



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Cordner, Gillian

☐☐☐: 23:44:48

☐☐: 100 Marathon Club Ireland

☐☐: 6.78 km/h

☐☐: 297

☐☐☐☐: 8:48 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 99 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 11 (of 49)

☐☐☐☐☐☐: 15:57:39

☐☐☐☐:

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