



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Körting, Axel

☐☐☐: 23:45:11

☐☐: SC Karamasow

☐☐: 6.78 km/h

☐☐: 122

☐☐☐☐: 8:49 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 101 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 90 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 15(of 38)

Senioren M40 (40-44 Jahre)

☐☐☐☐☐☐☐: 15:35:03

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	46:40	6:44	28	14:01	162	14:24	6.93	46:40	6:44	28	14:01	162	14:24
VP2 - Laufftreff Li	5.70	39:23	6:54	30	11:52	166	13:27	12.63	1:26:03	6:48	30	25:53	163	27:51
VP3 - Oranienbur	5.47	36:43	6:42	25	11:45	146	12:57	18.10	2:02:46	6:46	29	37:38	158	40:47
VP4 - Naturschut	4.97	36:05	7:15	23	10:27	120	12:56	23.07	2:38:51	6:53	26	48:05	145	53:43
VP5 - Frohnau	6.80	47:36	7:00	27	15:38	146	17:18	29.87	3:26:27	6:54	29	1:03:43	150	1:10:55
VP6 - Ruderclub	4.06	34:03	8:23	26	14:24	138	15:34	33.93	4:00:30	7:05	28	1:18:07	144	1:26:29
VP7 - Grenzturm	4.75	35:24	7:27	26	12:46	145	14:36	38.68	4:35:54	7:07	28	1:30:53	142	1:41:05
VP8 - Schönwald	7.53	1:00:58	8:05	25	23:13	146	25:22	46.21	5:36:52	7:17	28	1:54:06	143	2:06:27
VP9 - Falkenseer	5.69	49:35	8:42	27	19:26	153	22:27	51.90	6:26:27	7:26	27	2:13:32	142	2:28:54
VP10 - Karolinenl	6.60	55:51	8:27	20	21:19	110	25:42	58.50	7:22:18	7:33	27	2:34:51	136	2:54:36
VP11 - Pagel & Fi	4.90	42:06	8:35	18	14:53	98	19:21	63.40	8:04:24	7:38	23	2:49:44	122	3:13:57
VP12 - Schloss S	7.62	1:16:49	10:04	25	33:02	134	41:02	71.02	9:21:13	7:54	27	3:22:46	126	3:54:59
VP13 - Revierförs	6.21	55:52	8:59	21	18:34	132	26:12	77.23	10:17:05	7:59	27	3:41:20	124	4:21:11
VP14 - Brauhaus	6.00	54:00	9:00	21	16:38	120	24:28	83.23	11:11:05	8:03	24	3:57:58	119	4:45:39
VP15 - Gedenkst.	6.90	1:05:26	9:28	25	25:32	132	30:43	90.13	12:16:31	8:10	24	4:23:30	123	5:16:22
VP16 - Königswe	6.87	1:08:00	9:53	22	27:11	137	34:16	97.00	13:24:31	8:17	24	4:50:41	122	5:50:38
VP17 - Sportplatz	6.20	1:12:36	11:42	14	33:24	109	40:59	103.20	14:37:07	8:29	23	5:24:05	119	6:31:37
VP18 - Osdorfer	6.49	1:05:57	10:09	19	24:55	127	32:00	109.69	15:43:04	8:35	23	5:49:00	121	7:03:37
VP19 - Lichtenra	5.71	55:09	9:39	17	20:03	108	25:50	115.40	16:38:13	8:39	22	6:08:10	122	7:29:27
VP20 - Kirchhain	4.35	43:24	9:58	12	15:44	74	19:06	119.75	17:21:37	8:41	22	6:21:06	120	7:48:33
VP21 - Buckow	6.15	59:11	9:37	13	20:52	72	24:11	125.90	18:20:48	8:44	20	6:40:00	114	8:12:44
VP22 - Rudow	4.97	46:13	9:17	9	15:44	42	24:50	130.87	19:07:01	8:45	20	6:53:41	112	8:30:18
VP23 - Johannistl	5.89	54:03	9:10	10	16:44	47	20:22	136.76	20:01:04	8:46	20	7:09:16	109	8:50:40
VP24 - Dammwe	5.64	49:06	8:42	7	13:10	36	17:25	142.40	20:50:10	8:46	16	7:20:33	97	9:07:44
VP25 - Eas Side	6.33	1:03:23	10:00	11	20:59	64	26:03	148.73	21:53:33	8:49	15	7:40:46	95	9:31:03
VP26 - Checkpoir	4.22	37:16	8:49	6	12:14	37	14:23	152.95	22:30:49	8:49	15	7:49:50	93	9:44:15
VP27 - Gedenkst.	4.12	35:30	8:36	6	9:38	23	10:47	157.07	23:06:19	8:49	15	7:59:28	91	9:53:21
Friedrich-Ludwig	4.78	38:52	8:07	7	10:40	47	14:29	161.85	23:45:11	8:48	15	8:10:08	90	10:05:00