



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Kühnen, Thomas

☐☐☐: 23:09:43

☐☐: Ausdauerschule by bunert

☐☐: 6.95 km/h

☐☐: 66

☐☐☐☐: 8:35 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 74 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 67 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 19(of 53)

Senioren M45 (45-49 Jahre)

☐☐☐☐☐☐☐: 15:34:05

☐☐☐☐

☐☐☐☐

☐☐☐

☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	46:20	6:41	34	14:04	147	14:04	6.93	46:20	6:41	34	14:04	147	14:04
VP2 - Laufftreff Li	5.70	37:30	6:34	31	11:34	128	11:34	12.63	1:23:50	6:38	34	25:37	140	25:38
VP3 - Oranienbur	5.47	36:15	6:37	31	12:29	133	12:29	18.10	2:00:05	6:38	35	38:06	136	38:06
VP4 - Naturschut	4.97	36:49	7:24	32	13:40	142	13:40	23.07	2:36:54	6:48	33	51:46	136	51:46
VP5 - Frohnau	6.80	46:02	6:46	31	15:36	123	15:44	29.87	3:22:56	6:47	33	1:07:22	134	1:07:24
VP6 - Ruderclub	4.06	36:32	8:59	39	18:02	170	18:03	33.93	3:59:28	7:03	34	1:25:24	142	1:25:27
VP7 - Grenzturm	4.75	33:35	7:04	26	11:17	110	12:47	38.68	4:33:03	7:03	31	1:36:41	138	1:38:14
VP8 - Schönwald	7.53	54:47	7:16	23	17:02	85	19:11	46.21	5:27:50	7:05	31	1:53:43	128	1:57:25
VP9 - Falkenseer	5.69	41:50	7:21	18	11:18	68	14:42	51.90	6:09:40	7:07	28	2:05:01	113	2:12:07
VP10 - Karolinenl	6.60	51:52	7:51	22	16:50	84	21:43	58.50	7:01:32	7:12	27	2:19:00	105	2:33:50
VP11 - Pagel & Fi	4.90	40:27	8:15	20	13:45	77	17:42	63.40	7:41:59	7:17	26	2:32:36	100	2:51:32
VP12 - Schloss S	7.62	1:05:47	8:37	19	22:21	74	30:00	71.02	8:47:46	7:25	24	2:54:48	88	3:21:32
VP13 - Revierförs	6.21	45:51	7:22	11	10:37	32	16:11	77.23	9:33:37	7:25	23	3:03:56	84	3:37:43
VP14 - Brauhaus	6.00	47:04	7:50	14	12:52	44	17:32	83.23	10:20:41	7:27	21	3:13:05	78	3:55:15
VP15 - Gedenkst.	6.90	1:00:48	8:48	27	24:40	102	26:05	90.13	11:21:29	7:33	23	3:27:53	81	4:21:20
VP16 - Königswe	6.87	52:47	7:40	8	7:58	25	19:03	97.00	12:14:16	7:34	20	3:32:23	73	4:40:23
VP17 - Sportplatz	6.20	1:16:25	12:19	33	41:49	127	44:48	103.20	13:30:41	7:51	24	4:11:41	77	5:25:11
VP18 - Osdorfer	6.49	57:57	8:55	22	14:41	79	24:00	109.69	14:28:38	7:55	22	4:26:22	76	5:49:11
VP19 - Lichtenra	5.71	52:21	9:10	24	17:18	88	23:02	115.40	15:20:59	7:58	20	4:39:23	74	6:12:13
VP20 - Kirchhain	4.35	44:25	10:12	23	14:45	82	20:07	119.75	16:05:24	8:03	22	4:54:08	78	6:32:20
VP21 - Buckow	6.15	58:36	9:31	19	20:14	70	23:36	125.90	17:04:00	8:08	21	5:10:58	74	6:55:56
VP22 - Rudow	4.97	47:19	9:31	11	17:00	51	25:56	130.87	17:51:19	8:11	21	5:16:32	73	7:14:36
VP23 - Johannistl	5.89	55:48	9:28	15	18:57	62	22:07	136.76	18:47:07	8:14	18	5:34:02	67	7:36:43
VP24 - Dammwe	5.64	56:36	10:02	19	24:55	68	24:55	142.40	19:43:43	8:18	19	5:58:57	64	8:01:17
VP25 - Eas Side	6.33	1:08:03	10:45	21	30:43	83	30:43	148.73	20:51:46	8:24	19	6:29:40	65	8:29:16
VP26 - Checkpoir	4.22	43:57	10:24	24	21:04	99	21:04	152.95	21:35:43	8:28	19	6:50:44	65	8:49:09
VP27 - Gedenkst.	4.12	47:25	11:30	21	22:42	93	22:42	157.07	22:23:08	8:33	19	7:13:26	66	9:10:10
Friedrich-Ludwig	4.78	46:35	9:44	22	22:12	95	22:12	161.85	23:09:43	8:35	19	7:35:38	67	9:29:32