



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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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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| ☐☐☐                 | ☐☐<br>km | ☐☐<br>☐☐ min/km | ☐☐<br>- | ☐☐<br>- | ☐☐<br>☐ | ☐☐<br>☐ | ☐☐☐<br>km | ☐☐☐<br>☐☐ min/km | ☐☐☐<br>- | ☐☐☐<br>- | ☐☐☐<br>☐ | ☐☐☐<br>☐ |         |
|---------------------|----------|-----------------|---------|---------|---------|---------|-----------|------------------|----------|----------|----------|----------|---------|
| 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 |