



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Eller, Thomas

☐☐: Laufspass.com

☐☐: 230

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M50 (50-54 Jahre)

☐☐☐: 22:36:45

☐☐: 7.12 km/h

☐☐☐☐: 8:23 min/km

☐☐☐☐☐/☐☐☐☐: 64 (of 296)

☐☐☐☐☐/☐: 58 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 12(of 51)

☐☐☐☐☐☐☐: 18:03:51

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	46:21	6:41	30	13:03	149	6.93	46:21	6:41	30	13:03	149	14:05
VP2 - Laufftreff Li	5.70	37:39	6:36	28	10:00	134	12.63	1:24:00	6:39	29	23:03	144	25:48
VP3 - Oranienbur	5.47	35:31	6:29	25	9:19	113	18.10	1:59:31	6:36	26	32:15	131	37:32
VP4 - Naturschut	4.97	35:18	7:06	21	10:27	99	23.07	2:34:49	6:42	24	42:42	122	49:41
VP5 - Frohnau	6.80	46:07	6:46	24	13:23	125	29.87	3:20:56	6:43	25	56:05	123	1:05:24
VP6 - Ruderclub	4.06	28:21	6:58	16	6:52	65	33.93	3:49:17	6:45	21	1:02:57	107	1:15:16
VP7 - Grenzturm	4.75	33:12	6:59	21	7:49	100	38.68	4:22:29	6:47	21	1:10:46	100	1:27:40
VP8 - Schönwald	7.53	55:27	7:21	19	13:00	92	46.21	5:17:56	6:52	21	1:23:46	98	1:47:31
VP9 - Falkenseer	5.69	43:23	7:37	19	9:33	85	51.90	6:01:19	6:57	21	1:33:19	95	2:03:46
VP10 - Karolinenl	6.60	50:17	7:37	15	10:05	69	58.50	6:51:36	7:02	19	1:43:07	92	2:23:54
VP11 - Pagel & Fi	4.90	41:53	8:32	20	11:46	96	63.40	7:33:29	7:09	17	1:53:09	88	2:43:02
VP12 - Schloss S	7.62	1:00:55	7:59	9	12:42	46	71.02	8:34:24	7:14	14	2:05:51	78	3:08:10
VP13 - Revierförs	6.21	51:57	8:21	20	11:08	90	77.23	9:26:21	7:19	15	2:16:49	77	3:30:27
VP14 - Brauhaus	6.00	50:17	8:22	14	8:06	78	83.23	10:16:38	7:24	15	2:24:30	74	3:51:12
VP15 - Gedenkst.	6.90	56:03	8:07	17	10:55	64	90.13	11:12:41	7:27	15	2:30:46	73	4:12:32
VP16 - Königswe	6.87	58:43	8:32	10	10:01	55	97.00	12:11:24	7:32	13	2:40:47	68	4:37:31
VP17 - Sportplatz	6.20	57:47	9:19	11	12:58	57	103.20	13:09:11	7:38	12	2:53:00	63	5:03:41
VP18 - Osdorfer	6.49	52:30	8:05	9	6:09	47	109.69	14:01:41	7:40	12	2:57:08	64	5:22:14
VP19 - Lichtenra	5.71	47:09	8:15	9	7:11	54	115.40	14:48:50	7:42	12	3:01:15	63	5:40:04
VP20 - Kirchhain	4.35	43:37	10:01	15	12:20	75	119.75	15:32:27	7:47	12	3:09:12	61	5:59:23
VP21 - Buckow	6.15	57:13	9:18	11	13:55	62	125.90	16:29:40	7:51	12	3:20:29	62	6:21:36
VP22 - Rudow	4.97	48:13	9:42	14	10:52	57	130.87	17:17:53	7:55	12	3:26:46	61	6:41:10
VP23 - Johannistl	5.89	57:02	9:40	18	11:20	72	136.76	18:14:55	8:00	12	3:36:22	59	7:04:31
VP24 - Dammwe	5.64	58:01	10:17	19	17:30	85	142.40	19:12:56	8:05	12	3:43:58	58	7:30:30
VP25 - Eas Side	6.33	1:10:56	11:12	19	23:00	95	148.73	20:23:52	8:13	12	4:01:06	58	8:01:22
VP26 - Checkpoir	4.22	45:51	10:51	26	16:11	119	152.95	21:09:43	8:18	12	4:14:56	58	8:23:09
VP27 - Gedenkst.	4.12	45:10	10:57	19	14:03	81	157.07	21:54:53	8:22	12	4:25:22	59	8:41:55
Friedrich-Ludwig	4.78	41:52	8:45	19	13:54	67	161.85	22:36:45	8:22	12	4:32:54	58	8:56:34