



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Kreusel, Christian

☐☐☐: 23:27:51

☐☐: 1. FC Union Berlin

☐☐: 6.86 km/h

☐☐: 337

☐☐☐☐: 8:42 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 84 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 77 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 10(of 22)

Senioren M35 (35-39 Jahre)

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	44:43	6:27	15	12:27	119	6.93	44:43	6:27	15	12:27	119	12:27
VP2 - Laufftreff Li	5.70	36:44	6:26	14	10:48	106	12.63	1:21:27	6:26	14	23:15	108	23:15
VP3 - Oranienbur	5.47	35:57	6:34	15	12:07	124	18.10	1:57:24	6:29	14	35:22	113	35:25
VP4 - Naturschut	4.97	35:56	7:13	13	12:44	117	23.07	2:33:20	6:38	14	48:06	114	48:12
VP5 - Frohnau	6.80	46:35	6:51	18	16:17	133	29.87	3:19:55	6:41	14	1:04:23	112	1:04:23
VP6 - Ruderclub	4.06	34:30	8:29	16	16:01	148	33.93	3:54:25	6:54	15	1:20:24	119	1:20:24
VP7 - Grenzturm	4.75	32:15	6:47	11	11:27	84	38.68	4:26:40	6:53	15	1:31:51	116	1:31:51
VP8 - Schönwald	7.53	56:00	7:26	13	20:24	107	46.21	5:22:40	6:58	15	1:52:15	114	1:52:15
VP9 - Falkenseer	5.69	47:12	8:17	16	20:04	127	51.90	6:09:52	7:07	16	2:12:19	119	2:12:19
VP10 - Karolinenl	6.60	56:46	8:36	15	26:37	125	58.50	7:06:38	7:17	15	2:38:56	113	2:38:56
VP11 - Pagel & Fi	4.90	50:00	10:12	18	27:15	161	63.40	7:56:38	7:31	16	3:06:11	115	3:06:11
VP12 - Schloss S	7.62	1:07:32	8:51	12	31:45	84	71.02	9:04:10	7:39	14	3:37:56	111	3:37:56
VP13 - Revierförs	6.21	55:39	8:57	16	25:59	128	77.23	9:59:49	7:45	16	4:03:55	107	4:03:55
VP14 - Brauhaus	6.00	52:06	8:41	9	22:34	98	83.23	10:51:55	7:49	15	4:26:29	108	4:26:29
VP15 - Gedenkst.	6.90	1:05:43	9:31	12	31:00	133	90.13	11:57:38	7:57	15	4:57:29	110	4:57:29
VP16 - Königswe	6.87	1:05:04	9:28	14	31:20	117	97.00	13:02:42	8:04	14	5:28:49	113	5:28:49
VP17 - Sportplatz	6.20	1:09:38	11:13	13	38:01	97	103.20	14:12:20	8:15	13	6:06:50	108	6:06:50
VP18 - Osdorfer	6.49	1:01:16	9:26	12	27:19	99	109.69	15:13:36	8:19	12	6:34:09	101	6:34:09
VP19 - Lichtenra	5.71	57:38	10:05	13	28:19	125	115.40	16:11:14	8:24	12	7:02:28	101	7:02:28
VP20 - Kirchhain	4.35	46:44	10:44	13	22:26	98	119.75	16:57:58	8:30	12	7:24:54	98	7:24:54
VP21 - Buckow	6.15	1:00:27	9:49	10	25:27	80	125.90	17:58:25	8:33	12	7:50:21	94	7:50:21
VP22 - Rudow	4.97	1:00:31	12:10	16	31:52	140	130.87	18:58:56	8:42	14	8:22:13	106	8:22:13
VP23 - Johannistl	5.89	54:31	9:15	6	20:50	52	136.76	19:53:27	8:43	12	8:43:03	102	8:43:03
VP24 - Dammwe	5.64	50:31	8:57	7	18:29	40	142.40	20:43:58	8:44	12	9:01:32	92	9:01:32
VP25 - Eas Side	6.33	54:22	8:35	3	14:18	25	148.73	21:38:20	8:43	12	9:15:50	86	9:15:50
VP26 - Checkpoir	4.22	33:24	7:54	2	9:20	18	152.95	22:11:44	8:42	11	9:25:10	84	9:25:10
VP27 - Gedenkst.	4.12	40:50	9:54	5	14:26	52	157.07	22:52:34	8:44	11	9:39:36	80	9:39:36
Friedrich-Ludwig	4.78	35:17	7:22	3	8:04	30	161.85	23:27:51	8:41	10	9:47:40	77	9:47:40