



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Welzel, Ralf

☐☐☐: 22:48:04

☐☐: Karow

☐☐: 7.06 km/h

☐☐: 262

☐☐☐☐: 8:27 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 67 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 61 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 18(of 53)

Senioren M45 (45-49 Jahre)

☐☐☐☐☐☐☐: 15:34:05

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	49:29	7:08	44	17:13	208	6.93	49:29	7:08	44	17:13	208	17:13
VP2 - Laufftreff Li	5.70	40:21	7:04	43	14:25	185	12.63	1:29:50	7:06	44	31:37	200	31:38
VP3 - Oranienbur	5.47	37:13	6:48	38	13:27	151	18.10	2:07:03	7:01	42	45:04	180	45:04
VP4 - Naturschut	4.97	39:00	7:50	38	15:51	172	23.07	2:46:03	7:11	39	1:00:55	176	1:00:55
VP5 - Frohnau	6.80	47:00	6:54	36	16:34	138	29.87	3:33:03	7:07	40	1:17:29	167	1:17:31
VP6 - Ruderclub	4.06	30:51	7:35	24	12:21	99	33.93	4:03:54	7:11	35	1:29:50	151	1:29:53
VP7 - Grenzturm	4.75	34:50	7:20	34	12:32	136	38.68	4:38:44	7:12	35	1:42:22	148	1:43:55
VP8 - Schönwald	7.53	55:56	7:25	30	18:11	103	46.21	5:34:40	7:14	33	2:00:33	138	2:04:15
VP9 - Falkenseer	5.69	43:25	7:37	22	12:53	86	51.90	6:18:05	7:17	32	2:13:26	133	2:20:32
VP10 - Karolinenl	6.60	51:13	7:45	19	16:11	76	58.50	7:09:18	7:20	31	2:26:46	118	2:41:36
VP11 - Pagel & Fi	4.90	42:16	8:37	25	15:34	100	63.40	7:51:34	7:26	28	2:42:11	105	3:01:07
VP12 - Schloss S	7.62	59:35	7:49	12	16:09	41	71.02	8:51:09	7:28	27	2:58:11	93	3:24:55
VP13 - Revierförs	6.21	52:28	8:26	24	17:14	99	77.23	9:43:37	7:33	25	3:13:56	88	3:47:43
VP14 - Brauhaus	6.00	48:41	8:06	18	14:29	57	83.23	10:32:18	7:35	24	3:24:42	87	4:06:52
VP15 - Gedenkst.	6.90	48:59	7:05	8	12:51	24	90.13	11:21:17	7:33	22	3:27:41	80	4:21:08
VP16 - Königswe	6.87	1:07:15	9:47	34	22:26	131	97.00	12:28:32	7:43	24	3:46:39	83	4:54:39
VP17 - Sportplatz	6.20	55:46	8:59	15	21:10	47	103.20	13:24:18	7:47	21	4:05:18	73	5:18:48
VP18 - Osdorfer	6.49	55:08	8:29	15	11:52	58	109.69	14:19:26	7:50	20	4:17:10	70	5:39:59
VP19 - Lichtenra	5.71	48:59	8:34	19	13:56	64	115.40	15:08:25	7:52	19	4:26:49	68	5:59:39
VP20 - Kirchhain	4.35	44:23	10:12	22	14:43	81	119.75	15:52:48	7:57	19	4:41:32	68	6:19:44
VP21 - Buckow	6.15	52:39	8:33	15	14:17	45	125.90	16:45:27	7:59	19	4:52:25	68	6:37:23
VP22 - Rudow	4.97	1:00:38	12:11	31	30:19	141	130.87	17:46:05	8:08	19	5:11:18	69	7:09:22
VP23 - Johannistl	5.89	54:43	9:17	13	17:52	54	136.76	18:40:48	8:11	17	5:27:43	64	7:30:24
VP24 - Dammwe	5.64	54:26	9:39	15	22:45	60	142.40	19:35:14	8:15	18	5:50:28	63	7:52:48
VP25 - Eas Side	6.33	1:00:04	9:29	12	22:44	46	148.73	20:35:18	8:18	17	6:13:12	61	8:12:48
VP26 - Checkpoir	4.22	41:01	9:43	16	18:08	73	152.95	21:16:19	8:20	18	6:31:20	62	8:29:45
VP27 - Gedenkst.	4.12	50:59	12:22	28	26:16	123	157.07	22:07:18	8:27	18	6:57:36	61	8:54:20
Friedrich-Ludwig	4.78	40:46	8:31	15	16:23	58	161.85	22:48:04	8:27	18	7:13:59	61	9:07:53