



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Arndt, Oliver

☐☐: BSG Springorum Bochum

☐☐: 221

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M40 (40-44 Jahre)

☐☐☐: 23:13:13

☐☐: 6.93 km/h

☐☐☐☐: 8:37 min/km

☐☐☐☐☐/☐☐☐☐: 76 (of 296)

☐☐☐☐☐/☐: 69 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 12(of 38)

☐☐☐☐☐☐☐: 15:35:03

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	41:28	5:59	19	8:49	73	9:12	6.93	41:28	5:59	19	8:49	73	9:12
VP2 - Laufftreff Li	5.70	33:07	5:48	14	5:36	58	7:11	12.63	1:14:35	5:54	18	14:25	65	16:23
VP3 - Oranienbur	5.47	31:49	5:48	14	6:51	56	8:03	18.10	1:46:24	5:52	16	21:16	61	24:25
VP4 - Naturschut	4.97	32:25	6:31	17	6:47	70	9:16	23.07	2:18:49	6:01	15	28:03	53	33:41
VP5 - Frohnau	6.80	40:29	5:57	14	8:31	47	10:11	29.87	2:59:18	6:00	14	36:34	54	43:46
VP6 - Ruderclub	4.06	26:25	6:30	11	6:46	45	7:56	33.93	3:25:43	6:03	14	43:20	50	51:42
VP7 - Grenzturm	4.75	29:55	6:17	13	7:17	57	9:07	38.68	3:55:38	6:05	13	50:37	51	1:00:49
VP8 - Schönwald	7.53	54:17	7:12	16	16:32	83	18:41	46.21	4:49:55	6:16	13	1:07:09	60	1:19:30
VP9 - Falkenseer	5.69	40:27	7:06	11	10:18	58	13:19	51.90	5:30:22	6:21	12	1:17:27	60	1:32:49
VP10 - Karolinenl	6.60	49:25	7:29	11	14:53	63	19:16	58.50	6:19:47	6:29	12	1:32:20	55	1:52:05
VP11 - Pagel & Fi	4.90	40:45	8:18	14	13:32	80	18:00	63.40	7:00:32	6:37	12	1:45:52	56	2:10:05
VP12 - Schloss S	7.62	1:05:18	8:34	14	21:31	70	29:31	71.02	8:05:50	6:50	13	2:07:23	56	2:39:36
VP13 - Revierförs	6.21	57:12	9:12	24	19:54	146	27:32	77.23	9:03:02	7:01	12	2:27:17	58	3:07:08
VP14 - Brauhaus	6.00	49:10	8:11	9	11:48	63	19:38	83.23	9:52:12	7:06	11	2:39:05	55	3:26:46
VP15 - Gedenkst.	6.90	53:15	7:43	9	13:21	48	18:32	90.13	10:45:27	7:09	11	2:52:26	55	3:45:18
VP16 - Königswe	6.87	1:09:03	10:03	23	28:14	144	35:19	97.00	11:54:30	7:21	12	3:20:40	59	4:20:37
VP17 - Sportplatz	6.20	57:17	9:14	10	18:05	51	25:40	103.20	12:51:47	7:28	11	3:38:45	55	4:46:17
VP18 - Osdorfer	6.49	1:01:42	9:30	16	20:40	102	27:45	109.69	13:53:29	7:35	11	3:59:25	58	5:14:02
VP19 - Lichtenra	5.71	56:28	9:53	18	21:22	118	27:09	115.40	14:49:57	7:42	12	4:19:54	64	5:41:11
VP20 - Kirchhain	4.35	52:39	12:06	21	24:59	134	28:21	119.75	15:42:36	7:52	12	4:42:05	65	6:09:32
VP21 - Buckow	6.15	55:14	8:58	11	16:55	52	20:14	125.90	16:37:50	7:55	12	4:57:02	64	6:29:46
VP22 - Rudow	4.97	50:30	10:09	13	20:01	70	29:07	130.87	17:28:20	8:00	12	5:15:00	64	6:51:37
VP23 - Johannistl	5.89	58:52	9:59	15	21:33	82	25:11	136.76	18:27:12	8:05	12	5:35:24	63	7:16:48
VP24 - Dammwe	5.64	1:00:25	10:42	16	24:29	99	28:44	142.40	19:27:37	8:11	11	5:58:00	61	7:45:11
VP25 - Eas Side	6.33	1:09:51	11:02	14	27:27	91	32:31	148.73	20:37:28	8:19	11	6:24:41	63	8:14:58
VP26 - Checkpoir	4.22	46:04	10:54	16	21:02	121	23:11	152.95	21:23:32	8:23	11	6:42:33	63	8:36:58
VP27 - Gedenkst.	4.12	53:49	13:03	19	27:57	140	29:06	157.07	22:17:21	8:30	11	7:10:30	64	9:04:23
Friedrich-Ludwig	4.78	55:52	11:41	21	27:40	154	31:29	161.85	23:13:13	8:36	12	7:38:10	69	9:33:02