



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Bäcklund, Erik

☐☐: Västerås Allmänna Klubb

☐☐: 186

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M45 (45-49 Jahre)

☐☐☐: 22:30:15

☐☐: 7.15 km/h

☐☐☐☐: 8:20 min/km

☐☐☐☐☐/☐☐☐☐: 62 (of 296)

☐☐☐☐☐/☐: 56 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 16(of 53)

☐☐☐☐☐☐☐: 15:34:05

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	41:15	5:57	15	8:59	68	8:59	6.93	41:15	5:57	15	8:59	68	8:59
VP2 - Laufftreff Li	5.70	32:39	5:43	11	6:43	51	6:43	12.63	1:13:54	5:51	14	15:41	58	15:42
VP3 - Oranienbur	5.47	31:27	5:44	10	7:41	44	7:41	18.10	1:45:21	5:49	12	23:22	50	23:22
VP4 - Naturschut	4.97	31:08	6:15	12	7:59	48	7:59	23.07	2:16:29	5:54	12	31:21	48	31:21
VP5 - Frohnau	6.80	39:38	5:49	9	9:12	35	9:20	29.87	2:56:07	5:53	10	40:33	46	40:35
VP6 - Ruderclub	4.06	24:40	6:04	5	6:10	22	6:11	33.93	3:20:47	5:55	9	46:43	42	46:46
VP7 - Grenzturm	4.75	27:58	5:53	9	5:40	27	7:10	38.68	3:48:45	5:54	9	52:23	37	53:56
VP8 - Schönwald	7.53	45:33	6:02	5	7:48	18	9:57	46.21	4:34:18	5:56	8	1:00:11	27	1:03:53
VP9 - Falkenseer	5.69	37:32	6:35	11	7:00	38	10:24	51.90	5:11:50	6:00	7	1:07:11	24	1:14:17
VP10 - Karolinenl	6.60	41:56	6:21	5	6:54	21	11:47	58.50	5:53:46	6:02	7	1:11:14	24	1:26:04
VP11 - Pagel & Fi	4.90	37:16	7:36	14	10:34	53	14:31	63.40	6:31:02	6:10	7	1:21:39	30	1:40:35
VP12 - Schloss S	7.62	1:01:06	8:01	13	17:40	49	25:19	71.02	7:32:08	6:21	8	1:39:10	30	2:05:54
VP13 - Revierförs	6.21	56:57	9:10	36	21:43	143	27:17	77.23	8:29:05	6:35	10	1:59:24	39	2:33:11
VP14 - Brauhaus	6.00	53:58	8:59	27	19:46	118	24:26	83.23	9:23:03	6:45	11	2:15:27	43	2:57:37
VP15 - Gedenkst.	6.90	56:51	8:14	17	20:43	69	22:08	90.13	10:19:54	6:52	11	2:26:18	45	3:19:45
VP16 - Königswe	6.87	1:04:14	9:20	27	19:25	107	30:30	97.00	11:24:08	7:03	13	2:42:15	46	3:50:15
VP17 - Sportplatz	6.20	1:11:52	11:35	29	37:16	104	40:15	103.20	12:36:00	7:19	14	3:17:00	49	4:30:30
VP18 - Osdorfer	6.49	57:37	8:52	21	14:21	77	23:40	109.69	13:33:37	7:25	13	3:31:21	49	4:54:10
VP19 - Lichtenra	5.71	50:12	8:47	21	15:09	70	20:53	115.40	14:23:49	7:29	13	3:42:13	49	5:15:03
VP20 - Kirchhain	4.35	44:00	10:06	20	14:20	79	19:42	119.75	15:07:49	7:34	15	3:56:33	52	5:34:45
VP21 - Buckow	6.15	57:28	9:20	18	19:06	65	22:28	125.90	16:05:17	7:40	14	4:12:15	51	5:57:13
VP22 - Rudow	4.97	59:53	12:02	30	29:34	136	38:30	130.87	17:05:10	7:50	15	4:30:23	56	6:28:27
VP23 - Johannistl	5.89	1:01:36	10:27	21	24:45	92	27:55	136.76	18:06:46	7:56	16	4:53:41	57	6:56:22
VP24 - Dammwe	5.64	1:01:26	10:53	23	29:45	102	29:45	142.40	19:08:12	8:03	16	5:23:26	55	7:25:46
VP25 - Eas Side	6.33	1:11:42	11:19	26	34:22	100	34:22	148.73	20:19:54	8:12	16	5:57:48	57	7:57:24
VP26 - Checkpoir	4.22	44:19	10:30	25	21:26	103	21:26	152.95	21:04:13	8:15	16	6:19:14	56	8:17:39
VP27 - Gedenkst.	4.12	39:01	9:28	7	14:18	40	14:18	157.07	21:43:14	8:17	16	6:33:32	55	8:30:16
Friedrich-Ludwig	4.78	47:01	9:50	23	22:38	98	22:38	161.85	22:30:15	8:20	16	6:56:10	56	8:50:04