



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Fenz, Hendrik

☐☐: LG Mauerweg

☐☐: 243

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M50 (50-54 Jahre)

☐☐☐: 23:44:36

☐☐: 6.78 km/h

☐☐☐☐: 8:48 min/km

☐☐☐☐☐/☐☐☐☐: 97 (of 296)

☐☐☐☐☐/☐☐: 88 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 19(of 51)

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	45:35	6:34	27	12:17	133	13:19	6.93	45:35	6:34	27	12:17	133	13:19
VP2 - Laufftreff Li	5.70	40:10	7:02	38	12:31	183	14:14	12.63	1:25:45	6:47	33	24:48	156	27:33
VP3 - Oranienbur	5.47	36:07	6:36	29	9:55	130	12:21	18.10	2:01:52	6:43	31	34:36	147	39:53
VP4 - Naturschut	4.97	38:21	7:42	35	13:30	164	15:12	23.07	2:40:13	6:56	34	48:06	157	55:05
VP5 - Frohnau	6.80	47:34	6:59	28	14:50	145	17:16	29.87	3:27:47	6:57	32	1:02:56	152	1:12:15
VP6 - Ruderclub	4.06	35:55	8:50	36	14:26	164	17:26	33.93	4:03:42	7:10	31	1:17:22	149	1:29:41
VP7 - Grenzturm	4.75	34:37	7:17	28	9:14	130	13:49	38.68	4:38:19	7:11	31	1:26:36	145	1:43:30
VP8 - Schönwald	7.53	57:06	7:34	24	14:39	118	21:30	46.21	5:35:25	7:15	29	1:41:15	140	2:05:00
VP9 - Falkenseer	5.69	48:03	8:26	28	14:13	136	20:55	51.90	6:23:28	7:23	29	1:55:28	139	2:25:55
VP10 - Karolinenl	6.60	57:38	8:43	27	17:26	130	27:29	58.50	7:21:06	7:32	27	2:12:37	134	2:53:24
VP11 - Pagel & Fi	4.90	47:11	9:37	25	17:04	132	24:26	63.40	8:08:17	7:42	26	2:27:57	134	3:17:50
VP12 - Schloss S	7.62	1:17:33	10:10	24	29:20	140	41:46	71.02	9:25:50	7:58	25	2:57:17	129	3:59:36
VP13 - Revierförs	6.21	55:45	8:58	26	14:56	130	26:05	77.23	10:21:35	8:02	25	3:12:03	127	4:25:41
VP14 - Brauhaus	6.00	53:56	8:59	25	11:45	116	24:24	83.23	11:15:31	8:06	26	3:23:23	127	4:50:05
VP15 - Gedenkst.	6.90	1:06:50	9:41	29	21:42	142	32:07	90.13	12:22:21	8:14	26	3:40:26	126	5:22:12
VP16 - Königswe	6.87	1:03:54	9:18	23	15:12	105	30:10	97.00	13:26:15	8:18	25	3:55:38	123	5:52:22
VP17 - Sportplatz	6.20	1:16:52	12:23	28	32:03	130	45:15	103.20	14:43:07	8:33	25	4:26:56	120	6:37:37
VP18 - Osdorfer	6.49	56:46	8:44	15	10:25	72	22:49	109.69	15:39:53	8:34	26	4:35:20	118	7:00:26
VP19 - Lichtenra	5.71	53:57	9:26	23	13:59	101	24:38	115.40	16:33:50	8:36	26	4:46:15	118	7:25:04
VP20 - Kirchhain	4.35	41:20	9:30	8	10:03	56	17:02	119.75	17:15:10	8:38	24	4:51:55	117	7:42:06
VP21 - Buckow	6.15	57:50	9:24	13	14:32	68	22:50	125.90	18:13:00	8:40	22	5:03:49	110	8:04:56
VP22 - Rudow	4.97	47:28	9:33	13	10:07	53	26:05	130.87	19:00:28	8:42	23	5:09:21	108	8:23:45
VP23 - Johannistl	5.89	58:50	9:59	20	13:08	81	25:09	136.76	19:59:18	8:46	22	5:20:45	108	8:48:54
VP24 - Dammwe	5.64	56:51	10:04	14	16:20	73	25:10	142.40	20:56:09	8:49	21	5:27:11	104	9:13:43
VP25 - Eas Side	6.33	1:03:15	9:59	13	15:19	62	25:55	148.73	21:59:24	8:52	21	5:36:38	99	9:36:54
VP26 - Checkpoir	4.22	39:25	9:20	14	9:45	55	16:32	152.95	22:38:49	8:53	21	5:44:02	99	9:52:15
VP27 - Gedenkst.	4.12	31:07	7:33	1	-	8	6:24	157.07	23:09:56	8:50	20	5:40:25	92	9:56:58
Friedrich-Ludwig	4.78	34:40	7:15	7	6:42	26	10:17	161.85	23:44:36	8:48	19	5:40:45	88	10:04:25