



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Meinolf, Wolfgang

☐☐☐: 23:23:34

☐☐: RSV Hallertau e.V.

☐☐: 6.88 km/h

☐☐: 168

☐☐☐☐: 8:40 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 82 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 75 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 7(of 32)

Senioren M55 (55-59 Jahre)

☐☐☐☐☐☐☐: 16:59:31

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	47:24	6:50	19	12:11	178	6.93	47:24	6:50	19	12:11	178	15:08
VP2 - Laufftreff Li	5.70	38:57	6:50	18	8:46	157	12.63	1:26:21	6:50	18	20:57	167	28:09
VP3 - Oranienbur	5.47	39:17	7:10	21	10:36	182	18.10	2:05:38	6:56	18	31:33	170	43:39
VP4 - Naturschut	4.97	36:48	7:24	15	8:24	141	23.07	2:42:26	7:02	17	39:57	166	57:18
VP5 - Frohnau	6.80	49:43	7:18	15	13:16	170	29.87	3:32:09	7:06	15	53:13	165	1:16:37
VP6 - Ruderclub	4.06	43:09	10:37	24	19:47	214	33.93	4:15:18	7:31	18	1:13:00	180	1:41:17
VP7 - Grenzturm	4.75	33:12	6:59	11	6:43	100	38.68	4:48:30	7:27	17	1:19:43	166	1:53:41
VP8 - Schönwald	7.53	57:12	7:35	10	14:30	119	46.21	5:45:42	7:28	14	1:34:13	155	2:15:17
VP9 - Falkenseer	5.69	48:52	8:35	13	15:08	144	51.90	6:34:34	7:36	15	1:49:21	159	2:37:01
VP10 - Karolinenl	6.60	1:03:13	9:34	18	24:59	175	58.50	7:37:47	7:49	14	2:14:20	158	3:10:05
VP11 - Pagel & Fi	4.90	46:42	9:31	15	14:16	125	63.40	8:24:29	7:57	14	2:28:18	148	3:34:02
VP12 - Schloss S	7.62	1:06:04	8:40	10	20:19	75	71.02	9:30:33	8:02	12	2:48:37	135	4:04:19
VP13 - Revierförs	6.21	52:15	8:24	10	10:45	94	77.23	10:22:48	8:03	12	2:59:22	131	4:26:54
VP14 - Brauhaus	6.00	51:17	8:32	10	12:05	86	83.23	11:14:05	8:05	12	3:11:27	124	4:48:39
VP15 - Gedenkst.	6.90	58:34	8:29	9	15:24	87	90.13	12:12:39	8:07	10	3:26:42	119	5:12:30
VP16 - Königswe	6.87	1:03:37	9:15	11	18:40	100	97.00	13:16:16	8:12	10	3:41:09	118	5:42:23
VP17 - Sportplatz	6.20	1:38:11	15:50	25	55:18	194	103.20	14:54:27	8:40	11	4:34:40	128	6:48:57
VP18 - Osdorfer	6.49	55:51	8:36	7	15:52	63	109.69	15:50:18	8:39	11	4:50:32	123	7:10:51
VP19 - Lichtenra	5.71	43:15	7:34	4	6:36	32	115.40	16:33:33	8:36	11	4:57:08	117	7:24:47
VP20 - Kirchhain	4.35	40:21	9:16	6	12:13	49	119.75	17:13:54	8:38	10	5:09:21	114	7:40:50
VP21 - Buckow	6.15	47:28	7:43	3	6:29	23	125.90	18:01:22	8:35	10	5:15:50	99	7:53:18
VP22 - Rudow	4.97	45:32	9:09	3	13:05	39	130.87	18:46:54	8:36	10	5:28:55	93	8:10:11
VP23 - Johannistl	5.89	54:13	9:12	5	16:23	49	136.76	19:41:07	8:38	10	5:45:18	90	8:30:43
VP24 - Dammwe	5.64	49:01	8:41	3	13:00	35	142.40	20:30:08	8:38	8	5:58:18	86	8:47:42
VP25 - Eas Side	6.33	55:40	8:47	3	10:04	27	148.73	21:25:48	8:38	7	6:08:00	80	9:03:18
VP26 - Checkpoir	4.22	39:04	9:15	2	11:45	52	152.95	22:04:52	8:39	7	6:06:32	79	9:18:18
VP27 - Gedenkst.	4.12	40:02	9:43	5	8:07	47	157.07	22:44:54	8:41	7	6:14:39	76	9:31:56
Friedrich-Ludwig	4.78	38:40	8:05	3	11:07	46	161.85	23:23:34	8:40	7	6:24:03	75	9:43:23