:30	6:22	15	1:11:44	69	1:24:05
VP9 - Falkenseer	5.69	42:16	7:25	14	12:07	71	51.90	5:36:46	6:29	13	1:23:51	65	1:39:13
VP10 - Karolinenl	6.60	51:02	7:43	15	16:30	74	58.50	6:27:48	6:37	13	1:40:21	63	2:00:06
VP11 - Pagel & Fi	4.90	40:46	8:19	15	13:33	82	63.40	7:08:34	6:45	14	1:53:54	60	2:18:07
VP12 - Schloss S	7.62	1:03:38	8:21	12	19:51	58	71.02	8:12:12	6:55	14	2:13:45	58	2:45:58
VP13 - Revierförs	6.21	51:19	8:15	14	14:01	83	77.23	9:03:31	7:02	13	2:27:46	59	3:07:37
VP14 - Brauhaus	6.00	50:51	8:28	14	13:29	84	83.23	9:54:22	7:08	13	2:41:15	59	3:28:56
VP15 - Gedenkst.	6.90	59:41	8:38	18	19:47	91	90.13	10:54:03	7:15	13	3:01:02	62	3:53:54
VP16 - Königswe	6.87	58:31	8:31	9	17:42	54	97.00	11:52:34	7:20	11	3:18:44	57	4:18:41
VP17 - Sportplatz	6.20	55:20	8:55	8	16:08	43	103.20	12:47:54	7:26	10	3:34:52	52	4:42:24
VP18 - Osdorfer	6.49	58:44	9:02	13	17:42	86	109.69	13:46:38	7:32	10	3:52:34	55	5:07:11
VP19 - Lichtenra	5.71	46:19	8:06	9	11:13	49	115.40	14:32:57	7:33	10	4:02:54	54	5:24:11
VP20 - Kirchhain	4.35	39:59	9:11	10	12:19	47	119.75	15:12:56	7:37	10	4:12:25	53	5:39:52
VP21 - Buckow	6.15	54:17	8:49	10	15:58	48	125.90	16:07:13	7:40	10	4:26:25	52	5:59:09
VP22 - Rudow	4.97	51:38	10:23	15	21:09	78	130.87	16:58:51	7:47	10	4:45:31	53	6:22:08
VP23 - Johannistl	5.89	54:17	9:12	11	16:58	50	136.76	17:53:08	7:50	10	5:01:20	52	6:42:44
VP24 - Dammwe	5.64	52:32	9:18	8	16:36	48	142.40	18:45:40	7:54	9	5:16:03	49	7:03:14
VP25 - Eas Side	6.33	1:01:51	9:46	9	19:27	54	148.73	19:47:31	7:59	9	5:34:44	47	7:25:01
VP26 - Checkpoir	4.22	45:39	10:49	15	20:37	115	152.95	20:33:10	8:03	9	5:52:11	47	7:46:36
VP27 - Gedenkst.	4.12	49:25	11:59	14	23:33	112	157.07	21:22:35	8:09	9	6:15:44	49	8:09:37
Friedrich-Ludwig	4.78	46:30	9:43	15	18:18	93	161.85	22:09:05	8:12	9	6:34:02	48	8:28:54