



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Pippig, Karsten

☐☐: Sparkasse Vogtland

☐☐: 212

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M45 (45-49 Jahre)

☐☐☐: 22:23:07

☐☐: 7.19 km/h

☐☐☐☐: 8:18 min/km

☐☐☐☐☐/☐☐☐☐: 60 (of 296)

☐☐☐☐☐/☐: 54 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 15(of 53)

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐		
VP1 - S-Bahnhof	6.93	36:11	5:13	6	3:55	17	3:55	6.93	36:11	5:13	6	3:55	17	3:55
VP2 - Lauftreff Li	5.70	31:25	5:30	6	5:29	21	5:29	12.63	1:07:36	5:21	5	9:23	16	9:24
VP3 - Oranienbur	5.47	31:49	5:48	12	8:03	56	8:03	18.10	1:39:25	5:29	7	17:26	23	17:26
VP4 - Naturschut	4.97	31:38	6:21	14	8:29	55	8:29	23.07	2:11:03	5:40	7	25:55	31	25:55
VP5 - Frohnau	6.80	40:22	5:56	12	9:56	45	10:04	29.87	2:51:25	5:44	7	35:51	31	35:53
VP6 - Ruderclub	4.06	25:25	6:15	9	6:55	33	6:56	33.93	3:16:50	5:48	8	42:46	26	42:49
VP7 - Grenzturm	4.75	29:20	6:10	13	7:02	43	8:32	38.68	3:46:10	5:50	8	49:48	27	51:21
VP8 - Schönwald	7.53	49:15	6:32	12	11:30	41	13:39	46.21	4:35:25	5:57	9	1:01:18	29	1:05:00
VP9 - Falkenseer	5.69	39:39	6:58	14	9:07	51	12:31	51.90	5:15:04	6:04	9	1:10:25	33	1:17:31
VP10 - Karolinenl	6.60	47:59	7:16	17	12:57	55	17:50	58.50	6:03:03	6:12	9	1:20:31	37	1:35:21
VP11 - Pagel & Fi	4.90	41:24	8:26	23	14:42	90	18:39	63.40	6:44:27	6:22	10	1:35:04	40	1:54:00
VP12 - Schloss S	7.62	1:07:49	8:53	22	24:23	88	32:02	71.02	7:52:16	6:38	13	1:59:18	47	2:26:02
VP13 - Revierförs	6.21	44:46	7:12	9	9:32	24	15:06	77.23	8:37:02	6:41	13	2:07:21	47	2:41:08
VP14 - Brauhaus	6.00	47:14	7:52	15	13:02	45	17:42	83.23	9:24:16	6:46	12	2:16:40	45	2:58:50
VP15 - Gedenkst.	6.90	57:37	8:21	20	21:29	80	22:54	90.13	10:21:53	6:53	13	2:28:17	47	3:21:44
VP16 - Königswe	6.87	54:32	7:56	12	9:43	37	20:48	97.00	11:16:25	6:58	12	2:34:32	43	3:42:32
VP17 - Sportplatz	6.20	1:09:06	11:08	26	34:30	93	37:29	103.20	12:25:31	7:13	12	3:06:31	45	4:20:01
VP18 - Osdorfer	6.49	50:51	7:50	9	7:35	38	16:54	109.69	13:16:22	7:15	11	3:14:06	42	4:36:55
VP19 - Lichtenra	5.71	45:32	7:58	13	10:29	44	16:13	115.40	14:01:54	7:17	11	3:20:18	41	4:53:08
VP20 - Kirchhain	4.35	42:14	9:42	17	12:34	66	17:56	119.75	14:44:08	7:22	11	3:32:52	41	5:11:04
VP21 - Buckow	6.15	50:24	8:11	11	12:02	39	15:24	125.90	15:34:32	7:25	11	3:41:30	40	5:26:28
VP22 - Rudow	4.97	55:17	11:07	23	24:58	111	33:54	130.87	16:29:49	7:33	11	3:55:02	40	5:53:06
VP23 - Johannistl	5.89	1:00:27	10:15	20	23:36	88	26:46	136.76	17:30:16	7:40	11	4:17:11	41	6:19:52
VP24 - Dammwe	5.64	59:25	10:32	22	27:44	95	27:44	142.40	18:29:41	7:47	12	4:44:55	42	6:47:15
VP25 - Eas Side	6.33	1:17:41	12:16	31	40:21	132	40:21	148.73	19:47:22	7:59	13	5:25:16	46	7:24:52
VP26 - Checkpoir	4.22	51:29	12:11	35	28:36	151	28:36	152.95	20:38:51	8:05	14	5:53:52	51	7:52:17
VP27 - Gedenkst.	4.12	51:32	12:30	29	26:49	127	26:49	157.07	21:30:23	8:12	14	6:20:41	52	8:17:25
Friedrich-Ludwig	4.78	52:44	11:01	34	28:21	134	28:21	161.85	22:23:07	8:17	15	6:49:02	54	8:42:56