



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Frykholm, Geir

☐☐☐: 23:39:18

☐☐: Sætre IF Graabein / Löplabbet Sandvika

☐☐: 6.81 km/h

☐☐: 319

☐☐☐☐: 8:46 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 90 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 82 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 8(of 32)

Senioren M55 (55-59 Jahre)

☐☐☐☐☐☐☐: 16:59:31

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	49:29	7:08	25	14:16	208	17:13	6.93	49:29	7:08	25	14:16	208	17:13
VP2 - Laufftreff Li	5.70	42:20	7:25	27	12:09	215	16:24	12.63	1:31:49	7:16	25	26:25	208	33:37
VP3 - Oranienbur	5.47	38:40	7:04	18	9:59	170	14:54	18.10	2:10:29	7:12	24	36:24	199	48:30
VP4 - Naturschut	4.97	37:35	7:33	16	9:11	147	14:26	23.07	2:48:04	7:17	19	45:35	186	1:02:56
VP5 - Frohnau	6.80	50:59	7:29	18	14:32	182	20:41	29.87	3:39:03	7:20	18	1:00:07	181	1:23:31
VP6 - Ruderclub	4.06	33:09	8:09	12	9:47	126	14:40	33.93	4:12:12	7:25	16	1:09:54	171	1:38:11
VP7 - Grenzturm	4.75	34:48	7:19	14	8:19	134	14:00	38.68	4:47:00	7:25	15	1:18:13	163	1:52:11
VP8 - Schönwald	7.53	1:00:47	8:04	13	18:05	145	25:11	46.21	5:47:47	7:31	16	1:36:18	160	2:17:22
VP9 - Falkenseer	5.69	45:47	8:02	10	12:03	106	18:39	51.90	6:33:34	7:34	14	1:48:21	158	2:36:01
VP10 - Karolinenl	6.60	51:09	7:45	7	12:55	75	21:00	58.50	7:24:43	7:36	13	2:01:16	139	2:57:01
VP11 - Pagel & Fi	4.90	39:51	8:07	7	7:25	71	17:06	63.40	8:04:34	7:38	10	2:08:23	123	3:14:07
VP12 - Schloss Si	7.62	1:03:54	8:23	7	18:09	59	28:07	71.02	9:08:28	7:43	10	2:26:32	117	3:42:14
VP13 - Revierförs	6.21	50:09	8:04	8	8:39	74	20:29	77.23	9:58:37	7:45	9	2:35:11	105	4:02:43
VP14 - Brauhaus	6.00	49:55	8:19	8	10:43	74	20:23	83.23	10:48:32	7:47	9	2:45:54	101	4:23:06
VP15 - Gedenkst.	6.90	56:24	8:10	8	13:14	66	21:41	90.13	11:44:56	7:49	9	2:58:59	98	4:44:47
VP16 - Königswe	6.87	1:00:02	8:44	6	15:05	62	26:18	97.00	12:44:58	7:53	9	3:09:51	93	5:11:05
VP17 - Sportplatz	6.20	1:06:52	10:47	10	23:59	84	35:15	103.20	13:51:50	8:03	9	3:32:03	90	5:46:20
VP18 - Osdorfer	6.49	58:42	9:02	10	18:43	85	24:45	109.69	14:50:32	8:07	9	3:50:46	88	6:11:05
VP19 - Lichtenra	5.71	54:59	9:37	13	18:20	107	25:40	115.40	15:45:31	8:11	9	4:09:06	89	6:36:45
VP20 - Kirchhain	4.35	43:54	10:05	9	15:46	77	19:36	119.75	16:29:25	8:15	9	4:24:52	89	6:56:21
VP21 - Buckow	6.15	59:51	9:43	9	18:52	77	24:51	125.90	17:29:16	8:20	9	4:43:44	86	7:21:12
VP22 - Rudow	4.97	51:52	10:26	7	19:25	81	30:29	130.87	18:21:08	8:24	9	5:03:09	84	7:44:25
VP23 - Johannistl	5.89	58:08	9:52	8	20:18	77	24:27	136.76	19:19:16	8:28	9	5:23:27	83	8:08:52
VP24 - Dammwe	5.64	58:04	10:17	8	22:03	86	26:23	142.40	20:17:20	8:32	7	5:45:30	82	8:34:54
VP25 - Eas Side	6.33	1:09:21	10:57	8	23:45	87	32:01	148.73	21:26:41	8:39	8	6:08:53	81	9:04:11
VP26 - Checkpoir	4.22	40:53	9:41	6	13:34	71	18:00	152.95	22:07:34	8:40	8	6:09:14	82	9:21:00
VP27 - Gedenkst.	4.12	46:40	11:19	7	14:45	86	21:57	157.07	22:54:14	8:44	8	6:23:59	82	9:41:16
Friedrich-Ludwig	4.78	45:04	9:25	8	17:31	86	20:41	161.85	23:39:18	8:46	8	6:39:47	82	9:59:07