



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Zehring, Uwe

☐☐: DUV Oschersleben

☐☐: 55

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M50 (50-54 Jahre)

☐☐☐: 23:15:18

☐☐: 6.92 km/h

☐☐☐☐: 8:37 min/km

☐☐☐☐☐/☐☐☐☐: 78 (of 296)

☐☐☐☐☐/☐: 71 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 14(of 51)

☐☐☐☐☐☐☐: 18:03:51

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	45:26	6:33	26	12:08	132	13:10	6.93	45:26	6:33	26	12:08	132	13:10
VP2 - Laufftreff Li	5.70	37:19	6:32	25	9:40	125	11:23	12.63	1:22:45	6:33	26	21:48	130	24:33
VP3 - Oranienbur	5.47	34:52	6:22	21	8:40	98	11:06	18.10	1:57:37	6:29	23	30:21	116	35:38
VP4 - Naturschut	4.97	36:38	7:22	27	11:47	135	13:29	23.07	2:34:15	6:41	23	42:08	119	49:07
VP5 - Frohnau	6.80	44:42	6:34	21	11:58	103	14:24	29.87	3:18:57	6:39	22	54:06	108	1:03:25
VP6 - Ruderclub	4.06	29:58	7:22	22	8:29	91	11:29	33.93	3:48:55	6:44	20	1:02:35	105	1:14:54
VP7 - Grenzturm	4.75	34:59	7:21	30	9:36	138	14:11	38.68	4:23:54	6:49	22	1:12:11	108	1:29:05
VP8 - Schönwald	7.53	56:32	7:30	21	14:05	110	20:56	46.21	5:20:26	6:56	22	1:26:16	103	1:50:01
VP9 - Falkenseer	5.69	43:58	7:43	21	10:08	93	16:50	51.90	6:04:24	7:01	22	1:36:24	100	2:06:51
VP10 - Karolinenl	6.60	56:00	8:29	20	15:48	113	25:51	58.50	7:00:24	7:11	22	1:51:55	104	2:32:42
VP11 - Pagel & Fi	4.90	39:50	8:07	13	9:43	70	17:05	63.40	7:40:14	7:15	19	1:59:54	99	2:49:47
VP12 - Schloss S	7.62	1:07:34	8:52	15	19:21	86	31:47	71.02	8:47:48	7:25	16	2:19:15	89	3:21:34
VP13 - Revierförs	6.21	50:51	8:11	18	10:02	79	21:11	77.23	9:38:39	7:29	16	2:29:07	87	3:42:45
VP14 - Brauhaus	6.00	47:30	7:55	10	5:19	47	17:58	83.23	10:26:09	7:31	16	2:34:01	83	4:00:43
VP15 - Gedenkst.	6.90	52:30	7:36	12	7:22	44	17:47	90.13	11:18:39	7:31	16	2:36:44	79	4:18:30
VP16 - Königswe	6.87	1:05:37	9:33	26	16:55	120	31:53	97.00	12:24:16	7:40	17	2:53:39	81	4:50:23
VP17 - Sportplatz	6.20	49:05	7:55	3	4:16	22	17:28	103.20	13:13:21	7:41	13	2:57:10	67	5:07:51
VP18 - Osdorfer	6.49	1:14:03	11:24	36	27:42	164	40:06	109.69	14:27:24	7:54	15	3:22:51	75	5:47:57
VP19 - Lichtenra	5.71	51:30	9:01	18	11:32	83	22:11	115.40	15:18:54	7:57	15	3:31:19	73	6:10:08
VP20 - Kirchhain	4.35	42:32	9:46	12	11:15	69	18:14	119.75	16:01:26	8:01	15	3:38:11	74	6:28:22
VP21 - Buckow	6.15	1:03:33	10:19	19	20:15	98	28:33	125.90	17:04:59	8:08	15	3:55:48	75	6:56:55
VP22 - Rudow	4.97	54:10	10:53	25	16:49	102	32:47	130.87	17:59:09	8:14	15	4:08:02	77	7:22:26
VP23 - Johannistl	5.89	57:44	9:48	19	12:02	74	24:03	136.76	18:56:53	8:18	14	4:18:20	73	7:46:29
VP24 - Dammwe	5.64	51:53	9:11	9	11:22	45	20:12	142.40	19:48:46	8:20	14	4:19:48	66	8:06:20
VP25 - Eas Side	6.33	1:10:56	11:12	19	23:00	95	33:36	148.73	20:59:42	8:28	14	4:36:56	71	8:37:12
VP26 - Checkpoir	4.22	40:21	9:33	15	10:41	66	17:28	152.95	21:40:03	8:29	14	4:45:16	69	8:53:29
VP27 - Gedenkst.	4.12	53:25	12:57	30	22:18	139	28:42	157.07	22:33:28	8:37	14	5:03:57	71	9:20:30
Friedrich-Ludwig	4.78	41:50	8:45	18	13:52	65	17:27	161.85	23:15:18	8:37	14	5:11:27	71	9:35:07