



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Struß, Norbert

☐☐☐: 22:28:22

☐☐: Stolpertruppe Winsen

☐☐: 7.16 km/h

☐☐: 235

☐☐☐☐: 8:20 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 61 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 55 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 11(of 51)

Senioren M50 (50-54 Jahre)

☐☐☐☐☐☐☐: 18:03:51

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	46:32	6:42	35	13:14	158	14:16	6.93	46:32	6:42	35	13:14	158	14:16
VP2 - Laufftreff Li	5.70	39:22	6:54	33	11:43	164	13:26	12.63	1:25:54	6:48	34	24:57	159	27:42
VP3 - Oranienbur	5.47	36:15	6:37	30	10:03	133	12:29	18.10	2:02:09	6:44	33	34:53	150	40:10
VP4 - Naturschut	4.97	38:01	7:38	32	13:10	154	14:52	23.07	2:40:10	6:56	33	48:03	156	55:02
VP5 - Frohnau	6.80	47:42	7:00	30	14:58	148	17:24	29.87	3:27:52	6:57	33	1:03:01	153	1:12:20
VP6 - Ruderclub	4.06	35:50	8:49	35	14:21	163	17:21	33.93	4:03:42	7:10	31	1:17:22	149	1:29:41
VP7 - Grenzturm	4.75	34:37	7:17	28	9:14	130	13:49	38.68	4:38:19	7:11	31	1:26:36	145	1:43:30
VP8 - Schönwald	7.53	55:56	7:25	20	13:29	103	20:20	46.21	5:34:15	7:13	28	1:40:05	137	2:03:50
VP9 - Falkenseer	5.69	42:49	7:31	15	8:59	75	15:41	51.90	6:17:04	7:15	27	1:49:04	132	2:19:31
VP10 - Karolinenl	6.60	56:09	8:30	22	15:57	116	26:00	58.50	7:13:13	7:24	25	2:04:44	124	2:45:31
VP11 - Pagel & Fi	4.90	41:36	8:29	19	11:29	93	18:51	63.40	7:54:49	7:29	21	2:14:29	109	3:04:22
VP12 - Schloss S	7.62	1:00:58	8:00	10	12:45	48	25:11	71.02	8:55:47	7:32	18	2:27:14	96	3:29:33
VP13 - Revierförs	6.21	49:13	7:55	15	8:24	64	19:33	77.23	9:45:00	7:34	17	2:35:28	92	3:49:06
VP14 - Brauhaus	6.00	46:33	7:45	8	4:22	41	17:01	83.23	10:31:33	7:35	17	2:39:25	85	4:06:07
VP15 - Gedenkst.	6.90	50:28	7:18	6	5:20	31	15:45	90.13	11:22:01	7:34	17	2:40:06	82	4:21:52
VP16 - Königswe	6.87	59:14	8:37	12	10:32	58	25:30	97.00	12:21:15	7:38	16	2:50:38	79	4:47:22
VP17 - Sportplatz	6.20	58:32	9:26	12	13:43	59	26:55	103.20	13:19:47	7:44	14	3:03:36	70	5:14:17
VP18 - Osdorfer	6.49	53:11	8:11	11	6:50	50	19:14	109.69	14:12:58	7:46	13	3:08:25	66	5:33:31
VP19 - Lichtenra	5.71	50:54	8:54	15	10:56	79	21:35	115.40	15:03:52	7:49	13	3:16:17	65	5:55:06
VP20 - Kirchhain	4.35	41:44	9:35	9	10:27	58	17:26	119.75	15:45:36	7:53	13	3:22:21	66	6:12:32
VP21 - Buckow	6.15	57:25	9:20	12	14:07	64	22:25	125.90	16:43:01	7:58	13	3:33:50	65	6:34:57
VP22 - Rudow	4.97	47:05	9:28	11	9:44	47	25:42	130.87	17:30:06	8:01	13	3:38:59	65	6:53:23
VP23 - Johannistl	5.89	56:59	9:40	16	11:17	70	23:18	136.76	18:27:05	8:05	13	3:48:32	62	7:16:41
VP24 - Dammwe	5.64	54:22	9:38	13	13:51	59	22:41	142.40	19:21:27	8:09	13	3:52:29	60	7:39:01
VP25 - Eas Side	6.33	1:04:23	10:10	16	16:27	70	27:03	148.73	20:25:50	8:14	13	4:03:04	59	8:03:20
VP26 - Checkpoir	4.22	42:52	10:09	19	13:12	88	19:59	152.95	21:08:42	8:17	11	4:13:55	57	8:22:08
VP27 - Gedenkst.	4.12	39:44	9:38	13	8:37	44	15:01	157.07	21:48:26	8:19	11	4:18:55	57	8:35:28
Friedrich-Ludwig	4.78	39:56	8:21	13	11:58	50	15:33	161.85	22:28:22	8:19	11	4:24:31	55	8:48:11