



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Mose, Lars

☐☐☐: 23:42:33

☐☐: Horsens

☐☐: 6.79 km/h

☐☐: 79

☐☐☐☐: 8:47 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 96 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 87 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 22(of 53)

Senioren M45 (45-49 Jahre)

☐☐☐☐☐☐☐: 15:34:05

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	44:00	6:20	25	11:44	105	11:44	6.93	44:00	6:20	25	11:44	105	11:44
VP2 - Laufftreff Li	5.70	38:06	6:41	33	12:10	140	12:10	12.63	1:22:06	6:30	29	23:53	120	23:54
VP3 - Oranienbur	5.47	34:50	6:22	21	11:04	97	11:04	18.10	1:56:56	6:27	27	34:57	109	34:57
VP4 - Naturschut	4.97	35:48	7:12	28	12:39	111	12:39	23.07	2:32:44	6:37	27	47:36	109	47:36
VP5 - Frohnau	6.80	45:48	6:44	27	15:22	116	15:30	29.87	3:18:32	6:38	26	1:02:58	106	1:03:00
VP6 - Ruderclub	4.06	30:41	7:33	23	12:11	98	12:12	33.93	3:49:13	6:45	26	1:15:09	106	1:15:12
VP7 - Grenzturm	4.75	33:52	7:07	28	11:34	114	13:04	38.68	4:23:05	6:48	25	1:26:43	104	1:28:16
VP8 - Schönwald	7.53	54:04	7:10	21	16:19	81	18:28	46.21	5:17:09	6:51	25	1:43:02	97	1:46:44
VP9 - Falkenseer	5.69	45:57	8:04	27	15:25	108	18:49	51.90	6:03:06	6:59	25	1:58:27	97	2:05:33
VP10 - Karolinenl	6.60	51:24	7:47	20	16:22	80	21:15	58.50	6:54:30	7:05	25	2:11:58	96	2:26:48
VP11 - Pagel & Fi	4.90	40:44	8:18	21	14:02	78	17:59	63.40	7:35:14	7:10	25	2:25:51	93	2:44:47
VP12 - Schloss S	7.62	1:03:57	8:23	15	20:31	60	28:10	71.02	8:39:11	7:18	21	2:46:13	84	3:12:57
VP13 - Revierförs	6.21	51:39	8:19	21	16:25	85	21:59	77.23	9:30:50	7:23	21	3:01:09	80	3:34:56
VP14 - Brauhaus	6.00	49:09	8:11	20	14:57	62	19:37	83.23	10:19:59	7:26	20	3:12:23	76	3:54:33
VP15 - Gedenkst.	6.90	57:37	8:21	20	21:29	80	22:54	90.13	11:17:36	7:31	21	3:24:00	78	4:17:27
VP16 - Königswe	6.87	1:00:14	8:46	18	15:25	67	26:30	97.00	12:17:50	7:36	21	3:35:57	74	4:43:57
VP17 - Sportplatz	6.20	1:12:46	11:44	30	38:10	110	41:09	103.20	13:30:36	7:51	23	4:11:36	76	5:25:06
VP18 - Osdorfer	6.49	56:02	8:38	18	12:46	67	22:05	109.69	14:26:38	7:54	21	4:24:22	74	5:47:11
VP19 - Lichtenrav	5.71	56:14	9:50	29	21:11	113	26:55	115.40	15:22:52	7:59	21	4:41:16	75	6:14:06
VP20 - Kirchhain	4.35	40:59	9:25	15	11:19	53	16:41	119.75	16:03:51	8:02	21	4:52:35	76	6:30:47
VP21 - Buckow	6.15	1:03:00	10:14	24	24:38	96	28:00	125.90	17:06:51	8:09	22	5:13:49	76	6:58:47
VP22 - Rudow	4.97	52:00	10:27	19	21:41	84	30:37	130.87	17:58:51	8:14	22	5:24:04	75	7:22:08
VP23 - Johannistl	5.89	1:02:54	10:40	24	26:03	102	29:13	136.76	19:01:45	8:20	23	5:48:40	76	7:51:21
VP24 - Dammwe	5.64	1:05:58	11:41	26	34:17	125	34:17	142.40	20:07:43	8:28	23	6:22:57	75	8:25:17
VP25 - Eas Side	6.33	1:19:05	12:29	34	41:45	143	41:45	148.73	21:26:48	8:39	22	7:04:42	82	9:04:18
VP26 - Checkpoir	4.22	40:20	9:33	15	17:27	65	17:27	152.95	22:07:08	8:40	22	7:22:09	81	9:20:34
VP27 - Gedenkst.	4.12	48:09	11:41	25	23:26	101	23:26	157.07	22:55:17	8:45	22	7:45:35	83	9:42:19
Friedrich-Ludwig	4.78	47:16	9:53	24	22:53	101	22:53	161.85	23:42:33	8:47	22	8:08:28	87	10:02:22