



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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## Jessen, Berit

☐☐: Berits Løbeskole

☐☐: 15

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Seniorinnen W40 (40-44 Jahre)

☐☐☐: 23:47:53

☐☐: 6.77 km/h

☐☐☐☐: 8:49 min/km

☐☐☐☐☐/☐☐☐☐: 104 (of 296)

☐☐☐☐☐/☐: 12 (of 49)

☐☐☐☐☐☐: 15:57:39

☐☐☐☐☐: 4(of 9)

☐☐☐☐☐☐☐: 22:14:14

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	47:05	6:47	6	4:34	26	8:56	6.93	47:05	6:47	6	4:34	26	8:56
VP2 - Laufftreff Li	5.70	37:51	6:38	4	3:12	17	5:47	12.63	1:24:56	6:43	4	7:46	21	14:21
VP3 - Oranienbur	5.47	35:38	6:30	3	2:32	14	6:21	18.10	2:00:34	6:39	4	10:18	20	20:31
VP4 - Naturschut	4.97	33:31	6:44	1	-	7	5:23	23.07	2:34:05	6:40	3	10:10	14	25:54
VP5 - Frohnau	6.80	44:10	6:29	2	1:27	9	7:27	29.87	3:18:15	6:38	3	11:37	13	33:21
VP6 - Ruderclub	4.06	32:24	7:58	3	0:44	14	10:24	33.93	3:50:39	6:47	2	12:21	12	43:45
VP7 - Grenzturm	4.75	32:51	6:54	3	0:21	11	7:12	38.68	4:23:30	6:48	3	12:33	13	50:57
VP8 - Schönwald	7.53	56:08	7:27	2	2:09	14	14:32	46.21	5:19:38	6:55	2	11:58	11	1:05:29
VP9 - Falkenseer	5.69	45:04	7:55	3	2:20	13	13:07	51.90	6:04:42	7:01	2	7:04	11	1:18:36
VP10 - Karolinenl	6.60	54:14	8:13	4	4:38	14	16:59	58.50	6:58:56	7:09	3	10:03	12	1:35:35
VP11 - Pagel & Fi	4.90	59:10	12:04	8	21:47	43	31:22	63.40	7:58:06	7:32	3	28:06	15	2:06:57
VP12 - Schloss S	7.62	1:07:05	8:48	2	8:14	8	23:19	71.02	9:05:11	7:40	3	31:32	14	2:30:16
VP13 - Revierförs	6.21	50:37	8:09	4	2:55	13	13:54	77.23	9:55:48	7:42	3	34:27	14	2:44:10
VP14 - Brauhaus	6.00	48:25	8:04	2	3:14	9	11:05	83.23	10:44:13	7:44	2	31:10	12	2:55:15
VP15 - Gedenkst.	6.90	1:03:25	9:11	6	8:38	21	24:50	90.13	11:47:38	7:51	2	37:56	12	3:20:05
VP16 - Königswe	6.87	1:16:29	11:07	6	21:39	30	34:54	97.00	13:04:07	8:05	4	59:35	14	3:54:59
VP17 - Sportplatz	6.20	1:24:24	13:36	5	27:52	31	49:25	103.20	14:28:31	8:24	5	1:27:27	15	4:44:24
VP18 - Osdorfer	6.49	55:03	8:28	2	4:51	9	15:35	109.69	15:23:34	8:25	4	1:32:18	14	4:52:30
VP19 - Lichtenra	5.71	54:49	9:36	3	9:08	13	18:44	115.40	16:18:23	8:28	4	1:41:26	14	5:11:14
VP20 - Kirchhain	4.35	59:16	13:37	5	19:00	29	32:23	119.75	17:17:39	8:39	4	2:00:26	14	5:43:37
VP21 - Buckow	6.15	57:46	9:23	2	3:35	12	21:10	125.90	18:15:25	8:42	4	2:04:01	14	6:04:47
VP22 - Rudow	4.97	1:08:29	13:46	6	25:22	34	36:20	130.87	19:23:54	8:53	4	2:22:02	14	6:41:07
VP23 - Johannistl	5.89	49:47	8:27	1	-	4	12:16	136.76	20:13:41	8:52	4	2:12:52	13	6:53:23
VP24 - Dammwe	5.64	48:14	8:33	1	-	4	12:38	142.40	21:01:55	8:51	4	2:04:31	13	7:06:01
VP25 - Eas Side	6.33	1:03:22	10:00	3	3:19	8	23:16	148.73	22:05:17	8:54	4	2:01:46	13	7:29:17
VP26 - Checkpoir	4.22	33:44	7:59	1	-	2	7:35	152.95	22:39:01	8:53	4	1:55:39	13	7:36:52
VP27 - Gedenkst.	4.12	33:22	8:05	1	-	2	5:50	157.07	23:12:23	8:51	4	1:44:41	12	7:42:42
Friedrich-Ludwig	4.78	35:30	7:25	1	-	3	7:32	161.85	23:47:53	8:49	4	1:33:39	12	7:50:14