



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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lаторre, angela

☐☐☐: 23:41:53

☐☐: gs matera

☐☐: 6.79 km/h

☐☐: 240

☐☐☐☐: 8:47 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 94 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 9 (of 49)

☐☐☐☐☐☐: 15:57:39

☐☐☐☐:

☐☐☐☐☐: 2(of 9)

Seniorinnen W40 (40-44 Jahre)

☐☐☐☐☐☐☐: 22:14:14

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐		
VP1 - S-Bahnhof	6.93	48:05	6:56	7	5:34	27	9:56	6.93	48:05	6:56	7	5:34	27	9:56
VP2 - Lauftreff Li	5.70	41:26	7:16	7	6:47	30	9:22	12.63	1:29:31	7:05	8	12:21	30	18:56
VP3 - Oranienbur	5.47	39:46	7:16	7	6:40	30	10:29	18.10	2:09:17	7:08	7	19:01	28	29:14
VP4 - Naturschut	4.97	43:44	8:47	8	10:13	37	15:36	23.07	2:53:01	7:29	7	29:06	30	44:50
VP5 - Frohnau	6.80	47:55	7:02	5	5:12	19	11:12	29.87	3:40:56	7:23	7	34:18	28	56:02
VP6 - Ruderclub	4.06	32:25	7:59	4	0:45	15	10:25	33.93	4:13:21	7:28	5	35:03	24	1:06:27
VP7 - Grenzturm	4.75	35:34	7:29	6	3:04	20	9:55	38.68	4:48:55	7:28	5	37:58	21	1:16:22
VP8 - Schönwald	7.53	53:59	7:10	1	-	10	12:23	46.21	5:42:54	7:25	5	35:14	18	1:28:45
VP9 - Falkenseer	5.69	42:53	7:32	2	0:09	7	10:56	51.90	6:25:47	7:25	5	28:09	18	1:39:41
VP10 - Karolinenl	6.60	54:07	8:11	3	4:31	12	16:52	58.50	7:19:54	7:31	5	31:01	18	1:56:33
VP11 - Pagel & Fi	4.90	40:48	8:19	2	3:25	8	13:00	63.40	8:00:42	7:34	4	30:42	16	2:09:33
VP12 - Schloss S	7.62	1:22:35	10:50	5	23:44	29	38:49	71.02	9:23:17	7:55	4	49:38	15	2:48:22
VP13 - Revierförs	6.21	50:31	8:08	3	2:49	12	13:48	77.23	10:13:48	7:56	4	52:27	15	3:02:10
VP14 - Brauhaus	6.00	45:11	7:31	1	-	5	7:51	83.23	10:58:59	7:55	4	45:56	15	3:10:01
VP15 - Gedenkst.	6.90	54:47	7:56	1	-	7	16:12	90.13	11:53:46	7:55	4	44:04	15	3:26:13
VP16 - Königswe	6.87	56:19	8:11	2	1:29	7	14:44	97.00	12:50:05	7:56	2	45:33	12	3:40:57
VP17 - Sportplatz	6.20	1:19:54	12:53	4	23:22	26	44:55	103.20	14:09:59	8:14	3	1:08:55	13	4:25:52
VP18 - Osdorfer	6.49	1:08:03	10:29	4	17:51	22	28:35	109.69	15:18:02	8:22	3	1:26:46	13	4:46:58
VP19 - Lichtenra	5.71	47:04	8:14	2	1:23	10	10:59	115.40	16:05:06	8:21	3	1:28:09	13	4:57:57
VP20 - Kirchhain	4.35	55:41	12:48	4	15:25	22	28:48	119.75	17:00:47	8:31	3	1:43:34	13	5:26:45
VP21 - Buckow	6.15	1:14:33	12:07	5	20:22	27	37:57	125.90	18:15:20	8:42	3	2:03:56	13	6:04:42
VP22 - Rudow	4.97	43:07	8:40	1	-	4	10:58	130.87	18:58:27	8:41	3	1:56:35	13	6:15:40
VP23 - Johannistl	5.89	51:02	8:39	2	1:15	6	13:31	136.76	19:49:29	8:41	2	1:48:40	11	6:29:11
VP24 - Dammwe	5.64	57:33	10:12	3	9:19	10	21:57	142.40	20:47:02	8:45	2	1:49:38	11	6:51:08
VP25 - Eas Side	6.33	1:01:17	9:40	2	1:14	6	21:11	148.73	21:48:19	8:47	2	1:44:48	10	7:12:19
VP26 - Checkpoir	4.22	36:35	8:40	3	2:51	5	10:26	152.95	22:24:54	8:47	2	1:41:32	9	7:22:45
VP27 - Gedenkst.	4.12	36:30	8:51	2	3:08	4	8:58	157.07	23:01:24	8:47	2	1:33:42	10	7:31:43
Friedrich-Ludwig	4.78	40:29	8:28	3	4:59	10	12:31	161.85	23:41:53	8:47	2	1:27:39	9	7:44:14