



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Neumann, Tanja

☐☐: Sportfreund & Bikeline Ulm

☐☐: 338

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Seniorinnen W45 (45-49 Jahre)

☐☐☐: 22:18:35

☐☐: 7.22 km/h

☐☐☐☐: 8:16 min/km

☐☐☐☐☐/☐☐☐☐: 58 (of 296)

☐☐☐☐☐/☐☐: 6 (of 49)

☐☐☐☐☐☐: 15:57:39

☐☐☐☐☐: 2(of 12)

☐☐☐☐☐☐☐: 15:57:39

☐☐☐☐

☐☐☐☐

☐☐☐

☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐		
VP1 - S-Bahnhof	6.93	41:17	5:57	4	3:08	6	3:08	6.93	41:17	5:57	4	3:08	6	3:08
VP2 - Laufftreff Li	5.70	32:49	5:45	2	0:12	3	0:45	12.63	1:14:06	5:52	2	3:20	4	3:31
VP3 - Oranienbur	5.47	34:55	6:22	4	5:38	11	5:38	18.10	1:49:01	6:01	4	8:58	6	8:58
VP4 - Naturschut	4.97	30:22	6:06	3	2:14	4	2:14	23.07	2:19:23	6:02	3	11:12	5	11:12
VP5 - Frohnau	6.80	41:46	6:08	3	5:03	6	5:03	29.87	3:01:09	6:03	3	16:15	5	16:15
VP6 - Ruderclub	4.06	32:43	8:03	5	10:43	16	10:43	33.93	3:33:52	6:18	3	26:58	6	26:58
VP7 - Grenzturm	4.75	28:21	5:58	2	2:42	2	2:42	38.68	4:02:13	6:15	3	29:40	5	29:40
VP8 - Schönwald	7.53	49:04	6:30	3	7:28	4	7:28	46.21	4:51:17	6:18	3	37:08	5	37:08
VP9 - Falkenseer	5.69	37:30	6:35	2	5:33	4	5:33	51.90	5:28:47	6:20	2	42:41	4	42:41
VP10 - Karolinenl	6.60	50:48	7:41	3	13:33	7	13:33	58.50	6:19:35	6:29	2	56:14	5	56:14
VP11 - Pagel & Fi	4.90	35:05	7:09	2	7:17	5	7:17	63.40	6:54:40	6:32	2	1:03:31	5	1:03:31
VP12 - Schloss S	7.62	1:19:16	10:24	8	35:30	22	35:30	71.02	8:13:56	6:57	2	1:39:01	5	1:39:01
VP13 - Revierförs	6.21	47:12	7:36	2	10:29	5	10:29	77.23	9:01:08	7:00	2	1:49:30	5	1:49:30
VP14 - Brauhaus	6.00	50:27	8:24	2	13:07	11	13:07	83.23	9:51:35	7:06	2	2:02:37	5	2:02:37
VP15 - Gedenkst.	6.90	58:10	8:25	3	19:35	12	19:35	90.13	10:49:45	7:12	2	2:22:12	5	2:22:12
VP16 - Königswe	6.87	55:05	8:01	2	13:30	5	13:30	97.00	11:44:50	7:15	2	2:35:42	5	2:35:42
VP17 - Sportplatz	6.20	1:21:24	13:07	7	46:25	28	46:25	103.20	13:06:14	7:37	2	3:22:07	6	3:22:07
VP18 - Osdorfer	6.49	53:48	8:17	2	6:51	8	14:20	109.69	14:00:02	7:39	2	3:28:58	7	3:28:58
VP19 - Lichtenra	5.71	45:00	7:52	2	8:55	6	8:55	115.40	14:45:02	7:40	2	3:37:53	7	3:37:53
VP20 - Kirchhain	4.35	52:11	11:59	4	25:18	21	25:18	119.75	15:37:13	7:49	2	4:03:11	7	4:03:11
VP21 - Buckow	6.15	49:33	8:03	2	12:57	4	12:57	125.90	16:26:46	7:50	2	4:16:08	7	4:16:08
VP22 - Rudow	4.97	44:17	8:54	3	12:08	7	12:08	130.87	17:11:03	7:52	2	4:28:16	7	4:28:16
VP23 - Johannistl	5.89	53:08	9:01	2	15:37	7	15:37	136.76	18:04:11	7:55	2	4:43:53	6	4:43:53
VP24 - Dammwe	5.64	48:56	8:40	2	13:20	5	13:20	142.40	18:53:07	7:57	2	4:57:13	5	4:57:13
VP25 - Eas Side	6.33	1:01:21	9:41	2	21:15	7	21:15	148.73	19:54:28	8:01	2	5:18:28	5	5:18:28
VP26 - Checkpoir	4.22	36:55	8:44	2	10:46	6	10:46	152.95	20:31:23	8:03	2	5:29:14	5	5:29:14
VP27 - Gedenkst.	4.12	58:13	14:07	9	30:41	31	30:41	157.07	21:29:36	8:12	2	5:59:55	6	5:59:55
Friedrich-Ludwig	4.78	48:59	10:14	4	21:01	20	21:01	161.85	22:18:35	8:16	2	6:20:56	6	6:20:56