



100MeilenBerlin □ Der Mauerweglauf

Berlin / 15.08.2015

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Krauss, Axel

□□: Podofactum München
 □□: 95

□□: 161.85 km
 100MeilenBerlin

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 23:11:57

□□: 6.94 km/h
 □□□□: 8:36 min/km

□□□□□/□□□□: 75 (of 296)

□□□□□/□: 68 (of 247)

□□□□□□: 13:40:11

□□□□□: 20(of 53)

□□□□□□□: 15:34:05

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - S-Bahnhof	6.93	49:33	7:09	45	17:17	210	17:17	6.93	49:33	7:09	45	17:17	210	17:17
VP2 - Laufftreff Li	5.70	40:22	7:04	44	14:26	186	14:26	12.63	1:29:55	7:07	45	31:42	201	31:43
VP3 - Oranienbur	5.47	39:00	7:07	42	15:14	176	15:14	18.10	2:08:55	7:07	44	46:56	192	46:56
VP4 - Naturschut	4.97	40:38	8:10	41	17:29	187	17:29	23.07	2:49:33	7:20	44	1:04:25	189	1:04:25
VP5 - Frohnau	6.80	50:11	7:22	40	19:45	175	19:53	29.87	3:39:44	7:21	42	1:24:10	184	1:24:12
VP6 - Ruderclub	4.06	33:15	8:11	28	14:45	128	14:46	33.93	4:12:59	7:27	41	1:38:55	172	1:38:58
VP7 - Grenzturm	4.75	36:32	7:41	37	14:14	165	15:44	38.68	4:49:31	7:29	39	1:53:09	170	1:54:42
VP8 - Schönwald	7.53	1:00:22	8:01	34	22:37	139	24:46	46.21	5:49:53	7:34	37	2:15:46	163	2:19:28
VP9 - Falkenseer	5.69	47:42	8:22	30	17:10	133	20:34	51.90	6:37:35	7:39	36	2:32:56	160	2:40:02
VP10 - Karolinenl	6.60	55:38	8:25	31	20:36	108	25:29	58.50	7:33:13	7:44	36	2:50:41	153	3:05:31
VP11 - Pagel & Fi	4.90	50:10	10:14	37	23:28	164	27:25	63.40	8:23:23	7:56	35	3:14:00	146	3:32:56
VP12 - Schloss S	7.62	1:17:11	10:07	36	33:45	137	41:24	71.02	9:40:34	8:10	35	3:47:36	144	4:14:20
VP13 - Revierförs	6.21	50:02	8:03	19	14:48	73	20:22	77.23	10:30:36	8:09	34	4:00:55	140	4:34:42
VP14 - Brauhaus	6.00	50:41	8:26	23	16:29	81	21:09	83.23	11:21:17	8:11	34	4:13:41	135	4:55:51
VP15 - Gedenkst.	6.90	52:30	7:36	11	16:22	44	17:47	90.13	12:13:47	8:08	31	4:20:11	120	5:13:38
VP16 - Königswe	6.87	1:06:47	9:43	33	21:58	127	33:03	97.00	13:20:34	8:15	31	4:38:41	120	5:46:41
VP17 - Sportplatz	6.20	55:31	8:57	14	20:55	45	23:54	103.20	14:16:05	8:17	29	4:57:05	111	6:10:35
VP18 - Osdorfer	6.49	58:03	8:56	23	14:47	81	24:06	109.69	15:14:08	8:20	26	5:11:52	103	6:34:41
VP19 - Lichtenra	5.71	49:24	8:39	20	14:21	67	20:05	115.40	16:03:32	8:20	26	5:21:56	97	6:54:46
VP20 - Kirchhain	4.35	42:40	9:48	19	13:00	71	18:22	119.75	16:46:12	8:24	25	5:34:56	93	7:13:08
VP21 - Buckow	6.15	55:55	9:05	17	17:33	55	20:55	125.90	17:42:07	8:26	25	5:49:05	92	7:34:03
VP22 - Rudow	4.97	44:03	8:51	9	13:44	33	22:40	130.87	18:26:10	8:27	24	5:51:23	87	7:49:27
VP23 - Johannistl	5.89	52:02	8:50	10	15:11	35	18:21	136.76	19:18:12	8:28	24	6:05:07	82	8:07:48
VP24 - Dammwe	5.64	47:55	8:29	9	16:14	29	16:14	142.40	20:06:07	8:28	22	6:21:21	74	8:23:41
VP25 - Eas Side	6.33	59:13	9:21	11	21:53	42	21:53	148.73	21:05:20	8:30	21	6:43:14	73	8:42:50
VP26 - Checkpoir	4.22	34:23	8:08	5	11:30	20	11:30	152.95	21:39:43	8:29	20	6:54:44	68	8:53:09
VP27 - Gedenkst.	4.12	59:47	14:30	39	35:04	162	35:04	157.07	22:39:30	8:39	21	7:29:48	73	9:26:32
Friedrich-Ludwig	4.78	32:27	6:47	8	8:04	19	8:04	161.85	23:11:57	8:36	20	7:37:52	68	9:31:46