



100MeilenBerlin □ Der Mauerweglauf

Berlin / 15.08.2015

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alimonti, daniele

□□: asd tra le righe
 □□: 241

□□: 161.85 km
 100MeilenBerlin

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 23:41:53

□□: 6.79 km/h
 □□□□: 8:47 min/km

□□□□□/□□□□: 95 (of 296)

□□□□□/□: 86 (of 247)

□□□□□□: 13:40:11

□□□□□: 18(of 51)

□□□□□□□: 18:03:51

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - S-Bahnhof	6.93	48:05	6:56	40	14:47	185	15:49	6.93	48:05	6:56	40	14:47	185	15:49
VP2 - Laufftreff Li	5.70	41:25	7:15	41	13:46	200	15:29	12.63	1:29:30	7:05	41	28:33	196	31:18
VP3 - Oranienbur	5.47	39:46	7:16	40	13:34	195	16:00	18.10	2:09:16	7:08	40	42:00	195	47:17
VP4 - Naturschut	4.97	43:43	8:47	45	18:52	215	20:34	23.07	2:52:59	7:29	42	1:00:52	204	1:07:51
VP5 - Frohnau	6.80	47:56	7:02	31	15:12	149	17:38	29.87	3:40:55	7:23	41	1:16:04	190	1:25:23
VP6 - Ruderclub	4.06	32:25	7:59	27	10:56	115	13:56	33.93	4:13:20	7:27	38	1:27:00	173	1:39:19
VP7 - Grenzturm	4.75	35:34	7:29	32	10:11	149	14:46	38.68	4:48:54	7:28	37	1:37:11	168	1:54:05
VP8 - Schönwald	7.53	53:58	7:10	15	11:31	78	18:22	46.21	5:42:52	7:25	34	1:48:42	150	2:12:27
VP9 - Falkenseer	5.69	42:54	7:32	17	9:04	78	15:46	51.90	6:25:46	7:25	30	1:57:46	141	2:28:13
VP10 - Karolinenl	6.60	54:07	8:11	18	13:55	99	23:58	58.50	7:19:53	7:31	26	2:11:24	131	2:52:11
VP11 - Pagel & Fi	4.90	40:49	8:19	15	10:42	83	18:04	63.40	8:00:42	7:34	24	2:20:22	118	3:10:15
VP12 - Schloss S	7.62	1:22:35	10:50	31	34:22	161	46:48	71.02	9:23:17	7:55	24	2:54:44	128	3:57:03
VP13 - Revierförs	6.21	50:30	8:07	17	9:41	77	20:50	77.23	10:13:47	7:56	24	3:04:15	121	4:17:53
VP14 - Brauhaus	6.00	45:10	7:31	5	2:59	33	15:38	83.23	10:58:57	7:55	23	3:06:49	115	4:33:31
VP15 - Gedenkst.	6.90	52:18	7:34	11	7:10	42	17:35	90.13	11:51:15	7:53	21	3:09:20	104	4:51:06
VP16 - Königswe	6.87	58:50	8:33	11	10:08	56	25:06	97.00	12:50:05	7:56	20	3:19:28	97	5:16:12
VP17 - Sportplatz	6.20	1:19:50	12:52	30	35:01	146	48:13	103.20	14:09:55	8:14	22	3:53:44	104	6:04:25
VP18 - Osdorfer	6.49	1:08:06	10:29	28	21:45	135	34:09	109.69	15:18:01	8:22	23	4:13:28	107	6:38:34
VP19 - Lichtenra	5.71	46:48	8:11	8	6:50	51	17:29	115.40	16:04:49	8:21	21	4:17:14	99	6:56:03
VP20 - Kirchhain	4.35	55:56	12:51	32	24:39	158	31:38	119.75	17:00:45	8:31	21	4:37:30	102	7:27:41
VP21 - Buckow	6.15	1:14:30	12:06	33	31:12	153	39:30	125.90	18:15:15	8:41	23	5:06:04	111	8:07:11
VP22 - Rudow	4.97	43:11	8:41	7	5:50	29	21:48	130.87	18:58:26	8:41	22	5:07:19	104	8:21:43
VP23 - Johannistl	5.89	51:02	8:39	9	5:20	32	17:21	136.76	19:49:28	8:41	19	5:10:55	97	8:39:04
VP24 - Dammwe	5.64	57:31	10:11	18	17:00	79	25:50	142.40	20:46:59	8:45	19	5:18:01	95	9:04:33
VP25 - Eas Side	6.33	1:01:17	9:40	11	13:21	50	23:57	148.73	21:48:16	8:47	19	5:25:30	93	9:25:46
VP26 - Checkpoir	4.22	36:34	8:39	9	6:54	32	13:41	152.95	22:24:50	8:47	18	5:30:03	88	9:38:16
VP27 - Gedenkst.	4.12	36:31	8:51	7	5:24	28	11:48	157.07	23:01:21	8:47	18	5:31:50	85	9:48:23
Friedrich-Ludwig	4.78	40:32	8:28	16	12:34	56	16:09	161.85	23:41:53	8:47	18	5:38:02	86	10:01:42