



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Gebhard, Tobias

☐☐☐: 23:29:00

☐☐: MTV Ashausen

☐☐: 6.86 km/h

☐☐: 341

☐☐☐☐: 8:43 min/km

☐☐: 161.85 km

☐☐☐☐/☐☐☐☐: 86 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 79 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 7(of 12)

Senioren M30 (30-34 Jahre)

☐☐☐☐☐☐☐: 18:26:45

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	46:24	6:41	9	13:48	151	6.93	46:24	6:41	9	13:48	151	14:08
VP2 - Lauftreff Li	5.70	39:00	6:50	9	11:50	158	12.63	1:25:24	6:45	9	25:38	154	27:12
VP3 - Oranienbur	5.47	36:37	6:41	9	10:39	143	18.10	2:02:01	6:44	9	36:17	148	40:02
VP4 - Naturschut	4.97	36:20	7:18	6	11:42	127	23.07	2:38:21	6:51	9	47:59	143	53:13
VP5 - Frohnau	6.80	47:09	6:56	9	12:08	140	29.87	3:25:30	6:52	9	59:53	147	1:09:58
VP6 - Ruderclub	4.06	31:15	7:41	6	8:59	106	33.93	3:56:45	6:58	9	1:08:52	136	1:22:44
VP7 - Grenzturm	4.75	33:34	7:04	5	8:49	109	38.68	4:30:19	6:59	8	1:11:33	131	1:35:30
VP8 - Schönwald	7.53	55:29	7:22	6	15:04	95	46.21	5:25:48	7:03	9	1:24:25	123	1:55:23
VP9 - Falkenseer	5.69	42:03	7:23	4	9:16	69	51.90	6:07:51	7:05	6	1:33:41	104	2:10:18
VP10 - Karolinenl	6.60	48:23	7:19	4	9:55	56	58.50	6:56:14	7:06	6	1:43:36	99	2:28:32
VP11 - Pagel & Fi	4.90	37:01	7:33	5	7:18	50	63.40	7:33:15	7:08	6	1:50:54	87	2:42:48
VP12 - Schloss S	7.62	1:05:32	8:36	5	12:24	72	71.02	8:38:47	7:18	5	2:03:18	83	3:12:33
VP13 - Revierförs	6.21	46:53	7:32	4	5:25	44	77.23	9:25:40	7:19	5	2:08:43	76	3:29:46
VP14 - Brauhaus	6.00	48:26	8:04	4	6:01	53	83.23	10:14:06	7:22	5	2:14:44	73	3:48:40
VP15 - Gedenkst.	6.90	59:45	8:39	4	13:57	92	90.13	11:13:51	7:28	5	2:28:41	74	4:13:42
VP16 - Königswe	6.87	57:26	8:21	5	9:35	50	97.00	12:11:17	7:32	5	2:33:41	67	4:37:24
VP17 - Sportplatz	6.20	1:21:55	13:12	7	38:37	152	103.20	13:33:12	7:52	5	3:12:18	80	5:27:42
VP18 - Osdorfer	6.49	1:01:55	9:32	7	20:54	105	109.69	14:35:07	7:58	6	3:29:03	78	5:55:40
VP19 - Lichtenra	5.71	51:14	8:58	6	16:07	80	115.40	15:26:21	8:01	6	3:33:24	79	6:17:35
VP20 - Kirchhain	4.35	53:07	12:12	8	22:51	138	119.75	16:19:28	8:10	6	3:54:58	82	6:46:24
VP21 - Buckow	6.15	1:02:20	10:08	6	19:41	90	125.90	17:21:48	8:16	6	4:12:42	82	7:13:44
VP22 - Rudow	4.97	1:01:40	12:24	9	26:17	152	130.87	18:23:28	8:25	6	4:32:07	86	7:46:45
VP23 - Johannistl	5.89	57:47	9:48	4	10:59	75	136.76	19:21:15	8:29	6	4:34:38	84	8:10:51
VP24 - Dammwe	5.64	54:06	9:35	6	9:58	58	142.40	20:15:21	8:32	6	4:42:43	77	8:32:55
VP25 - Eas Side	6.33	1:02:00	9:47	6	8:00	55	148.73	21:17:21	8:35	6	4:50:43	76	8:54:51
VP26 - Checkpoir	4.22	37:33	8:53	5	4:11	41	152.95	21:54:54	8:35	6	4:47:53	76	9:08:20
VP27 - Gedenkst.	4.12	45:07	10:57	8	10:15	80	157.07	22:40:01	8:39	6	4:50:31	74	9:27:03
Friedrich-Ludwig	4.78	48:59	10:14	6	13:42	109	161.85	23:29:00	8:42	7	5:02:15	79	9:48:49