



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Englerth, Jürgen

☐☐☐: 23:33:29

☐☐: Trail WhippAss

☐☐: 6.83 km/h

☐☐: 332

☐☐☐☐: 8:44 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 88 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 81 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 17(of 51)

Senioren M50 (50-54 Jahre)

☐☐☐☐☐☐☐: 18:03:51

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	43:40	6:18	20	10:22	97	11:24	6.93	43:40	6:18	20	10:22	97	11:24
VP2 - Laufftreff Li	5.70	39:01	6:50	32	11:22	159	13:05	12.63	1:22:41	6:32	24	21:44	128	24:29
VP3 - Oranienbur	5.47	37:47	6:54	34	11:35	160	14:01	18.10	2:00:28	6:39	28	33:12	137	38:29
VP4 - Naturschut	4.97	34:47	6:59	19	9:56	92	11:38	23.07	2:35:15	6:43	26	43:08	126	50:07
VP5 - Frohnau	6.80	49:09	7:13	38	16:25	163	18:51	29.87	3:24:24	6:50	28	59:33	140	1:08:52
VP6 - Ruderclub	4.06	29:49	7:20	20	8:20	88	11:20	33.93	3:54:13	6:54	24	1:07:53	117	1:20:12
VP7 - Grenzturm	4.75	35:31	7:28	31	10:08	148	14:43	38.68	4:29:44	6:58	27	1:18:01	127	1:34:55
VP8 - Schönwald	7.53	1:00:34	8:02	32	18:07	143	24:58	46.21	5:30:18	7:08	26	1:36:08	133	1:59:53
VP9 - Falkenseer	5.69	46:40	8:12	26	12:50	120	19:32	51.90	6:16:58	7:15	26	1:48:58	131	2:19:25
VP10 - Karolinenl	6.60	56:13	8:31	23	16:01	117	26:04	58.50	7:13:11	7:24	24	2:04:42	123	2:45:29
VP11 - Pagel & Fi	4.90	47:42	9:44	26	17:35	138	24:57	63.40	8:00:53	7:35	25	2:20:33	119	3:10:26
VP12 - Schloss S	7.62	1:06:18	8:42	14	18:05	77	30:31	71.02	9:07:11	7:42	23	2:38:38	115	3:40:57
VP13 - Revierförs	6.21	59:07	9:31	34	18:18	164	29:27	77.23	10:06:18	7:51	22	2:56:46	113	4:10:24
VP14 - Brauhaus	6.00	51:38	8:36	17	9:27	90	22:06	83.23	10:57:56	7:54	22	3:05:48	113	4:32:30
VP15 - Gedenkst.	6.90	1:00:09	8:43	21	15:01	96	25:26	90.13	11:58:05	7:58	23	3:16:10	113	4:57:56
VP16 - Königswe	6.87	1:00:30	8:48	15	11:48	72	26:46	97.00	12:58:35	8:01	23	3:27:58	107	5:24:42
VP17 - Sportplatz	6.20	54:36	8:48	7	9:47	38	22:59	103.20	13:53:11	8:04	18	3:37:00	91	5:47:41
VP18 - Osdorfer	6.49	1:01:56	9:32	23	15:35	106	27:59	109.69	14:55:07	8:09	18	3:50:34	91	6:15:40
VP19 - Lichtenrav	5.71	51:53	9:05	19	11:55	84	22:34	115.40	15:47:00	8:12	17	3:59:25	90	6:38:14
VP20 - Kirchhain	4.35	43:52	10:05	16	12:35	76	19:34	119.75	16:30:52	8:16	17	4:07:37	90	6:57:48
VP21 - Buckow	6.15	1:06:43	10:50	22	23:25	113	31:43	125.90	17:37:35	8:24	17	4:28:24	90	7:29:31
VP22 - Rudow	4.97	48:46	9:48	17	11:25	61	27:23	130.87	18:26:21	8:27	17	4:35:14	88	7:49:38
VP23 - Johannistl	5.89	56:53	9:39	15	11:11	69	23:12	136.76	19:23:14	8:30	17	4:44:41	86	8:12:50
VP24 - Dammwe	5.64	52:59	9:23	11	12:28	52	21:18	142.40	20:16:13	8:32	15	4:47:15	79	8:33:47
VP25 - Eas Side	6.33	1:03:43	10:03	15	15:47	66	26:23	148.73	21:19:56	8:36	15	4:57:10	77	8:57:26
VP26 - Checkpoir	4.22	41:43	9:53	17	12:03	76	18:50	152.95	22:01:39	8:38	15	5:06:52	77	9:15:05
VP27 - Gedenkst.	4.12	45:03	10:56	18	13:56	79	20:20	157.07	22:46:42	8:42	17	5:17:11	79	9:33:44
Friedrich-Ludwig	4.78	46:47	9:47	22	18:49	97	22:24	161.85	23:33:29	8:43	17	5:29:38	81	9:53:18