



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

CHRETIEN, FREDERIC

☐☐: RoadRunner

☐☐: 162

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M45 (45-49 Jahre)

☐☐☐: 22:33:45

☐☐: 7.14 km/h

☐☐☐☐: 8:22 min/km

☐☐☐☐☐/☐☐☐☐: 63 (of 296)

☐☐☐☐☐/☐: 57 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 17(of 53)

☐☐☐☐☐☐☐: 15:34:05

☐☐☐☐

☐☐☐☐

☐☐☐

☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	41:37	6:00	16	9:21	77	6.93	41:37	6:00	16	9:21	77	9:21
VP2 - Laufftreff Li	5.70	32:59	5:47	13	7:03	53	12.63	1:14:36	5:54	16	16:23	66	16:24
VP3 - Oranienbur	5.47	36:08	6:36	30	12:22	131	18.10	1:50:44	6:07	19	28:45	89	28:45
VP4 - Naturschut	4.97	32:13	6:28	17	9:04	64	23.07	2:22:57	6:11	19	37:49	84	37:49
VP5 - Frohnau	6.80	39:44	5:50	10	9:18	38	29.87	3:02:41	6:06	16	47:07	68	47:09
VP6 - Ruderclub	4.06	39:30	9:43	44	21:00	199	33.93	3:42:11	6:32	21	1:08:07	90	1:08:10
VP7 - Grenzturm	4.75	27:28	5:46	5	5:10	20	38.68	4:09:39	6:27	20	1:13:17	81	1:14:50
VP8 - Schönwald	7.53	50:38	6:43	16	12:53	56	46.21	5:00:17	6:29	19	1:26:10	75	1:29:52
VP9 - Falkenseer	5.69	38:48	6:49	13	8:16	47	51.90	5:39:05	6:32	17	1:34:26	70	1:41:32
VP10 - Karolinenl	6.60	47:48	7:14	15	12:46	53	58.50	6:26:53	6:36	16	1:44:21	62	1:59:11
VP11 - Pagel & Fi	4.90	37:07	7:34	13	10:25	52	63.40	7:04:00	6:41	15	1:54:37	59	2:13:33
VP12 - Schloss S	7.62	1:14:28	9:46	31	31:02	122	71.02	8:18:28	7:01	17	2:25:30	62	2:52:14
VP13 - Revierförs	6.21	52:57	8:31	25	17:43	102	77.23	9:11:25	7:08	17	2:41:44	63	3:15:31
VP14 - Brauhaus	6.00	46:59	7:49	13	12:47	43	83.23	9:58:24	7:11	18	2:50:48	63	3:32:58
VP15 - Gedenkst.	6.90	54:48	7:56	15	18:40	55	90.13	10:53:12	7:14	16	2:59:36	59	3:53:03
VP16 - Königswe	6.87	54:58	8:00	13	10:09	38	97.00	11:48:10	7:18	16	3:06:17	54	4:14:17
VP17 - Sportplatz	6.20	1:21:22	13:07	34	46:46	148	103.20	13:09:32	7:39	19	3:50:32	64	5:04:02
VP18 - Osdorfer	6.49	1:08:49	10:36	32	25:33	143	109.69	14:18:21	7:49	19	4:16:05	69	5:38:54
VP19 - Lichtenrav	5.71	1:05:19	11:26	37	30:16	167	115.40	15:23:40	8:00	22	4:42:04	76	6:14:54
VP20 - Kirchhain	4.35	39:07	8:59	12	9:27	44	119.75	16:02:47	8:02	20	4:51:31	75	6:29:43
VP21 - Buckow	6.15	51:46	8:25	14	13:24	44	125.90	16:54:33	8:03	20	5:01:31	69	6:46:29
VP22 - Rudow	4.97	51:41	10:23	18	21:22	79	130.87	17:46:14	8:08	20	5:11:27	70	7:09:31
VP23 - Johannistl	5.89	1:01:50	10:29	23	24:59	94	136.76	18:48:04	8:14	19	5:34:59	68	7:37:40
VP24 - Dammwe	5.64	44:16	7:50	7	12:35	18	142.40	19:32:20	8:13	17	5:47:34	62	7:49:54
VP25 - Eas Side	6.33	1:04:05	10:07	16	26:45	68	148.73	20:36:25	8:18	18	6:14:19	62	8:13:55
VP26 - Checkpoir	4.22	35:28	8:24	8	12:35	27	152.95	21:11:53	8:18	17	6:26:54	60	8:25:19
VP27 - Gedenkst.	4.12	42:48	10:23	11	18:05	61	157.07	21:54:41	8:22	17	6:44:59	58	8:41:43
Friedrich-Ludwig	4.78	39:04	8:10	12	14:41	48	161.85	22:33:45	8:21	17	6:59:40	57	8:53:34