



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Remonato, Carlo

☐☐: Atletica Franciacorta

☐☐: 283

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M60 (60-64 Jahre)

☐☐☐: 22:54:34

☐☐: 7.03 km/h

☐☐☐☐: 8:29 min/km

☐☐☐☐☐/☐☐☐☐: 70 (of 296)

☐☐☐☐☐/☐: 63 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 2(of 15)

☐☐☐☐☐☐☐: 22:52:46

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	44:22	6:24	3	3:10	114	6.93	44:22	6:24	3	3:10	114	12:06
VP2 - Laufftreff Li	5.70	37:33	6:35	5	4:07	129	12.63	1:21:55	6:29	3	7:17	116	23:43
VP3 - Oranienbur	5.47	35:08	6:25	3	3:36	104	18.10	1:57:03	6:28	4	10:53	112	35:04
VP4 - Naturschut	4.97	35:49	7:12	2	2:55	112	23.07	2:32:52	6:37	3	13:48	110	47:44
VP5 - Frohnau	6.80	50:02	7:21	6	9:49	174	29.87	3:22:54	6:47	5	23:37	133	1:07:22
VP6 - Ruderclub	4.06	57:15	14:06	14	28:44	236	33.93	4:20:09	7:40	11	52:21	194	1:46:08
VP7 - Grenzturm	4.75	31:53	6:42	2	2:27	77	38.68	4:52:02	7:32	6	54:48	173	1:57:13
VP8 - Schönwald	7.53	53:24	7:05	2	3:00	72	46.21	5:45:26	7:28	4	57:48	153	2:15:01
VP9 - Falkenseer	5.69	45:31	7:59	5	6:10	104	51.90	6:30:57	7:31	4	1:03:58	150	2:33:24
VP10 - Karolinenl	6.60	53:02	8:02	3	1:29	93	58.50	7:23:59	7:35	3	1:05:27	137	2:56:17
VP11 - Pagel & Fi	4.90	36:58	7:32	1	-	49	63.40	8:00:57	7:35	3	1:03:19	120	3:10:30
VP12 - Schloss S	7.62	1:01:35	8:04	1	-	51	71.02	9:02:32	7:38	3	34:05	106	3:36:18
VP13 - Revierförs	6.21	52:15	8:24	2	1:04	94	77.23	9:54:47	7:42	3	27:26	103	3:58:53
VP14 - Brauhaus	6.00	45:18	7:32	1	-	34	83.23	10:40:05	7:41	3	7:48	93	4:14:39
VP15 - Gedenkst.	6.90	55:33	8:03	3	3:18	61	90.13	11:35:38	7:43	3	6:38	89	4:35:29
VP16 - Königswe	6.87	1:02:35	9:06	4	8:56	89	97.00	12:38:13	7:49	2	1:54	86	5:04:20
VP17 - Sportplatz	6.20	1:18:59	12:44	10	14:58	140	103.20	13:57:12	8:06	3	9:51	96	5:51:42
VP18 - Osdorfer	6.49	48:18	7:26	1	-	22	109.69	14:45:30	8:04	3	6:13	85	6:06:03
VP19 - Lichtenra	5.71	39:14	6:52	1	-	13	115.40	15:24:44	8:00	1	-	78	6:15:58
VP20 - Kirchhain	4.35	33:22	7:40	1	-	21	119.75	15:58:06	8:00	1	-	72	6:25:02
VP21 - Buckow	6.15	1:18:40	12:47	9	23:36	170	125.90	17:16:46	8:14	3	7:23	81	7:08:42
VP22 - Rudow	4.97	21:23	4:18	1	-	1	130.87	17:38:09	8:05	1	-	67	7:01:26
VP23 - Johannistl	5.89	1:04:26	10:56	6	11:40	109	136.76	18:42:35	8:12	1	-	65	7:32:11
VP24 - Dammwe	5.64	1:10:39	12:31	10	21:43	149	142.40	19:53:14	8:22	3	3:09	71	8:10:48
VP25 - Eas Side	6.33	1:06:14	10:27	5	8:11	78	148.73	20:59:28	8:28	3	9:32	70	8:36:58
VP26 - Checkpoir	4.22	45:51	10:51	10	9:24	119	152.95	21:45:19	8:32	3	18:56	72	8:58:45
VP27 - Gedenkst.	4.12	40:35	9:51	6	6:34	50	157.07	22:25:54	8:34	3	10:38	67	9:12:56
Friedrich-Ludwig	4.78	28:40	5:59	1	-	6	161.85	22:54:34	8:29	2	1:48	63	9:14:23