



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Giese, Kay

☐☐: Post SV Buxtehude

☐☐: 9

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M40 (40-44 Jahre)

☐☐☐: 23:47:41

☐☐: 6.77 km/h

☐☐☐☐: 8:49 min/km

☐☐☐☐☐/☐☐☐☐: 103 (of 296)

☐☐☐☐☐/☐: 92 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 16(of 38)

☐☐☐☐☐☐☐: 15:35:03

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐		
VP1 - S-Bahnhof	6.93	38:45	5:35	10	6:06	36	6:29	6.93	38:45	5:35	10	6:06	36	6:29
VP2 - Laufftreff Li	5.70	33:22	5:51	16	5:51	62	7:26	12.63	1:12:07	5:42	11	11:57	44	13:55
VP3 - Oranienbur	5.47	32:30	5:56	18	7:32	70	8:44	18.10	1:44:37	5:46	12	19:29	45	22:38
VP4 - Naturschut	4.97	32:16	6:29	15	6:38	67	9:07	23.07	2:16:53	5:56	12	26:07	50	31:45
VP5 - Frohnau	6.80	42:46	6:17	18	10:48	81	12:28	29.87	2:59:39	6:00	15	36:55	57	44:07
VP6 - Ruderclub	4.06	34:08	8:24	27	14:29	140	15:39	33.93	3:33:47	6:18	17	51:24	74	59:46
VP7 - Grenzturm	4.75	34:43	7:18	24	12:05	132	13:55	38.68	4:08:30	6:25	19	1:03:29	79	1:13:41
VP8 - Schönwald	7.53	1:02:31	8:18	26	24:46	159	26:55	46.21	5:11:01	6:43	19	1:28:15	88	1:40:36
VP9 - Falkenseer	5.69	56:54	9:59	32	26:45	202	29:46	51.90	6:07:55	7:05	21	1:55:00	105	2:10:22
VP10 - Karolinenl	6.60	56:43	8:35	23	22:11	122	26:34	58.50	7:04:38	7:15	22	2:17:11	111	2:36:56
VP11 - Pagel & Fi	4.90	50:50	10:22	28	23:37	168	28:05	63.40	7:55:28	7:29	21	2:40:48	110	3:05:01
VP12 - Schloss S	7.62	1:13:47	9:40	21	30:00	120	38:00	71.02	9:09:15	7:44	22	3:10:48	118	3:43:01
VP13 - Revierförs	6.21	56:33	9:06	23	19:15	138	26:53	77.23	10:05:48	7:50	21	3:30:03	111	4:09:54
VP14 - Brauhaus	6.00	52:59	8:49	17	15:37	106	23:27	83.23	10:58:47	7:54	22	3:45:40	114	4:33:21
VP15 - Gedenkst.	6.90	1:00:06	8:42	20	20:12	95	25:23	90.13	11:58:53	7:58	22	4:05:52	115	4:58:44
VP16 - Königswe	6.87	1:03:47	9:17	17	22:58	101	30:03	97.00	13:02:40	8:04	22	4:28:50	112	5:28:47
VP17 - Sportplatz	6.20	1:22:25	13:17	26	43:13	154	50:48	103.20	14:25:05	8:22	22	5:12:03	113	6:19:35
VP18 - Osdorfer	6.49	59:19	9:08	14	18:17	92	25:22	109.69	15:24:24	8:25	21	5:30:20	110	6:44:57
VP19 - Lichtenra	5.71	52:27	9:11	14	17:21	89	23:08	115.40	16:16:51	8:27	20	5:46:48	109	7:08:05
VP20 - Kirchhain	4.35	45:18	10:24	14	17:38	85	21:00	119.75	17:02:09	8:32	19	6:01:38	103	7:29:05
VP21 - Buckow	6.15	59:43	9:42	14	21:24	74	24:43	125.90	18:01:52	8:35	19	6:21:04	101	7:53:48
VP22 - Rudow	4.97	46:53	9:25	11	16:24	45	25:30	130.87	18:48:45	8:37	18	6:35:25	97	8:12:02
VP23 - Johannistl	5.89	54:48	9:18	12	17:29	56	21:07	136.76	19:43:33	8:39	17	6:51:45	94	8:33:09
VP24 - Dammwe	5.64	56:50	10:04	13	20:54	72	25:09	142.40	20:40:23	8:42	14	7:10:46	89	8:57:57
VP25 - Eas Side	6.33	1:07:11	10:36	12	24:47	80	29:51	148.73	21:47:34	8:47	14	7:34:47	92	9:25:04
VP26 - Checkpoir	4.22	38:16	9:04	9	13:14	45	15:23	152.95	22:25:50	8:47	14	7:44:51	89	9:39:16
VP27 - Gedenkst.	4.12	39:30	9:35	8	13:38	43	14:47	157.07	23:05:20	8:49	14	7:58:29	88	9:52:22
Friedrich-Ludwig	4.78	42:21	8:51	10	14:09	72	17:58	161.85	23:47:41	8:49	16	8:12:38	92	10:07:30