



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Heilers, Florian

☐☐☐: 23:09:12

☐☐: 100 Marathon Club

☐☐: 6.95 km/h

☐☐: 314

☐☐☐☐: 8:35 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 73 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 66 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 11(of 38)

Senioren M40 (40-44 Jahre)

☐☐☐☐☐☐☐: 15:35:03

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	46:13	6:40	26	13:34	143	13:57	6.93	46:13	6:40	26	13:34	143	13:57
VP2 - Laufftreff Li	5.70	38:00	6:39	25	10:29	139	12:04	12.63	1:24:13	6:40	25	24:03	146	26:01
VP3 - Oranienbur	5.47	38:20	7:00	31	13:22	166	14:34	18.10	2:02:33	6:46	27	37:25	155	40:34
VP4 - Naturschut	4.97	38:05	7:39	29	12:27	155	14:56	23.07	2:40:38	6:57	30	49:52	162	55:30
VP5 - Frohnau	6.80	50:54	7:29	32	18:56	181	20:36	29.87	3:31:32	7:04	30	1:08:48	163	1:16:00
VP6 - Ruderclub	4.06	33:21	8:12	25	13:42	129	14:52	33.93	4:04:53	7:13	30	1:22:30	156	1:30:52
VP7 - Grenzturm	4.75	35:26	7:27	27	12:48	147	14:38	38.68	4:40:19	7:14	29	1:35:18	152	1:45:30
VP8 - Schönwald	7.53	1:06:14	8:47	31	28:29	188	30:38	46.21	5:46:33	7:29	29	2:03:47	156	2:16:08
VP9 - Falkenseer	5.69	46:21	8:08	20	16:12	111	19:13	51.90	6:32:54	7:34	29	2:19:59	154	2:35:21
VP10 - Karolinenl	6.60	56:43	8:35	23	22:11	122	26:34	58.50	7:29:37	7:41	29	2:42:10	148	3:01:55
VP11 - Pagel & Fi	4.90	45:07	9:12	20	17:54	115	22:22	63.40	8:14:44	7:48	27	3:00:04	141	3:24:17
VP12 - Schloss S	7.62	1:04:57	8:31	13	21:10	67	29:10	71.02	9:19:41	7:52	26	3:21:14	124	3:53:27
VP13 - Revierförs	6.21	48:30	7:48	10	11:12	56	18:50	77.23	10:08:11	7:52	23	3:32:26	117	4:12:17
VP14 - Brauhaus	6.00	49:33	8:15	10	12:11	66	20:01	83.23	10:57:44	7:54	21	3:44:37	112	4:32:18
VP15 - Gedenkst.	6.90	58:03	8:24	15	18:09	82	23:20	90.13	11:55:47	7:56	21	4:02:46	108	4:55:38
VP16 - Königswe	6.87	1:00:06	8:44	11	19:17	65	26:22	97.00	12:55:53	7:59	20	4:22:03	104	5:22:00
VP17 - Sportplatz	6.20	58:42	9:28	11	19:30	62	27:05	103.20	13:54:35	8:05	19	4:41:33	93	5:49:05
VP18 - Osdorfer	6.49	1:02:06	9:34	17	21:04	107	28:09	109.69	14:56:41	8:10	18	5:02:37	92	6:17:14
VP19 - Lichtenra	5.71	50:25	8:49	13	15:19	75	21:06	115.40	15:47:06	8:12	18	5:17:03	91	6:38:20
VP20 - Kirchhain	4.35	45:51	10:32	15	18:11	87	21:33	119.75	16:32:57	8:17	18	5:32:26	91	6:59:53
VP21 - Buckow	6.15	59:44	9:42	15	21:25	75	24:44	125.90	17:32:41	8:21	16	5:51:53	88	7:24:37
VP22 - Rudow	4.97	46:33	9:21	10	16:04	43	25:10	130.87	18:19:14	8:23	14	6:05:54	83	7:42:31
VP23 - Johannistl	5.89	55:33	9:25	13	18:14	59	21:52	136.76	19:14:47	8:26	13	6:22:59	80	8:04:23
VP24 - Dammwe	5.64	53:50	9:32	9	17:54	56	22:09	142.40	20:08:37	8:29	12	6:39:00	76	8:26:11
VP25 - Eas Side	6.33	59:02	9:19	7	16:38	38	21:42	148.73	21:07:39	8:31	12	6:54:52	74	8:45:09
VP26 - Checkpoir	4.22	37:30	8:53	7	12:28	40	14:37	152.95	21:45:09	8:31	12	7:04:10	71	8:58:35
VP27 - Gedenkst.	4.12	43:25	10:32	9	17:33	64	18:42	157.07	22:28:34	8:35	12	7:21:43	69	9:15:36
Friedrich-Ludwig	4.78	40:38	8:30	8	12:26	57	16:15	161.85	23:09:12	8:34	11	7:34:09	66	9:29:01