



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Böhm, Peter

☐☐: LG Kreis Verden

☐☐: 246

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M60 (60-64 Jahre)

☐☐☐: 22:52:46

☐☐: 7.04 km/h

☐☐☐☐: 8:29 min/km

☐☐☐☐☐/☐☐☐☐: 68 (of 296)

☐☐☐☐☐/☐: 62 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 1(of 15)

☐☐☐☐☐☐☐: 22:52:46

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐		
VP1 - S-Bahnhof	6.93	46:16	6:40	7	5:04	145	14:00	6.93	46:16	6:40	7	5:04	145	14:00
VP2 - Laufftreff Li	5.70	37:03	6:29	3	3:37	118	11:07	12.63	1:23:19	6:35	6	8:41	137	25:07
VP3 - Oranienbur	5.47	35:51	6:33	5	4:19	122	12:05	18.10	1:59:10	6:35	5	13:00	130	37:11
VP4 - Naturschut	4.97	35:51	7:12	4	2:57	114	12:42	23.07	2:35:01	6:43	5	15:57	125	49:53
VP5 - Frohnau	6.80	44:42	6:34	3	4:29	103	14:24	29.87	3:19:43	6:41	3	20:26	111	1:04:11
VP6 - Ruderclub	4.06	29:35	7:17	2	1:04	87	11:06	33.93	3:49:18	6:45	2	21:30	108	1:15:17
VP7 - Grenzturm	4.75	32:52	6:55	4	3:26	94	12:04	38.68	4:22:10	6:46	2	24:56	99	1:27:21
VP8 - Schönwald	7.53	56:03	7:26	4	5:39	108	20:27	46.21	5:18:13	6:53	2	30:35	100	1:47:48
VP9 - Falkenseer	5.69	44:04	7:44	4	4:43	94	16:56	51.90	6:02:17	6:58	2	35:18	96	2:04:44
VP10 - Karolinenl	6.60	53:14	8:03	4	1:41	95	23:05	58.50	6:55:31	7:06	2	36:59	98	2:27:49
VP11 - Pagel & Fi	4.90	41:01	8:22	4	4:03	86	18:16	63.40	7:36:32	7:12	2	38:54	95	2:46:05
VP12 - Schloss Si	7.62	1:13:27	9:38	6	11:52	118	37:40	71.02	8:49:59	7:27	2	21:32	92	3:23:45
VP13 - Revierförs	6.21	53:52	8:40	5	2:41	111	24:12	77.23	9:43:51	7:33	2	16:30	89	3:47:57
VP14 - Brauhaus	6.00	48:26	8:04	4	3:08	53	18:54	83.23	10:32:17	7:35	1	-	86	4:06:51
VP15 - Gedenkst.	6.90	1:01:45	8:56	5	9:30	109	27:02	90.13	11:34:02	7:42	2	5:02	87	4:33:53
VP16 - Königswe	6.87	1:02:17	9:03	3	8:38	83	28:33	97.00	12:36:19	7:47	1	-	84	5:02:26
VP17 - Sportplatz	6.20	1:17:31	12:30	8	13:30	131	45:54	103.20	13:53:50	8:04	2	6:29	92	5:48:20
VP18 - Osdorfer	6.49	51:34	7:56	2	3:16	43	17:37	109.69	14:45:24	8:04	2	6:07	84	6:05:57
VP19 - Lichtenra	5.71	47:09	8:15	2	7:55	54	17:50	115.40	15:32:33	8:04	2	7:49	82	6:23:47
VP20 - Kirchhain	4.35	41:48	9:36	3	8:26	60	17:30	119.75	16:14:21	8:08	3	16:15	81	6:41:17
VP21 - Buckow	6.15	56:03	9:06	2	0:59	56	21:03	125.90	17:10:24	8:11	2	1:01	79	7:02:20
VP22 - Rudow	4.97	48:29	9:45	3	27:06	59	27:06	130.87	17:58:53	8:14	2	20:44	76	7:22:10
VP23 - Johannistl	5.89	58:26	9:55	4	5:40	79	24:45	136.76	18:57:19	8:18	2	14:44	74	7:46:55
VP24 - Dammwe	5.64	52:46	9:21	2	3:50	49	21:05	142.40	19:50:05	8:21	1	-	68	8:07:39
VP25 - Eas Side	6.33	1:08:26	10:48	6	10:23	86	31:06	148.73	20:58:31	8:27	2	8:35	67	8:36:01
VP26 - Checkpoir	4.22	40:53	9:41	5	4:26	71	18:00	152.95	21:39:24	8:29	2	13:01	66	8:52:50
VP27 - Gedenkst.	4.12	38:33	9:21	3	4:32	37	13:50	157.07	22:17:57	8:31	2	2:41	65	9:04:59
Friedrich-Ludwig	4.78	34:49	7:17	2	6:09	27	10:26	161.85	22:52:46	8:28	1	-	62	9:12:35