



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Christ, Christian

☐☐: Schruns-Skiläufer

☐☐: 26

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M35 (35-39 Jahre)

☐☐☐: 22:22:51

☐☐: 7.19 km/h

☐☐☐☐: 8:18 min/km

☐☐☐☐☐/☐☐☐☐: 59 (of 296)

☐☐☐☐☐/☐☐: 53 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 7(of 22)

☐☐☐☐☐☐☐: 13:40:11

☐☐☐☐

☐☐☐☐

☐☐☐

☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	41:24	5:58	9	9:08	72	6.93	41:24	5:58	9	9:08	72	9:08
VP2 - Laufftreff Li	5.70	33:15	5:49	8	7:19	60	12.63	1:14:39	5:54	7	16:27	69	16:27
VP3 - Oranienbur	5.47	32:20	5:54	7	8:30	67	18.10	1:46:59	5:54	7	24:57	65	25:00
VP4 - Naturschut	4.97	32:25	6:31	9	9:13	70	23.07	2:19:24	6:02	6	34:10	59	34:16
VP5 - Frohnau	6.80	42:11	6:12	8	11:53	73	29.87	3:01:35	6:04	5	46:03	62	46:03
VP6 - Ruderclub	4.06	28:00	6:53	8	9:31	62	33.93	3:29:35	6:10	6	55:34	59	55:34
VP7 - Grenzturm	4.75	29:54	6:17	7	9:06	56	38.68	3:59:29	6:11	6	1:04:40	59	1:04:40
VP8 - Schönwald	7.53	47:20	6:17	6	11:44	33	46.21	4:46:49	6:12	6	1:16:24	50	1:16:24
VP9 - Falkenseer	5.69	39:42	6:58	8	12:34	52	51.90	5:26:31	6:17	6	1:28:58	47	1:28:58
VP10 - Karolinenl	6.60	44:31	6:44	5	14:22	32	58.50	6:11:02	6:20	6	1:43:20	43	1:43:20
VP11 - Pagel & Fi	4.90	37:53	7:43	7	15:08	59	63.40	6:48:55	6:26	7	1:58:28	47	1:58:28
VP12 - Schloss S	7.62	56:55	7:28	6	21:08	31	71.02	7:45:50	6:33	7	2:19:36	43	2:19:36
VP13 - Revierförs	6.21	49:49	8:01	9	20:09	69	77.23	8:35:39	6:40	7	2:39:45	46	2:39:45
VP14 - Brauhaus	6.00	53:45	8:57	12	24:13	113	83.23	9:29:24	6:50	7	3:03:58	48	3:03:58
VP15 - Gedenkst.	6.90	1:01:00	8:50	10	26:17	103	90.13	10:30:24	6:59	7	3:30:15	49	3:30:15
VP16 - Königswe	6.87	56:21	8:12	6	22:37	46	97.00	11:26:45	7:04	5	3:52:52	47	3:52:52
VP17 - Sportplatz	6.20	53:52	8:41	6	22:15	35	103.20	12:20:37	7:10	5	4:15:07	44	4:15:07
VP18 - Osdorfer	6.49	59:12	9:07	9	25:15	90	109.69	13:19:49	7:17	5	4:40:22	46	4:40:22
VP19 - Lichtenra	5.71	47:52	8:22	8	18:33	57	115.40	14:07:41	7:20	5	4:58:55	45	4:58:55
VP20 - Kirchhain	4.35	41:45	9:35	9	17:27	59	119.75	14:49:26	7:25	5	5:16:22	44	5:16:22
VP21 - Buckow	6.15	1:00:46	9:52	11	25:46	81	125.90	15:50:12	7:32	5	5:42:08	44	5:42:08
VP22 - Rudow	4.97	50:59	10:15	8	22:20	75	130.87	16:41:11	7:39	5	6:04:28	46	6:04:28
VP23 - Johannistl	5.89	1:03:32	10:47	11	29:51	106	136.76	17:44:43	7:47	6	6:34:19	47	6:34:19
VP24 - Dammwe	5.64	59:50	10:36	11	27:48	96	142.40	18:44:33	7:53	6	7:02:07	48	7:02:07
VP25 - Eas Side	6.33	1:12:30	11:27	11	32:26	104	148.73	19:57:03	8:02	6	7:34:33	50	7:34:33
VP26 - Checkpoir	4.22	42:41	10:06	8	18:37	86	152.95	20:39:44	8:06	6	7:53:10	52	7:53:10
VP27 - Gedenkst.	4.12	49:45	12:04	9	23:21	114	157.07	21:29:29	8:12	6	8:16:31	51	8:16:31
Friedrich-Ludwig	4.78	53:22	11:09	14	26:09	136	161.85	22:22:51	8:17	7	8:42:40	53	8:42:40