



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Luijken, Sabine

☐☐: Emmerich am Rhein

☐☐: 127

☐☐: 161.85 km
100MeilenBerlin

☐☐☐☐:
Seniorinnen W45 (45-49 Jahre)

☐☐☐☐☐/☐☐☐☐: DNF (of 296)

☐☐☐☐☐/☐☐: DNF (of 49)

☐☐☐☐☐☐☐: 15:57:39

☐☐☐☐☐☐: DNF(of 12)

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